



Principal: Mr. Ryan Marshall  
Assistant Principal: Ms. Melissa Kerr  
Assistant Principal: Ms. Jennifer Ference

**November 2018**

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## **Principal's Message**

Once again as November rolled in, so has the snow and colder weather. As we enter into the cold 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 community members to our Remembrance Day Celebration on November 9, starting at 10:30 am in the Kona Gymnasium. We look forward to spending some time reflecting on and being thankful for the sacrifices people have made, and continue to make, to ensure our country is safe to live in.

The Christmas break is fast approaching and we are excited to be celebrating with our community on December 5 at The Park Church. Specific information regarding tickets, times,

and attire was sent home earlier this week. Please make sure to mark your calendars now as the Christmas season can be quite hectic and we don't want anyone to miss the event!

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 2017-18 survey:

- Safe and Caring Measure: 91.2 % 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: 88.1% 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: 92.6 % of teachers, parents, and students are satisfied with the overall quality of basic education at Lakeland
- Citizenship Measure: 85.8% of teachers, parents and students are satisfied that Lakeland students model the characteristics of active citizenship
- Parental Involvement Measure: 82.3 % of Lakeland teachers and parents are satisfied with parental involvement in decisions about their child's education
- School Improvement Measure: 88.2% 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

Five of the six measures listed above saw an overall increase in satisfaction levels compared to the previous year's results. We saw a dip of just over 1% in the parental involvement measure. I would continue to encourage all of our parents to come out to our School Council meetings as well as our Parent Action Society meetings. Both meetings allow parents to have a voice into matters of the school and allow an opportunity for open dialogue with administration. Also, we encourage all of our parents, if you have a question or concern, please contact the school. Lakeland Ridge staff strive to work with parents, as a team, to ensure the highest quality of education and a safe and welcoming environment is available for all students.

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. Once again, our results are terrific. At our November School Council meeting we will be going through our analysis of the results and how we are utilizing the analysis to better the education of students at our school. If you have questions regarding our PAT results, I would encourage you to attend this meeting!

PAT Course by Course Results by Number Enrolled.													
A=Acceptable Standard E=Standard of Excellence		Results (in percentages)										Target	
		2014		2015		2016		2017		2018		2019	
		A	E	A	E	A	E	A	E	A	E	A	E
English Language Arts 6	LLR	97.1	31.9	95.6	22.2	93.2	18.6	93.9	24.4	95.1	36.6	95	30
	EIPS	91.1	24.2	90.9	25.1	90.7	26.1	92.2	24.1	94.6	26.4		
	Province	81.9	17.6	82.8	19.5	82.9	20.4	82.5	18.9	83.5	17.9		
Mathematics 6	LLR	94.2	23.2	91.1	27.8	88.1	13.6	86.6	19.5	86.6	17.1	87	20
	EIPS	83.6	19.1	83.3	19.0	81.6	16.9	80.7	17.8	87.0	20.9		
	Province	73.5	15.4	73.2	14.1	72.2	14.0	69.4	12.6	71.9	13.5		
Science 6	LLR	94.2	42.0	95.6	45.6	88.1	30.5	91.5	43.9	92.7	31.7	93	40
	EIPS	87.2	35.3	87.0	34.3	88.7	39.7	88.4	42.0	91.3	45.0		
	Province	75.9	24.9	76.3	25.3	78.0	27.1	76.9	29.0	78.4	31.2		

