



Principal: Mr. Ryan Marshall  
Assistant Principal: Ms. Melissa Kerr  
Assistant Principal: Ms. Jennifer Ference

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## **Principal's Message**

It truly feels that the first day of school just happened last week. September sure flew by as we welcome October and more fall weather.

September was a busy month at Lakeland. On September 12 we had meet the teacher night, September 14 was our hot dog lunch, September 21 was a snowy Terry Fox Run, September 26 was our junior high awards night and on September 28 we had a Parent Action Society

sponsored Movie Night. The movie night had an excellent turnout of both parents and students. Thank you to all those who helped organize, plan, donate and attend the movie night.

During this first week of October we have been participating in Read-in-Week. This year's theme was: Bringing Stories to Life. Some of the highlights included having CTV News Anchor Stacey Brotzel, Strathcona County Librarians, Salisbury High Football and Drama students, and many other volunteers and staff read to our students. We also celebrated with two dress up days as we dressed as our favorite book character and dressed in pajamas for cozy reading! I would encourage you to ask your child what they did for read-in-week week.

October is the month where we take time to reflect on everything that we can be thankful for. I am personally thankful for the exceptional community of students, parents and staff that we have at Lakeland Ridge. I continue to be amazed at the amount of people who are willing to give of their time, energy and skills to provide a rich environment for our students to learn and grow in. I am thankful for our community of learners who enter the school every morning ready to conquer the challenges ahead. It is my hope that throughout the month, and specifically at Thanksgiving, that you and your family can take some time and highlight what you can be thankful for!

May you all have a great month and a terrific thanksgiving with family and friends.

## **Jr. High Flex Afternoon**

Junior high FLEX classes are held during the afternoon of our early dismissal Wednesdays. These afternoons provide students with opportunities to work on curriculum related skills; such as, organization, goal setting, test-taking strategies, and explore areas of interest related to content courses; such as physical activity, science investigations, math and literacy supports.

**This is a regularly scheduled afternoon where attendance is expected.** This is not a free or optional block of time. Teachers plan specific activities to support your child in areas of their choice. This allows for greater student voice in activities that promote the development of different competencies to support their learning.

If you have any questions regarding FLEX afternoons, please contact the school.

## **Counselor's Message**

### **The After School to Home Transition**

Transitioning from school to home at the end of a day can be challenging for many children and teenagers. School can be a demanding place for students as there are expectations for self-control, emotional regulation, brain power, and being social in the group environment. This can be taxing and uses a great deal of energy to make it through the day. When children and teenagers go home, they may experience the 'after school restraint collapse'. This is very common and is the result of exhaustion after a long day with many expectations. This can look like a meltdown, temper tantrum, crying, acting emotional, needy, or moody. Parents sometimes have a hard time believing the child has been lovely and cooperative during the day when they are the ones to experience this release at home.

Planning and preparing for the transition between school and home can be helpful to ease this difficult time. Give your child some time and space to decompress after their walk home from school or their bus ride (which may be stressful as an extension of the school day). This may look like sitting and relaxing, having a snack, reading, going for a little walk, or playing with a pet. Getting physical activity can also be helpful for other children after sitting for most of the day in school. Some children and teenagers are ready to talk about their day when they get home, while others need some time before they are ready to have a discussion. As well, it is a good idea to let homework wait and give their brains a break. Schedule homework in after this downtime. It typically takes some time to adjust to the new schedule of a school year and get into a routine. If you find your child is continuing to struggle with the 'after school restraint collapse' daily, you can contact me at the school to discuss this or any other difficulty they may be experiencing. My e-mail is [kenda.cruikshank@eips.ca](mailto:kenda.cruikshank@eips.ca) or call the school at 780-416-9018 ext. 6104.

## Picture Re-take Day



Re-takes will be on Tuesday October 23. Please mark this date on your calendar.



