



Principal: Mr. Ryan Marshall  
Grades K-4 Assistant Principal: Mrs. Melissa Kerr  
Grades 5-9 Assistant Principal: Mr. Aaron Tuckwood

**May 2017**

### **Principal's Message**

It looks like spring has finally arrived in Sherwood Park. As I write this message we are looking forward to a few days in a row where temperatures will be in the 20's. These last two months of the school year are going to fly by as the school community prepares for year-end. Coming up in the next two months are numerous activities like track and field day, junior high athletic and drama awards, Outdoor Education overnight camping trip, a number of field trips, Grade 9 Farewell and Provincial Achievement Tests, just to name a few.

I would like to take this opportunity to formally thank all of our parents, guardians, grandparents, and community members for volunteering in our school. Whether you coached a sports team, helped with the drama production, attended a field trip, helped in the classroom, or anything else within our school, thank you for your service. Without your contributions, our school would not be what it is. We have had over 200 volunteers throughout the year. Thank you again for your service and for showing Pride in Our Pack!

This week we submitted a balanced budget to Elk Island Public Schools. Our budget was submitted based on a student enrolment of 740 students. This is a 22 student decrease in enrolment compared to our 2016-2017 budget. The decrease in projected enrolment has caused us to make some cuts to teaching staff. We are thankful that funding from the government remained fairly consistent so that other areas could avoid cuts.

As we move into June we will try to keep you as updated as possible on staffing changes. We would like to announce that Mr. Josh Carlson has announced his retirement, effective at the end of this school year. We would like to thank Mr. Carlson for his service to EIPS for the past 39 years and to Lakeland Ridge since 2004. He has left a positive impact with many students, staff and parents over the years and will be dearly missed. We wish him well as he transitions into this new stage in life.

I trust that everyone will have a great month of May and that you enjoy the many spring activities that come with the warmer weather.

Sincerely,  
Ryan Marshall  
Principal

## **2017/18 Homeroom Placements**

Our teachers spend a great deal of time and effort creating class lists for each school year. There are a number of factors that determine how next year's class lists are compiled including gender balance, ability distribution, and negative or positive student combinations. Since healthy child development includes learning to work with new and different individuals, maintenance of friendships typically is not considered when placing students. If there is a specific request that you have when placing your child for the 2017/18 school year please put it and the reason why in writing to [ryan.marshall@eips.ca](mailto:ryan.marshall@eips.ca) or by dropping off a letter at the office. All requests will be considered.

## **Are You Moving?**

Please inform the Lakeland Ridge School office if you are moving in the coming months and if your child(ren) will not be attending LLR in the fall. Planning for the 2017-2018 school year has already begun and having the most accurate information will enable us to schedule all of our students according to enrolment numbers. Thanks in advance!

## **Counsellor's Corner**

Mental Health Week is May 1-7, 2017 and Lakeland participated with a variety of activities and 'Hats On for Mental Health Day' on May 4. Mental health is similar to physical health – it is important to be proactive and use preventative strategies. Being proactive and using coping strategies are key to managing potential mental health difficulties. Strategies that help to maintain and promote positive mental health are universal – they can work for children, adolescents, and adults. Consider how you utilize the following strategies for yourself, your children, and your families.

- Eating healthy affects how we feel. Ensure you have healthy meals and snacks available in your home for the entire family.
- Show your gratitude to others. Do something kind for someone else, say thank-you, and look for the good in your day. Showing kindness to others improves our own positive thoughts and feelings.
- Use music to cheer up the household. Music is able to change how we feel and pick up our mood. Sing out loud to your favorite songs and maybe get up and have a little dance party. It works for Kid President!
- Use relaxation techniques to get some down time on a daily basis. This could include deep breathing, meditation, slowing down to be present in the moment, or visualization (mentally going to your happy, peaceful, or calming place).
- Smile and laugh! Laughter helps to naturally de-stress, lighten up, and relax by shifting perspective. Look up jokes or search for funny videos. A little humor break can help to change your outlook for the rest of the day.
- Talk to others. Having a support network of individuals to talk to that you trust is important. If you notice your child

Recently, a controversial series, '13 Reasons Why' was released on Netflix. It has garnered the attention of many pre-teens and teens. The series is based on a book with the same name that depicts the suicide of a 17 year old and the aftermath. Many mental health and suicide prevention organizations are releasing warnings about the series and the potential effect of distress it can have on teens. Many teens are watching it and talking about it. It would be best to watch the series with your teen if they are interested and ensure you engage in conversations about the many difficult topics addressed in the show. As well, it would be helpful to discuss how other characters react to the situations. If you have concerns about your child watching the series or are concerned about

their reaction or behavior, seek assistance. Contact me at the school by calling 780-416-9018 or e-mail [kenda.cruikshank@eips.ca](mailto:kenda.cruikshank@eips.ca). If you have immediate concerns, call the AHS Children's Mental Health Crisis Line at 780-427-4491.

