

Lamont High School



Principal's Message

Happy New Year to all the families of LHS! We hope you all had a wonderful holiday season filled with love and laughter.

It's hard to believe, but we are nearing the half way point of our school year already! Parents are reminded that exams are just a few weeks away. Please visit our website for the exam schedule.

Finally, we would like to welcome Candace Lyles to the LHS team! Candace will work in the office as our new Business Manager. We are excited to have Candace join us!

Finland Parent Information Night

On Tuesday, January 15 at 5:00 pm, we will be holding an information night for any parents who are interested in learning more about our partnership with our sister school in Finland. This meeting will provide information regarding expectations, criteria for selection and cost associated for any students who are interested in being part of the project.

If you have any questions, please contact Mr. Mali or Mr. Starko.

Elk Island Public Schools High School Information Evening

Monday January 28

All grade 8 & 9 students, along with their parents, are invited to attend an EIPS high school information evening on Monday January 28 @ 7:00 pm at the Sherwood Park Alliance Church (1011 Clover Bar Rd, Sherwood Park). This will be an opportunity to gain insight to senior high instruction, programming, diploma requirements, course offerings, and much more. We hope to see you then!

#WeAreLamont Athletics Update

Happy New Year! The beauty of the school year is that we get two New Years in a year; hope this one is good to you and our athletics as well!

January brings us a continuation of basketball season for our high school and Jr. A teams and the first action for our Jr. B teams!

Highlights

Formal Day

Student Council and the staff of LHS would like to say Thank You to School Council, Lamont Ag Society, the Chipman Ag Society and Lamont United Church for gifting us with the fantastic Christmas Dinner in December.

The annual Formal Day Dinner is always a much anticipated event and with your support this year was even more special. Due to your generosity it was possible that no one was left out. What a gift it was to have every student and staff, side by side, experiencing kindness and celebrating the season.

Wishing you a Happy New Year with the hope that you will have many blessings in the year to come.

Laker Day

Last month, we hosted our first Laker Day. During flex on Tuesday, December 18th, the entire school was treated to cookies and hot chocolate. This was an opportunity for staff and students to mingle in the hopes of strengthening our school community.

The day was very well received and we hope to continue this on a monthly basis!

Parent Teacher Interviews

We held our last parent teacher interview session for semester one on December 12th. We thank all the parents who came out!

The Jr. B boys and girls start the month off January 10-12 with the EIPS tournament at Fort Christian.

The Jr. A boys and girls compete in the Fort Christian Warrior Invitational January 18/19 and the high school teams travel to Bonnyville the same weekend as well.

The EIPS league starts for junior high teams January 17th. See the complete Jr. High teams schedule attached to this newsletter.

In February and March we host three junior high tournaments as follows:

February 1/2 - Servus Credit Union Jr. B Boys and Girls Lakers Invitational

February 22/23 - Jr. A Boys Classic

March 1/2 - Jr. A Girls Classic

We will be running concessions during these tournaments; if you wish to volunteer please contact Mr. Kokotailo at Cory.Kokotailo@eips.ca

A reminder that team fees must be paid or arrangements made by the fee deadlines otherwise your child may be removed from the team.

As always follow us on Instagram, twitter and Facebook to keep updates on all things #WeAreLamont! All games and practices are also posted on our athletics calendar on our website; click on the athletics tab and scroll down to Lakers Athletics Events Calendar.

Counsellors Corner

With only 10 days of classes before exams start, our high school students are feeling the pressure. I will be offering some stress reducing FLEX sessions for our students and posting test-taking strategies tips around the school. Setting up a schedule for studying is a helpful strategy as well as reviewing returned tests and quizzes. Students can access practice exams for review at the Exam Bank (User: ei.lms; Password: pink).

Winter-wellness is the theme over the next few months focusing on staying positive and connected within school, family and community. Chill’N Chat opportunities are available for students during FLEX who are feeling the stress and want an opportunity to relax and refocus and my office is always open before class and during lunch for students. Ms. Dressler, our Family School Liaison Worker, is also available to meet with students. Parents can contact Ms. Dressler at 780-914-8733.

Mrs. Penny Smith
Lamont School Counsellor

January Key Dates

Early Out

Wednesday, January 9
2:15 pm

Finland Parent Information Night

Tuesday, January 15
5:00pm – 5:30pm

School Council

Tuesday, January 15
5:30pm

Last Day of Class – Semester I (High School Only)

Monday, January 21

Last Day of Class – Semester I (Grade 9 only)

Wednesday, January 23

Semester II Begins

Thursday, January 31

January 2019 Scholarships and Post-Secondary Info

Kin Canada Bursaries: Deadline: February 1, 2019 Value: \$1000. Criteria: Applicants to the Kin Canada Bursaries must: Be Canadian or Landed Immigrant. Plan to be a full-time student the next academic school year at a recognized university, community college, technical institute or other post- secondary institution for advanced learning. Demonstrate high ideals and qualities of citizenship, and have not previously received a bursary from the Hal Rogers Endowment Fund. Complete and mail the standard current application form to only one Kinsmen, Kinette, or Kin club nearest to their permanent residence. Club mailing addresses can be found on this website under 'How to Apply'. www.kincanada.ca/apply