## Stay Informed

We know that there is a lot happening at Lakeland; therefore, it is so important for us to keep students and families informed. Here are the best ways to stay informed:

- Sign up for Synervoice emails. Synervoice is used to give important information out quickly! If you haven't yet subscribed, simply visit [www.eips.ca/contact/synrevoice](http://www.eips.ca/contact/synrevoice)
- Check the school web site regularly at [www.lakelandridge.ca](http://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 on our school website go to [www.lakelandridge.ca](http://www.lakelandridge.ca). The Newsletter will always be sent home by Synervoice – so please make sure you are signed 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.
- Follow us on Facebook and Twitter

AND if in doubt call and ask – Its always best to get information from the source!

## Parent Teacher Interviews

Our first interviews will be held November 28 and 29, after the first report cards have been made available on-line. All interviews for grades K-9 will be one on one with the teacher. Parents are welcome to bring their child with them however it is optional.

The second set of interviews will be held in February on the 20 and 21, before the second report card has been made available on line.

For more information, please access our Guide to Reporting Student Achievement on our website or call the office at 780-416-9018.

## Wolf Wear

Get some Wolf Wear to show your pride in our pack! Clothing options are available to purchase online from now until November 4, 2018:

<https://lakelandspirit2018.itemorder.com/>

Clothing options include: hoodies, t-shirts, long sleeve shirts, sweatpants, shorts and toques/hats - all with the Lakeland Ridge wolf logo on them. Youth and adult sizes available.

All clothing orders will be accepted online until Monday November 4, 2018. Note this is the **only opportunity** to order Wolf Wear for the 2018 - 2019 academic year, so feel free to stock up!

Orders will be delivered in December 2018.















**Lakeland Ridge School Spirit Wear Fall 2018**


You can now purchase your items online in 3 easy steps:

1. Go to the online store at <https://lakelandspirit2018.itemorder.com>
2. Choose your items and add them to your cart
3. Securely checkout with your credit card

Online Store Deadline: Sunday November 4th, 2018 (11:59pm EST)

<b>Russell Dri-Power Fleece Pullover Hood</b>  \$38.50	<b>Russell Adult Dri-Power Open Bottom Pant</b>  \$30.00 <span>Color</span>	<b>Fruit of the Loom Cotton T-Shirt</b>  \$13.00 <span>Color</span>	<b>Gildan Heavy Blend Cotton Long Sleeve</b>  \$20.00 <span>Color</span>
<b>Russell Adult 9" Nylon Tricot Mesh Short</b>  \$26.00	<b>Russell Youth Dri-Power Fleece Pullover Hood</b>  \$38.50	<b>Russell Youth Dri-Power Open Bottom Pant</b>  \$30.00 <span>Color</span>	<b>Fruit Of the Loom Cotton Youth T-Shirt</b>  \$13.00 <span>Color</span>
<b>Gildan Ultra Cotton Youth Long Sleeve</b>  \$20.00 <span>Color</span>	<b>Russell Youth 7" Nylon Tricot Mesh Short</b>  \$26.00	<b>New Era Adjustable Structured Cap</b>  \$24.50	<b>ATC Knit Toque</b>  \$13.00

This store is estimating to ship products by December 4th, 2018

powered by  ORDERMYGEAR

Questions?  
Terry Robertson  
887.785.2932  
terry@kahunerverae.com  
<https://www.kahunerverae.com/>

## Athletics

Our cross country team had a great season. We ran our hearts out at both the EIPS and Zone meets. As a team we finished 4<sup>th</sup> out of 13 teams at the EIPS meet and had many amazing individual accomplishments. Our top finishers at zones were Reed Low in 5<sup>th</sup>, Tyler Parker in 6<sup>th</sup>, Evan Noppers in 12<sup>th</sup>, Jordyn Bennett in 14<sup>th</sup> and Cohen Fodness in 15<sup>th</sup>. Well done Wolves!

