



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

**October 2017**

### **Principal's Message**

It is hard to imagine that a month of school has already flown by and we have entered into October.

October is the month where we tend to reflect on the past and think of all that we can be grateful for. I believe this is even more essential to do as we see the world in turmoil around us, from the local attack on police and community members to the massacre in Las Vegas. There is a great amount of good in the world and in our community that can be overshadowed by the negativity. It is my hope that throughout the month, and specifically at Thanksgiving, that you and your family can take some time and highlight what you can be thankful for!

I am personally thankful for the community we have at Lakeland Ridge. I have been in awe at the amount of people, including staff, parents and other community members, who are willing to give of their time, energy and skills to provide a rich environment for our students to learn in. I am thankful for our students who enter the school every morning ready to conquer the challenges ahead.

During this first week of October we have been participating in Read-in-Week. This year's theme is: I Am a Reader. I Read for Me! Some of the highlights included having all of our junior high students travel to chapters to purchase a book they are interested in reading for our library, having Mayor Carr, Counsellor Anderson, CTV News Anchor Stacey Brotzel, Strathcona County Librarians, Salisbury High Football and Drama students, and many others read to our students, and having author Natasha Dean speak to all of our students. I would encourage you to ask your child what they did for reading week and share what book you are currently reading for your own pleasure.

In closing I would ask that you take the time to read this newsletter carefully. There is important information throughout including an update on our parent teacher interview process, school council, and Halloween.

May you all have a great month and a terrific thanksgiving with family and friends.

### **Picture Re-take Day**



Re-takes will be on Tuesday October 17. Please mark this date on your calendar.

## **Stay Informed**



Are you signed up for our Synervice emails? Synervice is used to get important information out quickly! If you haven't yet subscribed, visit our school website at [www.lakelandridge.ca](http://www.lakelandridge.ca) simply follow the directions under "Stay Connected" and click on the link [www.eips.ca/contact/synrevoice](http://www.eips.ca/contact/synrevoice) Click "subscribe", enter your email and you will immediately receive a verification code to complete the process.

It is important to receive our synervices to stay informed and up-to-date on what is happening at Lakeland Ridge.

If you have any questions, please call the office at 780-416-9018.

## **Parent Teacher Interviews**

Based on feedback from both staff and parents we have changed our format for Parent/Teacher interviews. First interviews will be held November 29 and 30, after the first report cards have been made available on-line. All interviews for grades 1-9 will be one on one with the teacher instead of a group format. Parents are welcome to bring their child with them however it is optional.

The second set of interviews will still be held in February on the 21 and 22 before the second report card has been made available on line.

ECS student led conferences will be held on November 29 and 30. Please bring your child with you to celebrate their learning.

For more information, please access our Guide to Reporting Student Achievement on our website or please call the office at 780-416-9018.

## **Wolf Wear**

Wolf wear is coming back to Lakeland. Please watch the November Howler for ordering information.

## **Athletics**

Do you have a child on either the Cross Country Team or the Volleyball Teams? If so and they would like to order some sports wolf wear, please look on our school website under Athletics. There is a link there to purchase Wolf Wear. At this time, we do have sizing examples in the office for the sports teams to try on.

## **Upcoming Assembly's**

Our October Assembly will be held on Friday October 27 at 10:20, we welcome all parents to come and enjoy the assembly with the Lakeland Ridge Staff and Students.

## **Remembrance Day**

Our annual Remembrance Day ceremony will be held on Thursday, November 9 beginning at 10:30am in the Kona gymnasium. Students and staff will have an opportunity to reflect and

remember those men and women who have served or continue to serve in our armed forces. Poppies will be given to students before the ceremony and a small donation is appreciated. The money collected will be forwarded to the Royal Canadian Legion Poppy Campaign. Parents/guardians not wishing to have their son/daughter observe the ceremony should contact the school office. These students will be supervised in our general office during the event.

### Halloween at Lakeland!



This year our students will be celebrating Halloween on Tuesday, October 31. Here is some information to help with your Halloween preparations:

- students may come to school in costumes in the morning and remain dressed up for the entire day
- elementary students will go out for recess breaks as usual (weather permitting), so costumes need to be safe for active play
- no weapons, violent, offensive, or extremely frightening costumes
- A “costume parade” for students in kindergarten to Grade 6 will be held beginning at approximately 8:40am.
- Parents and families are welcome to come and watch the costume parade.

