



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

March 2016

Principal's Message

In recent years, there has been an abundance of research on happiness, optimism, positive emotions and healthy character traits. Dr. Martin Seligman, Director of the University of Pennsylvania Positive Psychology Center and author of Learned Optimism, Authentic Happiness and Flourish, has been credited with founding the Positive Psychology movement.

While the study of psychology has traditionally concerned itself with what ails the human mind (anxiety, depression, neurosis, obsessions, paranoia, and delusions), Dr. Seligman's research investigated the question, "What are the enabling conditions that make human beings flourish?" He sought to study what actively made people feel fulfilled, engaged and meaningfully happy.

Many researchers believe that optimism, to some degree, is a biological trait, but environmental factors have a lot to do with optimism (hence Dr. Seligman's book Learned Optimism). Perhaps the best news is that optimism is also positively linked to better health outcomes. Humour, originality and generosity, are all strengths that can make us happier people. I hope March is a very good month for all our Lakeland families.

Sincerely,

Dr. Karla Satchwell
Karla.Satchwell@eips.ca



Spring Concert

Our Spring Concert is on Tuesday, April 26 at 6:30 pm and is being held at Strathcona Christian Academy (Alliance Church), at the corners of Clover Bar Road & Wye Road.

Enter to win VIP Parking or VIP Seating for the performance! Raffle tickets are being sold in the office for \$2 per ticket. The winners will be announced on Monday, April 25. Proceeds will go toward the venue rental and the Grade 9 Farewell. If you have any questions, see Mrs. Janke in the office. Make sure and grab your tickets today.

Counsellor's Corner

Self-esteem is the value we place on our own qualities. It is an important part of how individuals see themselves. Self-esteem starts developing when we are very young and can change from day-to-day and year-to-year. Having a healthy self-esteem helps children and teenagers face the challenges in their world. This also helps them with academics, peer relationships, and in extra-curricular activities. Lower self-esteem can result in anxiety, frustration, and a defeatist attitude such as "I'm no good" or "I can't do it so I may as well not even try".

Here are some good reminders on building your child's self-esteem:

- Have reasonable expectations. Begin with the end in mind by helping to set reasonable goals. Provide positive feedback.
- Be careful what you say and use positive phrases such as "I'm so proud of you" or "You are special". Positively reward effort and completion instead of outcome. Show how much you love them just for who they are.
- Have discussions with your child regarding their thoughts about themselves. Acknowledge their point of view. Identify negative beliefs and help them to be more realistic in evaluating themselves.
- Give your child responsibility and guide them through their choices.
- Set a good example and be a positive role model. Nurture your own self-esteem and ensure that you are using positive language about yourself.

High School Registration Update

March 11 - Counsellors from Salisbury and Bev Facey High Schools will be coming during the school day to Lakeland Ridge to present information to the grade 9 students. Students do not have pick their courses at this time, they will get information about the registration process. High School counsellors will return for a 2nd time at a date to be determined and that is when the courses will have been picked and registration will occur (sometime after spring break).

At the next Parent Advisory Council (PAC) meeting on Wednesday, March 23 at 6:30 pm, Administrators from Salisbury High School and Bev Facey High School will be in attendance to answer questions about high school transitions.

High School Open Houses:

Salisbury's Grade 10 Open House for Grade 9 students

March 16 - Doors open at 6:00, presentation at 6:30 in Theatre

Bev Facey's Grade 10 Open House for Grade 9 student

March 17 - Doors open at 6:00, presentation at 6:30 in Gym

Library News

We are very pleased with the results of our February book fair! Thank you for your generous support. Based on our sales, we earned over \$1400 worth of books from the fair as well as \$1800 in cash commission to be used for new materials for the library learning commons! A big thank you to all of the parent and student volunteers who ensured the fair was such a great success!