Our volleyball teams are in full swing this year. Some accomplishments for our teams include:

- The junior boys played well in the FR Haythorne tournament by winning 4 games and only losing 2 matches. They will continue to build on this momentum as they battle in league games and 2 more tournaments this season.
- The junior girls also played well in their first games of the season. They had a strong showing in games at both the EIPS and FR Haythorne tournaments. Both junior teams are excited to host the annual Howler tournament at Lakeland on October 25<sup>th</sup> – 27<sup>th</sup>.
- The senior boys are 13-6 right now with a Silver medal at the EIPS tournament, a 4-1 record at the Bev Facey tournament with a tough loss in the quarter final, and a 5-0 run through the Ardrossan tournament right to the gold medal match where we had to settle for silver there. Keep up the great work fellas!
- The senior girls won a silver medal in their first tournament, losing a close match to F.R. Haythorne in the final! The girls also made it to the semi-final game during their Ardrossan Tournament, losing another close game to Riverbend School. In league play, the girls won their first 2 games against Strathcona Christian Academy and Sherwood Heights. Next up, is the Jasper Place Tournament from October 18<sup>th</sup> – 20<sup>th</sup> for both the senior girls and boys.

Basketball season is still almost 2 months away, but we will be looking for coaches. If anyone is interested please contact [ryan.bachor@eips.ca](mailto:ryan.bachor@eips.ca).

## Remembrance Day

Our annual Remembrance Day ceremony will be held on Thursday, November 9 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.

## Halloween at Lakeland!



This year our students will be celebrating Halloween on Wednesday, 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.

As part of our WE Charity movement, the school will be participating in “WE SCARE HUNGER”. This Halloween, the Student Lighthouse Team will be collecting food donations for the Strathcona County Food Bank and our local animal shelter. Collection will occur from October 24 to Oct 31<sup>st</sup>



Sherwood Park Ford is a local sponsor for WE SCARE hunger. For each student that donates a food item, they will be entered into a draw for a chance to win a pair of game tickets for November 27 as Dallas visits Edmonton, courtesy of Sherwood Ford. Entries will be pooled with those from the community. Good Luck Wolves!

## Leader In Me

Mrs. McKay, Mrs. Brownlee and Mrs. Lovell will be working with the Student Lighthouse Team this year. Thank you to all those students who applied, we wish we had spots for all of you. The Student Lighthouse team will be involved in many school wide activities such as Cash 4 Care, Wolf of the Month, theme/school spirit days and charity projects. Many students on the team will be attending WE Day on October 12<sup>th</sup>.

Students focused on review of the 7 Habits of Highly Effective Students during the month of September. Classes created a mission statement outlining their core values and goals for the school year. We even synergized with our buddy class to draw images of kindness towards animals on a small square of paper which will become part of a larger mural.

## Cash for Care

This year, our school has chosen to support a local animal shelter through our theme of “Be Kind to Every Kind”. As students, we are learning to choose to be kind and to be the voice for those who do not have one. The Student Lighthouse Team will be interviewing local shelters to choose the best fit for our school community. In September, we raised just over \$440.00 for our animal shelter. That’s pretty impressive considering it was the second day of school! Great job wolves! Remember, Cash 4 Care falls on the first Wednesday of each month (Early Out Days). With a donation of a toonie or loonie, students may wear a hat or PJ pants.

Did you know?

1. **Your dog is as smart as a 2-year-old toddler.**

There's a reason your tot and your pup get along so well: they speak the same language. Or at least, they likely understand roughly the same number of words and gestures — 250!

2. **Dogs and cats both slurp water the same way.**

This may be hard to believe since dogs are such messy drinkers, but just like cats, our canine friends bend the tip of their tongue and raise liquid in a column up to their mouths.

3. We will also be collecting pet food, toys and accessories throughout the school year – more information to come.

## School Fees

School fee information for the 2018-19 school year is expected to be posted on the PowerSchool Parent Portal by the end of September. All fees are due within 30 days of being posted. To access your fee information, simply log in to the [PowerSchool Parent Portal](#) and go to "Student Fees." There you can view your fees and pay them online using Visa, MasterCard or INTERAC Online—when available from your financial institution.

