



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

January 2016

Principal's Message

Happy New Year. As I reflect on the New Year, I am reminded of the year we moved to Alberta. Our moving van arrived on January 14, on a day the temperature was -40°C. The locks on the moving van were so solidly frozen that the driver used a blow torch to open them. An important lesson I learned that winter was one I am reminded of every January. I met a woman while standing in line at a bank who had also relocated to Alberta. I will always be thankful for her optimism and her perspective on winter. As we started a conversation, she shared that she loved the month of January because each day becomes longer, bringing the promise of spring. Today, January 8, is almost two minutes longer than the shortest day of the year on December 21. By spring break, each day will be four and a quarter hours longer.

January brings hope for new beginnings, fresh starts, and the promise of a brighter future. Some resolve to be thinner, fitter versions of themselves, others resolve to be better, kinder, more caring and generous. Whatever you resolve for the New Year, we wish you success, and that we may live in a world at peace, full of an awareness and appreciation for every sunrise and sunset, every flower's unfolding, every child's smile and every wonder at the miracles all around.

I have had the pleasure of presenting positive rewards on behalf of teachers of many of our elementary students participating in their class Home Reading programs. To date, some students have read 4000 minutes, that amounts to almost 67 hours dedicated to reading at home. One the most valuable gifts of an education is learning to read. Through reading, one can find endless opportunities to explore the world we live in. Reading also helps develop imagination and creativity. We thought you might be interested in our library circulation statistics as well:

School Year	Total books checked out by students	Number of students in the school	Average number of books checked out per student
2013-14	29155	770	37.9
2014-15	28616	757	37.8
2015-16 (first 4 months)	13818	736	47 (<i>assuming trend continues</i>)

This New Year, we encourage you to read. Read as a family, role model reading and talk about what you read, read to your child, have your child read to you. As author Mark Twain said, "The man who does not read has no advantage over the man who cannot read."

Dr. Karla Satchwell
Karla.Satchwell@eips.ca

Counsellor's Corner

Getting a good night's rest is extremely important and valuable to our overall health & wellness. An insufficient amount of sleep can be detrimental to your child's learning for many reasons including:

- decreased attentiveness
- decreased short-term memory
- inconsistent performance
- poor temperament

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. Lack of sleep affects everything from our emotions to how well we are able to focus on tasks. It can also affect sports performance, increase our chances of getting sick, and may be linked to weight gain in some people. Most people occasionally experience a sleepless night, but if your child regularly has trouble sleeping and it is affecting their mood or performance, it is important to talk to your doctor.

Here are some suggestions to increase the likelihood of getting a restful night's sleep:

1. Being active during the day - Physical activity can decrease stress and help people feel more relaxed. Be careful not to work out too close to bedtime because exercise will wake you up before it slows you down.
2. Saying 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 of a text or the ping of an e-mail.
3. Keeping 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 take time to 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. Expecting 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. It can also help to practice breathing exercises or gentle yoga poses before bed.

Supervision Reminders

Please remember our school is open and supervision provided between 8:00 am and 3:30 pm for all Junior High students.

Elementary students are required to wait outside their designated entrance until 8:20 am when the warning bell sounds. In the event of extreme weather (-22°C or lower with the wind chill) we will allow students into the school and supervision will be provided inside.



Oh Think, The Thinks You Can Think!



Come join Cat in the Hat, Thing 1, Thing 2, Horton and many other Dr. Seuss characters in the loved classic of Seussical Jr.

Lakeland Ridge's Drama presents this year's Musical Production at Festival Place with evening performances Tuesday, January 26 and Wednesday, January 27. Come out and support Wolves Drama with your family and friends.

Tickets are \$10 each and can be purchased at Lakeland Ridge School office, Festival Place and Ticketmaster. Performances were sold out for last year's production, so get your tickets soon!!

Lost and Found

Our lost and found bins are overflowing. Parents and students are encouraged to check the items in the bins and retrieve any lost articles. Unclaimed items will be donated to a local charity on January 28.

Winter Festival Update

Our first Winter Festival was a huge success! Thank you for all the positive feedback and comments we received. In total, we had approximately 133 families that walked to the event and approximately 486 individuals (between both Holy Spirit Catholic School and Lakeland Ridge School) who took advantage of the free shuttle that was provided.

The lucky winner of the Chromebook, which was raffled off that evening, was Aiden M. (5-3).

Way to go Lakeland!!

