



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

lamontelementary.ca

Judy Anderson, Principal
Jay Robertson, Assistant Principal

September Newsletter

Principal's Report

Welcome back to another school year! My name is Judy Anderson and I am very excited to be the new principal of Lamont Elementary School. The hustle and bustle of the first week back to school reminded me how blessed I am to be starting this new adventure at Lamont Elementary. I was blown away with the level of dedication, hard work, and commitment shown by the entire staff as we prepared to open the doors for another school year. My assistant principal, Jay Robertson and I made our way around the school to visit each classroom and were so pleased with how friendly and welcoming the students were. They asked us some great questions and we are excited to get to know the students, parents and community of Lamont Elementary.

I would like to this opportunity to briefly introduce myself. I grew up in Kimberley, B. C. which is a small town in the Rocky Mountains. My elementary school had only 95 students at the time! I graduated from the University of Alberta in 1996 and began my teaching career in Southern Alberta working as a substitute teacher and teaching Early Reading Intervention at two rural schools. My husband, who is just finishing his career with the R.C.M.P was stationed in Cardston, Alberta at the time. In 1999 we moved to Sherwood Park and I began working for Edmonton Public Schools and have since taught a variety of grades in various schools. I earned my Master's degree in Educational Studies from the University of Alberta in 2016 with my research focusing on leadership and school improvement. Most recently, I was working as the assistant principal at Glen Allan Elementary in Sherwood Park. I have one son who is an active 14 year old who is heavily involved with sports, with his favorite being baseball.

I look forward to a wonderful school year and getting to know the staff, students, parents and community of Lamont Elementary. I hope to see you at the *Meet the Staff* evening on Thursday, September 7th between 6:00 – 8:00 pm. Please stop in and introduce yourself. At any time, if you have any questions, concerns or comments, please do not hesitate to contact me. We will work together to ensure your children have a successful, productive, and rewarding school year.

Sincerely,
Judy Anderson M. Ed.



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Assistant Principal's Message

I would like to take this opportunity to introduce myself. My name is Jay Robertson. I have been in the Elk Island system for the past twenty years. I started my teaching career in Mundare, teaching junior high and high school. After two years in Mundare, I moved to Fort Saskatchewan and started teaching at Glen Allan Elementary, where I taught grades 3-6. For the past thirteen years I have been teaching at Lakeland Ridge School in Sherwood Park. I am very excited to be the Assistant Principal of Lamont Elementary and I look forward to a fantastic school year! If you have any questions or concerns, please do not hesitate to contact me at the school.

Hello parents and guardians!

My name is Jess Sereda and I am the new school counselor this year at Lamont Elementary (and split halftime with Bruderheim School). I have been counselling for the past 3 years in Aspen View School Division and am excited to begin a new specialization in self-regulation, physical literacy and positive mental health strategies. Meeting families and important to me so if you would like to specific time to meet, I would love it! on the school website, where I will also be posting helpful links and resources for parents this year.



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Meet the Staff Evening – Thursday, September 7th

We would like to extend a warm welcome to all our Lamont Elementary families to drop in and meet the staff between 6:00 and 8:00 pm on Thursday, September 7th. This is a wonderful opportunity to have your child introduce you to their teacher. Please take a moment to drop by the office and introduce yourself to Mrs. Anderson and Mr. Robertson. To accommodate the busy evening schedules families often have, the evening will be an open house, drop in format. We look forward to seeing you sometime between 6:00 and 8:00 pm.



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Staffing Update

We are pleased to welcome the following new staff to our school:

Mrs. Anderson, Principal

Mr. Robertson, Assistant Principal

Ms. Sereda, School Counsellor

Mrs. Petrushko, ECS Teacher

Ms. Galloway, Grade 1

Ms. Hallier, Grade 4

Mrs. Richert, Grade 5/6

Mrs. Marks, Grade 6

Ms. Davenport, Educational Assistant in ECS and Grade 1

Ms. Mastrangelo, Educational Assistant in ECS and Grade 1

Mrs. Willis, Educational Assistant in ECS

Mrs. Taylor, Nutrition Grant/Food Preparation

For a complete staff list, please visit our website, click *About* and find the *Meet the Staff* tab.

School Advisory Council

Annual General Meeting will be held on Thursday, September 28th at 6:30 pm in Lamont Elementary library. All parents are welcome to attend!

