



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

December 2017

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Principal's Message

The first round of report cards and interviews are now behind us and we are busily preparing for the Christmas season. As we complete the first term I wanted to take a moment to update all of our parents and guardians on a few school initiatives.

First off, we are in the process of re-doing the gathering area just outside of the library. We are thankful that our Parent Action Society was able to secure a grant through the Community Initiative Program Operating Grant. The type of grant we received had to go towards common areas within the school and could not be used for individual classrooms. Our desire, in changing the gathering area, is to create a multi-use space that can be quickly converted based on the need of the space. All of the furniture purchased is moveable and the table tops can flip up and slide together for easy storage. All of the tables have arrived and the rest of the soft seating is scheduled to arrive the first week of December. Below are pictures of the furniture and some of the various layouts that can be obtained.



Second, we are currently training our language arts teachers on how to incorporate writer's workshop into their classes.

“The workshop model is an incredibly efficient method of teaching reading and writing. Within the workshop structure, teachers are able to address both the whole group's needs as well as differentiating for the needs of small groups and individuals. When successfully implemented, the workshop model allows teachers to not only meet standards but also provide students the time and support they need to grow into fluent readers and writers.” (<https://cli.org/resource/reading-writing-workshop/>, 2017)

We are excited to venture into the workshop structure and to see the positive impact in student learning.

Third, we have recently purchased \$5000 of math manipulatives to aid our students in their math learning. Some of the manipulatives purchased include: two sided counters, other counters for patterning and sorting objects, dice, dominoes, calculators, playing cards and geometric shapes. We received a grant from DOW to purchase these manipulatives.

Finally, we have also had our EIPS numeracy consultant in our building working with staff and students on Number Talks. Thanks to the classroom improvement fund offered by the government, we have been able to purchase the accompanying number talks book to help our teachers in the deliverance of these short lessons. Number Talks aims to improve student's skills in number sense and operations.

To conclude this message, I want to update our school community on a staffing change. We are pleased to announce that we have hired Mr. Matt Bordato to cover for Mr. Murphy while he serves as acting assistant principal at Woodbridge Farms. Mr. Bordato officially started on

Wednesday, November 29 and will continue in this position until Mr. Murphy returns.
Congratulations to Mr. Murphy on his appointment.

I hope everyone has a great December and is able to enjoy the Christmas break with family and friends.

Ryan Marshall
Principal

Counsellor's Corner

December and the holiday season brings about excitement - lights, decorations, Christmas concerts, time with family and friends. It can also be very a stressful and busy time for some. With all the hustle and bustle of the season, the need for time management and setting personal/family priorities are crucial.

Synergizing as a family is an investment with many rewards for all members. Participating in family activities for even 20 minutes a day can help decrease stress and promote academic, social, and emotional growth and learning for children/adolescents. Ideas for family activities include doing some holiday baking, going for a walk together to check out Christmas lights, sitting down for an extended breakfast as a family, choosing and reading a book the family is interested in to read aloud, or playing a board game. With all of the demands of our regular schedule plus the added stress of the season, it is important to be intentional in your time management. Determine your values and priorities and make others aware of these. And recognize that "family time" doesn't have to require a lot of pre-planning, need to take a great deal of time, or cost a lot of money.

For more information and ideas:

<https://www.verywell.com/holiday-stress-and-anxiety-in-children-620516>

<http://kidshealth.org/en/teens/holiday-tips.html?ref=search&WT.ac=msh-p-dtop-en-search-clk>

Powerschool

As more information is being stored and shared through the Parent Portal, it is important to regularly check your account (grades, attendance, report cards, fees, etc.). EIPS discourages the use of the PowerSchool app at this time as it does work for some purposes, but isn't reliable and doesn't have all the functionality that the website version has.

To access PowerSchool, please visit: <https://powerschool.eips.ca/public/home.html>. If you have any questions regarding PowerSchool or need support, please call Mrs. Janke in the office at 780-416-9018.

