



October 31, 2025

Hello Parents/Guardians,

I hope this message finds you well. I want to begin this week's update with a heartfelt thank you to our learning community for the support shown to teachers upon their return to work this week. Regardless of where each of us may stand on the events of the past month, the messages, treats, calls, and emails expressing appreciation for the work happening in schools have been deeply valued. Regardless of what's transpired, it is always easy to come to work knowing our students will be here.

Personally, being back in routine, seeing our students each day, and reconnecting with colleagues continues to remind me of the importance of community, something for which I am always very grateful. In my last message to families, I shared how honoured and privileged I feel to work within such an incredible learning community. That feeling remains steadfast and strong.

As we re-establish routines, I want to highlight the message shared earlier this week by the CBE. Schools have been asked to prioritize connection with students and ensure a smooth transition back to learning. Teachers are focusing on designing learning experiences that meet students where they are, creating tasks that are responsive, meaningful, and aligned with broad concepts and outcomes.

If your child has an IPP and you have not yet signed the initialized fall plan, these will be provided to families by November 28<sup>th</sup>.

At this time, all field trips and extracurricular activities are paused. All trips canceled due to labour action will not be rescheduled. Any off-site activities occurring November 17<sup>th</sup> and beyond will proceed as planned. All clubs and extra-curricular activities are also currently paused; however, these will also resume on November 17<sup>th</sup>.

We have also been asked to ensure a safe and well-prepared return to athletics through a paced re-entry plan for middle school sports. Next week will be dedicated exclusively to practices, allowing coaches, athletes, and teams the opportunity to re-establish conditioning, skills, and overall game readiness. Following this period, we await direction as to what the remainder of the basketball season will look like.

Finally, we are reviewing our school-based fees and will be pro-rating fees based on actual expenses and costs. Any fees paid for cancelled trips or activities will be refunded. Course fees will be reduced by 20% to reflect a loss of time in October. Other school-based fees will be pro-rated based on costs/expenses incurred.

Thank you again for your on-going and continue support of the work we do with your children. Wishing you all a Happy Halloween and a wonderful weekend. If you're into ball, Go Blue Jays!

Please do not hesitate to email me at [nmlisi@cbe.ab.ca](mailto:nmlisi@cbe.ab.ca) if you have any questions.

Warm regards,

Dr. Nancy Lisi  
Principal

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## Announcements & Reminders:

### Accepting Applications to Join ImPACT – Our Principal's Advisory Council

ImPACT is a student leadership group that works with school administration to make a difference in our school community. Members provide ideas, give input on school decisions, and act as ambassadors during events such as Open House and Grade 5 tours.

Being part of ImPACT is a great opportunity to build leadership skills, have your voice heard, and help create positive changes in our school. It's also a chance to work with other student leaders, plan fun activities, and represent your classmates in meaningful ways.

Last year, ImPACT organized the school dance, led an initiative to celebrate the nationalities represented in our school, and planned a floor hockey tournament. This year, we hope to continue these initiatives and add new ones, such as a Celebration of Culture Night and other student-centered activities.

ImPACT will meet every second Tuesday at lunch.

**Extension: Applications are due by November 5th.**

- You will need two teacher references to apply. Please ask your teachers first, and they will email Dr. Lisi directly with their reference.
- Your application will not be considered complete until both the online form has been submitted and Dr. Lisi has received two teacher references.

Link to application form: <https://forms.office.com/r/cvitZG10xJ>

### OurSCHOOL Well-Being Survey | Fall Administration

Arbour Lake School will be participating in an online school perception survey for students called the OurSCHOOL Well-being Survey. This anonymous survey is completely voluntary for all CBE students. Please find the details of the survey implementation below.

CBE's Education Plan prioritizes student voice and well-being in our decision-making processes. Responses from this survey are used at the system and school level to



recognize and improve what is necessary for students to feel safe, welcome, and cared for when at school.

The OurSCHOOL survey provides an opportunity for students in grades 4- 12 to give feedback on sense of belonging, positive relationships, anxiety, feeling safe at school, life satisfaction, general health, orientation to well-being, goal-oriented, self-regulation, and cultural awareness of others.

The survey allows students to provide feedback on depression, self-esteem, and cultural awareness of self. Demographic questions are asked for norming purposes and include:

- age, gender, Indigenous status, immigrant status, home language
- grade repeater, reasons for changing schools, disability or medical conditions that limits participation in school activities or learning

Teachers will coordinate with their grade team to find a time that best fits with their schedules over the next couple weeks.

If you have questions or would like to request more information about Arbour Lake School's upcoming implementation of the OurSCHOOL Well-being Survey, please contact our Assistant Principal, Matt Sloane at [mgsloane@cbe.ab.ca](mailto:mgsloane@cbe.ab.ca).

### Celebrating Our Coyotes

New this year is our Celebrating Our Coyotes initiative. 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](mailto:nmlisi@cbe.ab.ca).

## Upcoming Events & Important Dates

|                  |                                         |
|------------------|-----------------------------------------|
| Nov 4            | Lockdown Drill with CPS                 |
| Nov 7            | Remembrance Day Activity in Homerooms   |
| <b>Nov 10-12</b> | <b>Fall Break – School Closed</b>       |
| Nov 13           | Photo Day                               |
| Nov 17           | Grade 9 Trip to Zoo Hr. 9.5/9.6         |
| <b>Nov 18</b>    | <b>School Council Meeting – Virtual</b> |
| Nov 19           | Grade 9 Trip to Zoo Hr. 9.1/9.2         |
| Nov 20           | Grade 9 Trip to Zoo Hr. 9.3/9.7         |



Nov 27      Parent/Teacher Conferences 4-9pm  
 Nov 28      Parent/Teacher Conferences 8am-1pm (No Classes)

## Healthy Hunger: Fun Lunch Program

TBA

## Athletics & Extracurricular Activities

Clubs & Activities Calendar – To Resume November 17th

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

Athletic Events

TBA

## The Coyotes' Canteen: NOW OPEN

| Item:                                                        | Price:        |
|--------------------------------------------------------------|---------------|
| <b>Cheddar Goldfish</b>                                      | <b>\$1.00</b> |
| <b>SmartFood Popcorn</b>                                     | <b>\$1.50</b> |
| <b>Lay's Oven Baked Chips</b>                                | <b>\$1.00</b> |
| <b>Sun Chips:</b> Harvest Cheddar                            | <b>\$1.00</b> |
| <b>Rold Gold Pretzels</b>                                    | <b>\$1.00</b> |
| <b>Veggie Straws:</b> Original, Wavy Sea Salt, & Zesty Ranch | <b>\$1.00</b> |
| <b>Chocolate Cookie</b>                                      | <b>\$1.50</b> |
| <b>Small Noodle Bowl:</b> Beef, Chicken, Spicy, Veggie       | <b>\$2.00</b> |



|                                           |               |
|-------------------------------------------|---------------|
| <b>Large Noodle Bowl:</b> Beef & Chicken  | <b>\$2.50</b> |
| <b>Kraft Dinner:</b> Original & Poutine   | <b>\$2.00</b> |
| <b>Juice:</b> Apple, Orange, & Grapefruit | <b>\$1.50</b> |

- ❖ All items are subject to availability & prices may change without prior notice to reflect cost by supplier. This is non-profit service. Items are sold at cost.
- ❖ All Sales are CASH ONLY

## [Arbour Lake School Social Media](#)

Instagram:      arbourlake\_cbe