Don't forget to log in to the PowerSchool Parent Portal regularly throughout the year. Fees are often added to your child's account to cover the cost of various school activities such as field trips, class projects, athletic-team fees and more.

If circumstances exist where you are unable to pay your student fees you can apply to have [fees waived](#) by submitting an [Application for a Waiver of Fees](#). The application deadline is Dec. 15, 2018.

For more information about school fees, waivers and payment deadlines visit [www.eips.ca/schools/fees](http://www.eips.ca/schools/fees). Alternatively, contact Cathy Eyben at **Lakeland Ridge School** at 780-416-9016.

## Christmas Concert News

On December 5th, 2018 Lakeland Ridge will be celebrating with a Christmas Concert! Tickets will be issued for the evening performance and more information will be sent home late November. We hope to see you there!

Location: Park Church  
Time(s): 12:15 pm and 7:00 pm  
Who: Grades 1-6



## Read in Week – October 2-6

To celebrate and foster a love of reading in our school, we had many exciting activities for **Read In Week** this year. This year's theme was "*Bringing stories to Life.*" Some special guest readers to our school included: News anchor Stacey Brotzel from CTV, the Children's Librarians

from Strathcona County Library, and the Salisbury Composite Football Team and Drama Class. We had “dress up as your favourite book character” day and “stories come to life in our dreams” PJ day. Many classes read with their buddies in other grades and had their own special reading activities within their classes. We also ran a school-wide “What book came to life for you?” activity and draw for prizes.

## Literacy Corner

"The single most important activity for building the knowledge required for eventual success in reading is **reading aloud to children.**"

National Commission on Reading

"If you want your children to be brilliant, read them fairy tales.  
If you want your children to be a genius read them **more** fairy tales."  
Albert Einstein

### What good readers do:

When your child is reading, use these strategies to help them figure out an unfamiliar word.

1. Use the picture
2. Look at the beginning sound/ Look for word patterns
3. Re-read
4. Skip the word and use the context of the sentence
5. Think what would make sense in the sentence
6. Use their background knowledge

## School Council

The LLR School Council (SC) held their Annual General Meeting on September 18, 2018. Elections were held and the School Council Executive for the 2018-2019 year is as follows: Chair – April Childs, Vice-Chair – Mandy Isaac, and Secretary – Kerri Holmes. All parents/guardians of LLR students are automatically members of the council and can attend meetings. SC meeting agendas and minutes are posted on the school website under Parent Info/School Council.

The next meeting of the SC will be held on Tuesday, October 16, at 6:30 pm. Free babysitting is provided. Hope to see you there.

## Parent Action Society



The Parent Action Society hosted a Move Night on September 28. We are so pleased that many of you were able to come out and join us for our showing of Guardians of the Galaxy. With quite a few new families joining our Wolf Pack this year, we wanted to give you a chance to meet members of our school community in an informal setting. Thank you all for coming out!



In conjunction with the movie, we held a Silent Auction. Thank you to all the parents and community members that stepped up to donate to our auction. All tallied we exceeded our expectations and raised \$1,710. After we offset the cost of the putting on the movie, the balance of funds raised will be put toward other school initiatives. We'll start prioritizing these needs soon; please watch the Howler and the school calendar and come out to a meeting to help decide how to distribute these funds within the school.

Sherwood Park Bricks	Precision Party Company
Young Living Essential Oils – Sheri Reimer	Sherwood Mechanical Services Inc.
Samantha Frisk RMT	Jones Woodwork and Design
Budget Car Rental – Sherwood Park	Aarde Underground - Kerri-Anne Buyar
31 Gifts – Michelle Lyster	Kathy Callander
Goodlife Fitness – Sherwood Park	Carly Embry Massage
Norwex – Teresa Gibbs	Cherish Hair Salon
KLee Boutique	Brokerlink
Inferno Fitness Studio – Melanie Wall	Spinunity – Jordan Law
Park Veterinary Centre	Sportball – Luke Lavorato
The Factory Hair & Body – Madysen Wright	

I need to send a huge shout out to the staff that supported our auction. We had quite the bidding frenzy for those front-row Christmas concert tickets, handmade knitting, custom stickers, cupcakes, and cookies! Thank you **Mrs. Moravec, Ms. Li, Mrs. Horricks, Mrs. Troup, Mr. Marshall and the mystery baker of the Rolo cookies** that I personally took home (de-licious)!

