



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

October 2016

Principal's Message

I want to express my sincere appreciation to our parents for trusting us with the education of your children. We know that they are your most important treasures and we are privileged to be their teachers. One thing parents may not know is the number of Lakeland Ridge staff members who have their own children attending our school. Currently seven staff members have a total of eleven children attending our school.

We appreciated that so many of you were able to attend recent special school events such as the Junior High Awards ceremony, Meet the Teacher Muffin Morning and the first School Council meeting. Thanks also to those able to accompany field trips, volunteer in classrooms and serve on School Council and the Parent Action Society. Your time and talents shared in support of our school are greatly appreciated.

This month, we celebrate Read-In-Week and host our book fair during Student Parent Teacher Conferences will be held on October 26-27. Read more about these later in this newsletter.

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.

Sincerely,
Karla Satchwell

Student/Parent/Teacher Conferences - October 26 & 27

Student/Parent/Teacher Conferences will be held on Wednesday, October 26 & Thursday, October 27 from 4-7pm. Conferences will be before report cards are issued to share information about student progress and communicate about student learning. We use an online booking system and parent(s)/guardian(s) are able to schedule their own interviews at a time that is convenient for them. The website is www.schoolinterviews.ca. Our event code for both elementary and junior high is **69xu9** and the booking site will open on Thursday, October 13 at 4:00pm and close on Tuesday, October 25 at 4:00pm.

Simply log onto the website and enter the access code for you child and follow these 3 easy steps:
Step 1: Enter your details (your name, the student name and your email address)
Step 2: Choose the teacher
Step 3: Choose an available time

When you are finished, an email confirming your time will arrive in your inbox. If something comes up and you are unable to keep your scheduled conference time, you can return to the site and cancel or change your booking. If you are having trouble accessing the website or if you do not have access to a computer, please contact the school office (780) 416-9018. If you are unable to attend on any of the evenings, please contact the teacher(s) directly to determine an alternate time to meet.

Treaty 6

Many of you are noticing the adoption of the Indigenous protocol of acknowledging traditional territories at the start of major ceremonies, events, school assemblies, or important meetings and gatherings. At Lakeland Ridge, we have been regularly and publically acknowledging that we live and learn on Treaty 6 land. Treaty 6 territory and was signed for ***“...as long as the sun shines, the rivers flow, and the grass grows...”***

Honouring Treaty 6 helps inspire mutual respect and shared understanding because we are all Treaty People. This ritual helps remind us that our beginning Nation-to-Nation relationship was one of alliance and sharing. It encourages our students to be mindful that our ancestors were permitted to begin peaceful settlement of this country because of a Treaty relationship with First Peoples.

As Premier Rachel Notley said, “Everybody in Alberta lives in a treaty area. Let’s build on our common history and look at how we can work together in new ways so that in the coming years our relationship gives us even more to celebrate.”

The work of the Truth and Reconciliation Commission over the past six years culminated in the creation of the National Centre of Truth and Reconciliation. In order to redress the legacy of residential schools and advance the process of Canadian reconciliation, the Truth and Reconciliation Commission makes 94 calls to action. Many segments of the public are working together for reconciliation and how to best respond to the 94 calls to action. Of these 94, the following relate directly to education;

1. Providing sufficient funding to close identified educational achievement gaps within one generation.
2. Improving education attainment levels and success rates.
Developing culturally appropriate curricula.
3. Protecting the right to Aboriginal languages, including the teaching of Aboriginal languages as credit courses.
4. Enabling parental and community responsibility, control, and accountability, similar to what parents enjoy in public school systems.
5. Enabling parents to fully participate in the education of their children.
6. Respecting and honouring Treaty relationships.

Picture Re-take Day



Re-takes will be on Wednesday October 19. 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 2016/2017 yearbook, be sure to order it now!

Accessing the Parent Portal

A single sign-on will allow a parent access to all students in one family regardless of which EIPS school they attend. Students who attended LLR previously were given access ID's and passwords to create their parent accounts. If you did not set up a parent account or cannot remember your access ID and password, please contact the school office.

Parents who are brand new to Lakeland Ridge School in any grade, will receive a letter from the school outlining the information needed to link the student to the existing parent account and/or set up a new parent account. Once the parent account is created, you will not need to create a new account each year. The account information will follow your students as long as they are enrolled in an EIPS school.

Please note that for elementary students, parents can only view attendance. In junior high, parents can view grades and attendance. All parents will be able to view school fees and pay online. For more information, please see the section on the following page.

You've Got Mail...

