

# Lamont High School



## Principal's Message

With the Christmas season around the corner, we are reminded to spend time with loved ones and enjoy the spirit of this wonderful time of year. Having said that, there are many in our community who are dealing with difficulty and hardship. At LHS, we will be having a variety of activities to help promote Christmas cheer throughout the school, but we will also be reminding our students to think of those less fortunate. Please take some time to talk to your kids about the importance of volunteerism and supporting those in need.

We are still looking to push forward with our Student Lounge. High School students will be able to relax in the lounge during their spare. We are hopeful that providing a space for kids to hang out will help promote improved attendance and give the students an opportunity to blow off some steam! If you have any items you think would be a good addition to the room (an old ping pong table, a gaming system etc.) that you would like to donate, please contact Mr. Starko.

## Student Drop Off

Please be advised that the student drop off area is located at the North end of the school. **Students should not be dropped off at the front of the school and vehicles should not park there.**

## Fees

Please note that the deadline is approaching for the Application of Waiver of Fees! The deadline is Dec. 15, 2018. If you have any questions about this process, please contact the office.

## Christmas Food Bank Drive

During the month of December, LHS will be collecting nonperishable food items for the food bank. Please support our students as they look to support those in need in our community.

## #WeAreLamont Athletics Update

November brought an end to a successful volleyball season at Lamont High.

## Highlights

### Purdy's Chocolate

The Purdy's chocolate fundraiser was very successful! Student Council was able to raise \$626! Thank you so much to all those who supported!

The chocolate orders will be ready for pick up on Tuesday December 18<sup>th</sup> from the science lab (room 129).

### Grad

Poinsettia orders should be available for pick up from the science lab (room 129) on Tuesday, December 18<sup>th</sup>.

### Formal Day

Our annual Formal Day will be held on Friday, December 21<sup>st</sup>. Come dressed to the 9's! Turkey dinner with all the fixings will be served during the lunch hour. More details to come !

### Financial Advisor

Mr. Hope's math classes will have a special guest as Jodie Craven. The former LHS grad works for World Financial Group to speak to students about investments and mortgages. It will be a great way for our students to see real life math at work!

## Key Dates

### Parent Teacher Interviews

Wednesday, December 12  
3:30pm – 5:00pm

### Formal Day

Friday, December 21

### Christmas Break

December 24 – January 6

### Semester 1 – Last Day of Class (High School Only)

Monday, January 21

Some highlights of the successes are:

Jr. B boys took silver in the EIPS league.

Jr. A girls played underdog in the playoffs taking out 4th place St. Mary's, then pushing 1st place St. Andre Bessette to 5 sets before losing to third ranked Vegreville in the bronze medal game.

High School girls went into NE ASAA zones ranked third - their highest ranking in years, and unfortunately lost in the bronze medal game.

High School boys went into the NE ASAA zones ranked 5th, also their highest ranking, and finished 5th in the zone as well keeping their ranking.

This volleyball season has shown that the work being done with junior high programming is paying off as our high school teams are improving their rankings every year!

The next seasons are upon us as curling has begun with Monday practices and Friday night rec league games at the curling club. The boys team is off to a hot start at 2-0!

Basketball tryouts start the week of December 3rd with the Jr. A teams then heading to the EIPS tournament December 13-15 and the High School teams heading to Glendon December 14/15.

Follow us on Instagram, twitter and Facebook to keep updates on all things #WeAreLamont!

### **Counsellors Corner**

#### **December 2018 Scholarship/Bursary Deadlines**

##### **Burger King Scholarship: Deadline: December 15, 2018**

The BURGER KING® Scholars Program has awarded more than \$15.4 million to high school seniors and employees across the U.S., Canada and Puerto Rico since the program's inception in 2000. This year alone we awarded more than \$1.4 million in scholarships to 1,258 students, and introduced and awarded four new major scholarships including one King \$25,000, award and three James W. McLamore WHOPPER Scholarship \$50,000 awards. Student or family member must be employee of Burger King.