Terry Fox Humanitarian Award Program: Deadline: February 1, 2019 Criteria: Involvement in voluntary humanitarian work. Canadian citizens or landed immigrants. Undergraduates studying toward their first university degree or diploma at a Canadian post-secondary institution in Canada. Maintain a satisfactory academic standing and continued involvement in voluntary humanitarian and community work. Students are eligible to receive the Terry Fox Humanitarian Award until they have received their first university degree (for a maximum of four years), provided they have maintained a standard of humanitarian work and personal conduct which, in the opinion of the Board of Directors, justifies the award. **Value:** The value of the award is \$7,000 per year, paid directly to the institution in two installments of \$3,500 each. For students who do not pay tuition fees, the award is \$3,500 per year, paid directly to the institution in two installments of \$1,750 each. www.terryfoxawards.ca

High School Child Care for High School Students: Deadline: Ongoing. For high school students who want to pursue child care as a career, Alberta Children and Youth Services provides a \$2,500 High School Child Care Scholarship to attend post-secondary programs in early learning and childcare education. To be eligible for the scholarship, students must have successfully completed high school credit courses CCS 3110, 3120, 3130, 3140, and 3150 through Career and Technologies Studies (previously CMH 2050 and CMH 3050), or take the free, online Child Care Orientation Course, while in high school. Students must register in and attend an early learning and childcare certificate, diploma or degree program and sign a service commitment agreeing to work in a licensed or approved child care program for one year www.child.alberta.ca/home/1187.cfm

Schulich Leader Scholarships: Deadline January 30, 2019. Schulich Leader Scholarships are the largest and most prestigious undergraduate Science, Technology, Engineering and Math (STEM) scholarships in Canada, with a value of up to \$100,000 each. **Criteria:** Canadian citizen or landed immigrant, entrepreneurial minded and plan to enroll in an eligible STEM program at one of

our partner universities, academic excellence, leadership (community, business or entrepreneurial) and proven need. **SCHOOL NOMINATED. If you are interested in being considered for this scholarship, please see School Counsellor before January 30.**

Grant MacEwan University Program Information Sessions: February 4-9th and March 4-9th. A MacEwan University information session could be the best first step you've ever taken. Attend an information session to learn about what you need to get in to your program and what you'll study while you're here. This is a great opportunity to visit campus, connect with faculty and advisors, engage in discussions and be inspired by where your MacEwan University education can take you once you're done. Visit the MacEwan website for more information. www.macewan.ca/wcm/ProspectiveStudents/VisitMacEwan/InformationSessions/index.htm

Grant MacEwan Student for a Day Program: Thursday, February 28, 2019 | Monday, March 11, 2019. Test drive a university class and connect with students and faculty to experience what it's like to be a MacEwan University student. Become a student for a day in Arts and Cultural Management, Bachelor of Communication Studies, Bachelor of Design, Fine Art, Bachelor of Music, Theatre Arts or Theatre Production. Choose from the sessions listed in the registration form. Sessions for different programs run throughout the day on MacEwan's City Centre Campus. If the program you are interested in is running more than one session, submit a registration for each session you are interested in attending. www.macewan.ca/wcm/ProspectiveStudents/VisitMacEwan/StudentforaDay/index.htm

NAIT Program Previews: January 10 – March 2. Discover how NAIT programs align with your interests and career goals by attending our next Program Preview. Hosted in early 2019, Program Previews give prospective students an in-depth look at the facilities, courses and academic programs offered. If you're considering NAIT, don't miss the opportunity to learn more about the program of your choice and speak with our team of program experts.

<http://www.nait.ca/prospective/101734.htm>

NAIT Student for a Day Program: The registration form for January, February, and March requests will be posted in early January. Student for a Day is an opportunity for prospective students to experience what a day in their program of interest feels like. By attending Student for a Day, prospective students have the opportunity to meet with a NAIT advisor, participate in a campus tour to learn about our facilities and services, and attend classes/labs to get a glimpse into their program of interest. *Student for a Day is intended for individuals that have done significant research into their program of interest. We recommend attending Open House and/or Program Previews before registering for Student for a Day. Please note that due to high*

*demand, we will prioritize those registrants that have shown comprehensive research into their program of interest (there will be a place to indicate the research you've done on the Student for a Day Registration Form). Please note that the form must be submitted a **minimum of 7 business days prior to your requested date.** We will make every effort to accommodate your preferred date(s), but will contact you as soon as possible if alternative dates need to be arranged. <http://www.nait.ca/prospective/100907.htm>*

EIPS 2019-20 Division Calendar: Now available!

The official 2019-20 EIPS calendar is now available online. The calendar includes important dates during the 2019-20 school such as school-closure days; breaks; the first and last day of classes; professional learning days; and early dismissal days.

Highlights from the 2019-20 EIPS calendar include:

- September 3 First day of classes (after long weekend)
- November 11-15 November break
- December 23 to January 3 Christmas break
- January 31 Second semester begins
- February 6-7 Teachers' Convention

- March 30 to April 3 Spring break
- June 26 Last day of classes
- June 29 Schools close for the Summer break

To view the 2019-20 calendar, visit www.eips.ca. Also available online: the current school calendar and the 2020-21 calendar.

