



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

January 10, 2025

Dear Arbour Lake Families,

Happy New Year! I hope you all had a restful and enjoyable winter break. January is already off to a busy start, and it's wonderful to see students back at school, ready to learn and take part in the many activities we have planned.

Our Grade 6 students had a fantastic two days at Winsport this week. The feedback has been overwhelmingly positive, and many students are thrilled to have learned a new skill. For some, this experience has opened the door to a fun weekend activity they can now enjoy with friends—a wonderful way to stay active and connected. Huge thank you to our teachers that organized this opportunity. Our Grade 7-9 will have access to a similar opportunity later in the year.

Volleyball tryouts took place this week, and the final rosters have been posted. Congratulations to those students who made the team, *and* congratulations to everyone who participated! Trying out for a team takes courage, and we are incredibly proud of all the students who put themselves out there. While only 13 spots are available on each team, as determined by the athletic association, we recognize how difficult it can be for students who did not make the final roster. Please encourage your child to reflect on the resilience and growth that come from stepping out of their comfort zone, whether or not they made the team.

We also want to reassure families that every student who tries out has an equal opportunity to make the team, regardless of whether they have played on our teams in past seasons, or how long they've been at Arbour Lake School. A huge thank you goes out to our dedicated volunteer coaches, who give their time and energy to make these opportunities possible. Their efforts go far beyond the sport itself, helping students learn teamwork, perseverance, and the importance of representing our school positively.

This season, we are implementing a new communication process for parents of student-athletes. More detailed information about this will be sent directly to those families. Moving forward, parents will be asked to wait 24 hours before approaching a coach with concerns after a game. All communication should be sent via email, with me copied, to ensure respectful and constructive conversations. However, anything egregious or that parents deem an emergency, can be directed to me right away.

This policy comes in response to challenges experienced during previous seasons. Our volunteer coaches dedicate countless hours to supporting our students, and it's important that they feel appreciated and respected. Negative interactions risk discouraging future coaching participation, something we want to avoid and that puts at risk the opportunities we are able to offer our students. Thank you for supporting this policy and helping us maintain a positive environment for everyone.

Report cards will be available at the end of the month. Teachers should have already

contacted families if there are concerns about a child's progress, so the report card should serve as a formal record rather than a surprise. As always, parents are encouraged to reach out to teachers at any time with questions about their child's learning.

Finally, a reminder about traffic safety during drop-off and pick-up times. Please avoid making U-turns near the school, particularly on Arbour Crest Road and Arbour Lake Road. Pay attention to our patrols, and avoid parking in the bus zone. These rules are in place to ensure the safety of everyone in our community. Your cooperation is greatly appreciated.

As always, if there is anything you need that I may be able to assist you with, please never hesitate to reach out to me. My email address is nmlisi@cbe.ab.ca.

Wishing you a fantastic weekend!

Sincerely,
Dr. Nancy Lisi
Principal, Arbour Lake School

ANNOUNCEMENTS & REMINDERS:

NEW - Healthy Hunger Dates – See below- Deadline Today!

New dates have been added to the Healthy Hunger schedule. Deadline to order for next week is TODAY. Please make sure you do so as soon as possible if you would like to order a lunch meal for your student. Thank you.

NEW - School Fundraising Society – Casino Dates and Volunteering

The **Casino Fundraiser on February 6th & 7th** is coming up quickly! It is 4 weeks away and we almost have enough volunteers.

However, we do **require a count room supervisor** for Thursday night and a **chip runner** for Friday night.

Please consider volunteering as this is our most profitable fundraiser for the school.

The Arbour Lake School Fundraising Society is organized by parents and plays a vital role in supporting our school and students by organizing various fundraising initiatives. Their efforts help provide additional resources and programs that enhance the educational experience for our students. One significant event they host is a casino night, which raises thousands of dollars for the school. This event relies heavily on the support of volunteers. If you're interested in helping, please sign up using the link below. Your involvement makes a real difference!

Casino Night Dates: February 6 & 7, 2025

Sign-Up Link: <https://www.signupgenius.com/go/10C0A4FA5AD2FA2F5C70-51590141-volunteer>

UPCOMING IMPORTANT DATES

Jan 16	ImPACT at Lunch
Jan 20	Storybook Theater – Grade 7
Jan 21	School Council Meeting 6:30PM – Virtual
Jan 23	Grade 9 Leadership Carnival
Jan 24	Homeroom Buddy Day
Jan 27	Report Cards Available in PowerSchool Grade 8 – Glenbow Museum Presentation CBE Middle School Student Well-Being Symposium – Mt. Royal
Jan 28	Semester 2 Begins (New Complementary Courses Start)
Jan 29	Grade 9 – Economics for Success Program
Jan 30	ImPACT - Lunch

Jan 31

Non-Instructional Day – NO CLASSES

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

NEW DATES – Deadline to order TODAY

HEALTHY HUNGER – FUN LUNCH

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>

Jan 9	Subway
Jan 15	Kernels
Jan 16	Mary Brown's
Jan 23	Pizza 73
Jan 29	Saucy Bread Company
Jan 30	Edo
Feb 5	Kernels
Feb 6	Subway
Feb 19	Tim Horton's
Feb 20	Mary Brown's
Feb 27	Subway

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 (start on the 20th)	Cribbage Club Rm. 219
Karaoke Kindness Rm. 217 (2 nd half)	QSA Rm. 203	Self-Defense Club Gr. 6/7 Girls Dance Studio (2 nd half)	Scale Model Builders Rm. 160
Lego Club Rm. 164	Trivia Club Rm. 206 (2 nd half)	Creative Writing Club Rm. 120	Jazz Band - Band Rm.
		Board Game Club Rm. 164	Mathematics Club Rm. 204 (2nd half lunch)
Afterschool	Afterschool	Afterschool	Afterschool

ATHLETICS

Girls Volleyball Practice
Boys Volleyball Practice

Mondays & Wednesdays 2:45-4:00PM
Tuesdays & Thursdays 2:45-4:00PM

ARBOUR LAKE SCHOOL SOCIAL MEDIA

Please follow us on Instagram at: [arbourlake_cbe](https://www.instagram.com/arbourlake_cbe)