South Staff Parking Lot/Student Drop off and Pickup

Exciting news to have the south staff parking lot paved! Contractors will continue working on the center curb with hopes of being completed by September 15th. Please note that the angled parking stall lines have been painted in the opposite direction that what you are used to! We are looking in to how this will be resolved but in the meantime, please use extra caution while we wait for the signage and work to be corrected. Thank you for your careful driving and your patience.

Correction Forms

All students will be bringing home a correction form in the next few days. Please go through all of the information on this sheet, sign (even if there are no changes) and return to the school as soon as possible.



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Allergy Alert

Within our school community there are several students who have a potentially **life-threatening allergy** (anaphylaxis) to foods, predominantly to peanuts and tree nuts (e.g. almond, cashew, hazelnut, pistachio). Ingestion of even tiny amounts of these items could be serious and life threatening.

We feel the best way to reduce the risk of accidental exposure to these students is to respectfully ask for the co-operation of the parents/guardians within this school community to avoid sending peanut butter or products with nuts listed in the ingredients. Please remember that some products considered safe previously may have changed their labels and are now not safe. Please read the labels carefully. If products are labeled “may contain nuts” or “this has been made in a facility that handles nut products” they cannot be brought to school.

We recognize that this request may be frustrating for you when packing school lunches and snacks and we are grateful for any effort made to protect all of our students. Although we cannot guarantee an allergen-free environment, we will take reasonable steps to ensure a safe environment for those with life-threatening allergies.

One of our students also has a severe allergy to eggs. Students in grade 3 and grade 4 need to avoid sending whole eggs or items containing whole eggs to school, including hard-boiled eggs and egg salad.

How To Deal With Back-to-School Worries

Below are some general strategies parents can use to deal with back-to-school worries.

Look after the basics.

Nobody copes well when they are tired or hungry. Anxious children often forget to eat, don't feel hungry, and don't get enough sleep. Provide frequent and nutritious snacks for your child. During this time, you also need to build in regular routines, so that life is more predictable for your child. These routines can involve the morning and bedtime habits, as well as eating schedules.

Encourage your child to share their fears.

Ask your child what is making him or her worried. Tell your child that it is normal to have concerns. Before and during the first few weeks of school, set up a regular time and place to talk. Some children feel most comfortable in a private space with your undivided attention (such as right before bed, or during mealtime), others may prefer talking during a walk or in the car.



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Avoid giving reassurance...instead, problem-solve and plan! Children often seek reassurance that bad things won't happen in order to reduce their worry. Do not assure them with *"Don't worry!"* or *"Everything will be fine!"* Instead, encourage your child to think of ways to solve his or her problem. For example, *"If (the worst) happens, what could you do?"* or *"Let's think of some ways you could handle that situation."* This gives you the opportunity to coach your child on how to cope with (and interpret) both real and imagined scary situations. You may even want to walk them through a visualization of the next day of school going well if they are in upper elementary.

Focus on the positive aspects! Encourage your child to re-direct attention away from the worries, and towards the positives. Ask your child, *"What are three things that you are most excited about on your first day of school?"* Most kids can think of *something* good, even if it's just eating a special snack or going home at the end of the day. Chances are that the fun aspects are simply getting overlooked by repetitive worries.

Pay attention to your own behavior. It can be anxiety-provoking for parents to hand over care and responsibility of their child to teachers. Children take cues from their parents, so the more confidence and comfort you can model, the more your child will understand there is no reason to be afraid. Be supportive yet firm. When saying goodbye in the morning, say it cheerfully – once! Ensure you don't reward your child's protests, crying, or tantrums by allowing him or her to avoid going to school. Instead, in a calm tone, say: *"I can see that going to school is making you scared, but you still have to go. Tell me what you are worried about, so we can talk about it."* Chances are, your child is anxious about something that requires a little problem-solving, role-playing, planning, and/or involvement from the teacher.

Reward brave and positive behaviour.

Don't forget to praise your child for making positive choices and overcoming obstacles. If you focus on the positive choices they made, this will help them to do the same. Rewards don't have to be material things (going for a walk together, watching their favourite movie, getting to choose what to eat for dinner or getting a big hug are great options!) so be creative!

