



Principal: Dr. Karla Satchwell
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October 2015

Principal's Message

As Thanksgiving approaches, I wanted to take the time to express my sincere appreciation to our parents for so generously supporting the efforts of our all the Lakeland Ridge staff as we collectively participate in the education of your children. I am grateful for how you have welcomed our new administrative team to the school and am honoured by the respect, courtesy, and understanding you have demonstrated to our teachers, educational assistants and office staff.

Thank you for taking the time to come to special school events such as the recent Junior High Awards celebration and Meet the Teacher Muffin Morning. Thank you to those able to volunteer to accompany students on field trips so we can provide enriching educational experiences for students that enhance classroom learning. Thank you to those who volunteer in classrooms and serve on the Parent Action Society and School Council for sharing your time and talents in support of school efforts. Thank you for the fundraising you do and the contributions you make to the fundraising efforts of our school through the hot lunch program, Terry Fox run and the Parent Action Society events. You help us raise thousands of dollars which enhance opportunities and experiences for students in the school and provide philanthropic benefit to society. Thanks most of all for trusting us with the education of your children. We are grateful for their humour, intellect, curiosity, and interest. We treasure their unique perspectives. I thought you also might be interested to know that nine staff members have a total of 16 of their own children also attending Lakeland Ridge.

The parents of Lakeland Ridge are truly remarkable and we thank you for all you do to raise such wonderful, caring and kind children. We often see siblings helping their younger brothers and sisters, children supporting each other in their learning journeys, and students treating each other with tremendous respect. They do you proud each and every day I am humbled by their interest and excitement in learning.

May you and your family have a wonderful Thanksgiving. As playwright Thornton Wilder so eloquently wrote, "We can only be said to be alive in those moments when our hearts are conscious of our treasures."

Dr. Karla Satchwell
Principal
Karla.satchwell@eips.ca

Picture Re-take Day



Re-takes will be on Tuesday, October 27th. Please mark this date on your calendar.

Yearbooks

The Yearbooks have arrived! Homeroom teachers have been handing out the books 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.

If you would like a 2015/2016 yearbook, be sure to order it now!

Wolf Wear

Wolf wear is coming back to Lakeland. Clothing options will be available to purchase online beginning Monday October 19th. Clothing available: **hoodies, t-shirts, long sleeve shirts, sweatpants, toques and caps** - all with the Lakeland Ridge wolf logo on them. Sizes range for all students from Kindergarten to Grade Nine. A flyer and link to the clothing website will be sent out on Friday October 16th. All clothing orders will be accepted online until Friday October 30th.

Student/Parent/Teacher Conferences - October 20th to 22nd

Student/Parent/Teacher Conferences will be held Tuesday, October 20th to Thursday, October 22nd. Conferences this year will be held before report cards are issued to share information about student progress and communicate about student learning. Teacher appointment times will be posted on the website www.schoolinterviews.ca. By logging into the website, parents can pre-book conference appointments with their child's teacher.

Previously we have used this online booking system for elementary only, but we have expanded it to include appointment times for junior high as well! A letter including event codes and instructions for the online booking system will be sent home this week. If you have any questions, please contact the school office at 780-416-9018.

Remembrance Day

Our annual Remembrance Day ceremony will be held on Friday, November 6th beginning at 10:30 am 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.

Concert News

Our music concerts have been moved to the Spring! We are looking to host the event in one evening at a larger venue. We are excited about this change due to a number of factors including fire regulations, numerous concert nights and cold weather for families waiting outside.

We are looking forward to hosting a Winter Festival at the school during the month of December. Stay tuned for more information!

Athletics Update

The volleyball season is in full swing. Upcoming tournaments are as follows:

Juniors - Lakeland Howler Oct 16 & 17 and Ardrossan Oct 23 & 24
Seniors - Salisbury Comp. Oct 16 & 17 and Fort High Oct 23 & 24

Both teams will be participating in league games on Thursdays all through October. Come out to one of the tournaments or a league game to cheer them on.

