



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

lamontelementary.ca

Judy Anderson, Principal
Jay Robertson, Assistant Principal

November Newsletter

HELLO FAMILIES!

Time is flying by as we begin our third month of the school year already! Thank you very much for taking the time to attend Parent Teacher Interviews in October. Teachers spent a great deal of time preparing for the interviews and it was great to see so many parents here.

Halloween proved to be very eventful! Students in kindergarten to grade 3 made a special visit to Beaverhill Lodge and the Auxiliary Hospital to show off their costumes, perform some **spooktacular** songs, and spread some Halloween cheer. Opportunities for students to connect with the community are so valuable and we would like to thank Hrehorets Bus Service for donating the busses for this opportunity! Thank you to all parents who joined us for the parade and to our Lunch Crew for the fabulous Halloween Hot Lunch!

November will be a special month! We have several exciting events happening including an author visit for the grade 4-6 students on November 6th. Each class will participate in an hour session with the author, Kevin Miller and have the opportunity to experience some of the writing process. We also have two of Elk Island Public Schools technology consultants joining us for the day on November 8th to work with our teachers and students on Google Apps for Education. In the afternoon of November 9th, our grade 4-6 students will watch an interactive play called *The Bully Project* which explores the complex reasons underlying bullying behavior as well as presents safe and constructive ways to combat this behavior. The week of November 20th - 24th is Bully Awareness Week.

We are very excited for our students to begin their special leadership jobs! Every student participated in the job fair and had the opportunity to pick 3 leadership positions of interest to them. A special thank you to Mr. Robertson for getting the job fair organized. He was able to give every student in the school a job of their choice. Thank you also to the teachers who volunteered to supervise and facilitate the various leadership committees.

The Remembrance Day Ceremony is one of my favorites and I am looking forward to having our school partner with Lamont High School to honor those who have sacrificed for our freedoms. The **Remembrance Day Ceremony will be held at Lamont High School on Thursday, November 9th at 10:15 am.** Please join us if you can!



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

lamontelementary.ca

Judy Anderson, Principal
Jay Robertson, Assistant Principal

The school will be closed from Friday, November 10th for Fall Break and reopen on Monday, November 20th. I hope you are able to enjoy spending time with friends and family. When we return from the break, it will be a busy two weeks with teachers instructing, assessing, and writing progress reports which will be available for you to view on line Friday, December 1st at 3:00 pm. In the meantime, if you have any questions about your child's progress, please do not hesitate to contact their teacher.

The next School Council meeting will be held on Thursday, November 23rd at 6:30 pm in the library. We are also hosting a parent information evening on Thursday, November 30th at 6:30 pm in the library called *CYBER- WORLD: A Parent's Guide to Raising Healthy Digital Citizens*. The focus of this evening will be on internet and social media safety. We hope to see you at both the School Council meeting and the parent information session!

Our **Christmas Concert will be on Wednesday, December 13th** so please save the date! It will be held at Lamont High School at 7:00 pm.

Thank you for your continued support. If you have any comments, questions, or concerns, please feel free to contact me any time.

Sincerely,
Judy Anderson M. Ed.

UPCOMING EVENTS:

- Nov. 1 Early Dismissal @ 2:08
- Nov. 3 Blue (T/T) Kindergarten
- Nov. 5 Daylight Time Ends
- Nov. 9 Remembrance Day Ceremony @ 10:15
- Nov. 10 School Closure Day
- Nov. 13 - 17 Fall Break (All schools closed)
- Nov. 22 Picture Retake Day
- Nov. 24 Red (M/W) Kindergarten
- Dec. 1 Blue (T/T) Kindergarten
- Dec. 1 Reports Cards Published
- Dec. 6 Early Dismissal @ 2:08
- Dec. 13 Christmas Concert



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

lamontelementary.ca

Judy Anderson, Principal
Jay Robertson, Assistant Principal

LAMONT ELEMENTARY SCHOOL COUNCIL (LESC) NEWS

September held our first School Council meeting of the year. It was such an encouraging turn out! We saw some wonderful new faces and had lots to discuss. A full School Council newsletter will be sent home to you shortly, but here's some news in a nutshell:

- Our Annual General Meeting is moved until April (as defined by our bylaws)
- We have had a very successful first fundraiser in Little Caesars. We raised nearly \$2000 and donated 11 pizza kits to our local food bank. Our second and final fundraiser for the year will be held in the spring and will be the same. The school council is taking a look at what our school requires for fundraising as well as future plans for playground implementation.
- The new year will hold some changes for us, as our bylaws will need to be amended. They were last updated in 2011, and items have come to light that need our attention.
- Our next council meeting will be held on Thursday, November 23 at 6:30 in our school library. If you are at all interested in attending, please check it out! It has been a real pleasure getting to know other parents and hear what they have to say.
- Thursday, November 30 from 6:30 - 8:00 we are offering a presentation called *Cyber World - A Caregiver's Guide to Raising Healthy Digital Citizens*. This is a workshop to help parents know and understand what their children are doing online. We are extremely excited to have the opportunity to offer this workshop and highly encourage you to attend!

