



Box 329, Lamont, AB T0B 2R0
p 780-895-2269 f 780-895-7468

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Judy Anderson, Principal
Jay Robertson, Assistant Principal

October Newsletter

The month of September flew by and we have had a wonderful start to the school year. Thank you for taking the time to attend our *Meet the Staff* evening. We are blessed with an amazing staff who demonstrate their commitment and dedication to making Lamont Elementary School a warm and caring place to be on a daily basis!

Thank you also for supporting our **Terry Fox Run**. Mrs. Malica, Mrs. K. Kelly and Mrs. Motiuk did a fantastic job organizing the run and we were reminded why it is so important to do our part for cancer research. I was very proud of the students for not only surpassing the amount raised last year by raising over **\$3200.00 for cancer research**, but also for participating with energy and enthusiasm in spite of the weather.

During the last week of September, the **Lamont Elementary School Council (LESC)** held its first meeting of the school year. Thank you very much to all of you who were able to attend. We had the opportunity to celebrate all the accomplishments over the last year. The efforts and support of the Lamont Elementary School Council is greatly appreciated. If you would like to stay informed, the minutes from the meeting can be found under the *Parents* tab on the school website. The next meeting will be on **Thursday, November 21 at 6:30 p.m. in the library**. We are still actively looking for a School Council Chair for the 2019 – 2020 school year. Please consider your availability to help out and join us at the next meeting.

Mr. Robertson and I had a great time at our **Pawsitive Choices** Pizza Lunch last week! The students have been working hard to follow the school rules, treat each other with respect and kindness, and make positive choices. We will continue with our monthly lunches with admin. It's a wonderful way to celebrate and recognize some of the good things happening around the school. Mr. Robertson and I enjoy spending time students, not to mention eating pizza and playing Mario Kart!

October starts with the excitement of **Read-In Week!** The theme for this year is **Celebrate with Stories!** Mrs. Wisselink has planned a fun filled week including a special day on Thursday, October 10 where we can dress like a party!

In October we also look forward to parent teacher interviews that will be held on Wednesday, October 23 and Thursday, October 24. Having parent teacher interviews prior to report cards will give you and your child the opportunity to focus on targeted areas for growth as well as celebrate the successes thus far.

Fall has definitely arrived and with the changes in temperatures, please make sure your child is dressed for the weather. The weather can certainly be unpredictable.



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We have a professional learning day coming up for staff on Friday, October 11 which leads into an extra-long weekend for families. I hope you have a wonderful Thanksgiving and are able to enjoy some time as a family.

Thank you for your continued support. If you ever have any questions, feedback or comments, please do not hesitate to contact me.

Sincerely,
Judy Anderson M. Ed.

Upcoming Events:

Oct. 1, 4, 8, 15	Swimming, Grade 2
Oct. 2	Early Dismissal, Loonies4Lamont
Oct. 7 – 10	Read-In Week
Oct. 9	Author Visit – Mike Boldt
Oct. 11	Professional Learning Day, No School
Oct. 14	Thanksgiving Day
Oct. 18	Health Day
Oct. 21 & 22	Picture Days
Oct. 23 & 24	Parent/Teacher Interviews 4 p.m. to 7 p.m.
Oct. 28 & 29	Farm Safety Presentations
Oct. 28	LESC Pizza Fundraiser
Oct. 29	Elder Wilson Visit 1 p.m.

First Nations, Métis and Inuit Education

We would like to thank Elder Wilson for his visit on September 26. He spoke about the meaning behind Orange Shirt Day and we were pleased to see so many students wearing their orange shirts on September 30. We look forward to his next visit on October 29. Classes will have an opportunity to explore the Inuit kit. It will be at our school from October 17 to 25. This will be a great resource for our students to explore and learn about some of the differences between the First Nations, Métis and Inuit cultures.

School Pictures

The dates for school pictures are **Monday, October 21 and Tuesday, October 22**. Even if you do not intend to buy any pictures, we ask that every student get their picture taken for our school yearbook. On Monday, October 21, Kindergarten, PALS, and grades 1 through 3 will have their pictures taken. On Tuesday, October 22, Kindergarten, PALS, and grades 4 through 6 will have their pictures taken, as well as any students who were absent on Monday. We will



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need parent volunteers on both days, please call the school at 780-895-2269 if you could help us out with this.

