



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

November 2017 Principal's Message

As November rolled in, so did the snow and colder weather. As we enter into the winter season I would ask that you ensure your children are dressed appropriately for going outside. More specific information on inclement weather is provided later in this newsletter.

I would like to take this opportunity to invite all of our parents, relatives and friends to our Remembrance Day Celebration on Nov. 9, starting at 10:30am in our gym. We look forward to spending some time reflecting on, learning about and being thankful for the sacrifices people have made, and continue to make, to ensure our country is safe to live in.

Christmas concert season is fast approaching. We are excited to be celebrating with our community on December 20 at The Park Church. Some more information is provided later in this newsletter and we will communicate more specific details as the concert approaches. Make sure to mark your calendars now as the Christmas season can be quite hectic!

Each year Alberta Education conducts Accountability Pillar Surveys of teachers, students, and their parents to gather information on the quality of education provided by Alberta school authorities and their schools. The results for Lakeland Ridge were excellent, reflecting all the great things that go on in our school! Some highlights from the 2016-17 survey:

- Safe and Caring Measure: 90.4 % of teachers, parents, and students agree that students are safe at Lakeland, learning the importance of caring for others, learning respect for others, and treated fairly in school
- Program of Studies: 87.3% of teachers, parents, and students are satisfied with the opportunity for Lakeland students to receive a broad program of studies including fine arts, career, technology, and health/physical education
- Education Quality Measure: 92.2 % of teachers, parents, and students are satisfied with the overall quality of basic education at Lakeland
- Citizenship Measure: 82.5% of teachers, parents and students are satisfied that Lakeland students model the characteristics of active citizenship
- Parental Involvement Measure: 83.8 % of Lakeland teachers and parents are satisfied with parental involvement in decisions about their child's education
- School Improvement Measure: 79.7% of Lakeland teachers, parents, and students indicate that their school and schools in their jurisdiction have improved or stayed the same the last three years

I would also encourage you to look at Lakeland Ridge's 2016-17 Provincial Achievement Test results and historic performance which is included with this newsletter. Overall, they are excellent! I hope everyone has a terrific Fall Break!

Mr. Ryan Marshall, Principal

Counsellor's Corner

Getting a good night's rest is extremely important and valuable to overall health & wellness for adults, adolescents, and kids. Getting enough hours of quality sleep will assist your child's learning through increased attentiveness, consistent performance, and an ability to handle little and big challenges faced throughout the day.

Sleep deprivation adds up over time, so an hour less sleep per night is like a full night without sleep by the end of the week. Lack of sleep can affect everything from our emotions to how well we focus on tasks. It can affect sports performance, increase chances of getting sick, and may be linked to weight gain in some people. Most people experience a sleepless night once in a while, but if your child regularly has trouble sleeping and it is affecting their mood or performance, it is important to talk to your pediatrician.

Here are some suggestions of ways to increase the likelihood of getting a restful night's sleep:

1. **Get physical activity during the day.** Physical activity can decrease stress and help people feel more relaxed. Just don't exercise too close to bedtime because exercise will wake you up before it slows you down.
2. **Say goodnight to electronics.** Experts recommend using the bedroom for sleep only. If you can't make your bedroom a tech-free zone, at least shut everything down an hour or more before lights out. Nothing says, "Wake up, something's going on!" like the buzz or ping of a text.
3. **Keep a sleep routine.** Going to bed at the same time every night helps the body expect sleep. Creating a set bedtime routine can enhance this relaxation effect. So unwind every night by reading, listening to music, spending time with a pet, writing in a journal, playing Sudoku, or doing anything else that helps you to relax.
4. **Manage your daily stresses.** Ensure you are taking care of your physical, emotional, and mental health. If you are in need of self-care, ensure you are relying on the strategies that work for you. This may include spending time with people who are healthy for you, managing school/work/life balance, setting realistic goals, nurture your spiritual self, or participate in activities or hobbies you enjoy.
5. **Expect a good night's sleep.** Stress can trigger insomnia, so the more you agonize about not sleeping, the greater the risk you'll lie awake staring at the ceiling. Instead of worrying that you won't sleep, remind yourself to stay positive. Try saying, "Tonight, I will sleep well" several times during the day. It can also help to practice breathing exercises, gentle yoga poses, or muscle relaxation before bed.