This Halloween, the grade 9 Leadership class will be creating a haunted house for elementary students to go through. Participation in this activity is optional. As part of our WE Charity movement, the school will be participating in “WE SCARE HUNGER”. From October Oct 23 to Oct 31<sup>st</sup>, students are encouraged to bring a food donation for the Strathcona County Food bank.



Sherwood Park Ford is a local sponsor for WE SCARE hunger. For each student that donates a food item, they may enter a draw to win 2 premium tickets to an Oilers hockey game. Entries will be pooled with those from the community. Good Luck Wolves!

### Cash for Care

Leaders strive to make the world a better place. On September 6, we collected a total of \$400.90 for our CASH for CARE program. This program supports one local and one global charity. As our global charity, we will be supporting the organization ME to WE's education pillar which assists children in attending schools in developing communities by building schools, providing supplies and training teachers. As our local charity, we will be supporting Child Life at the Stollery Children's Hospital. This program helps ill children and their families while they go through treatments. Our funds will go towards the purchasing of toys for the patients. On Tuesday, September 26 Lakeland Ridge students participated in our Terry Fox run. We

collected a total of \$1186.84 which will be donated on our behalf to the Terry Fox Foundation. Great job Lakeland!



### **School Fees**

Thank you for your patience regarding School Fees. School fees will be available the week of October 10. Fees will be sent home with your student.

### **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



### **Read in Week – October 2-6**

To celebrate and foster a love of reading in our school, we had many exciting activities for Read In Week this year. Alberta author Natasha Deen visited the school and presented to all students in grades one to nine. We also held an Author Showcase event in the evening that was open to the Elk Island Public Schools community. Some special guest readers to our school included: Mayor Carr, Councilor Anderson, CTV News anchor Stacey Brotzel, the Children's Librarians from Strathcona County Library, and the Salisbury Composite Football Team and Drama Class. Many classes read with their buddies in other grades and had their own special reading activities within their classes. We also ran a "guess the book excerpt" contest for all students.

### **Counselor's Corner**

After a month of school, some of the basic routines have been established. Routines are crucial for kids and adolescents because it provides them with some comfort in knowing what to expect. Having a regular schedule provides children a way to order and organize their lives. Routines provide a sense of security in a world that is constantly changing. Routines also help adults to maintain consistency in expectations.

As part of daily routine, children and adolescents need to have down time scheduled into their day. Everyone benefits from different amounts or types of downtime, but having some time to relax and chill out is important. It can be overwhelming for students to be in school for long days, with expectations for work and behavior, and being around so many people. Many children and adolescents benefit from some down time to relax right after school. The school day can be socially, academically, physically, and emotionally challenging. Without a break and

time to process the expectations and events of the school day, your child or adolescent may become frustrated and explode.

Although we want to hear about their day, your child or adolescent may not be ready to chat when you first see them. Give them options to chat about the day now, at dinner time, or on the way to practice. This gives them the power to decide when this conversation will occur. As well, asking “How was your day?” will likely result in “fine”. Asking good questions helps you to gather information and lets your child know that you are genuinely interested in what happened and how their day went. Use creative ways to ask such as “What was the best/worst thing that happened today?”, “Did you help somebody today?”, “Who did you hang out with today?” or “Tell me about three different times you used your pencil today?” For other creative ideas, there are many websites and apps that provide different ways to find out “How was school today?”.

### **Lakeland Ridge Running Club**

Our Running Club would like to thank our supporters for this season. We truly appreciate all the donations and support for our club!



### **KEYS**

KEYS operates with the understanding that wellness is for everyone. KEYS works to promote a culture that supports mental health and healthy relationships in schools and aims to build resiliency in students and families by promoting positive mental health, coping strategies, and healthy relationships through raising awareness, increasing knowledge, and building skills. *(KEYS is a Mental Health Capacity Building project funded by Strathcona County, Alberta Health Services and Alberta Community and Social Services)*

### **MENTAL HEALTH 101**

Erin is visiting junior high health classes to talk with students about what Mental Health is and to help them understand the difference between mental health and mental illness. The students were all enthusiastic participants during the presentation so if your child hasn't shared what they learned we encourage you to ask!