Last but not least, thank you to each and every one of you that volunteered to help out in making this event a success. Your time is so appreciated and we couldn't have done it without you! An extra special thank you to Amy Dieser, Sherri Reimer and Mandy Issac!

The next Parent Action Society meeting is October 23 at 6:30 in the library. This will be our Annual General Meeting. The positions we will be electing are Chair, Vice-Chair, Treasurer, Secretary and 3 Directors. If any of these positions interest you or you want more information on what is required please let me know.

I also want to thank you all for an amazing start to Hot Lunch. We had all our volunteer spots filled and had a record number of orders. I am excited to see so many families jumping in to keep this program running smoothly.

As always, if you have any suggestions for the year, pass them along!  
Michelle Lyster  
Chair, LLR PAS

## **Mental Health Capacity Building**

The world has changed dramatically, and change itself continues at an ever-increasing pace. For many parents, it is the stark realization that being a teenager now is a lot different than before. And – there is help for caregivers and parents as they work to best meet their teenager's needs. Parents/caregivers, teachers and community members are invited to learn about relevant issues affecting teenagers and learn about tools and strategies to support youth through their journey. From October to May, Elk Island Public Schools, Elk Island Catholic

Schools, New Horizon School, Alberta Health Services and Family and Community Services are offering FREE educational presentations. On October 17, you're invited to explore the challenges of being a teenager in today's society, and how to best parent to establish healthy, respectful boundaries. The "Parenting Teens in the 21<sup>st</sup> Century" presentation is an adult only session, where you will learn tools and strategies to help you spend less time arguing and more time enjoying each other's company. To register or to view other parent/caregiver sessions, visit [www.strathcona.ca/parentsupport](http://www.strathcona.ca/parentsupport)

Your entire family can benefit from knowing how to support your teenager as they navigate through life's challenges including technology, relating to friends with bullying, dating and academics. As a parent, you have the opportunity to help your children and youth increase their social emotional skills. We all benefit from being supported, safe and connected.



## Opioids don't discriminate.



You're invited to an  
**interactive experience.**

Challenge what you  
think you know.

**November 5-9**

Strathcona County  
Community Centre

[strathcona.ca/opioids](http://strathcona.ca/opioids)

A message from the Community Drug Strategy Committee  
in Strathcona County, in partnership with



## The New Teen Trend: Juuling

### Here's what it is and how it works

A recent trend called “juuling” has come to our attention and we wanted to make you aware so you can discuss the issue with your child directly.

A Juul is a brand of electronic cigarette that looks like a USB drive—rather than the more familiar e-cigarette or vaping systems. The pods that are used for juuling contain a highly concentrated form of nicotine but because the vapour smells sweet or fruity, and as a result, you may not be aware when it's in use. The size of the device also makes it difficult to detect. Smoking and vaping in any form, including Juuls, are not permitted either in school or on school grounds (see “EIPS Administration Procedure 162 Smoke-Free Facilities” at [www.eips.ca/about-us/administrative-procedures/162](http://www.eips.ca/about-us/administrative-procedures/162)). Students who don't respect the procedure risk facing disciplinary action at the school level.

More importantly, though, the inhalation of tobacco and other related substances poses a significant health risk for students and those around them. Nicotine and other carcinogens can impact student behaviour, concentration, memory and an ability to learn. Many of these products contain ingredients that are highly addictive and harmful to the long-term health and well-being of individuals, particularly young people. Please consider talking with your child about the negative effects of smoking, vaping and using electronic cigarettes.

For more information, see this *Global News* segment: <https://globalnews.ca/news/4194090/what-is-juuling/>.