Library News

Our library learning commons is looking for parent volunteers to help with shelving books. If you love organizing and are available for an hour or two per week, please contact Ms. Lake at trisha.lake@eips.ca. Thank you!

Christmas Concert

Date: Wednesday, December 20th, 2017

Location: Park Church

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

Who: Grades 1-6



Lost and Found Items

Students and parents are encouraged to browse the items located in our lost and found area. All items not claimed by Tuesday, December 12, will be donated to a local charity.

12 Days of Wellness

The days leading up to Christmas can be very stressful for both students and their families. During the last 12 days of school before Christmas break, grade 8 and 9 Leadership students and the grade 5/6 Student Lighthouse team will be hosting various lunch hour events. This will be to encourage students to sharpen the saw by engaging in relaxing, de-stressing activities. Activities will range from “Just Dance” in the gym to mindful coloring to guided meditation. The majority of activities will be open to grades 5 to 9. Elementary students will focus on wellness during regular class time.

Boundary News

As you're aware, Elk Island Public Schools (EIPS) is opening a new K-6 school in Sherwood Park, named Davidson Creek Elementary, in fall 2018. In preparation for the new school, the Board of Trustees recently approved the new school's attendance boundaries and, consequently, the new elementary and junior high attendance boundaries for the northeast quadrant of Sherwood Park. A letter is being sent home that will describe exactly how the

changes will impact your children. General information is also available by visiting the EIPS [webpage](#).

Please note that students residing in the Davidson Creek Elementary attendance area will be designated to this new school and boundary exemptions will not apply. The exception is for “grandfathered” students entering grade 6. Students in grade 6 for the 18/19 school year may continue (finish) at their current elementary school. The new attendance boundaries do not apply to students taking French Immersion, German Bilingual, Alternative Christian, Logos and system programs.

Kindergarten Registration Starts Soon!

As you may have heard, EIPS is changing its kindergarten program. Starting in the 2018-19 school year, all elementary schools will offer one kindergarten option, alternating full-day programming.

Communication Services has created an article schools can use to communicate the information to its families—the article can be included in the newsletter and posted on the school website. For more information contact [Laura McNabb](#) at ext. 8204. [Article: Changes Coming to Kindergarten Programming](#)

Is your child turning five on or before Dec. 31, 2018? If so, it’s almost time to register for Kindergarten.

Kindergarten registration opens for the 2018-19 school year on Jan. 15, 2018. To register, simply complete the online registration form at www.eips.ca/kindergarten.

KINDERGARTEN REGISTRATION CHECK LIST:

- Determine your child’s designated school
- Scan and upload all required documents: proof of name, residence, date of birth and citizenship.
- Additional documents to scan, if applicable include: Guardian Letter and Parental Custody Agreement if restrictions on access.
- Once the online registration is complete and submitted, a confirmation notice will be sent to the given email address.

NOTE: The online registration form is available as of Jan.15, 2018—the paper version is no longer available.

To help families prepare, Elk Island Public Schools has put together an online toolkit to make the transition as smooth as possible. The kit includes information on registration, important dates, programming options, what to expect, eligibility, how to find your designated school, transportation and more. Find it by visiting <http://www.eips.ca/programs-services/kindergarten>. Additional information regarding kindergarten can be found on our school website at www.lakelandridge.ca

Happy Holidays from the Board of Trustees

It’s the holiday season once again and the winter break is just around the corner. Before we take time off to enjoy with our loved ones, I want to extend warm holiday wishes to all our students, staff and families, on behalf of the Elk Island Public Schools Board of Trustees. We hope you have a wonderful and safe holiday, and a new year filled with joy.

We look forward to seeing everyone back at school on Monday, Jan. 8, 2018.

Thank you and best wishes,
Trina Boymook, EIPS Board Chair

Enjoy the Winter Break

Lakeland Ridge School will close for the winter break at the end of the day on Dec. 22, 2017 and will reopen on Jan. 8, 2018. During this time, if you have any school-related questions or concerns, contact the Central Administration office at Elk Island Public Schools.