For more information about mental health or coping strategies, check out the following websites:

[www.cmha.ca](http://www.cmha.ca)  
[www.canwetalk.ca](http://www.canwetalk.ca)  
[www.mindcheck.ca](http://www.mindcheck.ca)  
[www.anxietybc.com](http://www.anxietybc.com)

## Grade 9 Farewell

The staff and grade nine students have begun to plan the grade nine farewell activities. A ceremony will be held on Thursday, June 29<sup>th</sup>. A detailed letter will be sent home with all students in the last week of May and formal invitations will be sent to parents/guardians of our grade nine students.

## Guitar + Band 7

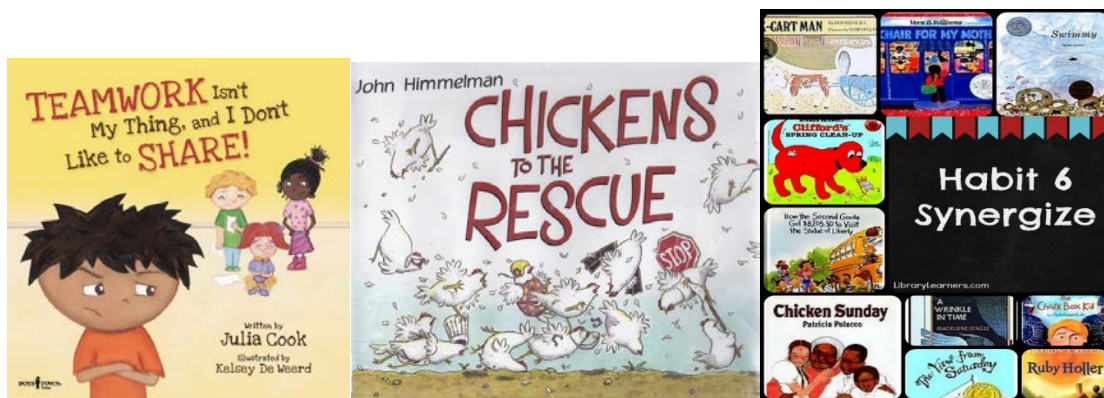
You are invited to our Grade 7 Music Recital on Tuesday May 9, at 11:30 am (period 4) in the Band Studio, presented by the Guitar and Band 7 students. Hope to see you there!

## This month's habit is Habit 6: Synergize

Synergize is the habit of creative cooperation. It is teamwork, open-mindedness, and the adventure of finding new solutions to old problems. But it doesn't just happen on its own. It's a process, and through that process, people bring all their personal experience and expertise to the table.

A few tips:

1. I get along well with other people and work well in groups.
2. I value the strengths of others and allow myself to learn from them.
3. I know that by working together as a team we can get more done and come up with better solutions.



# 50 Questions To Ask Your Kids Instead Of Asking “How Was Your Day”

by Leslie Means

Here's some of their favorites!

1. What made you smile today?
2. Can you tell me an example of kindness you saw/showed?
3. Was there an example of unkindness? How did you respond?
4. Does everyone have a friend at recess?
5. What was the book about that your teacher read?
6. What's the word of the week?
7. Did anyone do anything silly to make you laugh?
8. Did anyone cry?
9. What did you do that was creative?
10. What is the most popular game at recess?
11. What was the best thing that happened today?
12. Did you help anyone today?
13. Did you tell anyone “thank you?”
14. Who did you sit with at lunch?
15. What made you laugh?
16. Did you learn something you didn't understand?
17. Who inspired you today?
18. What was the peak and the pit?
19. What was your least favorite part of the day?
20. Was anyone in your class gone today?
21. Did you ever feel unsafe?
22. What is something you heard that surprised you?
23. What is something you saw that made you think?
24. Who did you play with today?
25. Tell me something you know today that you didn't know yesterday.

