



Principal: Mr. Jeff Huculak  
Assistant Principal: Jennifer Ference  
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**April 2019**

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**From The Principal's Desk**

Welcome back! I hope each of you had a wonderful Spring Break and took the opportunity to enjoy the terrific weather that Mother Nature provided us. We are in the home stretch and before you know it, May will be here.

I would like to thank our caretakers for doing such a terrific job over Spring Break. We came back to gleaming floors and a very clean school.

Prior to Spring Break, all students received their report cards. I am very pleased to see all the growth that our students have made. Thank you to our students for their diligence, staff for their hard work and parents for your support. We are looking forward to an excellent third term.

The *Returning Student Registration* process for the 2019-20 school year is now complete. We are well underway with planning for next year, which includes looking at class configurations, class sizes and staffing. Next year, we are anticipating that Lakeland will have approximately

783 students, which is up from our current enrolment of 761. We continue to see a slight growth in our junior high numbers and a slight decrease in our elementary population. We expect to have about 306 students in grades 7-9 which is up about 45 students from this year. This will impact the number of classes at each grade level.

We plan to have two kindergarten classes and two grade 1 classes next year. This is a reduction of one class in both kindergarten and grade 1. We expect to continue to have three classes from grades 2 – 6. As mentioned, we will see an increase in the number of classes in junior high. We anticipate having four classes in both grades 7 and 8 and three classes in grade 9. As we get a better idea of staffing assignments, we will let you know.

Grades 6, 7 and 8 students completed the *Option Interest Survey* and we are currently analyzing those results to see what students' interests are. Shortly, information will be sent home with next year's junior high students to choose their options.

Staff from both SAL and Bev Facey were out the past couple of weeks to register our grade 9 students. Should you have any questions, please contact our counselor, Mrs. MacNutt.

Lakeland Ridge hosted our Junior High School Information Night on April 11 for those students entering grade 7 as well as those who are new to our school. We had a terrific turn out! I hope those who attended enjoyed the evening.

We will be hosting our Kindergarten Information Evening on Wednesday, April 24 from 6:30 p.m. – 7:30 p.m. for parents who have registered their students for Kindergarten next year.

I would personally like to thank the many people that have volunteered during the school year. Your gift of time helps make Lakeland Ridge School a wonderful place for our staff and students. Once again, Lakeland Ridge will be hosting our "Volunteer Lunch" on Friday, May 10 to say 'thank you' and recognize those who have helped us this year. If you have volunteered at our school this year and do not receive an invitation by the end of next week, please let us know as we do not want to miss anyone.

Just a reminder that there is no school on Friday, April 19 and Monday, April 22 due to the Easter holiday. Enjoy the extra-long weekend and have a.....Hoppy Easter☺

For more information, please visit the school website.

Sincerely,

Jeff Huculak M.Ed.

Principal

## **Are You Moving?**

Please inform the Lakeland Ridge School office if you are moving in the coming months and if your child(ren) will not be attending LLR in the Fall. Planning for the 2019-20 school year has already begun and having the most accurate information will enable us to provide a more accurate schedule for our students.

## **Kindergarten News**

### **Kindergarten Information Night**

In preparation for the 2019-20 Kindergarten year, Lakeland Ridge will be hosting a Kindergarten information night on Wednesday, April 24 from 6:30 – 7:30 p.m.

This evening is for any of our families that have a student starting kindergarten next year. The night will begin in the gymnasium, then head to the kindergarten classroom and end with a school tour for any of our new families. We would ask that only parents attend this evening.

### **Kindergarten Registration is Open!**

Is your child turning five on or before Dec. 31, 2019? If so, it's now time to register for kindergarten. To register, simply complete the online registration form at [www.eips.ca/kindergarten](http://www.eips.ca/kindergarten).

To help families prepare, Elk Island Public Schools has put together an online toolkit—available at [www.eips.ca/kindergarten](http://www.eips.ca/kindergarten)—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.