WOW!! Students at Lakeland Ridge donated over 3,000 cans to the Strathcona Food Bank in December. Check out the article in Sherwood Park News www.sherwoodparknews.com/2015/12/30/students-feed-the-hungry



Parent Action Society (PAS) Update...We've Got A Plan!

At the December PAS meeting, we finalized our fundraising plan for the remainder of the school year. Dates TBD - watch for details.

Meats & Sweets - Mundare Sausage and Confetti Sweets cookies (the very same ones that this local business supplied for the celeb swag bags at the Oscars!)

Paint Nite - a fun night out where you can sip, nosh, create AND raise funds for our kids' school.

Panago Pizza Certificates - you save money and PAS earns money ... a WIN-WIN!

Spring Concert VIP Parking & reserved seating packages and DVD sales

Write-on Stationery - enjoy the convenience of pre-purchasing next year's school supplies, and PAS will earn 10% of sales.

Hot Lunch - 5 things you should know:

1. Next Hot Lunch is Extreme Pita on Monday, January 18. You will receive a reminder email, including what you ordered the day before.
2. Hot lunch is going to be offered TWICE A MONTH!
3. Website for ordering lunches for Feb to April will be open January 18-29, 2016.
4. You can sign up to volunteer when placing your online orders. We need more volunteers, especially for distribution.
5. The Hot Lunch Program is a fundraiser - It's come to my attention that some do not know this. Yes, it's a nice treat for our kids (and a break from lunch-making for us), but it is also one of PAS's most significant fundraisers. Please keep that in mind when placing your orders.

Movie Night Anyone?

Last June, PAS held a movie night/silent auction fundraiser. While it was financially successful, we decided not to organize another one this year due to donor and volunteer fatigue.

That said, the free movie night event itself was a hit with LLR families so if there are any parents out there who would like to take on organizing one (no silent auction, concession would be up to you) please send an email to llrpaschair@gmail.com. Duties would include coordination with school admin, movie selection, event promotion, volunteer coordination (set up, concession if any, clean up), etc. Timing would be up to the organizers and the school. A fundraising component would be optional.

Happy New Year!

Annette Hubick
Chair, Lakeland Ridge Parent Action Society

Band Update

Lakeland Ridge Junior High Band Concert will be on Wednesday, January 20, at 6:30 pm in the Mukluk gym. This event is FREE and all are welcome to enjoy some live music by our band! We look forward to seeing you there.

A reminder to all band members: Please arrive the band studio in concert attire and with your instruments by 5:45 pm on Wednesday evening.

Mental Health and Addiction Prevention

Lakeland Ridge is hosting a **FREE** seminar for all staff and School Council members on Mental Health and Addiction Prevention for Teens and Pre-Teens. The seminar will take place on Wednesday, January 13 from 6:30 pm to 8 pm For more information, or to register, visit https://eips.staffconnect.ca/document/download_document/4653. *NOTE:* To register please use the QR code embedded in the above link.

Kindergarten Registration

Kindergarten registration for the 2016-2017 school year opened **Jan. 4, 2016**. Next fall, Lakeland Ridge plans to offer morning, afternoon and a full-day, every other day kindergarten option based on parent demand.

Starting school is always an exciting time and to help families prepare, EIPS has compiled a wealth of information including registration details, important dates, programming options, what to expect, eligibility, how to find your designated school, transportation, and more. This information is available at www.eips.ca/kindergarten. Additional information regarding Lakeland Ridge's Kindergarten programs, can be found on our school website at www.lakelandridge.ca.

When registering your child, don't forget to bring with you proof of residence, your child's name, and date of birth and citizenship. Registration closes on **April 30, 2016**. Lakeland Ridge's kindergarten orientation evening will be Tuesday, May 10 from 6:30 to 7:30 pm.

NOTE: To be eligible for the 2016-2017 Kindergarten program, children must be five years old on, or before, Dec. 31, 2016.

EIPS 2016-2017 Division Calendar

The approved EIPS 2016-2017 school year calendar is now available online. The calendar includes important dates during the 2016-2017 school year including: school-closure dates; holidays; dates for the fall, winter, spring, and summer breaks; the first and last day of classes; professional learning days; and early dismissal dates.

The 2017-2018 calendar was also approved at the same time. You can view both the 2016-2017 Division calendar and 2017-2018 Division calendar by visiting <http://www.eips.ca/documents/7>.