Lakeland Ridge PAT Results

Each year our grade 6 and 9 students write the Provincial Achievement Tests as mandated by Alberta Education. Please find below a summary of our school's results from last year and the previous 4 years.

PAT Course by Course Results by Number Enrolled.											
A=Acceptable Standard E=Standard of Excellence		Results (in percentages)									
		2013		2014		2015		2016		2017	
		A	E	A	E	A	E	A	E	A	E
English Language Arts 6	LLR	92.6	27.2	97.1	31.9	95.6	22.2	93.2	18.6	93.9	24.4
	EIPS	90.6	21.0	91.1	24.2	90.9	25.1	90.7	26.1	92.2	24.1
	Province	82.5	16.3	81.9	17.6	82.8	19.5	82.9	20.4	82.5	19.2
Mathematics 6	LLR	85.2	22.2	94.2	23.2	91.1	27.8	88.1	13.6	86.6	19.5
	EIPS	81.9	23.0	83.6	19.1	83.3	19.0	81.6	16.9	80.7	17.8
	Province	73.0	16.4	73.5	15.4	73.2	14.1	72.2	14.0	69.4	12.6
Science 6	LLR	91.4	28.4	94.2	42.0	95.6	45.6	88.1	30.5	91.5	43.9
	EIPS	86.6	34.7	87.2	35.3	87.0	34.3	88.7	39.7	88.4	42.0
	Province	77.5	25.9	75.9	24.9	76.3	25.3	78.0	27.1	76.9	29.0
Social Studies 6	LLR	87.7	21.0	92.8	21.7	91.1	23.3	79.7	16.9	90.2	46.3
	EIPS	83.9	24.0	80.2	22.7	80.1	24.6	80.5	28.6	85.3	32.3
	Province	72.7	19.0	70.4	16.6	69.8	18.1	71.4	22.0	72.9	21.7
English Language Arts 9	LLR	91.4	30.0	92.4	22.8	89.5	14.5	87.5	19.3	93.0	28.0
	EIPS	86.3	18.4	86.4	19.5	85.7	17.9	84.5	18.9	86.1	17.6
	Province	76.7	14.8	76.3	15.0	75.6	14.4	77.0	15.2	76.8	14.9
Mathematics 9	LLR	80.0	27.1	78.3	23.9	75.0	19.7	79.5	12.5	76.1	14.1
	EIPS	73.8	20.6	76.3	21.6	74.2	19.9	75.0	18.1	77.5	19.4
	Province	66.8	18.3	67.1	17.3	65.3	17.9	67.8	17.5	67.2	19.0
Science 9	LLR	87.1	20.0	79.3	27.2	88.2	26.3	85.2	19.3	80.3	16.9
	EIPS	83.7	26.4	82.2	29.4	84.5	29.3	82.1	28.0	82.4	26.0
	Province	72.9	20.0	73.2	22.1	74.1	22.8	74.2	22.4	74.0	21.4
Social Studies 9	LLR	78.6	31.4	79.3	28.3	76.3	21.1	69.3	22.7	78.9	32.4
	EIPS	72.8	22.6	74.1	25.1	76.1	25.4	72.7	21.8	76.4	24.7
	Province	65.5	18.8	65.5	19.9	65.1	19.8	64.7	18.0	67.0	20.2

Junior High Online Report Card

We are pleased to share that the Board has approved the online junior high report card initiative. This means that if your child is in grades 7 to 9 the Term 1 Interim Report Card will be available for online viewing and/or printing by 3 pm on November 27, 2017.