Stay Connected: Subscribe to our news

Want to stay up-to-date on the latest news and events taking place at your school? Make sure to subscribe to Elk Island Public Schools' (EIPS) email distribution list. Canada's Anti-Spam Legislation (CASL) now requires the Division to have direct consent before engaging in electronic communication with its families. If you haven't yet subscribed, simply visit www.eips.ca/contact/synrevoice. As soon as you sign up and confirm, you'll begin receiving Division- and school-related news—newsletters, information about upcoming events, parent and community engagement opportunities, important school-based updates and more.





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NOTE: Even if you're not subscribed, you will continue to receive emails regarding emergency situations and financial matters. Those who received notifications about high school attendance will also continue to receive those messages.

EIPS appreciates your co-operation in ensuring its distribution lists are compliant with CASL and you continue to receive only the information you feel is important

Pay School Fees Online!

School fee information for the 2017-18 school year is expected to be posted on the PowerSchool Parent Portal by early October. 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 students fees you can apply to have [fees waived](#) by submitting an [Application for a Waiver of Fees](#). The application deadline is Dec. 15, 2017.

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

Sync the School Calendar to Your Personal Calendar

Did you know you can sync the school calendar to your own personal calendar? You can. Just visit <http://lamontelementary.ca/about/calendar> and click on one of the following calendar options you want to subscribe to:

Add to Google Calendar
Subscribe to Calendar (Outlook)
Download iCal

NOTE: Using a mobile device, these options are located above the calendar. Using a computer, these options are located below the calendar.



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Once you click on the calendar option you want to subscribe to, follow the instructions. Within seconds, your personal calendar will contain all of Lamont Elementary School's important dates including holidays, school-closures days, planned activities, events and more.

Improving Home-School Communication

To enhance communication between families and schools, Elk Island Public Schools (EIPS) has developed a how-to guide entitled, "Communication Protocol for Schools." Topics include appropriate channels to use, standard formats and structures, timing and sequencing for regular and ongoing home-school communication, and ways to bring forward questions or concerns. Additionally, the manual offers useful tools and resources schools and families can use to enhance face-to-face meetings, emails and any social media efforts. The "Communication Protocol for Schools" is available at www.eips.ca/download/40981.

Quick Facts: EIPS buses are all equipped with video surveillance

Did you know each EIPS bus is equipped with video surveillance? The video surveillance and equipment helps:

- ensure the safety of all students, drivers and property; and
- deter from destructive acts.

On a regular basis, EIPS Student Transportation reviews the video recordings, in accordance with the *Freedom of Information and Protection of Privacy Act* (FOIP). The recordings assist the department with monitoring student and driver conduct, and may be used as evidence in a disciplinary matter.

For more information about the collection, use and disclosure of personal information, contact the EIPS FOIP co-ordinator at 780-464-3477.

Enhancing literacy and numeracy

As part of Elk Island Public Schools' (EIPS) ongoing efforts to enhance the literacy and numeracy of students in all grade levels, the Division is once again planning to administer two assessment tools during the 2017-18 school year—STAR 360 and Math Intervention/Programming Instrument (MIPI).

The tools focus on literacy and numeracy, are digitally based and offer an opportunity for students to demonstrate their learning. The goal: to provide timely information to teachers, help enhance classroom instruction and ensure student learning needs are identified.

In September and May, EIPS students in grades 2 through 12 will complete the STAR 360 assessment, which evaluates reading comprehension. Grade 1 students will take the STAR 360 exam in October. The assessment takes approximately 20 minutes and can be taken on any digital device. Also in



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September, students in grades 2 through 10 will complete the MIPI assessment, which is a mathematic screening tool used to inform teachers about a student's math skills. For students in grades 7 through 10, the MIPI takes approximately 50 minutes and for students in grades 2 through 6 it takes approximately 20 minutes. The results of each offers the teacher a clearer picture about a student's learning needs and helps determine if subsequent instructional planning is required. The scores of the assessments are not used towards a student's grade and there is no need to study ahead of time. They simply provide the teacher with information to better understand where each student is in terms of reading comprehension and mathematic ability. If, after analyzing the results, it's determined a student can benefit from extra support, the teacher will contact the family to discuss possible support strategies.

For more information about the Division's STAR 360 and MIPI assessment tools, contact Deb Barron, the director of Learning Supports, at 780-464-3477.