Parent/Teacher Interviews

Parent/Teacher Interviews are **Wednesday, October 23 from 4 p.m. – 7 p.m. and Thursday, October 24 from 4 p.m. – 7 p.m.** Report Cards will be available on December 5 so there is ample time for students to demonstrate their learning and achieve their goals after the interviews. We encourage you to attend. Please book your interview at <https://www.schoolbookings.net/code?code=sbmqv> using the event code is **sbmqv**. Bookings are now open and will close on October 23. If you do not have access to a computer, please call us at 780-895-2269 and we would be happy to book a time for you.

Lamont Lions Athletics

Despite the early chilly weather, the Lamont Elementary cross-country running team has been busy! Led by Mrs. Richert, Mrs. Marks, Ms. Budd Mrs. Marouelli, the team has participated in two races in Sherwood Park with one more coming up. Great job Lions!

Once again, our students in grades 5 & 6 will have the opportunity to participate in volleyball this year. The volleyball team will be practicing every Thursday from 3:15 to 4:15 starting on October 10 until November 28, 2019. We are planning to participate in the Fultonvale School tournament at the end of November. Thank you to the staff members for volunteering their time and volleyball expertise.

New School Website

We have updated the school website so please take some time to check it out! There is always a current calendar to keep you informed on all the upcoming events. You can also continue to follow us on Instagram, Facebook and Twitter. All the links can be found on the website.

<https://www.lamontelementary.ca/>



Library Notes

Read-In Week 2019 “Celebrate with Stories”

READ-IN has been bringing people together for 30 years to instill the love of reading to all Albertans. This year during Read-In week, October 7-10, we will celebrate stories and celebrate readers.

On Monday and Tuesday, students from Lamont High School will be coming in to do some buddy reading with our students. We will also be welcoming special guest readers throughout the week.



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A highlight, on Wednesday, will be a visit by Mike Boldt, an Alberta author and illustrator. Mike Boldt will be presenting to most of the classes in the school. His illustrated picture books are colorful and fun to read.

Finally, on Thursday we will celebrate Read-In Week's birthday with a party. We invite all students to dress up like a party with party hats, balloons and streamers.

Selfie Contest – we are celebrating books by taking a selfie of ourselves holding our favorite book or a book that we are currently reading. We encourage all students to actually try take a selfie and not just have their picture taken because selfies can be quite comical. Parent may certainly assist younger students. All selfies will be displayed on the hall bulletin board and everyone who submits a selfie will be entered into a draw for some library swag. Please e-mail your selfie to LME.Reads@eips.ca

Counsellor's Corner with Mrs. Miskiw

I wanted to share some interesting upcoming parenting session in our area with you this month.

To register for one of the **FREE** Parent Sessions, please visit:

www.surveymonkey.com/r/caregiversessions

1. Breaking the Cycle of Anxiety

For parents only...suitable for parents with children in Grades K-12

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: Tuesday, October 8, 2019

TIME: 6:00 – 7:30 pm

LOCATION: Rudolph Hennig School in Fort Saskatchewan

2. Supporting Children and Adolescents with ADHD

Focus is on caregivers of kids and teens (Grades K-12).

Attention Deficit Hyperactivity Disorder (ADHD) is one of the most common mental health conditions diagnosed in children. Come and learn about the signs and symptoms of ADHD, ways that ADHD impacts academic achievement, self-worth, and relationships. You will leave with new strategies (not solutions) and resources for supporting success in children as adolescents with ADHD.

DATE: Wednesday, November 27, 2019

TIME: 6:00 – 7:30 pm

LOCATION: Elk Island Catholic Schools Central Learning Services in Sherwood Park, AB





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3. MindFuel

Fuel up and recharge your mind this fall. Discover new ways to support your well-being and relationships. Teens will learn new coping tools while adults will learn how to foster healthy mental and social development with the youth in their lives.