Just like physical health, everyone has mental health. Positive mental health is defined by the Public Health Agency of Canada as “the capacity of each of all of us to feel, think and act in ways that enhance our ability to enjoy life and deal with the challenges we face”. So, even when mental illness is present, it is still possible to have positive mental health. If you're interested in learning more about how you as a parent can help your child achieve optimal

mental health, check out this following article that appeared in the Huffington

Post: [http://www.huffingtonpost.co.uk/entry/the-surprising-ways-we-can-bolster-our-kids-mental-health\\_uk\\_5909cb9de4b05c3976849dca](http://www.huffingtonpost.co.uk/entry/the-surprising-ways-we-can-bolster-our-kids-mental-health_uk_5909cb9de4b05c3976849dca)

Mental illnesses can take many forms, just as physical illnesses do. Through education and discussion we can challenge misconceptions about mental health and better understand how to support individuals and families. For more information on understanding mental illness we encourage you to visit Canadian Mental Health at <http://cmha.ca/mental-health/understanding-mental-illness/>

### **Starting a New School Year: Help Your Kids Know Themselves**

As school and activities ramp up in the fall and our lives get busy, interactions with our families can become pretty transactional in nature. Maybe you're even feeling disconnected with how school is going for your child. When you ask your child how their day was do they respond with a simple one-word answer like "fine" or when you ask what they did at school do they respond with "nothing". The following article has some great ideas about how you can engage your child in conversation. By listening, showing interest and not criticizing as they share their answers you are building confidence and instilling independence, important skills for them to have as they navigate their teen years. Don't forget to switch roles and have your child ask you the same questions. Cultivating your relationship will help keep the lines of communication open so your child will be more likely to come to you when they have a problem.

<http://www.parentengagementnetwork.org/starting-a-new-school-year-help-your-kids-know-themselves/>

If you have any questions about KEYS please contact: [Erin.Dawson-Meyers@eics.ab.ca](mailto:Erin.Dawson-Meyers@eics.ab.ca)

### **Municipal Election 2017: Vote October 16**

Lakeland Ridge's Election Day is Monday, Oct. 16, 2017. Polls open as early as 9 a.m. and close at 8 p.m. If you can't vote during those times, there's also the option of advance voting and voting by special ballot. To learn more about the election and candidates running— for mayor, reeve, councillor and public school trustee—visit:

Fort Saskatchewan: [www.footsask.ca/city-government/city-council/2017-municipal-election](http://www.footsask.ca/city-government/city-council/2017-municipal-election)  
Lamont County: [www.lamontcounty.ca/Election-2017](http://www.lamontcounty.ca/Election-2017)  
Minburn County: <http://minburncounty.ab.ca/2017-election/>  
Strathcona County: [www.strathcona.ca/election](http://www.strathcona.ca/election)  
EIPS School Trustees: [www.eips.ca](http://www.eips.ca)

This year's Literacy and Learning Day Conference takes place at the Northlands Expo Centre on October 28. The event is a fun-filled day for both parents and teachers, and includes various keynote speakers and free workshops. Participants are guaranteed to walk away with new strategies, tools and resources to support children as they grow and learn. The conference is free and everyone is welcome. For more information, or to register, visit [www.literacyday.ca](http://www.literacyday.ca).

### **REMINDER: Make head checks for lice a regular routine!**

Head lice is one of the most common problems faced by school-aged children and their families. Typically, head lice are tiny, greyish brown insects that live on the scalp and lay their eggs, or nits, in the hair close to the scalp—itching is the main complaint. Lice don't jump from head to

head nor are they dangerous. Having a head lice infestation, however, can cause stress, anxiety and hardship for staff, students and parents. As such, it's essential each of our families do their part at home by undertaking weekly routine head checks and, if head lice and nits are found, physically removing them.

While head lice prevention and control is primarily the responsibility of the parent, the school does work discreetly with the teacher, students and families to prevent further transmission. To prevent the spread of head lice, we strongly encourage you to speak to your child about preventative behaviour such as avoiding head-to-head contact and not sharing combs, hats, pillows and hair accessories. It's also important to teach children not to tease other students about head lice—anyone can get head lice. If head lice are found on your child, notify the school, physically remove the lice and nits using the proper lice comb, and keep your child home until all signs of active head lice are gone.