We had students represent our school in fine form on Sept 23rd and 30th at the EIPS and Zone X-Country meets. At the EIPS meet we took home the team award for small schools and many students placed well. Of note, Courtney Bennett won gold and Conrad Rolinger won bronze. At the zone meet, our school finished 3rd overall among all Sherwood Park schools, just behind Ardrossan and FRH. Courtney Bennett was our lone medalist, finishing with the bronze. Well done to all our runners, it was an awesome season!

If you are visiting the school, stop by the bulletin boards outside the gyms to see some updates. One standout piece to note is the new Athlete of the Week Wall.

Halloween at Lakeland!



This year our students will be celebrating Halloween on Friday, October 30th. 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 8:40 am in the morning rather than having an assembly later in the day. Parents and families are welcome to come and watch the costume parade.

Library News

We will be hosting our first Scholastic book fair of the year on October 19-23th. This is an amazing opportunity to buy fantastic books, celebrate reading, and support our school library learning commons. Our library receives up to 60% of all proceeds in scholastic books and credits. More information will be sent home in the coming weeks.

Read-In Week: The Power of a Story

Read-In Week 2015 took place **October 5-9th**. The theme for this year was ***The Power of a Story*** –*Books that Inspire, Connect, & Ignite!*, highlighting the importance of reading, viewing, and listening to rich, engaging text. Read-In Week is a division-wide initiative that happens annually to promote a life-long love of reading in students and enhance literacy awareness involving students, staff, parents, and community members.

Through various planned activities, students learn how stories have the power to teach lessons, broaden perspectives, and foster empathy. Some of the activities at our school included:

- Lakeland Ridge Read-In Week kick-off video shown to classes
- Inspirational quotes from children's books read during morning announcements
- Power of Reading light bulb contest
- Football players from the Salisbury Sabres read to grades 4-6 classes
- Drama students from Salisbury Composite High School read to grades 1-3 classes
- Many other guest readers read to individual classes
- Grades 4-9 theme-related classroom lessons
- Displays and decorations throughout the school

We invite all our families to participate in Read-In Week with us either by reading yourself, with your child, or with someone in the community this week. We hope you discover some great stories.

Counselor's Corner

The first month of school is now over and everyone seems to be settling into the daily routines of school. One important routine to develop and maintain involves homework and review time which can be stressful for everyone in your home. To manage the stress, the following ideas may prove useful:

- Setting expectations and sticking to them are important.
- Have a special place for your child to complete work. It could be a desk, kitchen table, or quiet corner in another room. The area should have limited noise and provide good lighting. Ensure that supplies such as pens, pencils, and paper are accessible.
- Set a regular time for homework. A younger child may need your help to develop a schedule, but an older student may be able to handle the responsibility of setting a schedule independently. Post the schedule where it is visible – in an agenda or on the family bulletin board.
- Remove all distractions such as the TV, phone, iPod, or other electronic devices. Households are very busy with a variety of individuals and activities and it is important to have some focused time away from these distractions.
- Avoid demands and expectations of perfection. When your child wants to show you work, show interest and give praise for the effort. If you have suggestions for improvement, remember to make them in a kind and helpful manner.
- If your child has limited assigned work at home, consider such activities as using the time to review previous work, practice spelling, or read for enjoyment!

You may be reluctant to help your child with homework because you think you don't know the subject well enough. Just remember, it isn't about solving the problems for your child. It's about supporting your child to help with growth in developing both academic skills and behaviors that will encourage success in all aspects of life!

School Council Update

The Annual General Meeting of the Lakeland Ridge School Council was held on September 30th with approximately 20 people in attendance. Thanks to all that were there and we hope that even more will be able to attend the October 26th meeting. The main item of business at the AGM was

the election of the 2015-16 School Council Executive. Dwight Dibben will serve as Chair for the upcoming year, Andrea Cundliffe will serve as Vice Chair, and Toni Januario will be the Treasurer. At the present time, there is still a need for a volunteer to serve as the Secretary for the School Council. If anyone has an interest and would like to discuss this opportunity further, please contact the Chair at dwight.dibben@gmail.com or Principal Karla Satchwell at the school.

