



Principal: Dr. Karla Satchwell
Elementary Assistant Principal: Mrs. Melissa Kerr
Junior High Assistant Principal: Mr. Aaron Tuckwood

November 2015

Principal's Message

I recently had the pleasure of watching our drama students rehearse for their upcoming performance of *Seussical the Musical*. Audience members are in for a treat on January 25-28, 2016, at Festival Place, as this promises to be an amazing performance.

This holiday season, Lakeland Ridge will be holding a Winter Festival during the evening of December 16th, instead of a holiday concert. Due to the size of our gyms and fire code restrictions on seating, in past years we have had to hold a number of concerts over multiple evenings. This year, we are changing to a Winter Festival with activities for children and families throughout the school. Our spring concert will be held on Tuesday, April 26, 2016, in the Sherwood Park Alliance Church, located at the corner of Clover Bar Road and Wye Road. The church seats about 2200 people and has ample parking. More details to follow.

The month of November holds many exciting activities including our Remembrance Day ceremony on November 6th, at 10:30 in the Kona Gym. Seniors from Linking Generations will attend and will sit with their Linking Generations students during the assembly. My own 91-year-old father and WWII veteran will also be in attendance.

Fall break brings an opportunity for students to relax, unwind and enjoy a different routine. For those who are traveling or taking time off during fall break, enjoy this special time with your children.

National Bullying Awareness Week is Nov. 15-21. Students in grades 4-9 will participate in the interactive play *The Bully Project* by the Concrete Theatre. Focus groups with our junior high boys and girls will be conducted during health classes about our students' responses to last year's Tell Them From Me Survey. Of concern were the results of our junior high girls who were below our boys and Canadian Norms with respect to social-emotional outcomes. Tell Them From Me survey results indicated the following areas of concern: positive sense of belonging, valuing schooling outcomes, intellectual engagement, interest and motivation, positive teacher-student relations, positive learning climate, advocacy at school and expectations of success students. Parents may contact me to receive a copy of the survey results report.

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

2014-2015 Yearbooks

If you would like a Yearbook you can order it online through the Parent Portal (under Additional Items) or in the office, the cost is \$30. We will not be ordering any extra! Make sure and order your copy soon as we will be submitting our numbers in December!

Library News

Our Fall Book Fair was a great success!! Thank you to everyone who came out to buy books to support our library learning commons. As a result, we received \$2100 in new books from Scholastic and \$1700 in cash to help to build our collection. A great big thank you also to the parents and students who so generously volunteered their time - we couldn't have done it without you!

Counsellor's Corner

Experiencing stress is a natural part of life, even for children and teens, but too much stress can have a negative impact on our daily functioning, and can affect both our physical and emotional well-being. Stress impacts individuals differently. In other words, what is stressful to one person may not be as stressful to another.

Parents often can have a great impact on how their children manage stress:

- Be pro-active - Talk about triggers for stress - Look for patterns and identify situations that appear to cause stress for your child. Discuss when a stressful situation may be coming and make a plan to deal with it.
- Acknowledge feelings - If something is making your child stressed, acknowledge feelings without judgement, even though it may be difficult to understand why something is causing stress.
- Identify what stress means for your child and remember that stress looks different for everyone. Discuss how to recognize stress. In other words, that may include helping your child identify what stress looks like, sounds like, and feels like.
- Be a role model - Talk about and demonstrate your own stress reducing strategies. Using healthy stress relief strategies on a regular basis can help to reduce stress for everyone in the home.
- Explore stress management techniques - Try a variety of strategies including using breathing techniques, being physical active, including healthy eating patterns, monitoring sleep, incorporating leisure activities, focusing on the positive, and sharing fun and laughter with friends and family.

For more information about stress management, please check out the following websites:

<http://www.albertahealthservices.ca/4945.asp#>

<http://www.psychologyfoundation.org/>

http://kidshealth.org/teen/centers/stress_center.html

Cash 4 Care - December "Mission Remission for Mrs. Kellie Smith"

December's Cash 4 Care donations will go to support a special Lakeland Ridge teacher, Mrs. Kellie Smith, and her family, as she battles cancer. Mrs. Smith has taught in Strathcona County for the past 20 years, touching many lives along the way. She has been heavily involved with parent and student leadership groups, providing activities for the school and the community.

Mrs. Smith and her husband have three sons and are also very active in the community, particularly in the area of sports and recreation - ice hockey, ball hockey, soccer, track and volleyball, to name a few. They are supportive parents and give unselfishly as volunteers and coaches to the children of the community.

Ask anyone who knows Mrs. Smith and they will tell you that she is one of the strongest, kindest, most determined women you can ever hope to meet. She has loved every student that has come her way. Funds raised will help the Smith family with ongoing out of pocket medical expenses.