Parent Action Society (PAS) Update

Pick Up Your Meats & Sweets

- Order pick up is Thursday, March 10 from 2:30 - 5:30 pm in the Mukluk gym.
- **If you're unable to pick up at that time, please make arrangements for someone to do so on your behalf as we do not have any cold storage at the school** (and please send an email to skoslow@shaw.ca to advise).
- Big thanks to Sheri Koslow and Andrea Cundliffe for organizing this fundraiser, Corinne O'Neill for helping me do the pick up at Stawnichy's, the team of volunteers for getting all the orders ready and all the purchasers for your support!

Paint Nite is SOLD OUT!

Looking forward to this FUNdraiser on Monday, March 7th at Average Joe's.

PAS Decisions

At our last meeting on February 16, 2016, PAS decided to:

- Fund the cost of retrofitting the water fountain by the main entrance (easily accessed from the gym) with a water bottle filler.
- Cancel its Spring Concert Fundraiser (raffling preferred seating and parking + video sales), primarily due to the fact that no one volunteered to run it. The good news Mrs. Janke & the Leadership 9 Students have taken over this opportunity.

Reminder: every parent of a LLR student is automatically a member of PAS, entitled to attend meetings, vote on motions and serve on its board. Questions and comments can be sent to llrpaschair@gmail.com.

Upcoming hot lunches are:

Monday, March 7 - Mucho Burrio

Monday, March 21 - Good Buddy

Happy Spring!

Annette Hubick
Chair, Lakeland Ridge Parent Action Society

Parent Advisory Council (PAC) Update

At our last meeting on February 22, members received a number of reports and updates pertaining to activities of our school staff, administration and trustees over the past number of weeks. In addition to regularly reporting, members were provided with the opportunity to discuss and comment on a number of specific initiatives relative to not just our school but the Division as a whole - these items included specific undertakings in Lakeland Ridge such as our Parent Teacher Conferences, the Student Forum, participation in Wisest and High School Transition meetings for our Grade 9 students. An outline of the draft Policy 19 was also discussed and members were advised of their opportunity to provide feedback through an online survey at www.eips.ca

Our February meeting also had a very active and interactive discussion session on these topics as well as the new Davidson Creek Elementary School and potential impacts to Lakeland Ridge

School once complete. We were advised of a Frequently Asked Questions (FAQ) document that has recently been posted on the EIPS website that all interested parents may want to review should there be any questions they have or have been hearing about concerning this new school in Sherwood Park.

The next meeting will be on Wednesday, March 23 at 6:30 pm in the school library. As always, free childcare will be provided. We look forward to seeing you there.

Pi Day ... Hooray for π



Junior High math students will have a chance to celebrate 'pi day' in their math classes. Pie slices will be made available through pre-ordered sales and eaten during math classes on March 14th (3.14). Order forms will be given to junior high students on March 3 and must be returned, with payment, by March 9. Late forms cannot be accepted as pies are pre-ordered. Funds raised through this activity will be donated to the Cash for Care charity drive in the school.

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.

Boundary Exemption Request Process is open until April 14

Elk Island Public Schools (EIPS) boundary exemption request process for the 2016-2017 school year is now open.

Students from Kindergarten to Grade 12 wanting to attend a non-designated school in the upcoming school year can now apply to do so. All, interested families must fill out a Boundary Exemption Request Form and submit it directly to their requested school. The application deadline is April 14, 2016. Boundary exemption requests received after April 14, 2016 will be declined. There is no late or secondary process.

Additional information about the boundary exemption request process including the Boundary Exemption Request Form, schools with closed boundaries, and frequently asked questions can be found by visiting www.eips.ca/schools/boundaries/boundary-exemption-request-process.

Final Boundry decisions will be made by April 22, 2016.

NOTE: Students already accepted into their non-designated school do not need to reapply.

2015-2016 Parent Survey

Elk Island Public Schools (EIPS) is committed to ensuring all parents and guardians of students within the Division have a chance to share their thoughts on the overall performance of their school and the Division. One of the ways EIPS ensures parent voices are heard is by conducting regular surveys.

In November, the Division invited parents and guardians to participate in an online parent survey. They were asked 15 questions about the quality of teaching, school leadership, parent engagement, and more. Overall, the online parent survey received a 19 per cent response rate, with more than 3,170 responses from parents and guardians across the Division. Throughout the coming months, EIPS will use the results of the parent survey to help inform school and Division planning.

