



January 29, 2026

Good afternoon families,

This is a reminder that **tomorrow, Friday January 30, 2026**, is a system professional learning day for staff. There are **no classes for students**.

This week, our volleyball teams participated in their first competitions of the season. Across all teams, there were some wins and some losses, but overall it was a great start and we are proud of the effort, teamwork, and sportsmanship shown by our students.

Semester 2 began yesterday. The only changes to student schedules were shifts in complementary course offerings. By the end of today, students will have attended one class in each of their new complementary courses. All schedule changes have now been finalized. As a reminder, schedule changes are only made in exceptional circumstances.

I hope you have a wonderful weekend. If you need anything, please feel free to reach out to me by email.

Dr. Nancy Lisi
Principal, Arbour Lake School
nmlisi@cbe.ab.ca

Announcements & Reminders:

REPORTING AN ABSENCE

To report an absence, you can now email: arbourlake@cbe.ab.ca with your student's full name and grade or you can continue to use the Absence Phone Line 403-777-7310 Ext 1.

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.

Upcoming Events & Important Dates

| | |
|------------------|--|
| Jan 30 | No School – Non-Instructional Day |
| Feb 12-13 | Teachers' Convention – School Closed |
| Feb 16 | Family Day – School Closed |
| Feb 17 | School Council Meeting 6:30pm – Virtual |
| Feb 19 | Political Cartoonist – Grades 6 & 9 |
| Feb 24 | Report Cards Available via PowerSchool Grade 9 Vaccinations ImPACt @ Noon |
| Feb 25 | Pink Shirt Day Gr. 7 Outdoor Ed. Snowshoe Field Trip Gr. 8 Theatre Calgary Field Trip |
| Feb 26 | Open House 6:30-8pm Gr. 8 Theatre Calgary Field Trip |
| Feb 27 | Non-Instructional Day – No Classes |

Healthy Hunger: Fun Lunch Program

VOLUNTEERS REQUESTED: On behalf of School Council, we are always in need of volunteers to help sort the lunches. If you are able to spare a couple hours on a Thursday please sign up using this link:

<https://www.signupgenius.com/go/10C0A4CABA723A1FAC52-60960362-healthy>



Please visit HealthyHunger.ca to create an account and order. When logging in to place an order, please search for **Arbour Lake Middle School** on the Healthy Hunger website.

| | |
|----------|---------------------|
| Feb 4 | Tim Horton's Snack |
| Feb 5 | Subway |
| Feb 18 | Kernels – Snack |
| Feb 19 | Opa |
| Feb 26 | Papa John's |
| March 4 | Saucy Bread Company |
| March 5 | Pizza 73 |
| March 12 | Subway |
| March 18 | Kernels - Snack |

Athletics & Extracurricular Activities

Clubs & Activities February Schedule

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY |
|--|---|----------------------|--|
| Lunch | Lunch | Lunch | Lunch |
| - Yearbook Club Rm. 209 - Lego Club Rm. 164 | - Scale Model Builders Rm. 160 - QSA Rm. 203 - Board Games Club Rm. 164 - Knitting & Crocheting Club Rm. 127 | - Chess Club Rm. 160 | - Cribbage Club Rm. 219 - Scale Model Builders R. 160 |
| After School | After School | After School | After School |
| | | | |

Athletic Events at Home

Feb 2 Girls' Volleyball Games
Feb 3 Boys' Volleyball Games
Feb 5 Boys' Volleyball Games
Feb 11 Boys' Volleyball Games

The Coyotes' Canteen: NOW OPEN

| Item: | Price: |
|-------|--------|
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|--|---------------|
| Cheddar Goldfish | \$1.00 |
| SmartFood Popcorn | \$1.50 |
| Lay's Oven Baked Chips | \$1.00 |
| Sun Chips: Harvest Cheddar | \$1.00 |
| Rold Gold Pretzels | \$1.00 |
| Veggie Straws: Original, Wavy Sea Salt, & Zesty Ranch | \$1.00 |
| Chocolate Cookie | \$1.50 |
| Small Noodle Bowl: Beef, Chicken, Spicy, Veggie | \$2.00 |
| Large Noodle Bowl: Beef & Chicken | \$2.50 |
| Kraft Dinner: Original & Poutine | \$2.00 |
| Juice: Apple, Orange, & Grapefruit | \$1.50 |

- ❖ 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](https://www.instagram.com/arbourlake_cbe/)

