



Principal: Mr. Ryan Marshall
Elementary Assistant Principal: Mrs. Melissa Kerr
Junior High Assistant Principal: Mr. Aaron Tuckwood

March 2017

Principal's Message

At a recent staff meeting we challenged our staff to model to their students how to create a W.I.G. goal (Wildly Important Goal), which is from The Leader in Me program. We asked staff to create their W.I.G. goal on how many books they are personally going to read from February 1 until the end of the year. Many of our staff have joined the challenge and have shared the goal setting process with their students. The desire of this challenge was two fold:

- 1) model to students goal setting and accountability
- 2) share with students our personal passion for reading

To kick off the goal setting process Mrs. Troup created the following video:

<https://www.youtube.com/watch?v=CzpAP2q6z2w>.

Some staff have taken the challenge even further. They have had their students write their own W.I.G. goal stating the amount of books they are going to read from now until the end of the year. Throughout the past month there has definitely been a buzz around the school about what books staff and students are currently reading and how far along they are in reaching their goal.

To help keep the momentum of the challenge we are in the process of setting up two displays. One outside the library which shows all of the staff who are taking part in the challenge and will keep us updated on their progress. The other is being developed in our office space and will show that "Leaders are Readers." Hopefully you will have a chance to stop by the school and see both displays.

I would encourage you, as parents and guardians, to set your own personal reading goal from now to the end of the year and share it with your child(ren).

Let's work together as a community to share and build our passion for reading.

**The more that you read,
the more things you will know.
The more that you learn,
the more places you'll go.**

-Dr. Seuss



Spring Concert

Our Spring Concert is on Wednesday April 12th at 6:30 pm and is being held at Park Church, 1 Brower Drive at the corners of Brower Drive and Baseline Road. Please watch for more information to be coming home.

Staffing Update

Please welcome Amanda Snooks to Lakeland Ridge School. She is working as an Educational Assistant in Jr.High. Bali Panesar has left to pursue a Teaching career. As well please welcome Janet Botterill as she is covering a grade 3 teaching leave for 8 weeks.

Stay Connected

Elk Island Public Schools (EIPS) appreciates the opportunity to stay connected with parents and one of the ways in which we do so is through email.

Due to Canada's new Anti-Spam Legislation (CASL), effective 7 a.m. on February 15, we are not allowed to send you any type of email that may contain commercial content unless you have given us consent.

You must either subscribe or unsubscribe with **every email address that you've provided** to the school (home email(s); business emails of parents/guardians; emergency email contacts). This same message will be sent to all emails we currently have in our system.

In order to continue receiving routine emails from both the Division and the school(s) your child or children attend, you must click on the link below and select 'Subscribe.' If you no longer wish to receive routine emails, please select 'Unsubscribe.'

[EIPS Subscription Options](#)

Once you have subscribed/unsubscribed from the first email, you will be given the option to enter other emails you've provided to the school and select the subscribe/unsubscribe option for each of those as well.

IMPORTANT: If you unsubscribe, you will not receive email with content or attachments including school newsletters, information about upcoming school and/or Division events, parent/community engagement opportunities, and occasional updates from Alberta Education. These messages may contain advertising or promotional content from time to time (e.g., school fundraisers; lunch programs; field trips; the sale of yearbooks; purchasing of student photos, books, graduation or dance tickets; athletic events with an entry fee; or similar events and offers), and are not allowed under the new legislation.

Please note that even if you unsubscribe, you will continue to receive emails regarding emergency situations and notice that school fees are posted online. Those parents/guardians who signed up for emails regarding high school attendance will also still receive those messages.

We are asking that you indicate your preference ASAP.

Please go to www.eips.ca to subscribe today.

Thank you for your prompt attention to this very important matter.



Counsellor's Corner

An important part of having a successful day at school or work depends on healthy eating and making nutritious choices that fuel our minds and bodies. For children and adolescents, healthy eating is crucial to healthy growth and development. Students pay attention to what adults are eating so parents and teachers should be aware that they are modelling important choices. Mornings can be challenging in many households trying to get the family out the door with a healthy breakfast in their belly (or school bag) and a well-balanced lunch for later. Meal planning and mindful grocery shopping are crucial to having the right foods in the house.