We know that there is so much going on at Lakeland that it is important for use to keep our students and families informed. Here are the best ways to stay informed about all happenings at the school:

- Check the school web site regularly at www.lakelandridge.ca The web site includes important information like the calendar, upcoming events, newsletters, email contact for the staff, and "e-teacher" pages for students and their families to access information about their learning. It is kept updated regularly, and provides a wealth of information to help you.
- Read the newsletter! Our school newsletter comes out early every month. It can be read one of 3 ways:
 1. School Website (preferred method) go to www.lakelandridge.ca
 2. Email - go to <http://bit.ly/2didLrK> to sign up
 3. Paper Copy - copy will be sent home with your child, or the youngest in the family. Please contact Mrs. Shrimpton (780-416-9018) in the office to sign up
- Parents of students can also check the PowerSchool Parent Portal for information about their child's progress and attendance. If you need more information about using PowerSchool, please call Mrs. Janke in the office.

Wolf Wear

Wolf wear is coming back to Lakeland. Clothing options will be available to purchase online beginning Monday October 3. Clothing available: **hoodies, t-shirts, long sleeve shirts, sweatpants, shorts and caps** - all with the Lakeland Ridge wolf logo on them. Sizes range for all students from Kindergarten to Grade Nine. All clothing orders will be accepted online until Sunday October 23.

Student Medication and Medical Concerns

If a parent/guardian requests that their child be administered medication while at school, he/she must complete a "Medication/Personal Care Request and Authorization" form. The completed form and medication should be brought to the school's main office. This form needs to be completed for every change in medication and dosage. Non-prescription drugs such as acetaminophen, cold remedies and inhalants may not be administered to students without the signed consent forms.

If your child has a dangerous anaphylactic allergy to a particular substance, parents/guardians must complete an "Emergency Anaphylactic Allergy Alert" form. Parents/guardians are advised that the preferred location for the storage of Epi-pens and inhalers is in fanny packs worn by the student. If parents prefer that Epi-pens and/or inhalers be located in alternate locations, they must specify this on the form and sign the request. For the well-being of students, Elk Island Public Schools requires parents to complete medical forms on an ANNUAL basis. If you require a form for medication, allergy alerts, or anaphylaxis please contact Mrs. Shrimpton in the office to have one sent home with your son/daughter.

Remembrance Day

Our annual Remembrance Day ceremony will be held on Friday, November 10 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.

Habit 1 Be Proactive

The Blame Game: Stuff doesn't always turn out the way you'd like it to. But let's face it, that's how real life works! While you can't always control what happens, you can control how to act. So don't play the blame game when trouble knocks you down. Get back up! Make it a habit of taking charge of your life.

Tips of the Month!

1. Get the next day ready the night before
2. Use proactive language: "I can!" Encourage yourself
3. Create a homework schedule
4. Where and when will you study? Find your space. Stay on top of your homework.
5. Ownership of your words, actions and mood. Don't play the blame game!

Student-Led Math Tutoring - October

Looks like we just fell into October! Start the year proactively! If you need some extra help in Math, Mrs. Moravec runs a Student-Led Math tutoring program for grades 3-9 at lunch in her classroom, Room 231. Bring your lunch and some math to work on with some fellow students. Check the calendar on the announcements board for which days tutoring is available in October. Start the year out right!

Wolves Guitar & Band

1. Overnight Field trip to the Wilderness Centre is December 14-15, 2016. More information about price and payment plans to go home in the coming week.

If you are interested in being a parent volunteer to help with preparing meals and supervising students for the duration of the trip, please contact Ms. Li as soon as possible.

2. Save the date for our Wolves Winter Concert!! It's on Wednesday, December 21 at 6:30pm in the Mukluk gym. Musicians please arrive by 6:00pm for warm up. Wear your Wolves Band T-shirt and a nice pair of jeans.

Halloween at Lakeland!



This year our students will be celebrating Halloween on Monday, October 31. 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 8:40am.
- Parents and families are welcome to come and watch the costume parade.

Athletics Update

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

Juniors - Ardrossan Volleyball Tournament	October	21 & 22
LLR Volleyball Tournament	October	28 & 29
Seniors - Fort High Volleyball Tournament	October	21 & 22
Salisbury Volleyball Tournament	November	4 & 5

What an amazing start to the school year in the athletics world. Our cross country team had a short but successful season at the EIPS and Zone Championships. As a team, we brought home the EIPS trophy in the small school division. We also had some amazing individual performances, with many students finishing in the top 20 at EIPS and at zones. Thank you to all athletes and coaches for all your hard work and dedication.