Two parents have offered to donate an ice cream party for the class which raises the most money for December's Cash 4 Care as their thank-you for student generosity.

Concert News

Save the dates...

Our Winter Festival will be held on Wednesday, December 16th at 6:00 pm to 7:30 pm at the school. It will be a school wide celebration of winter with crafts & activities.

Our Spring Concert will be held on Tuesday, April 26th, 2016 at the Sherwood Park Alliance Church. More details to follow in the New Year!

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 7:30 am to 4:30 pm. Please be respectful when finding a visitor spot and be sure not to block staff vehicles at ANY time. We appreciate your cooperation.

Progress Reports

Elementary and Junior High Progress Reports will be issued on Friday, November 27th. For junior high students, progress reports are also displayed on the PowerSchool Parent Portal.

If you require further information on accessing the PowerSchool Portal please go to the school website at www.lakelandridge.ca. If you do not yet have an account or have misplaced your login information, contact Mrs. Ingrid Painchaud at ingrid.painchaud@eips.ca or 780-416-9018.

Lakeland Ridge - Provincial Achievement Test Results

| Lakeland Ridge Provincial Achievement Test Results A = Acceptable/E = Excellence | | 2013 | | 2014 | | 2015 | |
|---|----------|-------------------------|------|------|------|------|------|
| | | A | E | A | E | A | E |
| | | English Language Arts 6 | LLR | 92.6 | 27.2 | 97.1 | 31.9 |
| EIPS | 90.6 | | 21.0 | 91.1 | 24.3 | 90.9 | 25.2 |
| Province | 82.5 | | 16.3 | 81.9 | 17.6 | 82.8 | 19.5 |
| Mathematics 6 | LLR | 85.2 | 22.2 | 94.2 | 23.2 | 91.1 | 27.8 |
| | EIPS | 81.9 | 23.0 | 83.8 | 19.0 | 83.3 | 19.1 |
| | Province | 73.0 | 16.4 | 73.5 | 15.4 | 73.3 | 14.1 |
| Science 6 | LLR | 91.4 | 28.4 | 94.2 | 42.0 | 95.6 | 45.6 |
| | EIPS | 86.6 | 34.7 | 87.2 | 35.4 | 86.9 | 34.4 |
| | Province | 77.5 | 25.9 | 75.9 | 24.9 | 76.4 | 25.3 |
| Social Studies 6 | LLR | 87.7 | 21.0 | 92.8 | 21.7 | 91.1 | 23.3 |
| | EIPS | 83.9 | 24.0 | 80.1 | 22.6 | 80.1 | 24.7 |
| | Province | 72.7 | 19.0 | 70.4 | 16.6 | 68.9 | 18.1 |
| English Language Arts 9 | LLR | 91.4 | 30.0 | 92.4 | 22.8 | 89.5 | 14.5 |
| | EIPS | 86.3 | 18.4 | 86.8 | 19.8 | 85.7 | 17.8 |
| | Province | 76.7 | 14.8 | 76.3 | 15.1 | 75.6 | 14.4 |
| Mathematics 9 | LLR | 80.0 | 27.1 | 78.3 | 23.9 | 75.0 | 19.7 |
| | EIPS | 73.7 | 20.6 | 76.6 | 21.7 | 74.4 | 19.9 |
| | Province | 66.9 | 18.3 | 67.1 | 17.3 | 65.3 | 18.0 |
| Science 9 | LLR | 87.1 | 20.0 | 79.3 | 27.2 | 88.2 | 26.3 |
| | EIPS | 83.8 | 26.4 | 82.3 | 29.7 | 84.5 | 29.4 |
| | Province | 73.0 | 20.0 | 73.2 | 22.1 | 74.1 | 22.9 |
| Social Studies 9 | LLR | 78.6 | 31.4 | 79.3 | 28.3 | 76.3 | 21.1 |
| | EIPS | 72.9 | 22.6 | 74.3 | 25.4 | 76.1 | 25.5 |
| | Province | 65.6 | 18.8 | 65.5 | 19.9 | 65.1 | 19.8 |



PAS Update

Meeting of the Minds - 6:30 pm on Monday, November 16th in the school library. We will be reviewing and making decisions on fundraising ideas and funding requests - all parents welcome.

The PAS mission is to contribute classroom and program resources that would otherwise not be available in order to improve and enrich the educational experience of our children. To achieve this mission, we have three fundraisers currently underway and/or planned (more to come).



Purdy's Chocolates

The perfect gift for hostesses, clients, co-workers and teachers, 'cause hey, who doesn't like chocolate?! PAS earns 25% of sales!!