LIBRARY NEWS

Read-in Week 2017: Thank you to all who participated in Read-In Week 2017. We had an amazing Reading Celebration with lots of different reading activities throughout the day. A big thank you to our guest readers who came into the school and read to the students. Thanks go out to Mayor Skinner, MLA Jessica Littlewood, School Trustee Colleen Holowaychuk, Mrs. Adamyk, Mrs. McBride, Mrs. McLean, Constable Schoepp, and Captain Calder.



Returning Library Books: Thanks to all students for doing such a great job returning your library books. The "Spinning Wheel" will be out at the end of November!!

Book Sale at the Library: The used book cart is now empty! Thanks to all who bought books.

Author, Kevin Miller will be coming to our school on Monday, November 6. He will be leading writing workshops with students in grades 4-6. He will also be selling his two chapter books from the new Milligan Creek series. \$10.00 each or two for \$16.00.



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

lamontelementary.ca

Judy Anderson, Principal
Jay Robertson, Assistant Principal

Be sure to check the Library Page on the school website for the latest library info or follow us on Twitter @LMELibrary

PICTURE RETAKES

Lifetouch Photography will be back at our school on Wednesday, November 22nd for retakes. Students who missed the first picture day will have their pictures taken that day also.

MISS SEREDA'S COUNSELLOR CORNER

At Lamont Elementary, we are working together to promote self-regulation in our students. You may hear your child start to talk about things like: breathing techniques (Belly Breathing), Zones of Regulation (identifying when they are in the blue, green, yellow or red zone), positive visualizations, body scans and break cards. These are all tools that we are sharing with our students to encourage positive ways they can deal with stress, anxiety, anger and frustration. Here is some background information about self-regulation that may help you better understand this topic.

In a nutshell, self-regulation refers to how people identify and deal with stress. The body naturally "revs up" to give itself more energy to deal with something stressful, then "gears down" to conserve energy when it perceives the stressor is dealt with. People with effective self-regulation optimize their response to stress. They spend less time in ineffective states, such as being too revved up (which can look like being "stressed out", overwhelmed, or "hyper") or too geared down (for example, "zoned-out", bored or sleepy). This results in fewer tantrums, less worry and more learning!

Websites like "Left Brain Buddha" can provide parents with lots of great information about how they can help their children (and themselves!) learn to breathe, be mindful and deal with stress in a healthy way. Check out their website by visiting <http://leftbrainbuddha.com/teach-kids-how-to-breathe/>. Also, if you are a mom, check out their "Mindfulness for Mothers" section which has lots of free meditations and tips for especially designed moms!





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

lamontelementary.ca

Judy Anderson, Principal
Jay Robertson, Assistant Principal

twitter 

facebook

FOLLOW US ON TWITTER AND FACEBOOK TO WIN:

We invite you to check out our Twitter @LamontLions and Facebook @lamontelementary pages, and stay up to date on classroom activities, special events, guests to our school and more. Follow us before November 30 for your chance to win a Tim Horton's gift card.

INCLEMENT WEATHER

With the winter season already here, 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 the temperature including the wind chill factor is -22°C or colder, students shall remain indoors for recess and/or activities.

If inclement weather conditions occur, Elk Island Public Schools (EIPS) advises parents of any bus cancellations using various communications tools—automated-telephone messages, alerts posted on www.eips.ca and school websites, Twitter, Facebook, local radio stations and on Versatrans My Stop. Any morning bus cancellations are posted on www.eips.ca by 6:30 a.m.

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 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.

NO CHILD WITHOUT: FREE MEDICALERT FOR STUDENTS

In our ongoing effort to provide safe and caring schools for our students, Lamont Elementary School is once again participating in the Canadian MedicAlert Foundation's No Child Without program.





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

lamontelementary.ca









Judy Anderson, Principal
Jay Robertson, Assistant Principal

The program is a national initiative that provides no-cost MedicAlert services to children—between the ages four and 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.

Child Development Walk-in Clinic

Do you have questions or do you want to learn more about...

-  how your child speaks.
-  how your child hears.
-  what your child says.
-  your child's printing, pasting or cutting.
-  how your child moves.
-  how your child follows directions.
-  your child's sensitivity to noises, clothing, food textures or messy hand play
-  Information about Child Development is available.

Visit us at our Walk-in Clinic!

~ First-Come-First-Served ~



Wednesday, November 15, 2017

Community Rehabilitation Program - Pediatrics
Lamont Community Care Centre
5216 53 Street, Lamont, AB
10:00 a.m. - 12:00 p.m.

Call 780-895-5817 for more information

Services that may be accessed include:

- Occupational Therapy
- Physical Therapy
- Speech-Language Pathology