



Arbour Lake School Weekly Update

Arbour Lake School

27 Arbour Crest Drive NW Calgary, AB T3G 4H3 t | 403-777-7310 f | 403-777-7311

February 21, 2025

Dear Parents and Guardians,

I hope you are enjoying the warming weather as much as we are—the milder temperatures have finally allowed for some outdoor time at lunch which is such a welcome change!

This week was a busy four-day stretch: Tuesday, we hosted the girls' volleyball games; on Wednesday, our Grade 7 students enjoyed an exciting trip to Fitset Ninja; and the Coyote Classic volleyball tournament kicked off yesterday, continuing through today and tomorrow. Thank you to everyone who attended the School Council meeting, which ran longer than usual due to our School Planning Engagement session—if you missed it, please review the announcements and share your feedback on our School Development Plan and next year's fee structures. A big thank you also goes out to the students and staff who made our Wednesday evening Open House a huge success, even in the frigid temperatures, and to the families who joined us as we showcased all that ALS has to offer prospective students.

As many of you are aware, we have had several teachers on leave this year. Please see the staffing updates in announcements section of this message.

Finally, as you know, **CUPE Local 40 has issued a strike notice to CBE**, and their services will be withdrawn as of Monday. As noted in the communication from CBE to families earlier this week, the upcoming job action will impact our school in the following ways:

Drop-Off and Pick-Up:

In the event of picketing, expect more congestion during morning drop offs and afternoon pick ups. Allow extra time. Continue to avoid parking in the bus zone and refrain from using the school parking lot to turn around or drop off/pick up (this would be helpful if parents did this year-round).

Facilities:

We will be without a facility operator during the day. Please speak with your child about being extra respectful of our school building. Although evening cleaning will meet AHS standards, it will not be at the level we have come to expect under Mr. Austria's leadership. There is nobody on-site to clean up large spills and messes so it will be very important that all students and staff are extra diligent in ensuring we keep our spaces clean.

Snow Removal:

In the event of snowfall, early snow removal will not be available as usual due to the contracted service adjustments – we cannot expect contractors to be at all sites removing snow before staff and students arrive. We ask that parents, students, and visitors exercise extra caution on snowy days.

Athletics & After-School Schedule:

- The volleyball season will continue as planned. No new seasons will begin until job action is concluded.
- For any volleyball games hosted at the school only parents/guardians are allowed as spectators. No students may attend unless they are participating.

- All volleyball practices will now end at 3:15 PM instead of 4:00 PM.
- Staff and students must vacate the building 45 minutes after the bell. ***Students will not be permitted to wait inside for rides as the school becomes inaccessible after 3:15 PM.*** This is especially important on cold days—please arrange timely pick-up.
- Similarly, drama and band rehearsals will conclude at 3:15 PM. With no one available on-site to supervise, please ensure your child is safely picked up and kept warm.

Future School Council Meetings:

During this period of job action, all future School Council meetings will move to virtual platforms.

For more details on the impacts and measures being implemented during this labour action, please refer to the CBE [labour action web page](#), as noted in Wednesday's email from the CBE.

I do hope you have a great weekend. If you need anything, please don't hesitate to reach out to me at nmlisi@cbe.ab.ca.

Dr. Nancy Lisi
Principal, Arbour Lake School

ANNOUNCEMENTS & REMINDERS:

Important Staffing Updates

1. Ms. Mechelse will not be returning to Arbour Lake School this year. Ms. Kelsea Aumont will remain in this position for the duration of the school year. If your child is in one of Ms. Mechelse's former classes, you may contact Ms. Aumont for whatever you may need. Her email is: keaumont@cbe.ab.ca
2. Ms. Poyhia has been on leave since Winter Break. Mr. Stozyk has been filling in for her, but his last day at Arbour Lake is today. Mr. Darren Halasz will be filling in next week. If you need anything please feel free to reach out to me or Mr. James Cousin (jecousin@cbe.ab.ca) at any time, or to Mr. Halasz (dbhalasz@cbe.ab.ca) next week.
3. Ms. Kenna Williams has been filling in for Mr. Crabbe who remains on leave until the end of April. Ms. Williams will continue to fill in for him while Mr. Crabbe is on leave.
4. Mr. Kyle Schrader is in for Ms. Michelle Walker and has been all year. Ms. Walker is expected to return to work in April.
5. Ms. Maya Miller has returned to work, and we are very happy to have her back!

We are working on a plan to be able to secure Mr. Schraeder and Ms. Williams in their current positions regardless of the return-to-work date of the other staff members. We recognize that changes in teachers are very disruptive to student learning, and while there is very little we can do to mitigate this impact, we are trying.

Elev8 Lacrosse Opportunity – March 3, 5 & 6

We have been able to confirm that we will be able to provide an opportunity to offer up to 20-30 students per grade in grades 6-9 the chance to learn or sharpen their lacrosse skills during regular PE classes on March 3, 5th & 6th with Elev8 Lacrosse. Please note that while our Grade 6 students are scheduled to work with Elev8 in April (with fees assessed), this unexpected opportunity in March will be provided at no additional cost.

If your child would like to participate in this opportunity, please use the link below to register on a first-come, first-served basis. **Please use the following link to register your child for this opportunity:** <https://forms.office.com/r/738LuFgpKY>

School Planning Engagement Survey 2025

Below is a link to our 2024-2025 Planning Survey. It is designed to gather feedback from families on school planning, which includes the school development plan, school budget, and school fees. We will thoughtfully consider all the feedback we receive in making decisions about school planning. The survey will remain open until **March 17, 2025**.