- Youth will take part in a series of 20 minutes interactive learning activities that provided information and strategies they can use (Please sign up youth in the separately posted "MindFuel (Youth - Grades 5-8)")
- Adults will learn tools that will empower the youth in their lives to develop interpersonal skills to deal with challenges.

Wednesday, October 9, 2019, 6 – 7:30pm MDT

Community Centre, Council Chambers (2001 Sherwood Drive, Sherwood Park

To register for Mind fuel:

Email: familyandcommunity@strathcona.ca

Phone: 780-464-4044

4. Parent Skill Building: Difficult Conversations with your Children

When Wednesday, October 23, 2019, 6 – 7:30pm

Where [Community Centre, Alberta Room \(#200, 501 Festival Avenue, Sherwood Park\)](#)

Conversations with your children can be difficult – learn how to prepare for them, practice active listening and apply emotional regulation tools that can help build confidence and courage to start a conversation.

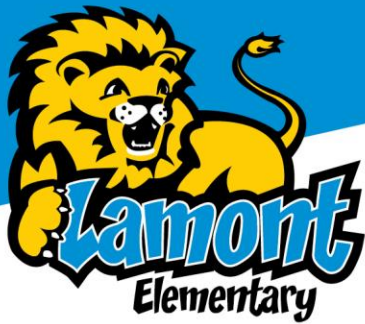
For parents and caregivers of children 10-16 yrs of age.

Details www.strathcona.ca/parentsupport

TEAM Days

This year, we have made some changes to our Health Days based on staff and student feedback. We have decided to run the days under the new heading "TEAM (Together Everyone Achieves More) Days". With the success of our Health Days last year, we decided to shift the focus of each day this year to celebrate and enrich a new area of the curriculum. Our yearly schedule is:

October 18, 2019	Health Day
November 21, 2019	Literacy Day
January 31, 2020	Numeracy Day
March 25, 2020	First Nations, Inuit and Metis Day
April 24, 2020	Fine Arts Day
May 14, 2020	Science and Technology Day



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These days will follow a similar format to our Health Days last year (cross-graded groups moving through conference-style sessions in the afternoon). We are asking parents and community members to be involved again this year on these special days. **If you would like to join us to check out the sessions, run a session or lead a group of students through sessions we would love to have you!** If you would like to be involved, contact Jess Miskiw at jess.miskiw@eips.ca or just pop by on the day to check it out!

October's Health Day Tentative Schedule



<u>Division 1 (Grades 1-3)</u>	<u>Division 2 (Grades 4-6)</u>
Lamont County Peace Officer Halloween Safety	Mental Health session with Andrea Antoniuk
Fire Safety with Lamont Fire Dept.	Zen Room
Dental Hygiene with Dr. Doblanko	Outdoor Physical Activity session
Dance Lesson led by Grade 6 students	Water Safety with Harbour Pool
Shoe Tying Workshop with EIPS OT Team**this session is only offered to small groups of predetermined students	Healthy Relationships with FCSS
	Healthy Eating/Hands-on Nutrition
	Card Making

Student Leadership

At Lamont Elementary, we are happy to offer a wide variety of leadership opportunities for students to become more involved in the school community. We are running the following groups this year:

- **Office Helpers-** Office Helpers are Grade 5/6 students who help manage the office duties at break times (like lunch and recess). They answer phones, take messages and help students who need assistance at the office and welcome guests. Mrs. Motiuk supervises these leaders.
- **Ignition Team-** Ignition is the student leadership team and is open to students in Grade 5/6. They plan and organize theme days, school-wide activities and help with assemblies. Mrs. Miskiw supervises these leaders.
- **Library Helpers-** Library Helpers is a program for students in Grades 5/6 who want to encourage a love of reading and assist with events in the library. Their tasks include creating bulletin boards, helping to organize the library, helping with library events (like puppet shows, reading to younger students) and encouraging their peers to enjoy reading. Mrs. Wisselink supervises these leaders.