Alberta Health Services has a wealth of information on their website with ideas and tips for healthy breakfasts, snacks, lunches, and dinners. As well, there is a 'Healthy Food Checker' which is a quick and easy tool that uses nutritional information to place food into one of the following categories: choose most often, choose sometimes, or choose least often. The 'Healthy Food Checker' is simple to use and these are categories that children and adolescents can understand and use to ensure a healthy choice of foods every day. Have your child use the "Healthy Food Checker" to input some of their favorite foods to see what category they fit into. It's also simple to use when grocery shopping to ensure you are making healthy choices of foods to put in the fridge and pantry.

Check out these AHS websites for more information:

<http://www.albertahealthservices.ca/nutrition/Page12598.aspx>

<http://www.albertahealthservices.ca/assets/info/nutrition/HealthyEating/m/he/foodchecker.htm>



First Nations Métis and Inuit

Frequently Asked Question (FAQ): What is Treaty 6?

A treaty is an agreement to share. Treaty 6 is an agreement made between the First Nations and leaders from Britain to share the land. Treaty 6 covers part of Alberta, and part of Saskatchewan.

FAQ: Is it important to know about Treaty 6?

Yes. The First Peoples are still here, and it is essential to remember that their willingness to share provides us all with a home.

FAQ: How can we remember Treaty 6?

We can learn about it in school. Sometimes, at the beginning of school assemblies or other gatherings, we can share these words with sincerity:

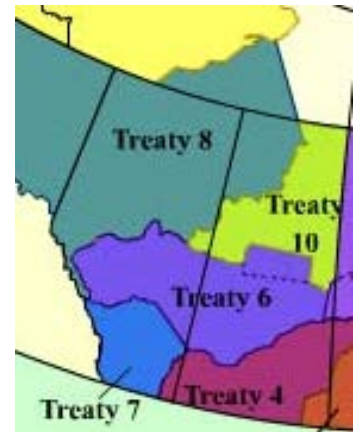
"We acknowledge that we are on Treaty 6 territory, a traditional meeting grounds, gathering place, and travelling route to the Cree, Saulteaux, Blackfoot, Métis, Dene and Nakota Sioux. We acknowledge all the many First Nations, Métis, and Inuit whose footsteps have marked these lands for centuries."

High School Registration Update

High School Open Houses:

Salisbury's Grade 10 Open House for Grade 9 students
March 8 - Doors open at 6:00, presentation at 6:30 in Theatre

Bev Facey's Grade 10 Open House for Grade 9 student
March 9 - 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 \$1700 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!

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.

Complementary Course Survey

We are compiling options choices for the coming school year. This list includes all the courses that we could offer here at Lakeland Ridge, the purpose of this survey is to gauge the interest level for all option courses. THIS IS NOT the opportunity for students to select their options for next year and not all courses listed here will necessarily be offered. We will be using the results from this survey to help inform our decisions for next year.

<http://lakelandridge.ca/complementary-courses>

Boundary Exemption Request Process is open until April 14

The Elk Island Public Schools (EIPS) boundary exemption request process for the 2017–2018 school year is now open.

EIPS students—in 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 7, 2017. Boundary exemption requests received after April 7, 2017 will be declined. There is no late or secondary process.

The [Boundary Exemption Request Form](#) and additional information about the boundary exemption request process, schools with closed boundaries and frequently asked questions can be found by visiting www.eips.ca/schools/boundaries/boundary-exemption-request-process.

Final decisions will be made by April 12, 2017.

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



New Safety Lights Put a Spotlight on Rural School Bus Safety

Students who live in rural areas throughout Strathcona County recently received a pedestrian safety light, thanks to the Strathcona County School Traffic Safety Partnership and Shell Canada. The lights are easy to attach to a backpack and are meant to help rural bus operator see children during dusk and dawn hours. Make sure to encourage your child to light up and be visible when getting on and off the school bus and crossing street intersections.

We all have a part to play in road safety. Here are a few simple rules to help keep everyone safe:

- **Look out for one another.** Slow down and watch for pedestrians when driving or cycling, particularly in areas where there are no sidewalks or streetlights.
- **Help Drivers see you.** When walking on the road, always walk against the traffic. Wear brightly coloured or reflective clothing when walking in low light or poor weather conditions.

Parent Action Society Update

Fundraiser Update – Little Caesars Pizza

This fundraiser was a huge success. Our goal was to sell 300 pizza kits but thanks to the efforts of all of you we sold 451! That means we profit \$2200 from this fundraiser. Amazing! Because it has gone so well we have a few prizes to give away.

Div 1 (K, Grades 1-3) - 15 mins extra recess/gym time

Winning Class – Grade 1-1 Mrs. Brownlee!