The complete results report for the Division, including summaries of participation and responses by question, is available by visiting www.eips.ca/about-us/planning-and-results/2015-2016-parent-survey-results-report.

You can also review Lakeland Ridge School's results by visiting our school website <http://lakelandridge.ca>.

High Five Awards

Students are encouraged to nominate an adult role model or mentor that has made a positive difference in their lives. The promotion of this event within the school community is vital to the success of this great community event. The deadline for nominations is April 22. Nomination forms are available in the office or online at www.strathcona.ca/youth.

Information about the High Five Awards - Students from Kindergarten to Grade 12, living in Strathcona County, can nominate their role model for an award. The nominee must be 18 years of age or older and either reside in or work in Strathcona County. The awards are divided into four divisions: Kindergarten - Grade 3, Grade 4 - 6, Grade 7 - 9 and Grade 10 - 12. All nominees will be recognized at an awards ceremony on May 29. The event is free of charge and open to all Strathcona County residents.

The High Five Awards is based on a strength-based approach with identifies building blocks for healthy development that children and youth need to grow up healthy, caring and responsible. Some examples of these building blocks include feeling supported by family, being motivated to do well in school, having a positive self-esteem, feeling safe in your community, and having positive relationships with adult role models.

The High Five Awards is a youth driven awards program developed by the Strathcona County Youth Council, to honor the adults who have made a difference in the lives of children and youth in Strathcona County.

For more information, please contact Heather Teghtmeyer at Strathcona County Family & Community Services at 780-464-4044 or email at heather.teghtmeyer@strathcona.ca.



Call for Entries: ElkFest 2016

Back by popular demand, the 2016 ElkFest Student Film Festival returns on April 28, 2016. Now in its fourth year, ElkFest is unique event aimed at promoting the filmmaking spirit within Elk Island Public Schools (EIPS). Annually, the festival showcases short films created and directed by students within the Division.

ElkFest is now accepting film submissions in the following five categories: Animation, Documentary, Music Video, Narrative: Drama/Comedy, and the 48-Hour Film Challenge.

Watch for Thin Ice

Elk Island Public Schools, along with our community partners, reminds families about the dangers of thin ice at this time of year. Depending on changing temperatures, ice can form and melt to varying degrees on outdoor bodies of water. The way ice forms affects the way it melts in spring. Minerals in the water actually become concentrated in vertical veins throughout the ice as it freezes. Warm temperatures cause these veins to melt more quickly and weaken the ice, a process known as candling. Please remind your children about the dangers of thin ice, to obey all posted signs, and to take the proper care to remain a safe distance from the ice. For more information on ice safety, visit www.lifesaving.ca.

Strathcona Druids Rugby Club

Join us, the Strathcona Druids Rugby Club to be a part of our healthy, fun and structured rugby season April - July 2016. Where your children will make friends, learn how to play rugby, learn all about sportsmanship, teamwork and really enjoy themselves! We invite all ages to come out to try Rugby as it is a sport for all body types and we encourage players to work towards learning the game, improving skills as well as their fitness. We currently have a Junior program that consists of U5, U7, U9 co-ed programs that are non-contact. With our Jr U11 co-ed team being introduced to safe contact. U13 and U15 players, male and female, are encouraged to join the club to learn the game, a great head start on joining a high school team in Grade 10.

No prior experience necessary!
No tryouts as no one is turned away and all play!
There is a team for everybody!

The "Druid Outlaws" are committed to providing the best environment for both young players and their families. All family members are welcome and encouraged to participate in the club atmosphere! For information on the upcoming season, please visit our website: Druidsrfc.com or email our Jr coordinator: thegallaghers69@hotmail.com. Registration starts March 1, 2016.

Elementary & Junior High PAT and Junior High Year End Exam Schedule

Grade 9 students will have the opportunity to attend help and study sessions during the afternoons of their June PAT exams. Grade 7 and 8 students will have regular classes scheduled through Wednesday, June 22. Grade 7 & 8 exams will be held during the mornings of June 23, 24, 27 and 28. Afternoon help and study sessions will be scheduled for grade 7 & 8 students during the afternoons of June 23, 24 and 27. The last day of school for all students is Tuesday, June 28.

