



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

[lamontelementary.ca](http://lamontelementary.ca)

Judy Anderson, Principal  
Jay Robertson, Assistant Principal

## November Newsletter

Hello Families!

October went by very quickly and we want to thank you for taking the time to attend parent/teacher interviews! Teachers appreciated the opportunity to share your child's successes as well as plan for next steps to support their learning. Teachers will be writing progress reports that will be available for you to view on Wednesday, December 5 at 3:00 p.m. If you missed the opportunity to meet with your child's teacher, you are more than welcome to set up an alternate time over the next couple of weeks. A huge thank you to our teachers for the effort they put into making the conversations meaningful and for the two evenings they spent connecting with parents last week.

Halloween was so much fun and I enjoyed being Cruella De Vil from 101 Dalmatians! The Halloween Parade was a great opportunity to see all the creative costumes. Thank you to those of you that were able to join us. Students in kindergarten to grade 3 made a special visit to Beaver Hill 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!**

November will be a wonderful month as the Remembrance Day Ceremony is one of my favorites. We are grateful for being able to 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 Friday, November 9 at 10:30 a.m. Please join us if you can!

The school will be closed from Friday, November 9 for Fall Break and reopen on Monday, November 19. For those of you that are traveling, enjoy the time away! Regardless, I hope you are able to enjoy spending time with friends and family.

Our Christmas Concert will be on Thursday, December 13 so please save the date! It will be held at Lamont High School at 6:30 p.m.

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.  
Principal



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### Upcoming Events

- Nov. 4 Daylight savings time ends
- Nov. 7 Early Dismissal
- Nov. 7 Group B Kindergarten
- Nov. 9 Remembrance Day Ceremony – 10:30 @ LHS
- Nov. 12 – 16 Fall Break
- Nov. 21 Group A Kindergarten
- Nov. 28 Group B Kindergarten
- Dec. 5 Early Dismissal
- Dec. 5 Report Cards live
- Dec. 13 Christmas Concert - 6:30 @ LHS

### Wee Read

The Wee Read program is off and running at Lamont Elementary School! We have had 8 volunteers come forward to help deliver this program and this will be the first week where they are reading to our kids. Wee Read, an Alberta Reads initiative, partners community members with children in Kindergarten and Grade 1. Volunteers share a love of reading with two students and volunteer for 30 min per week for 8 weeks. All books are provided by the school but volunteers are also encouraged to bring their own books from home if they have a favourite. We are always looking for more volunteers for this program, so please call or email Jess Sereda if you are interested in being a part of this important program to develop literacy and a love of reading with our students. She can be contacted at (780-895-2269 or [Jessica.sereda@eips.ca](mailto:Jessica.sereda@eips.ca)). Thanks again to our volunteers who make this program possible! We know this about reading:

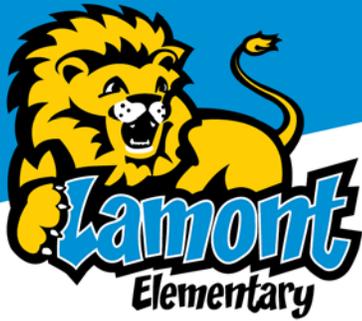
**20 minutes per day** exposes a child to **1 800 000 words** per year

**5 minutes per day** exposes a child to **282 000 words** per year

**1 minute** per day exposes a child to **8000 words** per year

### Remembrance Day

Poppies will be distributed to all students on Friday, November 9. We accept donations for the Royal Canadian Legion. We will be walking across to Lamont High School to attend the **Remembrance Day Ceremony at 10:30 on November 9**. A few students in grades 5/6 will be reciting the poem *In Flanders Fields*. Thank you Lamont High School for welcoming our school community.



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## Library Notes



**Returning Library Books:** Students have been doing an awesome job of remembering to return their library books this year. Keep up the good work, the spinning wheel comes out at the end of November.

**Book Sale at the Library:** We are, once again, making room for new books in our library, this means we will be discarding extra copies of books and slightly damaged older books. The book sale will begin on Monday, November 5, books will be on sale during the first recess. All books will be 25¢ each or \$1.00 for a bag of books (bags will be provided).

## Picture Retakes

Lifetouch Photography will be back at our school on Wednesday, November 21 for retakes. Students who missed the first picture day will have their pictures taken that day also.

## Lamont News Network (LNN)

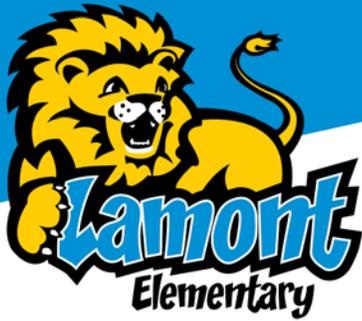
We have filmed one LNN episode this school year. We will be posting an episode every two weeks. Please look for our next LNN episode to be posted on November 19. Also, please subscribe to our YouTube Channel, "LamontLions", so you can get notifications when we post a video. Thank-you for your support. LNN OUT!