Beyond this, our volleyball season is in full swing. The junior teams have played in 2 tournaments and have represented Lakeland very well. The senior teams are 3 tournaments into their seasons and have been competitive on all occasions. Good luck on the rest of the season, thank you to all athletes and coaches for your efforts.

Library News

We will be hosting our first Scholastic book fair of the year on October 24-28. 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

Lakeland Ridge is pleased to have welcomed the following guest readers to our school:

Roxanne Carr, Mayor, Strathcona County, Oct 4

Dave Anderson, Councillor, Ward 2, Strathcona County, Oct 3

Hailey Dolman, Childrens' Librarian, Strathcona County Library, Oct 3

Salisbury Sabres football team, Oct 4

Salisbury drama students, Oct 4

School Administrators and office personnel also read to classes. On October 5, all students participated in a school-wide **Buddy Reading** period, with classes partnered with older or younger classes of students.

One World Many Voices map activity and contest - all students and staff were encouraged to submit an entry indicating the setting or source location of the story they last read, and place a flag on our huge world map, posted outside the learning commons. Prizes were drawn from all entries and the winners are:

Witnee M 2-1

Alexa H 6-3

Ava W 5-2

Avery F 3-3

Maddex M 1-2

Blake D 5-3

Alexander B 4-3

Counselor's Corner

Getting a good night's rest is extremely important and valuable to our overall health & wellness. Among other things, an insufficient amount of sleep can be detrimental to your child's learning through:

- decreased attentiveness
- decreased short-term memory
- inconsistent performance
- delayed response time
- 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 can affect everything from our emotions to how well we focus on tasks. It can affect sports performance, increase our chances of getting sick, and may be linked to weight gain in some people. 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 doctor/pediatrician.

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

Be active during the day. Physical activity can decrease stress and help people feel more relaxed. Just don't work out too close to bedtime because exercise can wake you up before it slows you down.

Say goodnight to electronics. Experts recommend using the bedroom for sleep only. Make an effort to make your bedroom a tech-free zone and shut electronics an hour or more before lights out. Nothing says, "Wake up, something's going on!" like a phone buzzing.

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, or doing anything else that helps you to relax and prepare for sleep.

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 and use positive self-talk. Try saying "Tonight, I will sleep well" several times during the day. It can also help to practice breathing exercises or gentle yoga poses before bed.

Source: Kidshealth.org

Parent Advisory Council (PAC) Update

It was fantastic to see so many parents attend School Council's Annual General Meeting on September 28. The first order of business was to elect the 2016-17 executive, who are:

Chair - Annette Hubick

Vice Chair - Lyndsay Arndt

Secretary - Kathleen Engel

Treasurer - Toni Januario

The hot topic was the 2016-17 timetable, with many asking questions and expressing concerns about the shortened lunch eating and recess times as well as to how Daily Physical Activity is being implemented (1/2 period of Phys. Ed. daily, with two classes sharing the gym). Parents and admin discussed possible alternatives and Principal Satchwell committed to researching options and revisiting the topic at the next SC meeting. Parents also gave feedback about school concerts.

Speaking of meetings, SC and Parent Action Society are going to try to schedule meetings on the same evenings. The goal is to reduce the number of evenings parents would need to devote to this aspect of their involvement in the school. We will soon publish a meeting schedule for the entire school year. Watch for announcements and check the school calendar as well as the SC page on the LLR website.

So what happens at these meetings? Here are a few examples:

- Presentations on Accountability Pillar results (how did LLR perform in comparison to other schools in the division and the province?), the school's education plan and budget.
- Reports on staffing or programming changes, plans for class sizes, etc.
- Information about school activities (Leader in Me initiatives, what happened at a staff PD day, when are events like parent/teacher conferences, concerts, celebrations, etc.)
- Requests for feedback on a division or provincial initiative that the SC Chair then reports to the EIPS Committee of School Councils (COSC)
- A report from our EIPS trustee liaison, Trina Boymook, EIPS Board Chair
- Discussion about an issue of concern or interest such as the timetable, the temperature in the portables, parent communication, etc.

In all cases, attendees have the opportunity to ask questions and provide input.

Sure to be a future hot topic is the division's new nutritional policy (AP 164) that comes into effect September 2017. LLR School Council will be represented at the COSC meeting on Wednesday, October 5th where there will be a presentation on the subject and will report back at the next SC meeting. In addition, there will be the impact of the new Davidson Creek elementary school on LLR, a possible EIPS technology initiative and the results from the division's review of temperatures in all portables throughout the system. It's going to be an interesting year!