## School Council Report

### Meeting Notice

The next, and last of the year, School Council meeting:

**7: 00 p.m., Wednesday, May 31, 2017**

in the school library

*Free babysitting provided*

Note the later than usual start time, which we did in order to accommodate a Parent Action Society meeting earlier that evening. Come for both—two for the price of one!

Key agenda items:

- What to expect for 2017-18 in terms of class sizes, staffing changes and bell schedule
- Budget report – how will education \$\$ being spent at both the school and EIPS levels for 2017-18
- Is the SC treasurer's position necessary?

### **Weighing in on Timetable and Fees**

At our last SC meeting, attendees got a first look at the proposed timetable for 2017-18. Overall, parent feedback was positive to many of the changes.

We also discussed the issue of school fees. With “phase 1” of the government’s Bill 1 (an Act to reduce school fees) soon to be proclaimed, which will deal with school divisions’ learning resource and transportation fees, there is speculation on what other fees the government may have its eye on. We talked about what type of fees we thought were reasonable and what we expect to get for those fees. The consensus seemed to be that there shouldn’t be fees related to core subjects, but that fees for optional courses and clubs were fair, as long as they were on a cost-recovery basis and it is clearly communicated (and itemized) to parents as to what the fees are paying for.

The more important question is “What are you willing to give up in order to remove fees?” This is something that parents should think about as, let’s be realistic, the funds have to come from somewhere and if not, there’s no way programming can’t be affected. We also gained insight as to where the government “found” money in order to pay for this first phase of fee elimination.

### **ASCA Conference**

Vice Chair Lyndsay Arndt and I attended the Alberta School Council’s Association annual conference in Edmonton in April. We found it very beneficial, both in terms of the information gained at the various breakout sessions as well as some of the fundraising and programming ideas we learned from other parents and exhibitors. The two keynote presentations on Truth and Reconciliation and Fentanyl were very impactful. A big disappointment was the fact that although scheduled, Education Minister David Eggen cancelled. Instead, his deputy minister was there, and let’s just say, he felt the heat. It also became abundantly clear that we are quite fortunate at our school, and our division, as to how parents are engaged and involved in the education of our kids.

### **Yearend Staff Appreciation Lunch**

A big thank you to parent Tammy Pettit who has step forward to coordinate the yearend staff appreciation lunch, set for Thursday, June 22nd. As always, the event will require volunteers and pot luck item providers to pull it off so watch for details in the coming weeks on how you can help.

Hope to see you on May 31<sup>st</sup>!

Annette Hubick

Chair, LLR School Council

### **THANK YOU! Driver Appreciation Day was May 1**

On May 1<sup>st</sup> we recognized and thanked our school bus operators for keeping the safety of our students their first priority. We encourage you, and your children, to take a moment on May 1 to say thanks to our bus operators—all of whom go above and beyond the call of duty to provide safe and timely transportation to our students.

On behalf of Lakeland Ridge School *THANK YOU* to all of our school bus operators for a job well done.

### **Little Elk Island Adventure: Registration**

Elk Island Public Schools is once again offering its Little Elk Island Adventure, a fun and informative program for ***first-time school bus riders***.

Annually, Student Transportation offers the Little Elk Island Adventure to new riders and their parents. The program’s aim is to help ease any anxieties a family may have about riding the bus before even starting school. Through a series of activities, riders learn about: school bus safety,

danger zones, tips on boarding and how to sit properly on the bus. After that, both the children and parents hop on the bus to practice what they've learned and then adventure out on a short ride. The Little Elk Island Adventure is for **first-time school bus riders** entering the 2017-18 school year. Sessions and times are available in these locations:

<b>Location</b>	<b>Date</b>	<b>Time</b>
EIPS Central Office	August 22	5 p.m.
EIPS Central Office	August 22	6:30 p.m.
EIPS Central Office	August 24	5 p.m.
EIPS Central Office	August 24	6:30 p.m.
EIPS Central Office	September 1	10:30 a.m.
Fort Christian/Fort Elementary	August 23	6 p.m.

*EIPS Central Office is located at 683 Wye Rd., Sherwood Park  
Fort Christian School is located at 9806 101 St., Fort Saskatchewan*

**Space is limited and pre-registration is required.** To register for a Little Elk Island Adventure, visit <https://goo.gl/forms/cqYb15mBLAspUJ1W2>.