To access the online report card, log into your PowerSchool Parent Portal account and click on "Junior High Interim Report Card". If you do not have a Parent Portal account, click on this link: [Parent Portal](#) and follow the instructions and/or instructional video.

If you wish to print the report card, click on the "print" button found on the right-hand side of the top banner on the report card page. If you have any difficulty accessing, setting up, or printing the report card, please contact Sherry Janke (780-416-9018).

We look forward to seeing you at conferences on November 29th and 30th from 4:00 pm - 7:00pm.

Elementary Online Report Card Communicating Student Learning

We are pleased to be sharing your child's report card with you on November 27th, 2017 "Communicating Student Learning", or "CSL" was created by Elk Island teachers, administrators, parents, students, and central office personnel. To digitally access your child's report card, you will need to either log into your PowerSchool Parent Portal, or create your PowerSchool Parent Portal account. Both can be found at: <https://powerschool.eips.ca/public/home.html>.

The Parent Portal allows parents the capacity to create a single sign on for all students in one family who are currently registered in elementary, junior high, and senior high schools in Elk Island Public Schools. Once the account is created, parents will be able to manage their own account information and to link all of their students to one account. This account will remain in effect for the duration of the student's enrollment in Elk Island Public Schools. If you are currently registered in the Parent Portal with junior and/or senior high students, you will now be able to add the elementary student. There is no need to create a new account. A video demonstrating the steps to creating a PowerSchool parent portal account is found at: <http://www.eips.ca/powerschool>. If you are having difficulty logging into your PowerSchool Parent Portal, please contact us at school.

Once you set up and/or log into your account, click on the "Communicating Student Learning" button. This will take you to the report card. 

Click on a scale to view a description of the scale levels.

Click on the  to expand subjects or comments.

If you wish to print the report card, scroll to the bottom of the page and click on the "print" button. You can either print the condensed or full version.

Please don't hesitate to contact us if you are in need of further information.

Parent/Teacher Conferences - November 29 & 30, 2017

Parent/Teacher Conferences will be held on Wednesday, November 29 and Thursday, November 30 from 4:15pm to 7:45pm.

Kindergarten students have the opportunity to come in and celebrate their learning with their parents and teacher. The sessions are set-up as 30 minute time slots with 3 families per session.

Elementary (Grade 1 to 6) interviews will be one-on-one with your child's teacher. Interviews are scheduled for 12 minutes each.

Junior High interviews will occur in our 2 gymnasiums and are scheduled for 6 minutes each.

**All Grade 1-9 interviews will be teacher-led and it will be up to the parent whether they want their child to attend or not.

We use an online booking system and parent(s)/guardian(s) are able to schedule their own interviews at a time that is convenient for them. The website is www.schoolinterviews.ca. Our event code for both elementary and junior high is **picrg** and the booking site will open on Tuesday, November 7 at 4:00pm and close on Friday, November 24 at 4:00pm.

Simply log onto the website and enter the access code for your child and follow these 3 easy steps:

Step 1: Enter your details (your name, the student name and your email address)

Step 2: Choose the teacher

Step 3: Choose an available time

When you are finished, an email confirming your time will arrive in your inbox. If something comes up and you are unable to keep your scheduled conference time, you can return to the site and cancel or change your booking. If you are having trouble accessing the website or if you do not have access to a computer, please contact the school office (780) 416-9018. If you are unable to attend on any of the evenings, please contact the teacher(s) directly to determine an alternate time to meet.

Yearbooks

The 2016-2017 Yearbooks arrived and were distributed in October to students who ordered them last year. If you forgot to order a yearbook, Jostens did send a FEW extra! Bring \$30 to Mrs. Eyben and you can own your own yearbook. Availability is limited.

Christmas Concert News

On December 20th, 2017 Lakeland Ridge will be celebrating with a Christmas Concert! Tickets will be issued for the evening performance and more information will be sent home at the beginning of December. We hope to see you there!

