



Edge School

2025/26 Weekly Newsletter

Issue 19 – May 1, 2026



- May 4 – Hats on for Mental Health
- May 4-8 – Mental Health Week (See Graphic on Page 3)
- May 5 – Checkpoint #4
- May 5-7 – Scholastic Book Fair
- May 12 – Parent Council Meeting at 3:30 PM
- May 15 – PD Day (No School)
- May 18 – Victoria Day (No School)

Visit [Edgemountaineers.com](https://www.edgemountaineers.com) to stay up to date with team schedules, scores and stories

Fitness Academy – Re-Imagining

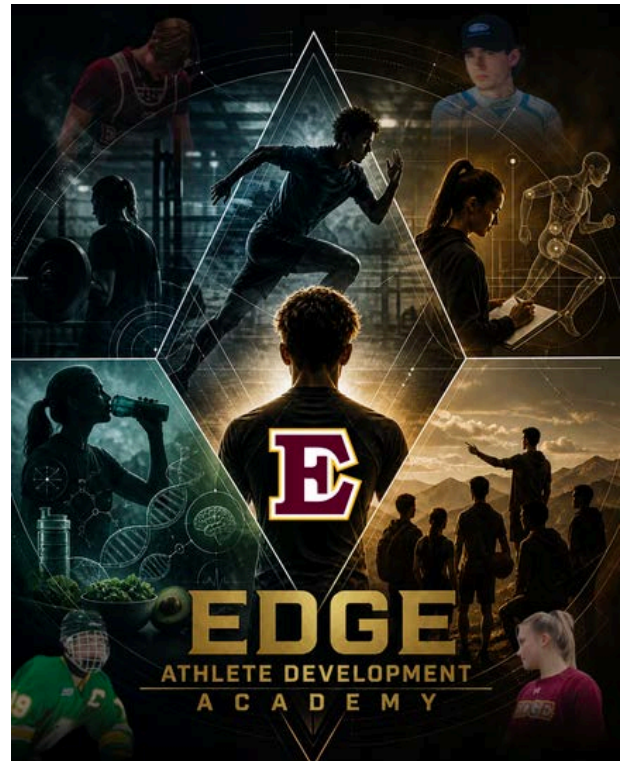
The evolution of our Fitness Academy marks a progressive step in our high school sport programming to better support our students. Formerly known as the Fitness Academy, the **Edge Athlete Development Academy** has been reimagined as a comprehensive, year-long program designed to cultivate the next generation of sport leaders.

This program provides a structured environment that supports students outside of our traditional team/academy programs. Our vision is to develop well-rounded individuals who are equipped to make a positive impact in the sport community – extending beyond the Duckett Performance Centre.

This holistic rebranding is anchored by three curriculum pillars: **Performance Training, Performance Health, and Sport Leadership**. Students will not only enhance their athleticism but will also learn the “science of sport” through deep dives into nutrition, recovery, biomechanics, and mental performance.

In addition, the program opens pathways for future opportunities by introducing students to NCCP coaching certification and foundational concepts in sport leadership and management. Students enrolled in the Athlete Development Academy are also eligible to participate in all School Sport Alberta athletic programs offered at Edge.

This is more than training – it’s a foundation for lifelong involvement and leadership in sport.



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Fueling For Performance – Parent Nutrition Information Session

Join us on Tuesday, May 12 at 7:00 PM in the Learning Commons, or online, for our second parent information session of the year – fueling for performance.

Erin Krill, a member of the Canadian Sport Institute and University of Calgary Sport Medicine Centre's nutrition team, will lead a session on the important role that parents play in helping young student-athletes reach their performance goals through proper nutrition and hydration. This session will provide parents with research-backed nutrition guidance and tips to help ensure that your child can train and play at their best!

Hearing your feedback, we will offer this presentation in a hybrid format, both in-person in the Learning Centre and on-line via Google Meet. The session will be recorded and shared for those unable to participate on May 12.

2026/27 Calendar

There have been a few minor updates to the 2026-27 School Calendar. [Please find them here.](#)

Exam Dates

The [Grade 10-12 exam schedule can be found here.](#)

All Grade 6-9 PAT Exam dates will be posted in the school calendar. For all other final assessments, teachers will post in Edsby.

Edge Charity Golf Classic – Friday, May 29, 2026 – Over 90% Sold!

[Get your tickets before they are gone!](#) Proceeds support ALL of our athletic programs.

Can't play but want to help? We have a few spots for additional sponsors and silent auction items. Help make our silent auction a success by donating items, experiences or services. Your contribution will directly support our student-athletes while providing exciting auction opportunities for attendees. Whether it's a product, a getaway, or a unique experience, your generosity makes a difference!

Please contact [Cindy Miller](#) for more information.



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CANADA MENTAL HEALTH WEEK

Come Together, CANADA

Stronger minds.
Kinder hearts.
Connected communities.



CONNECT
with others



BE KIND
to yourself
and others



BUILD
a stronger
Canada

YOU BELONG. YOU MATTER. WE'RE IN THIS TOGETHER. ♥

MONDAY



**HATS ON FOR
MENTAL HEALTH**
Wear a hat.

Connect our community,
Sr. Lead

TUESDAY



**SHOW AND TELL
CONNECTION**

Bring a photo or drawing
of something that matters
to you.

Place it on the Show and
Tell Board at the main
entrance.

WEDNESDAY



**CONNECT
THROUGH ART**

How to draw a portrait
in Learning Commons
@ lunch

THURSDAY



**KINDNESS
CONNECTS US.**

Pay it forward.

Do one small kind act today—
help someone, include someone,
or say something positive.
Then encourage them to do
the same for someone else.

FRIDAY



**ONE WEEK.
MANY CONNECTIONS.**

Share yours.

Share one way you connected,
showed kindness, or paid it
forward by telling a teacher.



**MENTAL HEALTH
IS HEALTH.**

*Let's look out
for each other.*



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