Survey Link: https://engage.zencity.io/cbeschools/en/engagements/2c9816f5-f32a-49ad-86c5-8f75c30bf384?utm_medium=referral

Last Chance to Order Yearbooks

The last chance to guarantee your student a yearbook is February 28th. From best friends to sports and band practices - this year, every day means everything. The yearbook team is working hard to capture every moment and memory in the 2025 yearbook. If you are interested, please visit <https://sis.cbe.ab.ca/public/home.html> login using your Username and Password and then add a yearbook to your cart before February 28th to secure your copy (don't forget to checkout).

UPCOMING IMPORTANT DATES

Feb 20-22	Coyote Classic Volleyball Tournament
Feb 24	Grade 7 Trip to Fitset Ninja
Feb 25	Team Photos
Feb 26	Pink Shirt Day
Feb 27	Grade 7 Trip to Fitset Ninja
Feb 28	Non-Instructional Day – No Classes
March 3	Grade 9 Guest Speaker – Inside Education
March 4	Grade 8 & 9 Nakiska Field Trip
March 3, 5, & 6	Elev8 Lacrosse during PE Gr. 6-9 (Sign Up Required)
March 7	Grade 7 Hip Hop Residency Begins
March 10	Grade 9 Political Cartoonist in Class
March 10-11	Grade 7 Winsport Ski/Snowboard Trip
March 11	Grade 6 Trip to Confluence (6.1, 6.2, 6.5)
March 12	Team Photos Grade 6 Trip to Confluence (6.3, 6.4, 6.5)
March 14	Grade 7 Hip Hop Residency
March 17-20	Spirit Week
March 17	Spring Photos
March 18	School Council Meeting 6:30PM Virtual
March 20	Parent Teacher Conferences 4PM-8PM
March 21	Parent Teacher Conferences 8AM-1PM (No Classes)
March 22-30	Spring Break – School Closed
March 30	School Back In Session

THE COYOTE CANTEEN

Please note that this is a cash only service. Students are able to come down and purchase a snack if they have forgotten their lunch OR if they would like to supplement the lunch they have.

CANTEEN ITEMS

PRICE

COOKIE	1.00
CHIPS/VEGGIE STRAWS	1.50
POPCORN	1.50
PROTEIN BAR	2.00
CHEEZIT CRACKERS	1.50
RITZ BITES / FISH CRACKERS	1.00
LARGE NOODLE BOWL	2.50
SMALL NOODLE BOWL	2.00
MAC & CHEESE	2.00
JUICE/WATER	1.50

HEALTHY HUNGER – FUN LUNCH – New Dates

Our Healthy Hunger program, organized by the School Council, is a popular initiative that provides a tasty treat for students and a welcome break for parents.

This program relies on parent volunteers to help organize and distribute lunches to homerooms. If you're able to attend, please sign up using the link below. If you've previously volunteered with us, we'd love to have you back. If you're new to the process, feel free to contact the main office to learn how to get involved.

Please sign up here to volunteer:

<https://www.signupgenius.com/go/10C0A4CABA723A1FAC52-51330546-healthy>

Feb 27	Subway
March 5	Kernels
March 6	Opa
March 13	Pizza 73
March 19	Tim Hortons
March 20	Subway
April 3	Papa John's
April 9	Jelly Modern Donuts
April 10	Subway
April 17	Edo
April 23	Saucy Bread Company
April 24	Mary Brown's
May 1	Papa John's
May 7	Tim Hortons
May 8	Subway
May 15	McDonald's
May 21	Jelly Modern Donuts
May 22	Pizza 73
May 29	Opa
June 5	Edo
June 11	Kernels
June 12	KFC
June 19	Subway
June 25	Saucy Bread Company

ATHLETICS

<i>Boys Volleyball (Jr. & Sr.) Home Games</i>	<i>February 24 & March 13</i>
<i>Girls Volleyball (Jr. & Sr.) Games</i>	<i>Nothing Scheduled</i>
<i>Junior Volleyball Finals</i>	<i>March 13</i>
<i>Girls Volleyball Practice</i>	<i>Mondays & Wednesdays 2:45-3:15PM</i>
<i>Boys Volleyball Practice</i>	<i>Tuesdays & Thursdays 2:45-3:15PM</i>

EXTRA-CURRICULAR ACTIVITIES – Updated

Monday	Tuesday	Wednesday	Thursday
Lunch (Full period unless noted)	Lunch (Full period unless noted)	Lunch (Full period unless noted)	Lunch (Full period unless noted)
Minecraft – Band Rm.	Scale Model Builders Rm. 160	Chess Club Rm. 160	Cribbage Club Rm. 219
Karaoke Kindness Rm. 217 (2 nd half)	QSA Rm. 203	Knitting & Crochet Club Rm. 127	Scale Model Builders Rm. 160
	Trivia Club Rm. 206 (2 nd half)		Jazz Band - Band Room
	Lego Club Rm. 164		Mathematics Club Rm. 204 (2 nd half)
			Board Game Club Rm. 164
Afterschool	Afterschool	Afterschool	Afterschool
<i>Girls Volleyball Practice</i>	<i>Boys Volleyball Practice</i>	<i>Girls Volleyball Practice</i>	<i>Boys Volleyball Practice</i>

ARBOUR LAKE SCHOOL SOCIAL MEDIA

Please follow us on Instagram at: [arbourlake_cbe](#)