



Lamont High School

March Newsletter

Key Dates - March

March 5 - Parent Teacher Interviews 3:30 - 5:00 pm

March 5 - High School Basketball Seniors Night vs Tofield

March 8 - Professional Learning Day (No School)

March 15 - Laker Day

March 16 - Elementary 3 on 3 Basketball tournament @ Lamont High

March 22 to March 31 - Spring Break (No School)

Principal's Message

March is here, and hopefully with it comes some warmer weather! The weather certainly did play havoc with classes early in the month but it seems like we are on the upswing now!

March also brings the start of planning for the 2019/20 school year. We would like to thank all the parents/guardians who took the time to complete the pre-enrollment process as having accurate numbers allows us to make accurate decisions about staffing and programming next year.

Finally, if you haven't had the opportunity to pay your school fees for the 2018/19 school year, please do so as soon as possible. Fee collection is critical to ensuring we are able to provide quality programming and opportunity for our kids. If you have any questions, please do not hesitate to contact our Business Manager Candace Lyles.

#WeAreLamont Athletics Update

March brings us to the end of basketball season with playoffs starting for Jr. High teams and Zones happening for the High School teams.

Jr. High playoffs will start March 7th, stay tuned to our social media accounts for times and dates and locations.



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As it stand our Jr. B girls are in first place and may receive a first round bye in the playoffs guaranteeing them a medal game in the EIPS leagues. The Jr. B boys are battling for second place with the final league game Monday, March 4th in Vegreville.

Jr. A regular seasons are complete and it looks like our Jr. A girls will finish 7th and meet St. Andre Bessette in the first round of playoffs and our Jr. A boy's will seem to finish 4th and host St. Mary's.

As always we will publish results and schedules on our social media so please follow us there!

High School basketball has their zone playoffs the weekend of March 8/9 with the girls travelling to Ashmont and the boys to Fort McMurray. Wish them luck and safe travels as they venture out next weekend.

The high school teams were also in Glendon on the weekend of Feb 22/23 where both teams went 2-1 in tournament action, the boys avenging a close loss to Assumption at the Bonnyville tournament with a convincing 82-69 win in Glendon.

The high school teams are also having their "Seniors Night" Tuesday, March 5th against Tofield. The girls will play at 5:15 and the boys at 6:45; please come support the team and the grade 12 players in their last home game of the year and career for the seniors. There will be free popcorn at the door!

Our curling season has also come to an end with 2 of our 3 teams representing us at the zone level. The boys team season came to an end early when they lost to Innisfree in a League 5 playoff; Innisfree then went on to win bronze at the zone level. The mixed and girls teams travelled to St. Paul in February for zones where they both finished winless in the zone competition.

We look forward to next season and continuing to build our school curling program; some ideas that have been floated are Sunday afternoon drop-in curling, starting a high school league Monday nights after Christmas and using it as a playoff for zone representation and even a "Curling Hooky" day from school where the first ten teams registered will get to miss a day of school for a hooky day at the curling rink supplied with free lunch and warm drinks!



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Counsellors Corner

March is Nutrition Month!

Healthy eating is a big part of mental and physical health. Please check out the newly released [Canada Food Guide](#).

March is an exciting month at Lamont High. On March 7, students will have to opportunity to learn about careers in the Armed Forces during FLEX. Workplays (safety at work) is coming to perform their play, "That's Danger", for the junior high students March 14 and our high school students have the opportunity to go on a school tour of Grant MacEwan University on March 15.

Mark your Calendars:

April 11: Post-Secondary and Career Fair for parents and students during parent teacher interviews. We have several post secondary institutions attending as well as local business opportunities for students after graduation.

April 11: AltView Foundation Presentation on GSA (Gay Straight Alliances)

AltView Foundation is coming to present to Lamont Students during FLEX about Allyship, LGBTQ2S, and what we can do in our schools to support our GSA.



FSLW Community Events and Resources

There are some great community events/ info sessions happening in Lamont for the month of March:

Family Fun Night - March 13, 2019 from 4:30pm - 6:30pm at Lamont Public Library



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Drop In Gym Night - runs every second Monday March 11 and March 25 from 5:30pm - 8:30pm

Lamont Youth Center - Open every second Thursday March 7 and March 21 from 5pm - 8pm at the Lamont Public Library

Diabetes Management - March 18, 2019 from 9am - 4pm phone PCN to register

Back 2 Basics (learn to choose healthy eating and become more active) - Mondays starting April 1 to April 15 from 3pm - 5pm phone PCN to register

Fortnite for Parents - March 18th 6:30pm - 8:30pm at Salisbury Composite High School - please contact Next Step Continuing Education to register and there is a fee for this session

Have you heard the term Snapchat Dysphoria? Here is an article and video that describes what that is and how it impacts our youth:

<http://www.msn.com/en-ca/lifestyle/beauty/a-photographer-asked-teenagers-to-edit-their-photos-until-they-thought-they-looked-social-media-ready-and-the-results-are-shocking/ar-BBTh8qj?ocid=ientp>

Have you ever wonder what your children have access too while on different devices? Here is a link to a great article that outlines just that.

https://www.screenagersmovie.com/tech-talk-tuesdays/decoding-distractions-to-complete-homework?utm_source=TTT+and+Movie&utm_campaign=2f36c742dc-EMAIL_CAMPAIGN_2019_02_12_03_29&utm_medium=email&utm_term=0_47a75fcc99-2f36c742dc-160713589&mc_cid=2f36c742dc&mc_eid=381c112851

Division News

Have your say! EIPS Parent Survey Opens March 11

Elk Island Public Schools (EIPS) wants to hear from you. Make sure to complete the 2019 Parent Survey—open from March 11-29.