For more information about head lice prevention and treatment, visit [www.eips.ca/parents/health-safety-information/head-lice](http://www.eips.ca/parents/health-safety-information/head-lice). Alternatively, you can contact the school at 780-416-9018.

### **School Bus Safety Week: October 15–21**

Schools throughout Elk Island Public Schools (EIPS) are celebrating School Bus Safety Week October 15–21. The theme: Rider Rules = Safe to School, which is all about teaching children about proper school bus safety. Throughout the week, various activities are planned including information sessions, bus safety lesson plans and bus-evacuations drills.

As part of School Bus Safety Week, we'd like to remind our students and our families all EIPS school buses are equipped with both a bus-pass scanner and GPS technology, which allow Student Transportation to better monitor and manage its more than 170 buses and 600 bus routes. Thanks to this technology, parents and students also have access to the Versatrans My Stop app, a mobile tool to help determine the location of a bus, projected arrival times and when a child scanned onto a bus.

More information about School Bus Safety Week and EIPS Student Transportation services can be found by visiting [www.eips.ca/transportation](http://www.eips.ca/transportation) or by contacting Student Transportation (780-417-8151, [st@eips.ca](mailto:st@eips.ca)) directly.

### **Celebrating World Teachers' Day: October 5**

October 5 is World Teachers' Day! Launched in 1994 by the United Nations Education, Scientific and Cultural Organization (UNESCO), World Teachers' Day is celebrated annually around the world as a way to recognize teachers and the integral role they play in providing quality education to students. On October 5, Elk Island Public Schools (EIPS) encourages all of its students, parents and community members to show their appreciation for their teachers and the positive impact they make on our lives.

EIPS extends its heartfelt thank you to all its teachers for their dedication, hard work and commitment in guiding and educating our students through their Kindergarten to Grade 12 years.

### **Your Future: Post-Secondary and Career Fair — 40+ Exhibitors. Together in One Place.**

Thinking about attending post-secondary school after graduation? Not sure on the career or sector? Plan to attend this year's Your Future post-secondary and career fair on October 17.

Hosted by Elk Island Public Schools (EIPS), Your Future is an annual educational fair that brings together more than 40 colleges, universities, polytechnic and private schools, and sector experts in one place—the largest event of its kind in Alberta.

The event is free and open to all students in grades 9 through 12 from both EIPS and Elk Island Catholic Schools. Both students and family members will have the opportunity to meet with representatives from each attending post-secondary institutions; ask question; talk to experts about various career sectors; learn about future career trends; and much more.

**Event Details:**

*Date:* Tuesday, Oct. 17, 2017

*Time:* 6 p.m. to 8 p.m.


*Location:* Clarion Hotel & Conference Centre, 2100 Premier Way, Sherwood Park

Visit [www.eips.ca/students/your-future-its-a-matter-of-choice](http://www.eips.ca/students/your-future-its-a-matter-of-choice) for the complete list of exhibitors.





# October 2017

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
1	2 Day 5 Hot Lunch  *Read In week	3 Day 6	4 Day 1 Cash4Care Staff Meeting - Early Dismissal	5 System PD Day (no classes for Students)	6 System PD Day (no classes for Students)	7
8	9 Thanksgiving - No School	10 Day 2	11 Day 3 River Watch – Grade 9	12 Day 4	13 Day 5  <div style="border: 1px solid black; padding: 2px; display: inline-block;">LLR Jr. Volleyball Tournament</div>	14
15	16 Day 6 Hot Lunch	17 Day 1 Linking Generations Visit Picture Retakes	18 Day 2 Party Program – Grade 9	19 Day 3	20 Day 4	21
22	23 Day 5 Hot Lunch Website Opens	24 Day 6	25 Day 1	26 Day 2	27 Day 3 Assembly 10:20	28
29	30 Day 4 Hot lunch Hot Lunch Website Closes	31 Day 5 Linking Generations Visit Costume Parade  Halloween				



# November 2017

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
			1 Day 6 Cash4Care Staff Meeting Early Dismissal	2 Day 1	3 Day 2	4
5	6 Day 3 Hot lunch	7 Day 4 Linking Generations Visit	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 on line	28 Day 1 Grade 6 DARE Grad	29 Day 2 Parent/Teacher Conferences	30 Day 3	1 Day 4	
Book Fair - Library						