Boundary Exemption Request Process

Elk Island Public Schools (EIPS) boundary exemption request process for the 2016-2017 school year will take place from **February 1 to April 14**. This is the only time of year parents of students from Kindergarten to Grade 12 may request a non-designated school for the upcoming school. Interested families must fill out a Boundary Exemption Request Form and submit it directly to their requested school.

The Boundary Exemption Request Form will be available in mid-January. Additional information about the boundary exemption request process, schools with closed boundaries, and frequently asked questions can be found by visiting www.eips.ca/boundary-exemptions in the New Year.

Students already accepted into their non-designated school don't need to reapply. Final decisions will be made by April 22, 2016.

Elementary Math Survey for Parents

“Supporting our children’s math learning can be challenging, especially with curriculum changes. We, Janelle McFeetors and Lynn McGarvey, are parents of elementary school-aged children and researchers in math education at the University of Alberta. Do you have a child in Grade 1-6? Take part in a 90-minute focus group with other parents! This is your chance to give your opinion about how your children are learning math and how it compares to your own experiences. A focus group will be held in your area in early 2016 - child care and refreshments will be available. surveymonkey.com/r/PPProject.”

Linking Generations

Lakeland Ridge Students are celebrating the “Year of New Beginnings & New Connections” at an upcoming Family Meet & Greet Evening. All Linking Generations students are invited to attend Tuesday, January 19 from 6:30-8 pm at Silver Birch Lodge. Each student is asked to invite one parent or other family member to join us in making another memory of sharing family, friendship and fun.

~ Linking Generations Team ~





Inclement Weather

With winter weather upon us, we would like to take this opportunity 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.

Should inclement weather conditions occur, Elk Island Public Schools (EIPS) will advise parents of bus cancellations using various communications tools, including automated telephone messages, details posted on the division home page (www.eips.ca), in the *Bus Status* section of our division and school websites, on our main switchboard (780-464-3477), on Twitter, and through local radio stations. If the decision to suspend buses is made the night before, automated messages will not be sent out to parents later than 9:00 pm. If the decision to suspend buses is made in the early morning hours, the automated message will be sent out at 5:30 am.

EIPS administrative procedures state bus service may be suspended when the temperature reaches -40°C *including* wind chill factor as measured by Environment Canada at 5:00 am and/or due to adverse weather or road conditions. Bus service may be suspended on a region-by-region or route-by-route basis. When school bus services are suspended, schools shall 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. Parents must use discretion when sending children to school during inclement weather, even when buses are running and schools are open.

If you do not wish to receive these messages, please contact our Student Transportation office at 780-417-8151 or by email at st@eips.ca. For more information or if you have questions, please give us a call.



January 2016

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
					1	2
			Christmas Break			
3	4 Day 1 Classes Resume	5 Day 2	6 Day 3 Cash4Care Staff Meeting - Early Dismissal	7 Day 4	8 Day 5 Newsletter	9
10	11 Day 6	12 Day 1 Linking Generations	13 Day 2 "Addiction Prevention" Info 6:30pm	14 Day 3	15 Day 4	16
17	18 Day 5 Hot Lunch	19 Day 6 Linking Generations Evening Visit	20 Day 1 Band Concert 6:30pm	21 Day 2 Habit Three Assembly 10:30am	22 Day 3	23
24	25 Day 4 SC Meeting 6:30 (Library)	26 Day 5 Seussical @ Festival Place 7pm	27 Day 6	28 Day 1 Last day to claim Lost & Found	29 School Closure Day Hot Lunch Order Deadline	30
31						



February 2016

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
	1 Day 2 Boundry Exception Process (Feb.1 - April 14)	2 Day 3	3 Day 4 Cash4Care Staff Meeting - Early Dismissal	4 Teacher's Convention - No School	5	6
7	8 Day 5 Random Acts of Kindness Week Newsletter	9 Day 6 Linking Generations Visit	10 Day 1	11 Day 2 Gr.4-7 Sunridge Ski Trip	12 School Closure Day	13
14 ♥ Valentine's Day	15 Family Day - No School	16 Day 3	17 Day 4 100th Day of School	18 Day 5	19 Day 6	20
21	22 Day 1 Hot Lunch	23 Day 2 Linking Generations Visit	24 Day 3 Pink Shirt Day Parent/Student/Teacher Conferences	25 Day 4	26 Day 5	27
28	29 Day 6					