Additional information regarding kindergarten can be found on our school website at [www.lakelandridge.ca](http://www.lakelandridge.ca)

### **Grade 9 Farewell**

A letter was sent home on March 7 sharing information about the Grade Nine Farewell Celebration. The Grade Nine Farewell Celebration will be held at Lakeland Ridge School in the Kona gym on Friday, June 14 at 7:00 p.m. The doors will open for the evening's events at 6:15 p.m. There will be opportunities for families to take pictures, before the ceremony begins, from 6:15 p.m. until approximately 6:45 p.m. A ceremony rehearsal will be held beginning period 5 on June 14th. All students are expected to be present for the rehearsal. Our farewell committee meets during lunch hours and parents are always welcome to become involved. Please contact Caroline McKay at [Caroline.McKay@eips.ca](mailto:Caroline.McKay@eips.ca) to volunteer or if you have any questions.

### **Library Learning Commons News**

Our grades five through nine students have been voting for their favourite books for the *Young Readers Choice Award*. This reading promotion activity is run through the Pacific Northwest Library Association (PNLA.) You can read more about the award at <https://pnla.org/young-readers-choice-award/>.

There are eight books nominated for each of the junior and intermediate divisions, and each student who has read at least two books from either division is eligible to vote. All students who vote are also entered in a draw to win some great reading-related prizes! We will count our

votes and announce Lakeland's favourite books in each division and the draw winners on Tuesday, April 16<sup>th</sup>. We will also forward our vote counts to the PNLA and the award winning books will be announced at the end of April.

## ***THANK YOU!***

### **Thank to all of our volunteers From the Board of Trustees**

On behalf of the Board of Trustees at Elk Island Public Schools (EIPS), thank you to all of our volunteers within the Division who help make our schools and programs successful. Whether it's assisting at an athletic competition, co-ordinating a fundraising initiative or helping at a school event, the impact you make within our school community is profound. Together, we've created a relationship that allows us to rally behind one clear vision: Providing exceptional education for all students.

In recognition of National Volunteer Week, which runs April 7-13, EIPS extends a heartfelt thank you to the hundreds of volunteers across EIPS who offer their knowledge and dedicate countless hours in our schools.

Trina Boymook - Chair, Board of Trustees



### **A Big Thank You to all of Our Volunteers – From Lakeland Ridge School**

We, at Lakeland Ridge, are so thankful for all of our amazing volunteers. Whether it's parent helpers in classrooms, chaperoning on field trips, serving at Hot lunch, coaching our Sports Teams, or helping with our amazing Fine Arts program; we are grateful for your support and for helping make Lakeland Ridge such a fantastic school! We're looking forward to showing our appreciation by serving our Volunteer Lunch on May 10. Look for your invitation coming soon.

### **Track Team**

The elementary track team continues to practice hard! We have competed at two races so far this season. We ran at the Harriers Elementary Invitational in January where we had some very successful runs. Our girls 'A' team placed first overall! This was also the first time our grade 4 track team members had competed in a race. Well done!

In February, our track team competed in the Running Room Games at the Butterdome. Our Boys 'A' team, Girls 'A' team, and Girls 'B' team all qualified to compete at finals on Saturday, March 16. Our Girls 'A' team qualified to race in the final heat. Way to go girls!

This week the Elementary Track team participated in the Klondike Relays at the University of Alberta Butterdome. All Grades 4, 5 and 6 teams ran exceptionally well. Your hard work continues to pay off.

We are now training for our final race of the season. Thank you track team members for your commitment. Thank you parents for your support of our team! If your child is in grade 4 and did

not try out for the track team, but is now interested, please have them come see Ms. Wright or Mrs. Kokotailo.

## **Science Club**

On Saturday, April 6, five Science Club students attended the APEGA Science Olympics. The APEGA Science Olympics are an interactive, inter-school, engineering and geoscience events for students in Grades 1 to 12 that take learning beyond the classroom. Students are given a series of problem-solving challenges that demonstrate the fun side of engineering and geoscience, and allow students to see first-hand how these fields impact our everyday lives. These Grade 5 students, Brynn Burgett, Jesse Bennett, Kendra Clark, Jacob Dreyer, and Isabel MacKay, participated in three different challenges testing their collaboration, problem-solving and scientific skills. One challenge included designing and building a device that would harness the wind to power a light bulb and a water pump. The team took second place overall against fifty other Division Two teams!