Key dates November 17: Manual order deadline
 November 19: Online order deadline
 December 9: Pick up in the school library 2-5pm



Hot lunch

Not only do kids and parents enjoy the break from making lunches, the Hot Lunch Program is the most significant PAS fundraiser. It's a Win-Win!

****Next hot lunch:** Boston Pizza on Monday, November 16th (first day back from November break)



Casino

OK, I lied...the Casino is PAS's most significant fundraiser (however, it only happens once every three years and there are specific rules on how funds can be spent). Two days = \$18,000 (projected).

Four more volunteers are needed to meet our requirement (a couple extra would be nice, too). Our area casino is in Camrose and shifts are from 3pm to 12:30am. A meal will be provided and carpooling is available.

Sunday, January 31, 2016: 1 volunteer needed
Monday, February 1, 2016: 3 volunteers needed

Volunteer positions are not restricted to parents - friends and family over 18 years old are welcome. Please email llrpaschair@gmail.com ASAP to volunteer...otherwise we lose out on this opportunity and our students lose out on much needed classroom equipment.

PAS Executive Vacancies - There are two vacancies on the PAS executive: Vice Chair (stand in for Chair when needed) and Secretary (take minutes at meetings). If you're interested, please attend the next meeting and/or email llrpaschair@gmail.com.

Thank you in advance for your support!
Annette Hubick
LLR PAS Chair

School Council

Lakeland Ridge School Council met on October 26th for its first regular meeting of the new school year. Those in attendance heard reporting from our school administration, Trustee Trina Boymook and from the Parent Action Society on fundraising activities and requests so far this year. Two meeting dates for School Council in 2016 were changed to not conflict with school and calendar holidays, and the Council is still in need of a Secretary for this current year. Please contact the school office or any member of the Executive if you have an interest in serving in this volunteer role!

The next School Council meeting will be held on **Wednesday, November 23rd at 6:30 pm** in the school library. As always, free childcare will be provided and we welcome any items that you may wish to bring to the attention of school administration and the larger school community.

We look forward to another busy month and ask that on November 11th we all pause and give thanks to our veterans and current members of our armed forces for all that they have done and continue to do in support of our country.

Variable and Inclement Weather

Alberta weather varies tremendously during the day. Please ensure your children wear warm jackets and have mittens and hats handy as they leave for school.

School bus service may be cancelled when Environment Canada reports a temperature of -40 C including wind chill. School bus services may also be cancelled or delayed due to adverse weather or road conditions, however, **schools remain open to students** who are able to attend, even if school bus services are cancelled.

Elk Island Public Schools (EIPS) will advise parents of bus cancellations using various communications tools including: automated-telephone messages, alerts posted on www.eips.ca and school websites, Twitter, local radio stations, and on Versatrans My Stop. Morning bus cancellations will be posted on www.eips.ca by 6:30 a.m.

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

EIPS Parent Survey

Elk Island Public Schools (EIPS) supports parent engagement at the school and division levels. Gathering feedback from parents about the overall performance of schools and the school division is an important component of engagement. While parents of students in grades 4, 7, and 10 currently participate in the provincial Accountability Pillar Surveys, the new EIPS Parent Survey coming your way this November is designed to offer **all** parents an opportunity to provide their feedback. This information will help supplement our Accountability Pillar Survey data.

More information, a link to the survey, and key survey opening and closing dates will be sent to parents. We encourage you to take a few minutes to complete this survey when it arrives as this information will help inform our school and division planning.

Student Transportation Launches the *Versatrans My Stop* App

Student Transportation's *Versatrans My Stop* app is now available for download. The *Versatrans My Stop* app offers a variety of features including bus location, estimated time of arrival, and the time your child scanned on and off the bus.

The *Versatrans My Stop* app is available on both [Google Play](#) and the [App Store](#). Once downloaded to your smart phone, select "Elk Island Public Schools" from school district listing. Login using your username and password provided to you by Student Transportation at the beginning of the year - if you no longer have access to this information, contact Student Transportation.

The *Versatrans My Stop* app also offers a push-notification option when your child has scanned on or off the bus. To activate, simply go to "setup" to enable the feature. For more information, contact Student Transportation at 780-417-8151.

E-Waste Collection Challenge

November 30th to December 14th, Lakeland Ridge will be collecting electronic-waste at the side of the school near the dumpsters. Students and parents can bring in a variety of outdated or broken electronic devices including computer equipment, home-entertainment items, power tools, and small household appliances - basically anything the size of a microwave or smaller that can be plugged in or is battery-operated. Large appliances such as fridges, stoves, and dishwashers are excluded from the challenge. Elk Island Public Schools (EIPS), and Global Electric Electronic Processing (GEEP) have teamed up to launch the E-Waste Collection Challenge, collecting unused and unwanted electronics.