Location: Park Church

Time(s): 1:00 pm and 7:00 pm

Who: Grades 1-6



Drama



Last Chance to get an Admazing Book

We have a few Admazing Books remaining. We will be sending back any leftover books on Tuesday of next week, so act fast if you want one. Each book contains thousands of dollars in coupons for the low cost of \$20.

The drama program gets \$9 for every book sold.

Looking for Gently used Junior High Sized Fairy Tale Costumes

Our drama program is looking for gently used fairy tale type costumes to fit junior high students. If you have any of these that you would like to donate please drop them off to Mr. White.



TICKETS NOW ON SALE for Feb 5-8 at Festival Place

Come join our cast and crew of over 100 students in grades 6-9 as they present a full scale theatrical production of Shrek Jr. This is a show for all ages. We are pushing for a third straight year of sellouts, so get your tickets early.

The shows are Mon, Wed & Thur, Feb 5,7,8 @ 7pm with doors opening at 6:30pm. Tickets are \$11.50 per person and are general admission. Tickets can be purchased by

calling Festival Place at 780-464-2852, or searching Lakeland Ridge School on Ticketmaster.ca

These make a great gift for family & friends. Check out

<https://www.facebook.com/wolvesdramaprogram/> for behind the scenes footage

Athletics

It has been great seasons for our volleyball teams. They are gearing up for playoffs and look to end on a high note. A huge thank you to our coaches Mr. Fisher, Ms. Rozell, Mr. Bachor, Ms. Kugler, Ms. Panchuk, Ms. Oler, Ms. Butler, Ms. Weller and Ms. Wood. We know the time and commitment it takes to be a coach and we are very appreciative of your efforts. Good luck in playoffs!

Coming up this month, we will be closing the books on the volleyball season and getting prepared for basketball to begin. All students please be listening for announcements as to when tryouts will begin.

We are in need of a boys basketball coach. If you are available to lend a hand, please contact Mr. Bachor at ryan.bachor@eips.ca

Library News – Book Fair!

We will be hosting a Scholastic book fair from November 27th to December 1st. We receive up to 60% of all proceeds from the fair in scholastic books and credits. More information will be sent home in the coming weeks.

Please note that we will only be hosting this one book fair this year. Please come out and buy a book to support our library learning commons.



Student Pick-up / Drop-off

We are asking all parents to be mindful when picking up or dropping off their children. The first turn into the parking lot is designated to Child Family Services and LLR staff. Based on staff schedules, access is needed to assigned parking spots from 7:30am to 4:30pm. Please be respectful when finding a visitor spot and be sure not to block staff vehicles at ANY time. We appreciate your cooperation.

Inclement Weather

With the winter season already here, we want to remind parents to dress children appropriately for the weather when getting ready for school or the bus. The weather often changes unexpectedly throughout the day, so please select suitable outerwear and ensure your child is prepared for changing conditions.

If inclement weather conditions occur, Elk Island Public Schools (EIPS) advises parents of any bus cancellations using various communications tools—automated-telephone messages, alerts posted on www.eips.ca and school websites, Twitter, Facebook, local radio stations and on Versatrans My Stop. Any morning bus cancellations are posted on www.eips.ca by 6:30 a.m. Decisions regarding bus cancellations are guided by EIPS administrative procedures that states, “school bus service may be suspended...when Environment Canada reports a temperature of -40 C.” Other reasons for suspending or delaying school bus services include adverse weather and poor road condition.

When school bus services are suspended, schools remain open to students. EIPS believes parents have the right and responsibility to make choices for their children based on their beliefs and perceptions of safety during times of inclement weather.

For more information, contact EIPS Student Transportation at 780-417-8151.