Div 2 (Grades 4-6- 15 mins extra electronics time

Winning Class – Grade 6-2 Mr. Robertson!

Div 3 (Grades 7-9)- 1 pizza kit and 1 crazy bread given to random draw of all student with orders.

Winning a pepperoni pizza kit – Erica St!

Winning a crazy bread kit – Kurt S!

The pizza kit and crazy bread will be included in your orders on March 9th!

All online orders were eligible for a free pepperoni1 pizza kit. We chose 3 random orders and the winners are:

- Jessica N
- Amanda R
- Jessica V

An extra pepperoni pizza kit will be included in your orders on March 9th!

Volunteers Needed – March 9th

In order to ensure that all orders are packed and picked up in a timely fashion, PAS will require 10 volunteers to help on March 9th from 1pm – 6pm. If you can help please go to <http://signup.com/go/MjY4PZ>. There are 2 shifts available. If you can stay the entire time please sign up for both shifts.

Here's how it works in 3 easy steps:

- 1) Click this link to see our SignUp on SignUp.com: <http://signup.com/go/MjY4PZ>
- 2) Review the options listed and choose the spot(s) you like.
- 3) Sign up! It's Easy - you will NOT need to register an account or keep a password on SignUp.com.

Money Well Spent

Lately, PAS has allocated money to the following initiatives:

- Drumming artist in residence
- New tables in the science labs
- Replacement of projectors as needed throughout the school
- Information screen by the office

If there are events, fundraisers or ideas of how we can contribute to the school, email them to llrpaschair@gmail.com.

Michelle Lyster
LLRPAS Chair

School Council Report

Appreciating LLR Staff

Thank you to Mandy Isaac for coordinating the staff breakfast on February 16th, which was in recognition of National Teacher and Staff Appreciation Week. Mandy was successful at getting Cobb's Bread and Sobey's (Baseline) to supply the food, so the only costs to school council was for the coffee. The treat was our small way of expressing parents' gratitude for all the LLR staff does for our kids.



Weighing In On EIPS Nutrition Policy

Principal Marshall, SC vice chair Lyndsay Arndt and I participated in the EIPS nutrition policy meeting. The purpose was to discuss concerns that many school councils and parents had

expressed in response to the policy, for example: clarity of and discrepancies between the policy and FAQ document wording; whether the requirement will be to *offer* or *restrict* choice; the impact on hot lunch and other fundraisers as well as on school budgets for celebrations.

EIPS's Tracy Muth is compiling feedback and will be making recommendations to the superintendent, with whom the final decision rests. The nutrition policy goes into effect September 2017.

Parent Input On LLR Planning and Boundary Options

Our January and February meetings involved a lot of interesting discussions and idea sharing.

January: parents offered feedback on a variety of topics ranging from school concerts and bell schedules to Phys. Ed/DPA and school/teacher-parent communication mechanisms. The purpose was to inform the LLR admin team of parents' perspectives *before* beginning their 2017-18 planning process. Members understood that parents' views were only one of many factors that admin needed to consider, but appreciated the opportunity to have input.

February: the parent input session continued with discussions on junior high options and flex time, and student/class responsibilities (how are/can/should students be pitching in?). Once we complete the parent input exercise at the March meeting, we'll post a compilation of feedback on the school council page of the LLR website.

Of course, the dominant topic of discussion was the proposed new boundary options for the northeast quadrant. EIPS Chair Trina Boymook answered many questions and noted parent feedback, reiterating the importance of participating in the division's online survey. There were many concerns expressed but the two dominant ones were that:

1. Not one option allowed for students from Davidson Creek or North Clarkdale Meadows, currently zoned for LLR, to attend LLR for junior high.
2. Option 2 projects a drastically reduced junior high enrollment, which could adversely affect programming, thereby risking more migration away from LLR (junior high).

Chair Boymook shared the boundary review process's next steps. Feedback from the survey and two open houses will be presented to the board in along with two boundary options, which could be two of the three initially proposed or two revised options (approximately mid-March). If the board accepts the proposals, then those two options will be brought forward to the public for consultation. We are unsure what that form of consultation will be so stay tuned. Bottom line: please take every opportunity to have your say – whether that's through a survey and/or communicating directly to the board.

Next School Council Meeting

Parent input continues at the next school council meeting at 6:30 p.m., on **Wednesday, March 22, 2017**, in the school library.