*The APEGA Science Olympics was great learning experience for the students. The best part was watching them work together to come up with solutions to each problem and seeing their excitement when they solved the challenges. I recall working in the classroom with the students the days before the event and overheard one of them say, "I love science, it's just so cool". We may not have gotten CARL to pump water, but we certainly accomplished the most important goal, providing an opportunity to help foster the students love of science and their desire to learn and grow. I am very proud of them. A huge thank-you to parent-volunteer, Amanda MacKay, for taking the time to bring this opportunity to the students.*

**The Lakeland Science Club runs every Day 5 during lunch recess for students in Grades 5 and 6.**

## **School Council**

The next School Council meeting will be held Tuesday, May 21, 2019 at 6:30pm in the Learning Commons (library). Child care is provided. This will be the last School Council meeting for this school year so if you have any questions or concerns or things you'd like addressed at the meeting, please don't hesitate to email me at [lrschoolcouncil@gmail.com](mailto:lrschoolcouncil@gmail.com).

April Childs  
School Council Chair

## **Parent Action Society**

It is hard to believe we are getting near the end of the school year. We have had a great year so far and I am excited to see what the next few weeks bring us.

Our next meeting is May 28 at 6:30pm in the Learning Commons (library). All parents are invited to attend. At this meeting will be forming a very important committee. Over the past few years we have been working on an update to our Learning Commons. The first phase was the gathering area outside the Learning Commons. We are ready to tackle the second phase!

Phase 2 will include the redesigning of the Learning Commons. This will be a big undertaking that will require a dedicated committee. If you are interested in planning fundraisers, helping with grant applications, making decisions surrounding the Learning Commons please come to this meeting. If you are unable to make the meeting but want to be involved email me at [llrpaschair@gmail.com](mailto:llrpaschair@gmail.com) and I will make sure you are connected with the committee. Without volunteers this project will not happen.

If there are events, fundraisers or ideas of how we can contribute to the school, email them to [llrpaschair@gmail.com](mailto:llrpaschair@gmail.com)

Michelle Lyster  
LLRPAS Chair

## Student Drop Off

There is NO student drop off or stopping permitted in the bus lanes on Crimson Drive. Those lanes are a school bus zone and our school buses need to remain on schedule to get EIPS students to school on time.

Also, please respect the “Kiss and Go” zone located in the drop off lane in front of the school. There is signage indicating that there is NO PARKING from 8:15-9:15am and from 2:30-3:30pm. Please do not leave your vehicle unattended during this time. If you need to park, please use the designated stalls in our parking lot.

## Literacy Corner

We finished our March Book Madness just before the break.



The winner this year was....



Students loved *Gaston* because it was “about dogs” and one student: Kingston said “It is about bulldogs and I love bulldogs.” Luke, in grade 1, said “It teaches you to be whoever you want to be.”

The students enjoyed listening to the books and seeing some new titles they hadn’t heard of. Some students loved the historical non-fiction picture books. This is always a great opportunity for the students and teachers to read new books. We can't wait for next year's selections.

## **Mental Health Capacity Builder**

*Helping to create a supported, safe and connected community. Strathcona County's mental health capacity program is made possible through Alberta Health Services, Alberta Community and Social Services and Strathcona County.*

### **Parent Workshop**

**Self Esteem**, April 17, 2019

This group looks at the importance of self-esteem in the development of children and teens. Information will be provided on what self-esteem is, why it is important, how parents and caregivers can help foster healthy self-esteem in their children and what factors may be impacting self-esteem. Along with information and discussion, parents and caregivers will also have the opportunity to participate in skill-building exercises.

- **DATE:** April 17, 2019
- **TIME:** 6 p.m. – 7:30 p.m. (please arrive 10 minutes prior to starting)

- **LOCATION:** Family and Community Services
- **FOR:** Parents and caregivers of school aged children
- **COST:** Free

To register call 780-464-4044 **by April 15th.**

New participants are always welcome.

#### **Test Anxiety: Strategies for Success - April 17th, 2019**

Does your teen prepare for a test only to freeze or blank out during the test? Does your teen's anxiety hold them back from their full potential? Test and performance anxiety is very common among students. This session will help teens learn how to succeed in spite of their anxiety and help caregivers support their teens to reduce test anxiety. We will explore what happens when a student experiences test anxiety and provide practical strategies and resources for you and your teen to use to manage anxiety symptoms.

This session is made possible through Alberta Health Services and Elk Island Public Schools.