Wolf Wear

Wolf wear is coming back to Lakeland. Clothing options will be available to purchase online now! Clothing available: **hoodies, t-shirts, long sleeve shirts, sweatpants, shorts and toques** - all with the Lakeland Ridge wolf logo on them. Sizes range for all students from Kindergarten to Grade Nine. All clothing orders will be accepted online until Monday November 13, 2017.

<https://lakelandfall2017.itemorder.com/>



Lakeland Ridge School Spirit Wear Fall 2017
Go to the online store at <https://lakelandfall2017.itemorder.com>
Online Store Deadline: Monday November 13th, 2017 (11:59pm PST)

<p>Russell Dri-Power Fleece Pullover Hood</p>  <p>\$38.00</p>	<p>Russell Adult Dri-Power Open Bottom Pant</p>  <p>\$31.00</p>	<p>Gildan Ultra Cotton T-Shirt</p>  <p>2 Colors \$18.00</p>	<p>Gildan Heavy Blend Cotton Long Sleeve</p>  <p>2 Colors \$21.00</p>
<p>Russell Adult 9" Nylon Tricot Mesh Short</p>  <p>\$23.00</p>	<p>Russell Youth Dri-Power Fleece Pullover Hood</p>  <p>\$38.00</p>	<p>Russell Youth Dri-Power Open Bottom Pant</p>  <p>\$31.00</p>	<p>Gildan Ultra Cotton Youth T-Shirt</p>  <p>2 Colors \$18.00</p>
<p>Gildan Ultra Cotton Youth Long Sleeve</p>  <p>2 Colors \$21.00</p>	<p>Russell Youth 7" Nylon Tricot Mesh Short</p>  <p>\$23.00</p>	<p>ATC Knit Toque</p>  <p>\$12.00</p>	



A Great Big Thanks!

A huge thank you to all the Lakeland Ridge parents who helped organize the Grade 3-6 running club. Andrew and Melissa Russell devoted an endless amount of time and effort into making this club a success!

No Child Without: Free MedicAlert for students

In our ongoing effort to provide safe and caring schools for our students, Lakeland Ridge is once again participating in the Canadian MedicAlert Foundation's No Child Without program. The program is a national initiative that provides no-cost MedicAlert services to children—between the ages four and 14—who have chronic health conditions. The goal is twofold: to help children with severe allergies, medical conditions or special needs and to assist schools with medical-emergency plans for students.

Once a child is registered, their school is provided with advice on a medical-emergency plan for that student and given a list of medications, allergies and medical conditions the student has. If your child has a serious medical condition or allergy and could benefit from MedicAlert services, contact the school office at 780-416-9018 to learn more about the No Child Without program, visit www.nochildwithout.ca.

School Council Report

We would like to take this opportunity to thank a couple of people.

First off, Trina Boymook must be thanked for all the time she put into being our EIPS trustee representative at LLR. While Trina was one of the successful trustee candidates in the October election, she has decided to move onto a new school. We have not been informed as to who her replacement will be but look forward to meeting with them at our upcoming November meeting.

Secondly, we must also thank our outgoing chair Annette Hubick. Annette also ran as an EIPS school trustee and was elected to her first term. Annette was an incredibly dedicated and passionate Chair. She was instrumental in achieving many initiatives at LLR, one of which was the implementation of air conditioning in the portables. She was a great voice and advocate and will be missed at our school council table.

Next School Council Meeting: 6:45 p.m., Tuesday, November 21 in the school library.

Key topics:

- Impact of Bill 1- Act to Reduce School Fees. How has the reduction of fees impacted our schools at the local level? What have we lost? What have we gained?
- Administration to address Provincial Achievement Testing
Looking to know what happened at the last meeting? What's on the upcoming agenda?
The minutes and agenda will be posted on the LLR website

<http://lakelandridge.ca/parent-info/school-council> about one week before the scheduled meeting date.

- Questions ? Agenda topics ? Email us at lrschoolcouncil@gmail.com

KEYS

KEYS is a Mental Health Capacity Building Project
and Promoting Healthy Relationships Project
funded by Alberta Health Services and
Alberta Community and Social Services.