More information regarding busing for Kindergarten students can be found at: [www.eips.ca/transportation/kindergarten-busing-faq](http://www.eips.ca/transportation/kindergarten-busing-faq).

### **Help us name the new school in Sherwood Park!**

Elk Island Public Schools (EIPS) wants your input as it prepares to name its newest elementary school in Sherwood Park—a K-6 school in the Davidson Creek area slated to open in fall 2018. Last month, EIPS collected name suggestions from the community for the new school. Using those suggestions, the Division now has a shortlist of possible names. Before a final decision is made, EIPS is inviting the community to participate in a brief online survey.

### **TAKE THE SURVEY**

<https://www.surveymonkey.com/r/QRXHBBV>

Survey opens: May 8

Survey deadline: May 26

Once the survey closes, EIPS' naming committee will review the feedback from the survey and recommend a final name to the Board of Trustees. The Board is expected to approve the name in June.

### **Student Transportation: 2017-18 registration is now open**

Planning to use EIPS Student Transportation in the 2017-18 school year? If so, make sure to register your child as soon as possible.

Families currently using student transportation services will receive tentative route schedules and invoices later this month. All transportation fees are due by June 30, 2017.

If you have any questions about registration, invoicing or accessing transportation for the 2017-18 school year, contact EIPS Student Transportation at 780-417-8151 or email [st@eips.ca](mailto:st@eips.ca).

**NOTE:** Student Transportation will remain open during the summer months and operate during the same hours as Central Office. Student Transportation can't accept in-person transportation payments on the days it's closed.



# May 2017

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
	1 Day 3 Gr.6 Birch Bay	2 Day 4 Hot Lunch (Pasta Pantry) Linking Generations Visit	3 Day 5 Cash4Care Staff Meeting - Early Dismissal	4 Day 6	5 Day 1 Gr.1 Arbor Day Newsletter Volunteer Luncheon	6
7	8 Day 2	9 Day 3 Gr.9 PAT - ELA Part A ICON Class Pictures	10 Day 4	11 Day 5 Gr.6 PAT - ELA Part A Kindie Info Evening 6:30pm	12 Day 6	13
14	15 Day 1 LLR Jr. High Track Meet	16 Day 2 Linking Generations Visit Hot Lunch (Pressed)	17 Day 3 Fine Arts Assembly Cash4Care	18 School Closure Day	19 School Closure Day	20
21	22 Victoria Day - No School	23 Day 4	24 Day 5 Staff Meeting - Early Dismissal EIPS Jr. High Track Meet @ SAP	25 Day 6 Habit 6 Assembly	26 Day 1 EIPS Jr. High Track Rainout Date	27
28	29 Day 2 Hot Lunch (Boston Pizza)	30 Day 3 Linking Generations Celebration Lunch	31 Day 4 School Action Society Meeting 6:00 School Council Meeting 7pm (Library)	1	2	3



# June 2017

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
				1 Day 5 Junior High Zone Track Meet	2 Day 6 Newsletter	3
				Outdoor Ed 7 Camping Trip		
4	5 Day 1 Hot Lunch (Opa)	6 Day 2 Grade 1 Fort Edmonton	7 Day 3 Cash4Care Staff Meeting - Early Dismissal	8 Day 4	9 Day 5	10
11	12 Day 6	13 Day 1	14 Day 2	15 Day 3 Grade 5 Fort Museum	16 Day 4 Grade 5 Fort Museum	17
18	19 Day 5 Gr.6 PAT - ELA Part B Hot Lunch (Panago)	20 Day 6 Gr.6 PAT - Math	21 Day 1 Aboriginal Day	22 Day 2 Gr.7 & 8 LA Exam Gr.6 PAT - Social	23 Day 3 Gr.7 & 8 Social Exam Gr.6 PAT - Science	24
		Artist in Residence				
25	26 Day 4 Gr.7 & 8 Science Exam Gr.9 PAT - Social	27 Day 5 Gr.7 & 8 Math Exam Gr.9 PAT - ELA Part B Grade 1 and 2 Fun Day	28 Day 6 Gr.9 PAT - Math Grades 3-6 Track meet Grade 1 and 2 Math Day	29 Day 1 Gr.9 Farewell 7pm Gr.9 PAT - Science Last Day of School	30 Day 2	



