



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

## **January and February 2018**

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### **Principals Message**

Happy New Year! I hope that everyone had a relaxing break and that you were able to spend time with family and friends.

I would like to start this message by saying thank you to Ms. Li and Mrs. Rice for the time and effort that they put into the Christmas concert. The concert was fantastic and the student performances made me extremely proud. Thank you to everyone who generously donated to help fund the concert. We were able to pay for the rental of the church and give \$500 to the Strathcona Food Bank.

In staffing news, I would like to welcome back, from maternity leave, Mrs. Cutforth (grade 6) and Mrs. Moravec (junior high math). Both ladies will be returning to Lakeland Ridge on February 5. I would like to thank Mrs. Lovell and Mrs. Peters for stepping in admirably during the maternity leaves. We would also like to thank Wendy Muscarella for her service as an educational assistant this year. She recently received her Alberta Teaching Certificate and has transitioned to Elk Island Public Schools' Teacher Sub List. We would like to welcome Trisha Weurch who will be taking over Wendy's position.

We are only a few days away from the presentation of Shrek Jr., which is put on by Wolves Drama. Students, staff, parents and alumni have been putting in a tremendous amount of work and time in anticipation of the performances. A special thank you to Mr. White for all of the time that he has put into the students and the performance. Tickets are still available for the evening shows from either the school or Festival Place. More information can be found later in this newsletter.

Every year, Alberta Education conducts an accountability of pillar survey to ensure that schools are "equipping students for success". If you are a parent of a student in grade 4 or 7, please look for the paper survey that will be mailed to you. We would appreciate it if you could take the time to complete the survey and return it to Alberta Education. We use the results to help improve the quality of education that we can offer here at Lakeland and throughout the district.

Parent Teacher Interviews are approaching quickly. Based on feedback we received from the first round of interviews, we are continuing to offer one-on-one interview times instead of the student led celebration of learning. These interviews are being offered in February as a way for parents to touch base with their child's teacher(s) to identify areas of strength and improvement before report cards are issued.

I would like to thank our parent community for the continued support you provide to our school, the staff and your children. If you ever have any questions or concerns, please call our office at 780-416-9018.

Ryan Marshall  
Principal

## **Pre – Enrollment and Request to Attend A Non-Designated School**

Effective for the 2018-19 school year, Elk Island Public Schools (EIPS) is changing the way in which students apply to attend a non-designated school. **From March 1 to 15, 2018, parents of all EIPS students are being asked to pre-enrol their children online and indicate whether their child will be attending their designated school or if they wish to register at a different school.** Acceptance at a non-designated school is based on available space—families will be advised of the outcome by April 13, 2018. Because of high enrolment numbers, some schools won't be accepting any non-designated students. Schools with closed boundaries will be identified prior to the pre-enrolment process.

Please note that should you request a non-designated school for your child and need busing, there are fees associated with this choice. Visit [Transportation Services](#) for more information.

As part of the pre-enrolment process, parents are also asked to check and update phone numbers, email addresses, mailing address and other important data – doing so will both make sure that the Division has the most current information available and eliminate the need to fill in the paper Correction Form that has traditionally been sent home every fall. Better yet, families will be able to go online and update their child's data throughout the year as circumstances change.

To determine your child's designated school, please check [EIPS school boundary maps](#).

## **Pre-Enrolment Process Report**

The Board received for information a report regarding the pre-enrolment and data-validation process launching in the New Year. The Division is replacing its Boundary Exemption Request Process with a new online process. Annually, all EIPS families will pre-enrol their child for the following year. Each student will have the option to enrol at their designated school or select a non-designated school they want to attend - approval to attend a non-designated school is based on space. The process also requires users to verify all the student's information on file, such as addresses and contact information. The goal: Improve planning for both EIPS families and schools administration. The pre-enrolment and data-validation process for the 2018-19 school year takes place March 1-15.

## **Accountability Pillar 2018 Survey**

- Parent surveys started being mailed to parents on **January 5, 2018**.
  - These surveys are expected to be returned directly to Alberta Education.
  - Schools requiring survey translations should contact Katherine Wowk ([Katherine.wowk@gov.ab.ca](mailto:Katherine.wowk@gov.ab.ca))
  - School authorities/schools may use the attached sample reminder messages about the surveys for inclusion in their communications to parents.
- Survey materials for colony schools will be sent out separately.
- Last day for all survey submissions is February 23, 2018.