EIPS Central Administration Office Winter Break Hours

Closed December 25-29
Open January 2-5 8:30 a.m. to 4:30 p.m.

*for location and contact information visit www.eips.ca.

From everyone at Elk Island Public Schools, we wish all of you a happy holiday season and a wonderful New Year.

Parent Council

School Council continues to enjoy an engaged attendance at our meetings. November's meeting highlights:

- Annette Hubick joined our School Council as the EIPS trustee representative.
- Hot lunch volunteers (or lack thereof) and brainstorming ways to attract more volunteers in general.
- Bill 1(School Fees)- how is it affecting our children inside and outside the classroom?
- In-depth review by our Admin team and subsequent discussion around LLR's accountability pillar and PAT results.

In the fall, the EIPS Board holds meetings with all schools (in groups) to discuss their previous year's results and their current year's plans. Parent council representatives were invited to attend, and I was glad to attend, along with our Admin team, on November 24th. This year LLR was grouped with junior high cohorts. It was interesting to hear the similarities and differences between the schools and their approaches to achieving their goals and addressing concerns. It was also an opportunity to lend a voice as a "non-administrator" to provide feedback on issues and topics that can sometimes get lost when decisions are being made.

Next School Council Meeting: 6:45 p.m., Tuesday, January 16 in the school library. As we have not solidified the agenda, some possible key topics include:

- Continuation of Bylaw revision/removal
- School Council hosted events
- Teacher Appreciation event

Lyndsay Arndt
School Council Chair

Parent Action Society

The AGM was held on October 19th. Attendance was low for this meeting. All parents of students who attend Lakeland Ridge are members of the Parents Action Society and are invited to attend meetings. The elected positions are as follows:

- Chair: Michelle Lyster
- Vice Chair: Amy Dieser
- Treasurer: vacant
- Secretary: vacant
- Director-at-large (Hot Lunch coordinator): Terri Ackryod
- Director-at-large: vacant
- Director-at-large: vacant

There are a number of vacant positions that need to be filled. **Our next meeting is December 12 at 6:30pm in the Library.** If you are able to help in any of the vacant roles, please contact Michelle at llrpaschair@gmail.com

Hot Lunch Update

An email went out earlier this week, announcing the possibility of the cancellation of the Hot Lunch Program. This is not something any of us want to do but with so many vacant positions on the executive and the declining number of volunteers for Hot Lunch we were left with no choice. The program is run entirely by volunteers but cannot be run by a handful of people. At this time, we have filled all the volunteer spots for December 4 and December 18. This means we will continue to offer Hot Lunch. The next round of ordering will begin shortly. Watch for a letter going home the week of December 11.

To ensure we continue to have enough volunteers, we are looking for someone to take on the role of Hot Lunch Volunteer Coordinator. This is a new position that will be responsible for recruiting and coordinating volunteers for Hot Lunch. This could be as simple as sending out an email once a month and receiving responses. Because this is a new position, it will evolve as we see what works and what can be done better.

If there are events, fundraisers or ideas of how we can contribute to the school, email them to llrpaschair@gmail.com.

Michelle Lyster
LLRPAS Chair

KEYS

Managing Holiday Stress

With kids at home, family visiting and a myriad of holiday events, it's easy to feel overwhelmed and stressed. We encourage you to check out these websites and learn some tips to support your mental health this holiday season.