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- **LNN-** The Lamont News Network (LNN) is open to students in Grade 5/6 who want to help deliver school news to our students, staff and community. They can be in front of the camera, as news anchors, or behind the camera, as camera operators, directors or stage crews. Mrs. Calder, Mrs. A. Kelly and Mrs. Richert supervise these leaders.
- **Spirit Buddies-** Spirit Buddies is our Grade 3/4 leadership group. The purpose of this group is to spread kindness and happiness to others in the school and community. Tasks include monthly acts of kindness (card making, baking, shoveling, etc.). Mrs. Miskiw supervises these leaders.
- **Cleanup Crew-** Cleanup Crew are Grade 3/4 students who volunteered to organize and manage those two rooms in our school. They will be responsible for meeting once a month to organize materials, take inventory as needed and beautify the space. Mrs. Miskiw, Mr. Robertson and Mrs. Anderson supervise these leaders.
- **Patrollers-** Patrollers are a group of Grade 5/6 students who were chosen to help our students at Lamont Elementary cross the street safely before and after school. Mrs. Richert and Mrs. Marks supervise these leaders.

Pay School Fees Online!

School fee information for the 2019-20 school year is now posted on the PowerSchool Parent Portal. 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 also 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 fees, you can apply to have [fees waived](#) by submitting an [Application for a Waiver of Fees](#). The application deadline is Dec. 15, 2019.

For more information about school fees, waivers and payment deadlines, visit www.eips.ca/schools/fees and <https://www.lamontelementary.ca/about/fees>. Alternatively, contact Wendy Motiuk, Secretary at Lamont Elementary at 780-895-2269.

REMINDER: Make head checks for lice a routine!

Head lice are 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



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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 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 you find head lice 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. Alternatively, you can contact the school at 780-895-2269.

No Child Without: Free MedicAlert for students

In our ongoing effort to provide safe and caring schools for our students, Lamont Elementary 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 780-895-2269. To learn more about the No Child Without program, visit www.nochildwithout.ca.

School Bus Safety Week: October 21-25

Schools throughout Elk Island Public Schools (EIPS) are celebrating School Bus Safety Week October 21-25. The theme: Ready to Ride, which focuses on being a responsible rider. Throughout the week, various activities are planned, including information sessions, bus-safety lesson plans and bus-evacuation drills. As part of School Bus Safety Week, we'd like to remind students and families all of the Division's school buses are equipped with a bus-pass scanner and GPS technology, which allows Student Transportation to better monitor and manage its more than 156 buses and 594 bus routes. Thanks to this technology, parents and students also have access to the Versatrans My Stop app, a mobile tool to help determine the location of a bus, projected arrival times and when a child is scanned onto a bus.



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For more information about School Bus Safety Week and EIPS Student Transportation services visit www.eips.ca/transportation or contact Student Transportation (780-417-8151, st@eips.ca) directly.

Celebrating World Teachers' Day: October 5

October 5 is World Teachers' Day! Launched in 1994 by the United Nations Education, Scientific and Cultural Organization (UNESCO), World Teachers' Day is celebrated annually around the world to recognize teachers and the integral role they play in providing quality education to students. On October 5, Elk Island Public Schools (EIPS) encourages all of its students, parents and community members to show their appreciation for their teachers and the positive impact they make on our lives.

New this year, to honour the day, EIPS kick-started a new contest inviting friends, family, students and staff to share a story about how a teacher inspired them. Thank you to all those who have shared stories to date. Collectively they tell a story about the vital role teachers play in shaping the minds of youth and supporting their journey of success.

EIPS extends a heartfelt thank you to all its teachers for their dedication, hard work and commitment in guiding and educating our students through their kindergarten to Grade 12 years.

Have a wonderful October everyone!

Outgrown It Sale & Market

October 19, 2019 10 a.m. – 3 p.m.
Lamont Hall

★ Baby and Kids Clothing ★

★ Baby Gear and Toys ★

★ Handmade & Small Businesses ★

Buy the next size up and start Christmas Shopping!

Admission:

Food or Monetary Donations for the
County Of Lamont Food Bank

Table Rental: \$30

For more information or to book your table contact:

Lynsay 780-719-0554

Lynsay.atchison@gmail.com

Glitter Tattoos, Face Painting & Food Truck too!