



September 26, 2025

Hello Parents/Guardians,

Thank you to everyone who joined us for Fall Orientation last night. It was wonderful to see you, reconnect, and give you a glimpse into what a typical day looks like for your child. I hope you had a chance to meet the teachers and ask questions.

Grade 6 families, our Meet the Teacher continues on Monday from 8 a.m. to 1 p.m. If you have not yet booked a time, please email your homeroom teacher and we will do our best to accommodate you.

ACTION REQUIRED | 2025-2026 DEMOGRAPHIC FORMS:

CBE has sent out several reminders to parents about completing this year's current demographic forms. This is imperative to ensure registration and funding. **If you have not yet updated your current school 2025-2026 Demographic forms, please do so immediately to ensure continued registration.**

PLEASE NOTE: We have several items posted in the Announcements & Reminders section this week. Please take a moment to review them.

A quick reminder that **Monday, Sept 29 is a non-instructional day**. No classes for students while teachers are on site. **Tuesday, Sept 30 the school is closed for National Truth and Reconciliation Day**. We look forward to welcoming back students on Wednesday, October 1ST which is also Orange Shirt Day. We encourage all students and staff to wear orange in support of our commitment to Truth and ReconciliAction.

Wishing you a lovely long weekend with your children. Please do not hesitate to email me at nmlisi@cbe.ab.ca if you have any questions or if there is anything I can do to support your child.

Warm regards,

Dr. Nancy Lisi
Principal

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.

Applications are due by October 10th.

- 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/cvitZG10xI>

Parent/Guardian Online Series | Supporting Child and Youth Well-being

The Calgary Board of Education invites all parents and guardians to join a live online series on supporting child and youth well-being. The series is hosted by the Recovery Alberta Community Education Service (CES) Program in collaboration with local experts from the Calgary community.

Attached to this email is a poster with sessions designed to provide families with knowledge, tools, and strategies to help navigate the challenges and opportunities of raising children and teens today. Along with the poster, additional session details are available on the [Child and Youth Family and Caregiver Series public facing page](#).

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.

[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](#)

Sept 29	Non-Instructional Day – No classes
	Grade 6 Meet the Teacher
Sept 30	School Closed – National Day for Truth & Reconciliation
Oct 1	Orange Shirt Day
	Gr. 7 Outdoor Ed Canoe Trip
Oct 6	Gr. 7 Zoo Field Trip 7.5 & 7.6
Oct 7	Gr. 6 Vaccinations
Oct 8	Gr. 7 Zoo Field Trip 7.1 & 7.2
Oct 9	Gr. 7 Zoo Field Trip 7.3 & 7.4
Oct 10	IPP Dues to Parents
Oct 13	Thanksgiving Day – School Closed



- Oct 14 Gr. 6 Zoo Field Trip
- Oct 15 Picture Day
- Oct 20 Non-Instructional Day – Municipal Election
- Oct 21 School Council Meeting – 6:30PM Virtual
- Oct 22 Gr. 6 Zoo Field Trip
- Oct 27 Gr. 8 Telus Spark Field Trip
- Oct 29 Gr. 8 Telus Spark Field Trip
Leadership Haunted House Gr. 7-9
- Oct 30 Leadership Haunted House Gr. 6

Healthy Hunger: Fun Lunch Program

October 2 Subway

Athletics & Extracurricular Activities

Clubs & Activities Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Lunch	Lunch	Lunch	Lunch
- Sketching Club: Rm. 209 - Jam Club: Band Rm	- QSA: Rm. 203		- Cribbage Club: Rm. 219 - Jam Club: Band Rm.
After School	After School	After School	After School

Athletic Events

- Oct 1 Girls Soccer at Home vs. William D. Pratt – 4PM
- Oct 6 Jr. Boys Basketball at Home
- Oct 8 Sr. Boys Basketball at Home
Girls Soccer at Home
- Oct 9 Sr. Girls Basketball at Home
Boys Soccer at Home
- Oct 14 Jr. Girls Basketball at Home
- Oct 16 Sr. Girls Basketball at Home
Boys Soccer at Home
- Oct 22 Sr. Boys Basketball at Home
- Oct 30 Sr. Girls Basketball at Home



The Coyotes' Canteen: NOW OPEN

Item:	Price:
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: [arburlake_cbe](#)