Social Studies 6	LLR	92.8	21.7	91.1	23.3	79.7	16.9	90.2	46.3	89.0	42.7	90	37
	EIPS	80.2	22.7	80.1	24.6	80.5	28.6	85.3	32.3	88.5	35.3		
	Province	70.4	16.6	69.8	18.1	71.4	22.0	72.9	21.7	74.9	23.7		
English Language Arts 9	LLR	92.4	22.8	89.5	14.5	87.5	19.3	93.0	28.2	92.9	32.1	93	30
	EIPS	86.4	19.5	85.7	17.9	84.5	18.9	86.1	17.6	85.6	18.0		
	Province	76.3	15.0	75.6	14.4	77.0	15.2	76.8	14.9	76.1	14.7		
Mathematics 9	LLR	78.3	23.9	75.0	19.7	79.5	12.5	76.1	14.1	81.7	29.3	82	24
	EIPS	76.3	21.6	74.2	19.9	75.0	18.1	77.5	19.4	69.3	19.4		
	Province	67.1	17.3	65.3	17.9	67.8	17.5	67.2	19.0	58.0	14.5		
Science 9	LLR	79.3	27.2	88.2	26.3	85.2	19.3	80.3	16.9	86.9	31.0	86	27
	EIPS	82.2	29.4	84.5	29.3	82.1	28.0	82.4	26.0	83.8	26.8		
	Province	73.2	22.1	74.1	22.8	74.2	22.4	74.0	21.4	75.0	24.4		
Social Studies 9	LLR	79.3	28.3	76.3	21.1	69.3	22.7	78.9	32.4	84.5	38.1	82	30
	EIPS	74.1	25.1	76.1	25.4	72.7	21.8	76.4	24.7	76.5	25.9		
	Province	65.5	19.9	65.1	19.8	64.7	18.0	67.0	20.2	66.0	21.6		

I hope everyone has a terrific Fall Break, whether traveling away from home, or getting in some extra family time at home!

Mr. Ryan Marshall  
Principal

## Counselor's Message

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. 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.

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. 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.

**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.

## **Parent Teacher Interviews**

Our first set of interviews will be held on November 28 and 29, after the first report cards have been made available online. All interviews for grades K-9 will be one on one with the teacher. Parents are welcome to bring their child with them, however it is completely optional.

The second set of interviews will be held this February 20 and 21, before the second report card has been made available online.

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

## **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.

## **Library News**

### **Book Fair**

We will be hosting a Scholastic book fair from November 26 to 30. Please come out and support our library learning commons! We receive up to 60% of all proceeds from the fair in scholastic books and credits to enhance our collection. A letter and flyer that will be sent home in the coming weeks with more information.

## **Christmas Concert News**

On December 5th, 2018 Lakeland Ridge will be celebrating with a Christmas Concert! Information regarding tickets, times and attire was sent home earlier this week. We hope to see you there!

Location: Park Church

Time(s): 12:15 pm and 7:00 pm  
Who: Grades 1-6

## Literacy Corner

"The more that you read, the more things you will know. The more that you learn, the more places you'll go." – Dr. Seuss

While reading, students will:

1. make connections - to themselves, to other texts, to the world
2. Use their back ground knowledge to interact with the texts.
3. ask questions to clarify or gain more information
4. visualize what they are reading
5. make predictions
6. summarize what they have read - tell what happened at the beginning, middle and end; identify important facts
7. infer meaning by evaluating or drawing conclusions from information in a text.

## School Council

The next School Council meeting is Tuesday, November 20th at 6:30 pm in the school library. Childcare will be provided.

If you'd like to know what happened at our last meeting or would like to know what will be discussed at our next meeting, 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. If you have any questions or concerns, don't hesitate to email us at [llrschoolcouncil@gmail.com](mailto:llrschoolcouncil@gmail.com).

## Wolf Wear

Get some Wolf Wear to show your pride in our pack! Clothing options are available to purchase online until November 4, 2018:

<https://lakelandspirit2018.itemorder.com/>

Clothing options include: hoodies, t-shirts, long sleeve shirts, sweatpants, shorts and toques/hats - all with the Lakeland Ridge wolf logo on them. Youth and adult sizes available.

Note this is the **only opportunity** to order Wolf Wear for the 2018 - 2019 academic year, so feel free to stock up!

Orders will be delivered in December 2018.