- **DATE:** Wednesday, April 17, 2019
- **TIME:** 6 -7:30 p.m.
- **LOCATION:** Salisbury Composite High School, 20 Festival Way, Sherwood Park, AB
- **Parents and Teens (grades 7 - 12) to attend together.**
- For more information and to register go to [Strathcona.ca/parentresources](http://Strathcona.ca/parentresources)

#### **Breaking the Cycle of Anxiety - May 1st, 2019**

Anxiety is one of the most common mental health complaints in children and teens today. This session will distinguish between normal anxiety and anxiety that is no longer helpful or productive. It will help caregivers to identify signs that a child or adolescent is experiencing problems with anxiety. Caregivers will gain step by step strategies to assist their child/teen to manage their anxiety and improve their mental health. Resources for parents will be provided as well as tools designed to reduce anxiety.

- **DATE:** Wednesday, May 1, 2019
- **TIME:** 6 – 7:30 p.m.
- **LOCATION:** Family and Community Services, 200, 501 Festival Avenue, Sherwood Park
- **COST:** Free
- **This session is for adults only**
- For more information and to register go to [Strathcona.ca/parentresources](http://Strathcona.ca/parentresources)

#### **Vaping 101 – May 23, 2019**

Vaping has taken society by storm. What began as a harm reduction and smoking cessation idea, has developed an entire culture around it. Is the steady increase in youth use of e-cigarettes a cause for concern or is it all just harmless vapour?

Find out more about:

- Who's using vapes and why



- What are the regulations
- What are the health effects of vaping
- Nicotine, addiction and the developing brain
- Strategies for addressing the issues with youth
- For more information and to register go  
<https://www.strathcona.ca/recreation-events/festivals-and-events/event-calendar/?trumbaEmbed=view%3Devent%26eventid%3D132154149>

- **DATE:** May 23, 2019
- **TIME:** 6-7:30 p.m.
- **LOCATION:** Lakeland Ridge School
- **COST:** Free
- **This session is for adults and youth**

### **Act of Kindness**

**Sherwood Park, AB.** — Thanks to the efforts of the fashion studies students from Lakeland Ridge, babies spending time at Misericordia Community Hospital’s neonatal intensive care unit (NICU) are able to bond with their parents even when they can’t physically be together. Junior high fashion students have been sewing fabric hearts to help newborns and parents build a familiarity with one another, which would otherwise be impossible. “I feel a connection to this project, because I have a little cousin who was born premature,” says Makenzie Osmond, a Grade 9 student at Lakeland Ridge. “My aunt and cousin each received a bonding heart and I saw how important it was to them. Through this program we are helping create bonds between a mom and their baby even when they can’t touch each other.”

The Misericordia Hospital gives two cloth hearts to each family when an infant is admitted to the NICU—the parent or caregiver wears one heart against their body, and the other heart is wrapped with the baby. After a few days, the cloths are exchanged. The mother’s scent on the cloth is used to provide the baby with a sense of physical closeness and comfort when the parent is unable to be in direct contact. Conversely, the scent of the infant helps stimulate lactation for a mother who is storing breast milk for a hospitalized baby.

“The project started out as a way for us to get back into the practice of sewing at the start of the course, and contribute to a good cause at the same time,” says Caroline McKay, the fashion studies teacher at Lakeland Ridge. “It’s really taken off among the students though. We have students who continue to work on this project on their own time, after the introductory section of the course is over.”

While the University of Alberta Hospital and the Royal Alexandra Hospital have similar cloth-hearts programs, the program at Misericordia Hospital was the result of a connection between a Lakeland Ridge student and her aunt, who is a NICU nurse at the Misericordia Hospital. With the successful reception from both students and the Misericordia Hospital staff, the start-of-class project is something McKay plans to continue and grow over the coming years.



## **New Bus Status App Available**

A new version of the Bus Status app is now available. If you haven't already, we encourage all families to download the new version from the App Store or Google Play. After downloading, make sure to delete the older version from your device.

All information from the [Division Bus Status page](#) is currently pushing out to both the old and new versions of the app, so you'll receive updates regardless of the app you're using. However, at the end of the school year, the old version of the app will no longer work. Families will need to ensure they've downloaded the new version of the app to receive updates about bus delays and cancellations in 2019-20.