If you have any questions about School Council or have an issue you would like to see on a meeting agenda, please email: llrschoolcouncil@gmail.com

Parent Action Society (PAS) Update

As we start a new school year, the executive of the PAS would like to welcome back families after what was hopefully a restful and happy summer. We would also like to welcome new families into our school community and take this opportunity to tell you about PAS.

PAS mission: The mission of the Lakeland Ridge Parents Action Society is to contribute to classroom and program resources that otherwise are not available in order to improve and enrich the educational experience of our children.

Is there somewhere in the school that you think we should be spending funds? Is there a program your child loves that you would like to see more funding in? Do you have fundraising ideas that you would like to share with the group or have been part of any successful fundraising in the past?

Lakeland Ridge Parent Action Society is incorporated under the Alberta Societies act to organize fundraising activities for the benefit of Lakeland Ridge School. We are a Canadian registered charity.

The AGM was held Wednesday Sept 28th. Thank you to all who attended and congratulations to those parents elected to the executive. All the executive positions have been filled for the year, but every parent is encouraged to attend PAS meetings to help make decisions on how funds are raised and where they are spent.

ADmazing Update

This fundraiser was a huge success for PAS. As a school, more than 500 books were sold and more than \$5000 was raised. This is a fantastic start to our fundraising year! Thank you to Shawna Resalat for the time and effort she put into organizing, collecting orders and distributing books. This could not have happened without you. Also, the draw was made for the Chromebook by the Mrs. Kerr, Assistant Principal. The winner was Kiana Resalat, from Grade 7-1. Congratulations Kiana! The ADmazing pizza party winner was Mrs. Verbitsky's Class - Great Job !

Hot Lunch Update

As you may have noticed in the first round of ordering, a change has been made to the ordering schedule. This year hot lunch will be ordered 2 months at a time. This was a suggestion made by the parents last year and acted on by the PAS. As was the case last year, Terri Ackryod is leading the Hot Lunch program. She does an amazing job and is always happy to have help on hot lunch days!

We have not set the next meeting date but will be updating the school calendar and the PAS page on the school website soon. Be sure to check the PAS page frequently as we will keep it updated with pertinent information. If there are events, fundraisers or ideas of how we can contribute to the school, email them to

I am looking forward to a great year!

Michelle Lyster

LLR PAS Chair

llrpaschair@gmail.com.

Drinking Water Study

Elk Island Public Schools (EIPS) has been conducting a study on the level of lead in the drinking water in all of its schools. The study is a proactive effort to ensure drinking water is safe for students and staff.

In June, water samples were collected at Lakeland Ridge from the primary drinking outlets—the fountains and taps used for drinking and cooking. I'm pleased to inform you, the results from all samples taken in our school are within Health Canada's guidelines for the maximum allowable concentration of lead. A complete overview of EIPS' Lead in Drinking Water Study can be accessed from www.eips.ca/download/83720.



October 2016

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
						1
2	3 Day 6 *Read In week	4 Day 1	5 Day 2 Cash4Care Staff Meeting - Early Dismissal	6 System PD Day (no classes for Students)	7 System PD Day (no classes for Students)	8
9	10 Thanksgiving - No School	11 Day 3 Fire Drill	12 Day 4 Fire Drill	13 Day 5	14 Day 6	15
16	17 Day 1 Hot Lunch	18 Day 2 Linking Generations Visit	19 Day 3 Picture Retakes School Council Meeting 6:30 (Library)	20 Day 4 Kindergarten Picture Retakes	21 Day 5	22 Fort Volleyball Tournament Ardrossan Volleyball Tournament
23	24 Day 6	25 Day 1 Hot lunch Website Opens	26 Day 2	27 Day 3	28 Day 4	29 LLR Volleyball Tournament
			Student/Parent/Teacher Conferences			
			Book Fair - Library			
30	31 Day 5 Hot lunch Costume Parade 🎃 Halloween					



November 2016

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
		1 Day 6 Linking Generations Visit Hot lunch Website Closes	2 Day 1 Cash4Care Staff Meeting Early Dismissal	3 Day 2	4 Day 3	5
6	7 Day 4 Hot lunch Rocks and Rings Curling (grades 4,5,6)	8 Day 5 Linking Generations Visit Rocks and Rings Curling Gr. 7-8	9 Day 6	10 Day 1 Remembrance Day Ceremony 10:30 am	11 School Closure Fall Break Starts	12
13	14	15	16	17	18	19
	Fall Break – No School					
20	21 Day 2 Hot lunch	22 Day 3 Linking Generations Visit	23 Day 4	24 Day 5	25 Day 6 Report Cards	26
27	28 Day 1	29 Day 2	30 Day 3			