



September 11, 2026

Dear Arbour Lake School Families,

With our second week now under our belts, students seem to have settled well into their routines and the school year is certainly in full swing.

This week has seen soccer tryouts completed and teams selected, while basketball tryouts are underway and will continue into next week. Congratulations to those students who earned a spot on a team, and just as importantly, kudos to every student who came out and tried. Putting yourself out there, competing for a spot, and sometimes facing disappointment takes courage, and we are proud of all of our students who took that opportunity. Additionally, our Cross Country team had it's first run yesterday, and while the weather was not ideal to begin with, it did clear up and ALS athletes took a second and third finish!

Our apologies to families for the ever changing date of our Welcome Back BBQ. As shared in Ms. MacDougall's email earlier this week, the BBQ has now been rescheduled to **Friday, September 18** and will take place in combination with our annual **Terry Fox Run**. We are looking forward to bringing these two events together and welcoming families to the school.

Our School Council has also begun planning this year's Healthy Hunger Fun Lunches. Please see the announcements below for additional information, with our first Fun Lunch scheduled for **September 24**.

A reminder as well that our first **School Council meeting is Tuesday, September 15 at 6:30 p.m. at the school**. This first meeting will be held in person, while most of our subsequent meetings will be virtual. We welcome parents and guardians who would like to join us and become involved in our school community.

As always, please reach out if there is anything we can do to support your child or family at nmlisi@cbe.ab.ca. Have a wonderful weekend!

Best regards,

Dr. Nancy Lisi
Principal

Announcements & Reminders:

Annual Demographic and Authorization Forms

Parents and guardians are reminded to complete the **Annual Demographic Verification** and **Annual Authorizations forms** through their Parent PowerSchool account as soon as possible and no later than **September 30**.

Completion of these forms is a legal requirement and ensures that student information is accurate and up to date. The Annual Demographic Verification is also required for Alberta Education student funding and confirmation of student registration.

We appreciate families taking a few minutes to complete both forms promptly.

Terry Fox Run – Friday, September 18

On Friday, September 18, all staff and students will come together to participate in our annual Terry Fox Run! Students and staff will head out to our back field for a 30-minute run/walk as we honour Terry Fox and his Marathon of Hope.

The Terry Fox Run is an annual event that raises money for cancer research across Canada. We are encouraging every student to **bring a Toonie for Terry** on Friday. All donations will be collected and donated directly to the Terry Fox Foundation to support cancer research. Bring a Toonie. Get moving. Make a difference.

Students are also reminded to be wearing appropriate footwear for the walk/run that day!

Student Absence or Early Pick-Up/Late Drop-Off

To report a student absence or arrange for an early pick-up, parents/guardians can email the school directly. Please use the email address on file to notify us if your child will be away or if you plan to pick them up early. Be sure to include the following information in your email:

- Your child's first and last name
- Grade
- Reason for the absence or early pick-up (e.g., Dental Appointment)
- Expected time of pick-up

Please email your child's homeroom teacher and the office at arbourlake@cbe.ab.ca.

If you are picking up your child early and have sent an email, please call the office at (403) 777-7310 when you arrive, and we will send your child out to meet you. This process helps enhance the safety of our students and staff. Please arrive a few minutes early, as students may need to be located and brought to the office.

If you are dropping your child off late, parents are not required to sign them in.

Annual Volunteer Registration Required for all School Volunteers

To ensure the safety and security of CBE students and staff, all volunteers must be registered with the school each school year before participating in volunteer activities. The Annual Volunteer Registration Form is valid for the current school year only. All volunteers, including returning volunteers, must complete a new registration form each school year before participating in volunteer activities.



Process: Parents and guardians can register as volunteers through the SchoolEngage tab in their MyCBE account. As part of the registration process, all volunteers must review the POPA requirements and sign to indicate their agreement with the conditions outlined in the form.

Celebrating Our Coyotes

At ALS we want to recognize the accomplishments of our students not only at school but also for the impressive things they do outside of school. Many students are engaged in athletics, the arts, community activities, and leadership beyond the classroom. We see Coyotes volunteering, performing in music and dance, acting on stage, coding, and robotics, competing in debate and science fairs, mentoring younger students, fundraising for causes, and contributing to cultural and faith communities. These achievements deserve to be highlighted, and we would love to feature them on our school social media. If your child has something to celebrate, please send a brief description with the student's name and grade, any relevant details or links, and a photo if you are comfortable with it being shared. We will use first names only in our posts. Send submissions directly to nmlisi@cbe.ab.ca.

Upcoming Events & Important Dates

Sept 15	School Council Meeting – 6:30PM In Person
Sept 18	Terry Fox Run Annual Welcome Back BBQ
Sept 21	Beginner Band Clinic – After school
Sept 24	Orientation Night – 6:30-8:00PM
Sept 25	Non-Instructional Day – No Classes
Sept 28	Photo Day Grade 6 Quest Theatre – In School
Sept 29	Orange Shirt Day
Sept 30	National Day for Truth & Reconciliation – School Closed

Clubs & Activities September Schedule – Coming Soon

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Lunch	Lunch	Lunch	Lunch
- TBA	- TBA	- TBA	- TBA
After School	After School	After School	After School

Athletic Events

Sept 14	Boys Basketball Tryouts Boys' Soccer Game
Sept 15	Cross Country Run #2
Sept 21	Cross Country Run #3
Sept 22	Girls' Soccer Game
Sept 28	Boys' Soccer Game
Sept 29	Girls' Soccer Game

Healthy Hunger: Fun Lunch Program

Please find included in this communication the parent/guardian information flyer. Future dates and vendors to be announced.



Sept 24	Subway
Oct 1	TBA
Oct 8	TBA

The Coyotes' Canteen NOW OPEN

The Canteen provides students with an opportunity to buy basic pantry items during the first half of our lunch period in the event they have forgotten to bring a lunch or simply wish to augment what they have packed for the day.

Item	Price
Mac & Cheese	
- Original	\$2.00
- 3 Cheese	
Ben's Original	
- Fried Style Rice	\$2.00
Bear's Paws Cookies	\$1.00
Banana Bread	\$1.00
SmartFood – Popcorn	\$1.50
Lay's Oven Baked Chips	\$1.00
Sun Chips	
- Harvest Cheddar	\$1.00
Pretzels – Rold Gold	\$1.00
Chocolate Cookie	\$1.00
SM Noodle Bowl	
- Beef, Chicken, Spicy, & Veggie	\$2.00
LG Noodle Bowl	
- Beef & Chicken	\$2.50
Apple Juice	\$2.00
Orange Juice	\$2.00
Grapefruit Juice	\$2.00

*All items are subject to availability & prices may change without prior notice.

**CASH SALES ONLY

Arbour Lake School Social Media

Instagram: arbourlake_cbe