Tuesday, May 10 9:00 - 11:00 am	Grade 9 PAT English Language Arts Part A
Thursday, May 12 9:00 - 11:00 am	Grade 6 PAT English Language Arts Part A
Wednesday, June 15 9:00 - 10:00 am	Grade 6 PAT English Language Arts Part B
Thursday, June 16 9:00 - 10:15 am	Grade 6 PAT Mathematics
Friday, June 17 9:00 - 10:00 am	Grade 6 PAT Science
Monday, June 20 9:00 - 10:00 am 9:00 - 10:15 am	Grade 6 PAT Social Studies Grade 9 PAT Science
Wednesday, June 22 9:00 - 10:30 am	Grade 9 PAT Mathematics
Thursday, June 23 9:00 - 10:15 am 9:00 - 10:00 am	Grade 9 PAT English Language Arts Part B Grades 7 & 8 English Language Arts
Friday, June 24 9:00 - 10:20 am 9:00 - 10:00 am	Grade 9 PAT Social Studies Grades 7 & 8 Social Studies
Monday, June 27 9:00 - 10:00 am	Grades 7 & 8 Science
Tuesday, June 28 9:00 - 10:00 am	Grades 7 & 8 Mathematics

NEXT STEP
CONTINUING EDUCATION

Choose from a variety of summer camps that are fun and interesting and are sure to convert a summer of boredom into an engaging, active season your child won't want to end!

Summer Camps



Registrations are now open for these youth camps!

Cooking
Gramp Camps
Get Messy with Art
Mad Science
Extreme Babysitting
Minecraft
LEGO
Drone Mania
Ultimate Videos
Make a Video Game

Golf Lessons
Summer Slammers Basketball
Summer Spikers Volleyball
Sherwood Park Volleyball



Register online here for Summer Youth
Camps or visit www.eipscontinuinged.ca



Register at www.eipscontinuinged.ca



March 2016

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
		1 Day 1	2 Day 2 Cash4Care Staff Meeting - Early Dismissal	3 Day 3 Newsletter	4 System PD Day - No School	5
6 Wolf Wear Online Orders Due	7 Day 4 Hot Lunch PAS Paint Nite Fundraiser 7pm	8 Day 5 Linking Generations Visit International Women's Day	9 Day 6	10 Day 1 Mundare Sausage Order Pick-up (2:30-5:30pm)	11 Day 2	12
13 Daylight Savings Time Begins	14 Day 3 Pi Day *Substite Teacher's Appreciaton Week	15 Day 4	16 Day 5 High School Open House - SAL 6:30pm	17 Day 6 High School Open House - Bev Facey 6:30pm	18 Day 1 Grade 7/8/9 Ski Trip - Jasper	19
20	21 Day 2 Hot Lunch	22 Day 3 Linking Generations Visit	23 Day 4 Habit 5 Assembly Locker Clean-up Progress Reports PAC Meeting 6:30pm (Library)	24 Spring Break	25 Good Friday	26
27 Easter Sunday	28	29	30	31	Spring Break	



April 2016

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
					1	2
				Spring Break		
3	4	5 Day 5 Hot Lunch Linking Generations Visit Klondike Relays	6 Day 6 Cash4Care Staff Meeting - Early Dismissal	7 Day 1	8 Day 2 Newsletter	9
Spring Break						
10	11 Day 3	12 Day 4	13 Day 5	14 Day 6 Fire Drill Boundry Exception Process Closes	15 System PD Day - No School	16
17	18 Day 1 Hot Lunch	19 Day 2 Tornado Drill Linking Generations Visit	20 Day 3	21 Day 4	22 Day 5	23
24	25 Day 6 PAC Meeting 6:30pm (Library)	26 Day 1 Spring Concert 6:30 pm at SCA	27 Day 2 Habit 6 Assembly	28 Day 3	29 Day 4	30