## Edmonton Eskimos Presentation

On Thursday, December 7, members from the Edmonton Eskimos are coming to Lamont Elementary! They will be sharing a presentation called **TELUS Wise** which focuses on cyberbullying and being a good digital citizen. We would like to extend an invitation for parents to join us for the presentation from 10:45 - 11:45 a.m. with the opportunity for questions and autographs directly following it.

## First Nations, Metis & Inuit Education

This month students from PALS to grade six will be learning about different types of Indigenous Food. Our Kindergarten and PALS classes will be learning about how some Indigenous cultures use the Sharing Circle to share ideas. They will be creating their own "talking sticks" so they can take turns to share their feelings & stories with one another.



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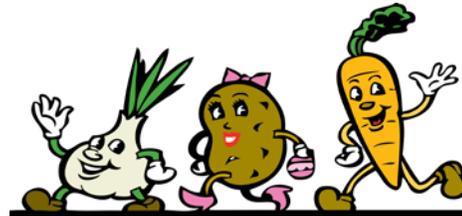
## Health Day Info

This month's Health Day (**on Tuesday November 27th**) is focused on the *Personal Health* strand of the curriculum. We are actively seeking parent volunteers in a variety of roles (supervising, group leaders, helpers, etc.). If you are interested in volunteering or coming to the school to watch the Health Days in action, please contact Jess Sereda at the school (780-895-2269 or [jess.sereda@eips.ca](mailto:jess.sereda@eips.ca)) for more info.

The sessions this month are:

### **Grade 1-3**

-Students attend all sessions (33 min each)

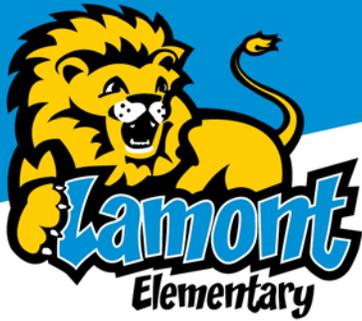


<b>Session #1</b>	Oral Hygiene
<b>Session #2</b>	Cooperative Games
<b>Session #3</b>	Nutrition Basics
<b>Session #4</b>	Personal Hygiene- Hand-washing 101

### **Grade 4-6**

-Students attend 3 sessions (45 min each)

<b>Session #1</b>	Canadian Ninja Warrior
<b>Session #2</b>	Body Image and the Media
<b>Session #3</b>	Hands-On Nutrition
<b>Session #4</b>	Anti-Smoking Board Game
<b>Session #5</b>	Documentary Screening
<b>Session #6</b>	Mindful Art Workshop



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### **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 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](http://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](http://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.

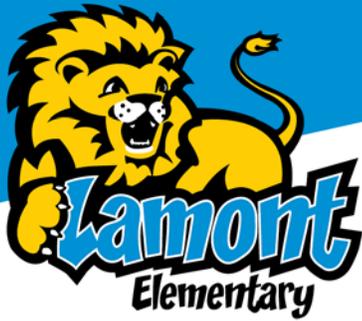
### **Caregiver Education Series**

The Division, in partnership with Strathcona County and Elk Island Catholic Schools, is hosting a series of caregiver information sessions focused on ways to support students’ mental health. The free sessions provide parents, caregivers, teachers and community members with information about challenges that can impact children and adolescents. Some of the session topics include: dealing with anxiety, teenagers and technology, cannabis, understanding depression and self-injury, test anxiety, building executive functioning skills, and limit setting. Visit the [Division calendar](#) to see all scheduled caregiver sessions.

### **New SchoolMessenger Call-display Number**

Effective November 1, all phone calls going out through SchoolMessenger will display one of the following toll-free numbers rather than the school or Division number.

- Messages programmed from Student Transportation: 1-833-298-5234
- Messages programmed from schools and the Division office: 1-833-202-1419



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With this change, parents/guardians have the ability to call back to this number to replay all recent phone messages they've received through SchoolMessenger. If you've missed a call or would like to replay a message to confirm you have all the details, simply call back the applicable 1-833 number and follow the prompts to repeat any recent messages.

### **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. 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](http://www.nochildwithout.ca).

### **Christmas Hampers**

Lamont Hamper Society O/A County of Lamont Food Bank is accepting applications for the 2018 Christmas Hamper from November 12, 2018 to December 6, 2018. Please call 780-619-6955 between these dates to apply for a Christmas Hamper. Applications will not be accepted after December 6. Hamper pick up day is December 16 from 2:00 P.M. to 4:00 P.M.

Hamper assembly and distribution will be Sunday, December 16, 2018 starting at noon. All volunteers are welcome.

### **Instagram**



Lamont Elementary is now on Instagram. Please check us out: [lamont\\_lions](https://www.instagram.com/lamont_lions).

*Have a wonderful month of November and an amazing Fall Break!*