Thanks in advance for ensuring that your students and teachers will complete the surveys by the above deadline. If you have any questions or concerns, please contact me directly (780-427-6893 [toll free using 310-0000] or by email at [reginia.yan@gov.ab.ca](mailto:reginia.yan@gov.ab.ca)).

## **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 babies and toddlers. Changes in self-esteem occur from day-to-day and year-to-year based on many different factors. Having a healthy self-esteem helps children and teenagers face the challenges in their world. This 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. These have a positive impact on your relationship and connection with your child, which continues to enhance their feelings of self-esteem.

- Have reasonable expectations. Begin with the end in mind by helping to set reasonable goals. Provide positive feedback to continue to encourage movement towards the goal.
- Be careful what you say and use positive phrases such as “I’m so proud of you” or “You are creative”. Positively reward effort and completion instead of outcome. Show how much you love them just for who they are.
- Have discussions with your child about their thoughts about themselves. Identify negative beliefs and help them to be more realistic in evaluating themselves.
- Give your child responsibility and guide them through their choices.

## **Parent/Teacher Conferences - February 21 & 22, 2018**

Parent/Teacher Conferences will be held on Wednesday, February 21 and Thursday, February 22 from 4:15pm to 7:51pm.

**Elementary** (Kindergarten to Grade 6) interviews will be one-on-one with your child’s teacher. Interviews are scheduled for 12 minutes each.

**Junior High** interviews will occur in the Kona gymnasium and are scheduled for 6 minutes each.

\*\*All interviews will be teacher-led and it will be up to the parent whether they want their child to attend or not.

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](http://www.schoolinterviews.ca). Our event code for both elementary and junior high is **shveg** and the booking site will open on Monday, February 5 at 4:00pm and close on Tuesday, February 20 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

## **Emergency Lunches and Cutlery**

We would just like to remind parents and families, that the office will only be providing lunches to students in emergency situations. We appreciate your understanding. In the past couple of months we have had an overwhelming number of students come to the office asking for plastic cutlery. Unfortunately we are no longer able to provide them. They are available for purchase at our school store for 10 cents.

## **Wolves Band**

You are invited to join us at our **Wolves Band Winter Concert!!** It’s on Wednesday, January 24, 2018 at 6:00pm in the Mukluk Gym. Musicians please arrive by 5:45pm for warm up and wear a nice shirt with dark pants.

## Library News

Thank you to everyone who came out to support our book fair that ran from November 27 to December 1. The fair was a great success and we were able to claim the maximum commission –we received 120 books from Scholastic as well as the funds to purchase approximately 100 more books for our library collection! In addition, 30 books were purchased by families to support our teachers' classroom libraries

## Shrek

Lakeland Ridge School  
WOLVES THEATRE CO.  
PRESENTS

 **SHREK**  
THE MUSICAL JR.



**February 5, 7, 8, 2018**

**7:00 pm Doors @ 6:30**

**Tickets are \$10 + Service Fee (\$11.25)**

*Available at Festival Place Box Office or Ticketmaster*

**Festival Place**

**100 Festival Way, Sherwood Park**

**For more information contact Matt White @ 780.416.9018 or [matt.white@eips.ca](mailto:matt.white@eips.ca)**

## Athletics Update

The basketball seasons are now in full swing. Our senior girls recently finished with a silver medal at the Ardrossan tournament. All of our teams have represented Lakeland well in their early season games and will continue to practice hard. Upcoming home games include: Jan 17<sup>th</sup> Senior boys and girls vs. Sherwood Heights, Jan. 25<sup>th</sup> Senior boys and girls vs. FR Haythorne, and Jan 30<sup>th</sup> Junior boys and girls vs. SCA. All league games at Lakeland begin at 4:00pm. In addition to this, our junior teams will host our annual tournament on Jan 26<sup>th</sup> and 27<sup>th</sup>, with the boys playing the opening game at 1:00 and the girls at 2:15 on the 26<sup>th</sup>. Come out and cheer on our Wolves!