The changes aren't specifically related to the overall functionality of the app—it's much the same as the current version. What is changing is it's now one unified app available for download rather than each school division having a separate app. The first time you open the new app, it will prompt you to select Elk Island Public Schools from the list of school divisions. After that, you will use the app the same way you have in the past. You can reselect your favourite routes and update them as needed. You'll also continue to receive push notifications about delays and cancellations the same way you do now.

## **Watch for Thin Ice**

Elk Island Public Schools remind families to be cognizant of thin ice 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 about ice safety, visit the [Canadian Red Cross](#).

## **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*



# April 2019

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
31 <b>Spring</b>	1 Day 2 Hot Lunch 6-1 Legislature Trip	2 Day 3 Linking Generations Visit Gr. 6 Basketball Practice (3-4)	3 Day 4 Cash4Care Staff Meeting - Early Dismissal	4 Day 5 Grade 1-1 John Walter Museum Grade 3-1, 3-2 Ukrainian Village Gr. 6 Basketball Practice (3-4)	5 Day 6 Gr. 3 Basketball Practice (3-4)	6
7	8 Day 1 6-2 Legislature Trip 3:30 PM Track Team Klondike Relays butterdome Wolf of the Month Lunch	9 Day 2 Parent Council Meeting 6:30pm (Library) Gr. 6 Basketball Practice (3-4)	10 Day 3	11 Day 4 Grade 1 John Walter Museum Grade 3 Ukrainian Village Jr. High Information Night 6:30 Gr. 6 Basketball Practice (3-4)	12 Day 5 Gr. 3 Basketball Practice (3-4) Howler Newsletter	13 Grade 6 Basketball Tournament
14	15 Day 6 Hot Lunch	16 Day 1 Linking Gen Visit Elder Wilson Visit Election Day – LLR Polling Station	17 Day 2 Canabis Impact on Adolescents – FRH 6:00	18 Day 3 Assembly – 2:07 Dress like your favorite animal Day! Gr. 3 Bball (3-4)	19 Good Friday – School Closure	20
21 Easter Sunday	22 Easter Monday School Closure Hot Lunch Website Opens	23 Day 4 Scratch Day – Gr. 5 CTF	24 Day 5 Kindergarten Open House 6:30 6-3 Legislature Trip Gr.7 Scratch Day	25 Day 6	26 Day 1 Gr. 3 Bball (3-4)	27
28	29 Day 2 Hot Lunch Website Closes Birch Bay Grade 6 Trip Hot Lunch	30 Day 3 Linking Generations Visit				



# May 2019

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
			1 Day 4 Cash4Care Staff Meeting - Early Dismissal	2 Day 5 EIPS Track Meet @ SAP Gr 4-6 Kindie Group A – Telus World of Science	3 Day 6 Gr.1 Arbor Day Kindie Group B – Telus World of Science	4
5	6 Day 1 Hot Lunch Bus Driver Appreciation Day	7 Day 2 Gr.9 PAT - ELA Part A	8 Day 3 EIPS Track Meet Gr. 4-6 Rain out Date	9 Day 4 Gr.6 PAT - ELA Part A Gr. 2 Telus World of Science	10 Day 5 Volunteer Lunch (12-1) Crazy Hair day	11
12	13 Day 6 Hot Lunch Gr. 4-1 Smeltzer House	14 Day 1 Linking Generations Visit Gr. 4-2 / 4-3 Smeltzer House	15 Day 2 LLR Jr. High Track Meet @ SAP	16 Day 3	17 PD Day School Closure Day	18
19	20 Victoria Day - NO SCHOOL	21 Day 4 School Council Meeting 6:30PM (Library)	22 Day 5 EIPS Jr. High Track Meet @ SAP Gr. 5-2 Elk Island Park	23 Day 6 Gr 8/9 Outdoor Ed Trip Vaping Workshop 6-7:30	24 Day 1 Gr 8/9 Outdoor Ed Trip Gr 5/6 EIPS Jr. High Track Rainout Date Gr.5/6 MP Day Howler Online	25
26	27 Day 2 Hot Lunch	28 Day 3 Linking Generations Celebration Lunch *Last Visit Class Photo Day PAS Meeting @ 6:30	29 Day 4 Class Photo Day	30 Day 5 Gr. 5 Elk Island Park	31 Day 6 Gr. 2 Strathcona County Museum	