## Lakeland Ridge School Spirit Wear Fall 2018

You can now purchase your items online in 3 easy steps:

1. Go to the online store at <https://lakelandspirit2018.itemorder.com>
2. Choose your items and add them to your cart
3. Securely checkout with your credit card

Online Store Deadline: Sunday November 4th, 2018 (11:59pm EST)

<p>Russell Dri-Power Fleece Pullover Hood</p>  <p>\$38.50</p>	<p>Russell Adult Dri-Power Open Bottom Pant</p>  <p>\$30.00</p>	<p>Fruit of the Loom Cotton T-Shirt</p>  <p>2 Colors \$13.00</p>	<p>Gildan Heavy Blend Cotton Long Sleeve</p>  <p>2 Colors \$20.00</p>
<p>Russell Adult 9" Nylon Tricot Mesh Short</p>  <p>\$26.00</p>	<p>Russell Youth Dri-Power Fleece Pullover Hood</p>  <p>\$38.50</p>	<p>Russell Youth Dri-Power Open Bottom Pant</p>  <p>\$30.00</p>	<p>Fruit Of the Loom Cotton Youth T-Shirt</p>  <p>2 Colors \$13.00</p>
<p>Gildan Ultra Cotton Youth Long Sleeve</p>  <p>2 Colors \$20.00</p>	<p>Russell Youth 7" Nylon Tricot Mesh Short</p>  <p>\$26.00</p>	<p>New Era Adjustable Structured Cap</p>  <p>\$24.50</p>	<p>ATC Knit Toque</p>  <p>\$13.00</p>

This store is estimating to ship products by December 4th, 2018

powered by  ORDERMYGEAR

Questions?  
Terry Robertson  
587-785-3382  
terry@kahunaverse.com  
<https://www.kahunaverse.com/>

## Parent Action Society

### Staff Appreciation

This year we want to do something a little different to show our appreciation to all the staff at Lakeland Ridge for all they do for our kids. The Parent Action Society and School Council are teaming up to form a committee to come up with some ideas. PAS has already approved a

budget, so if you are interested in joining this committee we are eager to get started. Email [llrpaschair@gmail.com](mailto:llrpaschair@gmail.com) to join!

### Annual General Meeting

The AGM was held on October 23rd. 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: Kathi Engel
- Secretary: Kathi Engel
- Director-at-large (Hot Lunch coordinator): Terri Ackryod
- Director-at-large: Kim Heit
- Director-at-large: Cat Martin

Thank you to all who have accepted a role! Without you volunteering your time, the Parent Action Society would not exist. Our next meeting will be not be until January as we have no time-sensitive funding requests.

If there are events, fundraisers or ideas of how we can contribute to the school, email them to

[llrpaschair@gmail.com](mailto:llrpaschair@gmail.com).

Michelle Lyster  
LLRPAS Chair

## **Mental Health Capacity Building**

### **Reach Out. Speak Out. – Let's build healthy relationships to end family violence**

Relationships can be complicated and look and feel different. Healthy, supportive relationships are especially important for children and adolescents for healthy brain development. Their brains are built from experiences over time. The effects of family violence on families and children are devastating and the impacts can last life time.

Visit [strathcona.ca/SCspeakout](http://strathcona.ca/SCspeakout) and learn what is and isn't a healthy relationship and the available resources. Create a healthy future for you and your children by building a safe, supported and connected community for all.

*Helping to create a supported, safe and connected community. Strathcona County's mental health capacity program is made possible through Alberta Health Services, Alberta Community and Social Services and Strathcona County.*

## **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](http://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](http://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.

## Caregiver Series

The Division, in partnership with Strathcona County and Elk Island Catholic Schools, is hosting a series of caregiver information sessions focused on ways to support students’ mental health. The free sessions provide parents, caregivers, teachers and community members with information about challenges that can impact children and adolescents. Some of the session topics include: dealing with anxiety, teenagers and technology, cannabis, understanding depression and self-injury, test anxiety, building executive functioning skills, and limit setting. Visit the [Division calendar](#) to see all scheduled caregiver sessions.

## New School Messenger Call-Display Number

Effective November 1, all phone calls going out through SchoolMessenger will display one of the following toll-free numbers rather than the school or Division number.