## 2017-2018 Yearbook

Be sure to check your student account on the Parent Portal to ensure you have added the Yearbook to your cart to ensure you are on the list for the 2017-2018 yearbook. Orders will not be accepted after March 15, 2018.

## Pink Shirt Day

Join us in taking a stand against bullying and wear PINK on Wednesday, February 28, 2018.



The dawn of social media brought with it a whole new way to interact, communicate, and even bully. In this digital world where filtered photos and crafted messages can be posted in an instant, it often takes more time and effort to say something mean than it does to say something nice. Kindness requires no manipulation, no focusing on the negatives, and no filtering of yourself. **It's easy to be nice.** This year our campaign focuses on our online behavior, and we encourage everyone to remember that **Nice Needs No Filter.**

## **Inclement Weather**

With the winter season well underway, we want 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.

If inclement weather conditions occur, Elk Island Public Schools (EIPS) will advise parents of any bus cancellations using various communications tools including: automated-telephone messages, alerts posted on [www.eips.ca](http://www.eips.ca) and school websites, Twitter, Facebook, local radio stations, and on Versatrans My Stop.

Decisions regarding bus cancellations are guided by EIPS administrative procedures that states: "school bus service may be suspended when...Environment Canada reports a temperature of -40 C." Other reasons for suspending or delaying school bus services include adverse weather and poor road condition.

When school bus services are suspended, schools will 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.

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



## **Kindergarten Registration began January 15!**

Is your child turning five on or before Dec. 31, 2018? If so, it's time to register for kindergarten. Kindergarten registration opens for the 2018-19 school year on Jan. 15, 2018. To register, simply complete the online registration form at [www.eips.ca/kindergarten](http://www.eips.ca/kindergarten).

### **KINDERGARTEN REGISTRATION CHECK LIST:**

- Determine your child's designated school
- Scan and upload all required documents: proof of name, residence, date of birth and citizenship.
- Additional documents to scan, if applicable include: Guardian Letter and Parental Custody Agreement if restrictions on access.
- Once the online registration is complete and submitted, a confirmation notice is sent to the given email address.

NOTE: The online registration form is available as of Jan.15, 2018—the paper version no longer exists.

To help families prepare, Elk Island Public Schools has put together an online toolkit to make the transition as smooth as possible. The kit includes information on registration, important dates, programming options, what to expect, eligibility, how to find your designated school, transportation and more. Find it by visiting <http://www.eips.ca/programs-services/kindergarten>. Additional information regarding Kindergarten can be found on our school website at <http://lakelandridge.ca/>

## **EIPS 2018-19 Division Calendar: Now available!**

The official 2018-19 EIPS calendar is now available online. The calendar includes important dates during the 2018-19 school such as school-closure days; breaks; the first and last day of classes; professional learning days; and early dismissal days.

Highlights from the 2018-19 EIPS calendar include:

- September 4 First day of classes (after long weekend)
- November 12-16 November break
- December 24 to January 4 Christmas break
- January 31 Second semester begins
- February 7-8 Teachers' Convention
- March 25-29 Spring break
- June 27 Last day of classes
- June 28 Schools close for the Summer break

To view the 2018-19 calendar, visit [www.eips.ca](http://www.eips.ca). Also available online: the current school calendar and the 2019-20 calendar.

**Did you know you can sync the Division calendar to your own personal calendar?** You can. Simply, visit [www.eips.ca/calendar](http://www.eips.ca/calendar) and click on "subscribe to calendar." It's that easy.

### **Another way to stay connected: Follow EIPS on Twitter and Facebook**

With 42 school and close to 17,150 students there's a wealth of events, activities and stories taking place across the Division every day. You can find these stories and more by following Elk Island Public Schools on both [Facebook](#) and [Twitter](#). Each use the combination of news articles, videos and photographs that showcase the latest news, updates, events and alerts taking place across the Division.

Plus, if you're a member of an EIPS school community and want to share in the storytelling, simply tag the Division using the hashtag #EIPS.

Stay in the loop, follow EIPS on [Facebook](#) and [Twitter](#)

NOTE: The Division Facebook and Twitter accounts are managed by EIPS Communications Services. The account is updated and monitored intermittently during regular office hours from 8:30 a.m. to 4:30 p.m., Monday to Friday. The Division welcomes feedback and ideas from followers but does ask everyone interacting on the EIPS Facebook page to be respectful. Personal attacks and offensive language will not be allowed and may be deleted.