In addition to reports from our Principal and Vice Principal Melissa Kerr on the events and activities of the first month of school, we received a written report from Trustee Trina Boymook who will again serve as the Designated Trustee Representative for Lakeland Ridge School this year. The 2014-15 Annual Financial Report was received and approved by School Council and members in attendance approved the meeting schedule for School Council meetings which will move to Mondays this year, from 6:30 to 8:00pm in the School Library. Our planned dates in March and May have not been finalized but generally our meetings will be on the fourth Monday evening of each month. The formal dates will be posted on the website and in the monthly calendar in the Howler.

School Council is our opportunity for all parents to raise and discuss matters of importance to our children and the broader school community. We welcome your suggestions for agenda topics and look forward to your active participation in school matters this coming year.

The next School Council meeting will be held on Monday, October 26th at 6:30pm in the school library. Free babysitting will be available. We look forward to seeing you all there.

School Bus Safety Week

Schools throughout Elk Island Public Schools (EIPS) are celebrating School Bus Safety Week October 18th-24th. The theme: Transportation is cool, when you take the bus to school. Throughout the week, various activities are planned including information sessions, bus safety learning 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 allows 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 *MyStop*, an online tool to determine, in real-time, the location of a bus, arrival times, when a child scanned onto a bus, and if a bus is delayed - especially useful during the winter months.

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

Mental Health Review: Questionnaire

Alberta's mental health policy is currently being reviewed by the province. Its goal: to find better ways to help individuals who are struggling with addictions or mental health challenges. As part of that review, a questionnaire has been developed by Alberta Health's Mental Health Review Committee. Albertans are being asked to give their feedback on the current system in place and ways to improve its services. Some of the questionnaire topics include: addiction and mental health services, support services for in-patients, addiction services, geographic challenges, and inclusive services. Feedback from the questionnaire will be analyzed and used to help guide an improved mental health strategy.

To complete the online questionnaire, visit www.health.alberta.ca/initiatives/Mental-Health-Review.html. The questionnaire is open until Oct. 23th, 2015. The report and recommendations will be presented to the government by the end of the year.

No Child Without

In our ongoing effort to provide safe and caring schools for our students, Elk Island Public Schools (EIPS) participates in the *No Child Without* program and all schools in the division serving students up to Grade 8, including Lakeland Ridge, are enrolled. *No Child Without* is a joint program of the Canadian MedicAlert Foundation and the Lions Club of Canada. Through this program, registered children receive 24-hour MedicAlert coverage free of charge between their 4th and 14th birthdays. *No Child Without* waives all initial registration fees and ongoing membership costs during these years.

If your child has a serious medical condition or allergy and would benefit from MedicAlert services, please contact the school to obtain a program information pamphlet. You can then enroll in *No Child Without* by calling 1-877-282-5378 or online at www.nochildwithout.ca. If your child is already registered with MedicAlert and you would like to enroll specifically in the *No Child Without* program, you must sign up by telephone at the number above.

More information about *No Child Without* is available at www.nochildwithout.ca, by contacting the school office at 780-416-9018, or from EIPS' Communication Services department at 780-417-8122.

Kindergarten Immunization

Diphtheria, Tetanus, Pertussis & Polio Booster
Second dose Measles, Mumps, Rubella & Varicella Vaccine

Immunizations protect your child from serious childhood diseases. Diseases spread more easily when children are together in a group. Ensure your child is protected from vaccine preventable diseases by having his/her immunizations up to date. Kindergarten immunizations are given at the Public Health Centres.