### **REMINDER: Make head checks for lice a regular routine!**

Head lice is one of the most common problems faced by school-aged children and their families. Typically, head lice are tiny, greyish-brown insects that live on the scalp and lay their eggs, or nits, in the hair close to the scalp—itching is the main complaint. Lice don't jump from head to head nor are they dangerous. Having a head lice infestation, however, can cause stress, anxiety and hardship for staff, students and parents. As such, it's essential each of our families do their part at home by undertaking weekly routine head checks and, if head lice and nits are found, physically removing them.

While head lice prevention and control is primarily the responsibility of the parent, the school does work discreetly with the teacher, students and families to prevent further transmission. To prevent the spread of head lice, we strongly encourage you to speak to your child about preventative behaviour such as avoiding head-to-head contact and not sharing combs, hats, pillows and hair accessories. It's also important to teach children not to tease other students about head lice—anyone can get head lice. If head lice are found on your child, notify the school, physically remove the lice and nits using the proper lice comb, and keep your child home until all signs of active head lice are gone.

For more information about head lice prevention and treatment, visit [www.eips.ca/programs-services/healthy-schools/head-lice](http://www.eips.ca/programs-services/healthy-schools/head-lice). Alternatively, you can contact the school at **780-416-9018**.

## **No Child Without: Free MedicAlert for students**

In our ongoing effort to provide safe and caring schools for our students, **Lakeland Ridge School** continues to be registered in the Canadian MedicAlert Foundation's No Child Without program. The program is a national initiative that provides no-cost MedicAlert services to children—between the ages four of 14—who have chronic health conditions. The goal is twofold: to help children with severe allergies, medical conditions or special needs and to assist schools with medical-emergency plans for students.

Once a child is registered, their school is provided with advice on a medical-emergency plan for that student and given a list of medications, allergies and medical conditions the student has. If your child has a serious medical condition or allergy and could benefit from MedicAlert services, contact the school office at **Lakeland Ridge School**. To learn more about the No Child Without program, visit [www.nochildwithout.ca](http://www.nochildwithout.ca).



# October 2018

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
	1 Day 2 *Read In week	2 Day 3 Linking Generations Training	3 Day 4 Cash4Care Staff Meeting - Early Dismissal	4 Day 5	5 System PD Day (no classes for Students)	6
7	8 Thanksgiving - No School	9 Day 6 Elder Wilson Visit	10 Day 1	11 Day 2	12 Day 3 We Day - Student Light House	13
14	15 Day 4 Hot Lunch Grade 4 Broadview Enviro Station Field Trio	16 Day 5 Linking Generations Visit School Council Meeting 6:30	17 Day 6	18 Day 1	19 Day 2	20
21	22 Day 3 Hot Lunch Picture Retakes For Kindie Track A	23 Day 4 Picture Retakes	24 Day 5	25 Day 6	26 Day 1	27
28	29 Day 2	30 Day 3 Linking Generations Visit Wolf of the Month Lunch	31 Day 4 Costume Parade 🎃 Halloween			

LLR Jr. Volleyball Tournament



# November 2018

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
				1 Day 5	2 Day 6	3 Wonda Rehearsal 11:30
4	5 Day 1 Hot lunch	6 Day 2 Linking Generations Visit	7 Day 3 Cash4Care Staff Meeting Early Dismissal Take Your Kid to Work Day	8 Day 4	9 Day 5 Remembrance Day Ceremony 10:30 am	10
11	12	13	14	15	16	17
	<b>Fall Break – No School</b>					
18	19 Day 6 Hot lunch	20 Day 1 Parent Council Meeting 6:30PM	21 Day 2	22 Day 3	23 Day 4 Linking Generations Visit Grade 5 Fortis Alberta Presentation	24
25	26 Day 5 Report Cards Available on line Hot lunch Website Opens	27 Day 6	28 Day 1 Grade 6 DARE Grad	29 Day 2	30 Day 3	
			<b>Parent/Teacher Conferences</b>			
			<b>Book Fair - Library</b>			