### **Parent Action Society Update**

#### **LAKELAND RIDGE SCHOOL FUNDRAISER WITH LITTLE CAESARS PIZZA KITS**

By popular demand, we are kicking off a Little Caesars Pizza Kit fundraiser. If they thaw once you can refreeze them for up to 3 months. Plan ahead and have them on hand for easy dinners

on practice nights, birthday parties and entertaining guests! Thank you for your support with this fundraiser.

**How:**

**1. Order Your Pizza Kits On Line:**

Go to [www.pizzakit.ca](http://www.pizzakit.ca) (Make sure you are on the Canadian website.) Click on **Products** and then **Shop**. Support our fundraiser by providing our **Fundraiser ID# 344347** and pay with credit card. Your pizza kits will be delivered the same day as our order!

OR

**2. Fill out the order form at the back of the catalogue.**

Collect payment at the time you take orders. Cheques need to be made payable to **Lakeland Ridge Parent Action Society**. Please fill out the top portion of your order form with your name and your contact phone number.

**When:**

Mon. Jan 8, 2018

Sale start date.

Mon. Feb 5, 2018

Order form and payment due.

Be sure your order form is correctly tallied!

Double check all rows and columns.

Late orders will **NOT** be accepted.

Thurs. Feb 22, 2018 Delivery pickup, 3:00pm - 7:00pm

**Where:**

Pickup will be at the school.

Pick up your pizza kits as soon as possible. We will not be responsible for any kits remaining after 7:00pm, as we do not have storage space for them. Please make arrangements with me if you feel you will be later than 7:00 pm.

Remember, if the products thaw they can be refrozen once.

**Questions:**

Please feel free to call the school with any questions.

**As always, thank you for your support and participation!**

**SALES INCENTIVE!**

This year our sale incentive will be earned as a school. The more pizza kits we sell, the more people who will get a pie in the face. Yes, you read that right. The administration will be getting pie in the face! As a school if we sell:

- Sell 400 pizza kits Mr. Tuckwood will get pied!
- Sell 500 pizza kits Mr. Tuckwood and Mrs. Kerr will get pied!
- Sell 600 pizza kits Mr. Tuckwood, Mrs. Kerr and Mr. Marshall will all get pied!

**School Council Report – Jan/Feb 2017**

School Council continues to enjoy an engaged attendance at our meetings.

January's meeting highlights:

- An in-depth report on the "goings on" with the EIPS school board, from Trustee Annette Hubick. Some notable items include changes to the ECS programming and the upcoming school calendar.
- Discussions on an LLR community building movie night, teacher appreciation day on February 12 and moving from Bylaws to Operating Policies.
- Keys representative, Angie Udheim, provided information on some great new sessions available on cyberbullying and mental health for kids/teens. The link to the cyberbullying session is already on the LLR website. The remainder of the links are in the minutes of our January meeting, which are posted on the LLR website- Parent Info- School Council.
- Update from Administration on new staffing, how new boundaries will impact class sizes in the 2018/19 school year, and the new online pre-enrollment forms.

Next School Council Meeting: 6:45 p.m., Tuesday, February 13 in the school library. Once the agenda is confirmed, we will post to the parent council page.

Lyndsay Arndt  
School Council Chair

## Parent Information Sessions 2018

The following are dates of upcoming parent information sessions that were discussed at our Parent council meeting.

Eastern Edge RCSD is providing the following sessions in Sherwood Park and Fort Saskatchewan this winter/spring:

- January 30, 2018 6:00-7:30 – Salisbury Comp (Sherwood Park) - [Breaking the Cycle of Anxiety: A Step by Step Approach](#) (K-12) *Adults only*
- February 7, 2018 6:00-7:30 – Our Lady of Perpetual Help (Sherwood Park) [Technology and the Teenage Brain](#) *Parent and Teens (Grades 7-12) are encouraged to attend together*
- February 28, 2018 6:00-7:30 – St John XXIII Catholic School (Fort Saskatchewan) [Supporting Self-Regulation in Elementary School Students](#) (K-6) *Adults only*
- March 1, 2018 6:00-7:30 – ABJ (Sherwood Park) [More than Just a Bad Day: Understanding Depression and Self –Injury](#) (Grades 7-12) *Adults only*
- March 21, 2018 6:00-7:30 – Rudolph Hennig Junior High (Fort Saskatchewan) [More than Just a Bad Day: Understanding Depression and Self –Injury](#) (Grades 7-12) *Adults only*
- April 18, 2018 6:00-7:30 – Pine Street Elementary (Sherwood Park) [Keeping Scattered Kids on Track: Supporting Children and Adolescents with ADHD](#) (K-12) *Adults only*
- May 22, 2018 6:00-7:30 – St John Paul II Catholic School (Fort Saskatchewan) [Test Anxiety: Strategies for Success](#) *Parent and Teens (Grades 7-12) are encouraged to attend together*
- May 31, 2018 6:00-7:30 – Salisbury Comp (Sherwood Park) [Test Anxiety: Strategies for Success](#) *Parent and Teens (Grades 7-12) are encouraged to attend together*

## Keys

In support of Safer Internet Day, and in partnership with EIPS and EICS, Saffron Centre and KEYS are presenting **CYBERWORLD: A Caregiver's Guide to Raising Healthy Digital Citizens** from 6:30-8:00 p.m. on January 22, 2018 in the St. Theresa Catholic School Theatre. For more information about the event visit: [www.strathcona.ca/KEYS](http://www.strathcona.ca/KEYS)

January 31st is **Bell Let's Talk Day**. "Positive Mental Health is a goal for which to strive and all of us will experience stress and challenge throughout our lives" (Carney, 2015). Stigma is the most significant barrier to seeking help. The best way to start breaking down barriers associated with mental health is by talking. For some people it's hard to know what to say. Here are 5 simple ways to start a conversation and help to end the stigma:  
<https://letstalk.bell.ca/en/>

*Strathcona County's KEYS program is a Mental Health Capacity Building Project funded by Alberta Health Services and a Healthy Relationships Project funded by Alberta Community and Social Services and delivered by Strathcona County's Family and Community Services. Helping to create a supported, safe and connected community.*



# January 2018

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.	
	1	2	3	4	5	6	
	Christmas Break						
7	8 Day 2 Classes Resume Hot Lunch	9 Day 3 Linking Generations	10 Day 4 Cash4Care  Staff Meeting - Early Dismissal	11 Day 5	12 Day 6	13	
				EIPS Jr. Basketball Tournament			
					Ardrossan Sr. Basketball Tournament		
14	15 Day 1 Kindergarten Registration Begins Wolf of the Month Lunch	16 Day 2 Parent Council Meeting 6:45	17 Day 3	18 Day 4	19 Day 5 Newsletter	20	
				TD Baker Sr. Basketball Tournament			
21	22 Day 6 Hot Lunch	23 Day 1 Linking Generations	24 Day 2 Band Concert 6:00	25 Day 3	26 Day 4 Harriers Track Meet 6:30 Crazy Hair Day	27	
					LLR Jr. Basketball Tournament		
28	29 Day 5 Hot Lunch	30 Day 6	31 Day 1 2 <sup>nd</sup> Semester Begins				



# February 2018

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
				1 Day 2 Parent Action Society Meeting 7:30	2 Day 3 SAL Sr. Basketball Tournament	3
4	5 Day 4 Drama Production at Festival Place	6 Day 5	7 Day 6 Grade 6 Instrument Zoo Staff Meeting - Early Dismissal	8 Teacher's Convention - No School	9	10
11	12 Day 1 Hot lunch Shrek Cast party (4:30-6:30)	13 Day 2 Linking Generations Visit Parent Council Meeting 6:45	14 Day 3 ♥ Valentine's Day	15 Day 4 100 <sup>th</sup> Day of School	16 Professional Development day No school FRH Jr. Basketball Tournament	17
18	19 Family Day - No School	20 Day 5 Hot Lunch website opens Linking Generations Evening Visit Running Room Track Meet 12:30	21 Day 6 Parent /Teacher Conferences	22 Day 1 Ardrossan Jr. Basketball Tournament	23 Day 2 Facev Sr. Basketball Tournament	24
25	26 Day 3 Hot Lunch	27 Day 4 Hot Lunch Website Closes	28 Day 5 Pink Shirt Day			