Throughout these two weeks, GEEP will gather all of the e-waste our school collects, document it, and weigh it. The school in Elk Island Public with the most e-waste - determined by dividing the total weight collected by the total number of students at each school - will win up to \$3,000. We encourage all of our families to participate - together we can make a difference!

Global Electric Electronic Processing (GEEP) enables the safe and secure reuse of electronics through 100% data erasure and/or destruction of sensitive data and total landfill diversion when products are at their end of life. For more information, please visit www.geepglobal.com.

Your Future: It's a Matter of Choice

Your Future: It's a Matter of Choice is Elk Island Public Schools' (EIPS) annual post-secondary and career event that brings together colleges, universities, technical- and private-vocational schools, and career displays from around the country.

The 2016 Your Future: It's a Matter of Choice career fair is free and open to all EIPS students in grades 9 through 12. Students, and their parents/guardians, will have the opportunity to talk to and ask questions of potential post-secondary institutions, browse booths, examine future career trends, determine high school requirements for specific programs, and so much more.

Event Details

Date: Tuesday, November 17th
Time: 6 pm to 8 pm
Location: Holiday Inn Conference Centre of Sherwood Park, 2nd Floor;
2100 Premier Way

Your Future: It's a Matter of Choice is coordinated in conjunction with the Educational Liaison Association of Alberta each year. The EIPS event is one of the largest events of its kind in Alberta.

The Bully Project - Concrete Theatre Production



Written and Directed by Mieko Ouchi

Bullying behavior is something that schools, families, communities and young people are grappling with every day.

The Bully Project is an interactive play in two versions for students from grade 4-6 and 7-9 that explores the complex reasons underlying bullying behavior, and what young people and the adults and communities who care about them can do about it. Audience participation is key to this engaging project that defines bullying, takes audiences through character based scenes and improvised solutions and problem solving to explore the complexities around the issue and helps students find safe and constructive ways to combat this behavior.

November 16th - Performances at 9 am - Grade 7; 10:35 am - Grade 8; 1:05 pm - Grade 9
November 17th - Performances at 9 am - Grade 4; 10:35 am - Grade 5
November 18th - Performance at 1:05 pm - Grade 6



heART Paint Café

November 20, 6 - 9 pm

Paint, create and donate!

Spend an evening painting with your parent, grandparent, aunt or someone special to you.

No experience necessary.

30% of all registration fees collected will be donated to SCARS.



nextSTEP
EDUCATION REVOLVING AROUND YOU

NEXT STEP
CONTINUING EDUCATION

eipscontinuinged.ca
780.467.7292 ph



November 2015

| Sun. | Mon. | Tue. | Wed. | Thu. | Fri. | Sat. |
|---------------------------------|--|---|--|---|---|------|
| | | | | | | |
| 1 | 2 Day 1 | 3 Day 2 Linking Generations 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 Bully Awareness Week → | 16 Day 6 Hot Lunch PAS Meeting 6:30pm (Library) | 17 Day 1 Concrete Theatre Linking Generations Lock Down Drill Purdy's Choc manual orders due | 18 Day 2 | 19 Day 3 Purdy's Choc online orders due | 20 Day 4 | 21 |
| 22 | 23 Day 5 SC Meeting 6:30pm (Library) | 24 Day 6 | 25 Day 1 | 26 Day 2 | 27 Day 3 Progress Reports Issued | 28 |
| 29 | 30 Day 4 | | | | | |



December 2015

| Sun. | Mon. | Tue. | Wed. | Thu. | Fri. | Sat. |
|-------|---------------------------------------|----------|---|-----------------------------------|------------------------------|-------|
| | | 1 Day 5 | 2 Day 6 Cash4Care Staff Meeting - Early Dismissal | 3 Day 1 | 4 Day 2 Newsletter | 5 |
| 6 | 7 Day 3 Gr. 6 DARE Grad 10:30am | 8 Day 4 | 9 Day 5 Purdy's Choc order pickup (2-5) in library | 10 Day 6 Habit Two Assembly | 11 Day 1 | 12 |
| 13 | 14 Day 2 Hot Lunch | 15 Day 3 | 16 Day 4 Winter Festival 6-7:30pm | 17 Day 5 | 18 Day 6 Locker Clean Out | 19 |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| | Christmas Break | | | | | |
| 27 | 28 | 29 | 30 | 31 | Jan 1 | Jan 2 |
| | Christmas Break | | | | | |
| Jan 3 | Jan 4 Day 1 Classes Resume | | | | | |