We'll be discussing **parent/teacher conferences** as well as hearing a presentation on the **KEYS** program. Keys to Empowering Youth to Succeed (KEYS) is a mental health capacity building project funded by Alberta Health Services. KEYS works closely with school staff, parents, and students in selected junior high schools to shape cultures that support positive mental health and healthy relationships.

Also on the agenda are the resolutions being brought forward at the Alberta School Council Association's annual conference. ASCA represents the parent voice at the provincial level and every member school council gets to vote on the association's advocacy positions. Some of the resolutions are actually pretty interesting this year—you can find a link to them at: www.albertaschoolcouncils.ca. We discuss and decide as a group how our council will vote on these resolutions.

Connect with LLR Parents on Facebook

Have you joined the Lakeland Ridge School Parents Group on Facebook? It's a great place to get advice and answers from other LLR parents (e.g., "I lost the form, when does the ski trip leave?" "My kid told me they're studying turtles and everyone must buy one—is that true?" 😊.) Posters initiate discussion on LLR-related topics and raise awareness of things going on at the school or in the education world. It is not a place to air grievances about specific teachers, students or parents (although kudos are just fine 😊).

This group is administered by a volunteer parent and is NOT run by School Council or the Parent Action Society (although we do post info there). It was originally started by a parent who wanted a way to connect to arrange "play dates" over the summer for her kids, and grew from there. Just search the group in Facebook and send a request to join.

Annette Hubick
Chair, Lakeland Ridge School Council



Watch for Thin Ice

Elk Island Public Schools, along with our community partners, want to remind families about the dangers of thin ice during this time of year. Depending on changing temperatures, ice can form and melt to varying degrees on outdoor bodies of water. 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.org.

Did you know?

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*.

March- Think Win-Win

This month we are working on Habit 4: Think Win-Win.

When you think Win-Win You think:

I want everyone to be a success. I don't have to put others down to get what I want. It makes me happy to see other people happy. I like to do nice things for others. When a conflict arrives, I help brainstorm a solution.

A few tips:

1. Try to think of how you can work well with others.
2. Try to think of ways to make everyone successful.
3. Celebrate when others do a something great
4. Balance courage for getting what you want with considering what others might want

Cash for Care Update: \$394.85

Athletics Update

Basketball season is coming to an end soon, with playoffs just around the corner. We are very proud of the many successes of our 4 teams this season. There has been tremendous growth from where the teams began to what they have achieved so far. One team is worthy of extra recognition and that is our senior girls. They are the most successful team in Lakeland Ridge School history as they have won all 5 tournaments entered and have only lost one game all season. Let's hope the girls along with our other 3 junior high teams continue to grow and end their years on positive notes in the final games of their seasons.

Badminton and team handball seasons are just around the corner. Be sure to listen for announcements on the upcoming tryouts.





March 2017

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
			1 Day 6 Cash4Care Staff Meeting - Early Dismissal	2 Day 1 Newsletter	3 System PD Day - No School	4
5	6 Day 2 Hot Lunch (Booster Juice)	7 Day 3 Linking Generations Visit	8 Day 4 International Women's Day High School Open House - SAL 6:30pm	9 Day 5 High School Open House - Bev Facey 6:30pm	10 Day 6	11
12 Daylight Savings Time Begins	13 Day 1	14 Day 2	15 Day 3	16 Day 4	17 Day 5	18
19	20 Day 6 Hot Lunch (Good Buddy)	21 Day 1 Linking Generations Visit Progress Reports	22 Day 2 Parent Council Meeting 6:30pm (Library)	23 Day 3 Locker Clean-up	24	25
26	27	28	29	30	31	
Spring Break						



April 2017

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
						1 Spring Break
2 Spring	3 Day 4 Hot Lunch (Opa)	4 Day 5 Linking Generations Visit Klondike Relays	5 Day 6 Cash4Care Staff Meeting - Early Dismissal	6 Day 1	7 Day 2 Boundry Exception Process Closes	8
9	10 Day 3	11 Day 4	12 Day 5 Spring Concert 6:30 pm Park Church	13 Day 6	14 Good Friday	15
16 Easter Sunday	17 Easter Monday No school	18 Day 1 Linking Generations Visit Hot Lunch (Panago Pizza)	19 Day 2 Hot Lunch Website Opens	20 Day 3	21 Day 4	22
23	24 Day 5	25 Day 6	26 Day 1 Hot Lunch Website Closes Parent Council Meeting 6:30pm (Library)	27 Day 2	28 Day 3 System PD Day - No School	29
30						