Returning Student Registration for 2019-20

Elk Island Public Schools (EIPS) will once again conduct an online returning student registration process to confirm student registrations for the 2019-20 school year. Families of all returning students will need to complete this process to confirm the school their children will attend for the 2019-20 school year, and to request to attend a non-designated school, if applicable. Returning student registration will take place at the same time as all registrations for the 2019-20 school year: **Feb. 1-28, 2019**.

Access to the Returning Student Registration Form is provided through the PowerSchool Parent Portal. If you don't have a PowerSchool Parent Portal account, you will need to set one up **before Feb. 1, 2019**.

To create a PowerSchool Parent Portal account:

1. Go to <https://powerschool.eips.ca/public/>.
2. Click the button labelled, "Create Account."
3. Enter the parent or guardian information. Each account must have a unique email address and username—only one parent account is required regardless of the number of children you have attending EIPS schools.
4. Create a username and password of your choice—you'll need both the username and password to log in to your PowerSchool Parent Portal.
5. You must have an Access ID and Access Password for each student that is added to your account. **Contact your child's school to obtain this information.**
6. Press "Enter."

If you have any problems setting up the PowerSchool Parent Portal account, contact the office.

Another way to stay connected: Follow EIPS on Twitter and Facebook

With 42 schools and close to 17,150 students there's a wealth of events, activities and stories taking place across the Division every day. You can find these stories and more by following Elk Island Public Schools on both [Facebook](#) and [Twitter](#). Each use the combination of news articles, videos and photograph that showcases the latest news, updates, events and alerts taking place across the Division.

Plus, if you're a member of an EIPS school community and want to share in the storytelling, simply tag the Division using the hashtag *#EIPS*.

Stay in the loop, follow EIPS on [Facebook](#) and [Twitter](#)

Inclement Weather

With the winter season well underway, 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) will advise parents of any bus cancellations using various communications tools including: automated-telephone messages, alerts posted on www.eips.ca and school websites, Twitter, Facebook, local radio stations, and on Versatrans My Stop.

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 will 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.

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.

What is a vape?

A vape is an electronic smoking device that contains a cartridge of liquid (e-juice) or other forms of nicotine that are heated into a vapour and inhaled by the user.

What else are they called?

They have many other names such as electronic smoking device, electronic cigarette, e-cig, vape pens, vapours, e-hookah and many other terms.

What are the laws around vapes?

The Tobacco and Vaping Products Act (TVPA) that became law in Canada in May 2018 provides a framework for the manufacture, sale, labelling and promotion of tobacco and vaping products. Many school divisions have banned vaping products as well.

Key points of the TVPA:

Now, you must be 18 years of age to purchase or possess any vaping products. Ingredients must be clearly labelled and list harms to the user.

Are vapes safe?

- ✓ Evidence is mixed that they may be safer than cigarettes, but they are not harmless.
- ✓ Many of the products contain nicotine which is highly addictive and exposes the user to harmful chemicals.
- ✓ Flavoured products are attractive to users, especially youth, but heating these chemicals cause a chemical reaction that can be harmful to the user's lungs and health.
- ✓ Nicotine can affect brain development in children and teens.

What should I know about vapes?

- ✓ They are not approved as a smoking cessation method.
- ✓ Nicotine poisoning has become more of a concern with these products.
- ✓ The batteries are quite unstable and are the cause of fires, explosions and severe injuries.
- ✓ The stronger the battery, the higher the temperature the liquid reaches, causing an increased chemical reaction.

MORE RESOURCES

Albertaquits.ca

Healthcanada.ca

search "vaping" or "electronic cigarettes"

Information on mental health, community supports, programs and services in your area:



Addiction Services Help Line
1-866-332-2322

Mental Health Help Line
1-877-303-2642



SPONSORED BY:

CANACCORD Genuity
Wealth Management

Graham WEALTH PARTNERS

Eric Brown and Delwin Graham

IT TAKES A VILLAGE

PARENT CONNECTOR EVENT

A community event for parents and anyone taking on the role of a parent.
Come and build friendships, supports, and organize babysitting exchanges.
Check out what there is available for parents and create parent-parent supports!

CHILDREN ARE WELCOME.

JANUARY 21, 2019

5:30PM - 7:30PM

The Log Cabin
50 Spruce Ave.
Sherwood Park
RSVP
cheyennepeters@gmail.com

**Hot Dogs generously
supplied by:**

**REAL CANADIAN
Superstore**
low on fresh, low on price

A DIVISION OF CANACCORD GENUITY CORP., MEMBER - CANADIAN INVESTOR PROTECTION FUND.

High School Information Evening

All grade 8 and 9 students, along with their parents, are invited to attend.

Monday
January 28

@7 pm

Sherwood Park Alliance Church
(1011 Clover Bar Rd, Sherwood Park)

Learn more about

- senior high instruction
 - diploma requirements
 - programming
 - course offerings
- and much more.*



www.eips.ca