<https://www.scholarshipamerica.org/burgerkingscholars/information.php>

**Canadian Women in Municipal Government: Value:** 5 awards of \$1000 each.

**Criteria:** -Young women students who are enrolled in a Canadian secondary school in any year of study - Applicants should be students who are making a contribution to their school's leadership teams or student councils - Submit a minimum 1,000-word research paper that is related to how women make a difference in community service, leadership positions, or politics. **Deadline:**

**December 15, 2018.** <https://fcm.ca/home/awards/canadian-women-in-municipal-government-scholarship.htm>

**2019 Aboriginal Student Awards Program: December 3, 2018 – February 28, 2019**

**Value: up to \$4000 Criteria:** RBC offers 10 Awards valued up to \$4,000 for each academic year (for a maximum of four years) to use towards tuition, textbooks, supplies and living expenses. You can apply under two categories; financial and non-financial disciplines. Applications for the scholarship are open from December 1 to February 28. Link to application opens December 3.

<https://www.rbc.com/careers/indigenous-peoples.html>

**Merry Christmas and Happy New Year from the Board of Trustees**

As the holiday season approaches and we prepare for the winter break, I want to take the opportunity to extend warm wishes to all our students, staff and families on behalf of the Elk Island Public Schools Board of Trustees. We hope you and your loved ones have a wonderful and safe Christmas season, and a new year filled with joy.

We look forward to seeing everyone back at school on Monday, Jan. 7, 2019.

Thank you and best wishes,

Trina Boymook, EIPS Board Chair

**Winter Break**

Lamont High School will close for the winter break at the end of the day on Dec. 21, 2018 and will reopen on Jan. 7, 2019. During this time, if you have any school-related questions or concerns, contact Central Services at Elk Island Public Schools.

**EIPS Central Services Winter Break Hours**

Closed            December 22-January 1  
Open             January 2-4, 8:30 a.m. to 4:30 p.m.

\*for location and contact information visit [www.eips.ca](http://www.eips.ca).

From everyone at Elk Island Public Schools, we wish all of you a happy holiday season and a wonderful New Year.

### **Elk Island Public Schools 2019-20 Registration Drive**

All student registrations for the 2019-20 school year—including kindergarten registration, returning student registration and new student registration—will take place online commencing on **Feb. 1, 2019**.

- Kindergarten: Your child is eligible to enrol in kindergarten if he/she will be five years old on or before December 31, 2019.
- Returning Students: If your child will be returning to an EIPS school next fall, this is when you will confirm that registration and select your requested school—whether your child will attend your designated school or will request a non-designated school, your family will complete this process.
- New Students: Students new to EIPS for the 2019-20 school year will also complete their registration at this time.

All registration forms will be online for families to complete. Additional information, including a list of schools with open and closed boundaries, will be posted on the Division website in the new year.

# (Re)Connection Challenge

– DECEMBER –

1

Text 3 bottom hands to tell them how much they mean to you.

2

Take 20 min to have a beverage in your fav mug.

3

Read a poem.

4

Learn something new.

5

Donate 5 good things you never use.

6

Make something that brings you joy.

7

Set your intention for today.

8

Ask for or offer a hug.

9

Write down 3 things you're grateful for.

10

Take a selfie and see your beauty.

11

Sit down for a meal—focus on mindful eating.

12

Take a walk outside.

13

Write a care note to yourself.

14

Sit for 4 min while looking at something living.

15

Go the entire day without complaining.

16

Fix something that's broken.

17

Celebrate an accomplishment.

18

Take the stairs.

19

Take 24 hours away from social media.

20

Schedule a date with a loved one.

21

Read a favourite book or story from your childhood.

22

Listen more than you speak.

23

Do a 10 min stretch; find comfy pants for tomorrow.

Tag #DrJodyChallenge on Instagram, Twitter, or FB.



Dr. Jody Carrington  
SPEAKER · AUTHOR · GAME CHANGER

# Healthy Children

December 2018 Parent Newsletter



## Be Tobacco Smart

Talking to kids about tobacco from an early age is important, but for some people it can be hard to know what to say, or when to say it. We do know that beginning the conversation as early as five or six years old and being open to talking about tobacco throughout the years, is important in helping children and youth make healthy choices.

A new resource is now available to help parents, health providers and teachers begin the conversation. The purpose of this booklet is to share health information in a meaningful and appropriate way with young children, while honouring the role of tobacco in many Indigenous communities throughout the province.