Social Emotional Learning (SEL)

With parent teacher interviews just around the corner many of you are likely curious to know how well your child is doing academically but have you also considered asking your child's teacher how well your child manages their relationships with friends, solves problems when they arise or how they manage their feelings at school?

Social Emotional Learning (SEL) is an important part of your child's development and one could argue it's equally as important as the marks that appear on their report card. Well-developed SEL competencies support positive mental health and long term outcomes have been shown to: improve academic performance (test scores and school grades); improve attitude towards self, school and others; reduce misbehaviour and aggression; reduce stress and depression; and promote good character and citizenship skills.

The five basic SEL competencies include: Self-Awareness, Self-Management, Social Awareness, Relationship Skills and Responsible Decision Making. For a comprehensive description about the five core competencies visit: www.casel.org

The KEYS team will have a handout available to parents at the upcoming Parent Teacher Interviews with more information on SEL, strategies to enhance these skills at home, and questions for you to ask your child and his/her teacher to further understand and promote SEL. If you'd like to learn more about KEYS contact erin.dawson-meyers@eips.ca

Build healthy relationships and end family violence.

November is Family Violence Prevention month. Together, A Safe Place, Victim Services, Saffron, Men As Allies members and Strathcona County are launching the **Reach Out. Speak Out** campaign to raise awareness and encourage the community to reach out to those affected by family violence and speak out against violence and abuse.

Built by community volunteers, the **Reach Out. Speak Out.** exhibit will showcase over 800 shoes mounted on panels, representing the people who are affected by family violence and the number of times people in Strathcona County needed help in 2016. The exhibit will be displayed throughout the community during the month of November. Free educational events will take place at 6:00 p.m. at the Community Centre in Sherwood Park on November 15th, 22nd and 29th. For more information visit: www.strathcona.ca/SCspeakout

The White Ribbon Campaign is part of an international movement that symbolizes people's commitment towards positive relationships and eliminating family violence. Wearing a white ribbon is a personal pledge to 'never commit, condone or remain silent about violence'. As everyone has a role in eliminating family violence, we encourage everyone to wear a White Ribbon. White Ribbons are available at Strathcona County facilities during November.

www.whiteribbon.ca



November 2017

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
			1 Day 6 Cash4Care Staff Meeting Early Dismissal	2 Day 1	3 Day 2 Newsletter	4
5	6 Day 3 Hot lunch	7 Day 4 Linking Generations Visit Parent Council 6:45	8 Day 5	9 Day 6 Remembrance Day Ceremony 10:30 am	10 School Closure Fall Break Starts	11
12	13	14	15	16	17	18
Fall Break - No School						
19	20 Day 1 Hot lunch	21 Day 2 Linking Generations Visit	22 Day 3	23 Day 4	24 Day 5	25
26	27 Day 6 Report Cards Available online	28 Day 1 Dare Grad	29 Day 2 Parent Teacher Interviews	30 Day 3 Book Fair		



December 2017

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
					1 Day 4 Newsletter	2
3	4 Day 5 Hot Lunch	5 Day 6 Linking Generations Visit	6 Day 1 Cash4Care Staff Meeting Early Dismissal	7 Day 2	8 Day 3	9
10	11 Day 4 Hot Lunch website opens	12 Day 5	13 Day 6	14 Day 1	15 Day 2	16
17	18 Day 3 Hot Lunch Website closes	19 Day 4 Linking Generations Visit	20 Day 5 Christmas Concert 1:00 and 7:00 at Park Church	21 Day 6 Kindie Christmas Celebration 12:45	22 Day 1 Locker Clean Out	23
24	25	26	27	28	29	30
	Christmas Break					
31	Jan 1	Jan 2	Jan 3	Jan 4	Jan 5	Jan 6
	Christmas Break					