- Managing Holiday Stress: <http://www.phac-aspc.gc.ca/stress-eng.php>
- Fact Sheet: Holiday Stress <http://www.cpa.ca/docs/File/Publications/FactSheets/PsychologyWorksFactSheetHolidayStress.pdf>
- Tips for Parents on Managing Holiday Stress: <http://www.apa.org/helpcenter/parents-holiday.aspx>

Connecting with Your Teens During the Holidays

- **Continue family traditions**
 - Family traditions are important to most teens and are an opportunity to connect with one another. These events offer consistency and predictability. Despite your teen seeming bored or distant, they may appreciate and value the chance to experience the traditions together.
 - Teens are in the process of developing their identity and learning new ways of thinking and relating, an outcome of this is that they often seem self-centered. Connect with your teen by asking their thoughts on traditions, events or ideas during the holidays and what the traditions mean to them.
- **Engage with your teen online**
 - Teens exist in two worlds, the real and the online world. The online world influences how teens relate to each other and explore and express their identity. Connect with your teen by asking them to show you how a specific app works. Teens love to teach a new skill to the adults in their life!
 - Let your teen take photos of your family traditions and share them with their friends. Make your own family hashtag and take over Instagram. Teach grandma how to use filters and take silly pictures.
- **Involve your teen in the holiday planning process**
 - Involve your teen in planning events or specific tasks that aligns with their interest; for example, they're in charge organizing and running games for their little cousins or they are responsible for making a dish for a meal.
 - Teens are working at developing a sense of individuality and part of this is making decisions. Give your teen options and allow them to choose activities themselves, such as tobogganing with their younger siblings or decorating the house with their parents. Sharing decision-making power with your teen is encourage individuality and independence
- **Balance family and friends**
 - Help your teen balance time with family and friends. Discuss and come to a shared understanding of the amount of time your teen is expected to spend with family.
 - Keep in mind the importance of peers during this phase of life and how much your teen is looking forward to seeing friends outside of school. Invite your teen's friends over and include them in some of your family traditions. Or start new ones! Have a holiday cookie bake-off or homemade toboggan competition.
- **Share the joy of giving**
 - Despite their often inner-focus, teens have amazing capacity for compassion and empathy. Teens can be very altruistic and passionate about different causes. Spend time giving back to your community as a family, support a charity and volunteer as a family, shovel a neighbour's driveway or bake cookies for the youth shelter.

References

Hudson, C. (2016). *Go with the flow: 10 ways to easily engage with teens*. Understanding Teenagers. Retrieved from: <http://understandingteenagers.com.au/blog/go-with-the-flow-10-ways-to-easily-engage-teenagers/>

Pocock, K. (n.d.). *Holidays with teens: 5 ways to make it more merry*. Your Teen: For Parents. Retrieved from: <http://yourteenmag.com/family-life/holidays-with-teens>



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	6 Day 1 Cash4Care Staff Meeting - Early Dismissal	7 Day 2 Start of 12 Days of Wellness	8 Day 3	9
10	11 Day 4 Hot Lunch Website Opens	12 Day 5 PAS Meeting 6:30 in Library	13 Day 6	14 Day 1	15 Day 2	16
17	18 Day 3 Hot Lunch Website closes Pajama Day	19 Day 4 Linking Generations	20 Day 5 Christmas Concert 1:00 and 7:00 at Park Church	21 Day 6 Kindie Christmas Celebration 12:45	22 Day 1 Assembly 12:37 Theme Day: Red and Green Locker Clean Out	23
24	25	26	27	28	29	30
	Christmas Break					
31						



January 2018

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
	1	2	3	4	5	6
	Christmas Break					
7	8 Day 2 Classes Resume Hot Lunch	9 Day 3 Linking Generations	10 Day 4 Cash4Care Staff Meeting - Early Dismissal	11 Day 5	12 Day 6	13
14	15 Day 1 Kindergarten Registration Begins	16 Day 2 Parent Council 6:45	17 Day 3	18 Day 4	19 Day 5 Newsletter	20
	LLR Jr. Basketball Tournament					
21	22 Day 6 Hot Lunch	23 Day 1 Linking Generations	24 Day 2	25 Day 3	26 Day 4	27
28	29 Day 5 Hot Lunch	30 Day 6	31 Day 1 2 nd Semester Begins			