After their 4th birthday most children should have:

- A booster dose of dTap-IPV (diphtheria, tetanus, pertussis and polio) vaccine
- A second dose of MMR-Var (measles, mumps, rebella and varicella) vaccine

If immunization is needed, call your local Public Health Centre for an appointment.

Grade 5 School Immunization

Hepatitis B, Human Papillomavirus (HPV) & Chickenpox (Varicella) Vaccine
Hepatitis B Vaccine

- All students in grade 5 are offered hepatitis B immunization.
- The immunization consists of 3 needles given over a six-month period.

Human Papillomavirus Vaccine

- All students in grade 5 are offered human papillomavirus immunization.

- The immunization consists of 3 needles given over a six-month period, and will be offered at the same time as the hepatitis B immunization.

Chickenpox (Varicella) Vaccine

- All students who have not had chickenpox disease or vaccine are offered varicella vaccine.
- Varicella vaccine consists of one or two needles depending on your child's date of birth, and will be given on the same day as the above immunizations.

Information and Consent:

- Your child will be given an immunization package containing a consent form and information on each of the diseases and vaccines, as appropriate, for the parent/guardian to read. The consent form must be signed and returned as per the instructions on the consent form within one week.
- Your child will only be immunized with your consent.

Grade 9 School Immunization

Diphtheria, Tetanus, Pertussis (dTap) & Meningococcal (Group A, C, W-135 & Y) Conjugate & Human Papillomavirus (HPV) Vaccine

Diphtheria, Tetanus, Pertussis (dTap) Vaccine

- All students in grade 9 are offered a booster dose of diphtheria, tetanus, pertussis vaccine.

Meningococcal (Group A, C, W-135 & Y) Conjugate Vaccine

- All students in grade 9 are offered a single dose of meningococcal (Group A, C, W-135 & Y) conjugate vaccine.

Human Papillomavirus (HPV) Vaccine

- All boys and girls in grade 9 who have not already completed a series, are offered human papillomavirus immunization.

Information and Consent:


- Your child will be given an immunization package containing a consent form and information for each of the diseases and vaccines, as appropriate, for the parent/guardian to read. The consents must be signed and returned to school as per the instructions on the consent form within one week.
- Your child will only be immunized with your consent.

If you have any questions, please call Health Link Alberta at 780-408-LINK (5465) or 1-866-408-LINK (5465).





October 2015

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
				1 Day 5	2 Day 6	3
4	5 Day 1 Hot Lunch *Read in Week*	6 Day 2 Grade 9 PARTY Program Field Trip	7 Day 3 Cash4Care Staff Meeting - Early Dismissal	8 Day 4 Newsletter	9 System PD Day (no classes for Students)	10
11	12 Thanksgiving - No School	13 Day 5 Linking Generatons Visit	14 Day 6 PAS Meeting 6:30 (Library)	15 Day 1	16 Day 2	17
				LLR Volleyball Tournament		
18	19 Day 3 Hot Lunch Federal Election *School Bus Safety Week*	20 Day 4 Linking Generatons Visit	21 Day 5 Book Fair - Library	22 Day 6	23 Day 1	24
			S/P/T Conferences			
25	26 Day 2 SC Meeting 6:30 (Library)	27 Day 3 Picture Retakes	28 Day 4	29 Day 5	30 Day 6 Halloween Costume Parade	31  Halloween



November 2015

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
1	2 Day 1	3 Day 2 Linking Generatons Visit	4 Day 3 Cash4Care Staff Meeting Early Dismissal TYKTW Day - Grade 9	5 Day 4	6 Day 5 Remembrance Day Ceremony 10:30am Newsletter	7
8	9	10	11	12	13	14
	Fall Break – No School					
15	16 Day 6 Hot Lunch *Bulling Awareness Week*	17 Day 1 Linking Generatons Visit	18 Day 2	19 Day 3	20 Day 4	21
22	23 Day 5 SC Meeting 6:30 (Library)	24 Day 6	25 Day 1	26 Day 2	27 Day 3	28
29	30 Day 4					