Titled *Be Tobacco Smart*, this booklet tells the story of three young children who find tobacco litter on the ground. Guided by their new friend Duke the Dog, they learn about how tobacco can harm their health, the environment and even their pets! Along the way, they meet Elder Eagle, who shares with them why tobacco is special to many Indigenous people. Using activities such as, word searches, crossword puzzles and colouring pages, the booklet provides an opportunity to begin discussions about tobacco with very young children – whether it is with parents, community health providers or teachers.



To access this resource, visit <https://www.albertaquits.ca/helping-others-quit/teachers-and-school> or call 780-422-1350

## Articles

Be Tobacco Smart

Cyberbullying 101:  
What it is and what  
you can do!

In Alberta, Alberta Health Care covers the cost of eye exams by a Doctor of Optometry for all children until they turn 19. Many vision and eye health conditions have no symptoms and can only be detected through an eye exam. For more information about childhood eye examinations and to find an optometrist in your area, please visit [www.optometrists.ab.ca](http://www.optometrists.ab.ca)



To find an electronic copy of this newsletter visit [www.ahs.ca/csh](http://www.ahs.ca/csh)

## Cyberbullying 101: What it is and what you can do!

By learning what cyberbullying is, how it could affect your child and what you can do about it, you'll be better prepared to talk with your child and respond to their questions or concerns. Cyberbullying is a type of bullying that uses technology (smartphones, computers, tablets etc.) to intimidate, put down or spread rumours about someone using social media or social networks (e.g., Facebook, Twitter, Snapchat, Instagram, gaming sites, blogs, etc.). It also includes making something public that was meant to be private, like photos and videos.

Social media sites, as well as email and texting have become one of the main way kids communicate and socialize. Because of these sites and access to them, cyberbullying has become a reality for today's children.

Cyberbullies often feel safe because they hide behind their computer or phone. The only limits to what can be done are based on the bully's imagination and access to technology.



Research suggests that cyberbullying may have damaging effects to children, like low self-esteem, anxiety, missing or skipping school, poor grades, anger, depression, violence against others and suicide. Cyber threats can cause more harm than face-to-face bullying, because there's no escape. It can happen any time, any place.

What you can do about cyberbullying:

- Talk with your child often about their online activities and behaviours.
- Encourage your child to speak out against bullying of any kind.

- Teach your child not to post or say anything that they wouldn't want the whole world – including you – to read.
- Check in with your child often to make sure everything is okay.
- Watch for changes in your child's behaviour when using their phone or computer.
- Make sure your child feels comfortable coming to you with any issue.

 To learn more about cyberbullying, please visit [Alberta Health Services](http://Alberta Health Services) [www.teachingsexualhealth.ca](http://www.teachingsexualhealth.ca)

To find an electronic copy of this newsletter, visit [www.ahs.ca/osh](http://www.ahs.ca/osh)

# Connect Parent Group

An Attachment-Based Program to Support Parents & Caregivers

Do you ever feel that your pre-teen doesn't listen to you?  
Do you sometimes even feel pushed away? Do parents matter?

Actually, there is very good evidence that strong relationships with parents protect youth from risk during adolescence and help them thrive!  
We call that ATTACHMENT!

Connect is a FREE 9-week program to support parents of pre-teens (ages 10-14). Parents meet in groups of 10-16 with two trained group leaders.



Wednesdays starting January 30  
until April 3, 2019

No group on March 27

6:00 pm – 7:30 pm

Lang Room at City Hall, 10005 102 St, Fort Saskatchewan

Co-developed over the last 10 years by the Maples Adolescent Treatment Centre and Simon Fraser University, the program focuses on the core components of secure attachment to promote children's social, emotional, and behavioural adjustment. Connect© helps caregivers understand basic attachment concepts which can then be applied across a broad range of situations and relational concepts.

Each session provides parents with an attachment perspective on parent-child relationships and adolescent development. Parents watch role-plays, do exercises and discuss ways of responding to challenging behaviour and problems. After each session, parents receive handouts with key points to remember when applying the principles to their own parent-child relationships.

Call Jennifer at **780.997.4164** to register.

Onsite child care will be provided. Limited spaces available.

Light supper will be provided.