- Messages programmed from Student Transportation: 1-833-298-5234
- Messages programmed from schools and the Division office: 1-833-202-1419

With this change, parents/guardians have the ability to call back to this number to replay all recent phone messages they’ve received through SchoolMessenger. If you’ve missed a call or would like to replay a message to confirm you have all the details, simply call back the applicable 1-833 number and follow the prompts to repeat any recent messages.

## No Child Without

In our ongoing effort to provide safe and caring schools for our students, Lakeland Ridge School 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](http://www.nochildwithout.ca).

## Opioids Don't Discriminate

From November 5-9, Strathcona County will be hosting a public education event regarding the ongoing opioid crisis. The event is open to students, parents, teachers and community members. Using real stories and statistics from the local community, participants will learn about the science of addiction, as well as the psychology of those struggling with substance-abuse, challenging them to re-consider what they think they know about drug-use.

To learn more, or to book a large group session, click [here](#).

### Event Details:

*Dates:* Nov. 5-9, 2018

*Times:* Monday, November 5: 2:30 p.m.-7 p.m.  
Tuesday, November 6: 2 p.m.-7 p.m.  
Wednesday, November 7: 2 p.m.-9 p.m.  
Thursday, November 8: 2 p.m.-7 p.m.  
Friday, November 9: 9:30 a.m.-2 p.m.

*Location:* Strathcona County Community Centre's Agora  
401 Festival Lane, Sherwood Park

## Your Future

### **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 Nov. 22, 2018.

Hosted by Elk Island Public Schools (EIPS), in partnership with the Educational Liaison Association of Alberta, 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:* Nov. 22, 2018

*Time:* 6:30 p.m. to 8:30 p.m.

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

Visit [www.eips.ca/students/your-future](http://www.eips.ca/students/your-future) for a detailed list of exhibitors



# November 2018

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
				1 Day 5	2 Day 6	3 Wonda Rehearsal 11:30
4	5 Day 1 Hot lunch Grade 6 Owl Presentation Drama Rehearsal 3:10	6 Day 2 Linking Generations Visit	7 Day 3 Cash4Care Staff Meeting Early Dismissal Take Your Kid to Work Day	8 Day 4	9 Day 5 Remembrance Day Ceremony 10:30 am	10
11	12	13	14	15	16	17
<b>Fall Break – No School</b>						
18	19 Day 6 Hot lunch Drama Rehearsal 3:10	20 Day 1 Parent Council Meeting 6:30PM	21 Day 2	22 Day 3	23 Day 4 Linking Generations Visit Grade 5 Fortis Alberta Presentation Wake –A-Thon	24
25	26 Day 5 Report Cards Available on line Hot lunch Website Opens	27 Day 6	28 Day 1 Grade 6 DARE Grad	29 Day 2	30 Day 3	
			<b>Parent/Teacher Conferences</b>			
			<b>Book Fair - Library</b>			



# December 2018

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
						1
2	3 Day 4 Hot Lunch website closes Drama Rehearsal 3:10	4 Day 5 Linking Generations Visit	5 Day 6 Cash4Care Staff Meeting Early Dismissal Christmas Concert 12:15 and 7:00 at Park Church	6 Day 1	7 Day 2 Kindie Classes to Greenland Garden Center	8 Drama Rehearsal 10:00-1:00
9	10 Day 3 Hot Lunch Grade 9 Band Silver Birch Lodge Kindie Classes to Greenland Garden Center Drama Rehearsal	11 Day 4	12 Day 5 Teachers pet in school Field trip – Grade 3	13 Day 6	14 Day 1	15
16	17 Day 2 Hot Lunch Drama Rehearsal 3:10	18 Day 3 Linking Generations Visit	19 Day 4	20 Day 5	21 Day 6 Locker Clean Out Christmas Assembly	22
23	24	25	26	27	28	29
	Christmas Break					
30	31	Jan 1	Jan 2	Jan 3	Jan 4	Jan 5
	Christmas Break					