Annually, EIPS conducts a parent survey to gauge its progress toward meeting the goals and priorities outlined in its Four-Year Education Plan. Families are asked a



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series of questions about their experiences with EIPS and the school their child attends, the overall performance of the Division, the quality of education being provided to students and areas for improvement. The survey feedback helps the Division develop new strategies to better serve students and the wider community.

Plus, new this year, the survey includes questions about cellphones and personal devices. Your feedback will help the EIPS Board of Trustees develop a policy about cellphones and their use within the classroom.

VISIT WWW.EIPS.CA TO TAKE THE SURVEY

Survey opens March 11, 2019

Survey closes March 29, 2019

NOTE: The survey is anonymous and only takes a few minutes to complete. If you want to share the experience of more than one child attending an EIPS school, simply complete the survey again.

Saving for Your Child's Education

It's no secret, post-secondary education comes with significant costs. In fact, many families wonder how much they need to save and how soon they need to begin. To help get started, the Government of Canada offers families two education savings incentives.

- *Canada Education Savings Grant:* The government contributes up to 20 per cent on the first \$2,500 in annual personal contributions to a Registered Education Savings Plan.
- *Canada Learning Bond:* Available for eligible children from low-income families born in 2004 or later. The government provides an initial

payment of \$500, plus \$100 for each year of eligibility, up to age 15, for a maximum of \$2,000—personal contributions are not required.

Once that child enrolls in post-secondary education—an apprenticeship program, trade school, college or university—the money saved can be used to pay the associated expenses. These include tuition, housing, transportation, textbooks, equipment and supplies. So, while it's never too late to begin saving, just a small contribution each year can translate into substantial saving later.

For more information visit the Government of Canada's [Education Savings](#) website.



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Next Step Continuing Education Summer School and Youth Camps: Registration opens March 11

There's something for everyone

Summer School: Open to students entering grades 10-12

With more than 25 credit courses, there are lots of ways to get ahead. Students can earn high school credits, upgrade marks and finish pre-requisite courses.

Courses include:

- CALM, Physical Education 10, and Extreme CALM and Physical Education 10 combined
- English, math, social and all the sciences at the 10-, 20- and 30-levels
- Film Production
- Work Experience

Summer Youth Camps: Open to participants in grades 5-9

From sports to babysitting, campers enjoy a fun-filled program while also making friends and learning new skills.

Camps include:

- Sports
- cooking and baking
- Babysitting
- Handball—new

Registration opens on March 11.

March 2019 Scholarship Deadlines

Alberta Snowmobile Association Scholarship: Deadline: March 30, 2019. Value:
The ASA offers a \$2000 scholarship and the winner will be entered into the Western Chapter of the International Snowmobile Council, who offers a \$2000 Scholarship. These will be awarded to either a graduating senior from high school or a person who is currently enrolled in college. www.altasnowmobile.ab.ca



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Atco Indigenous Education Awards: March 12 – July 15, 2019 Value: \$500-1500

Atco Indigenous Education Awards Program supports First Nation, Inuit and Métis students across Canada by providing financial assistance to help them in their quest for higher education. These awards, bursaries and scholarships are given to students who demonstrate leadership capabilities and strive to be role models in their schools and communities.

There are three different awards available: Merit Awards (\$500) – for students completing Grades 10 – 12, including upgrading, Bursaries (\$1,000) – for students enrolled in trade, diploma or certificate programs, Scholarships (\$1,500) – for students enrolled in degree or graduate programs. Eligibility: Are a Canadian Indigenous person, enrolled full-time in high school (including upgrading) or an accredited post-secondary institution or training program, not the child of an ATCO employee. Application must include one reference letter from a teacher, community leader or employer, a short essay [500 – 1,000 words] describing why you are a suitable candidate, proof of enrollment for the upcoming school semester [can include acceptance letter, class schedule or receipt of paid fees], and a transcript from the most recent school attended [unofficial transcript is acceptable].

www.atco.com/Our-Commitment/Aboriginal-Relations/Indigenous-Education-Awards-Program

Becourt Brosseau Metis Awards: Deadline: March 31, 2019. Value: Ranges from \$2000 to \$7000. Criteria: Applicants must be Metis, demonstrate financial need, intend to pursue a qualified program, and must be permanent residents or citizens of Alberta.

<http://ecf.getopenfield.com/belcourt-brosseau-metis-awards/>

CIBC's Canada's Luckiest Student 2019: April 30, 2019 Through the "Canada's Luckiest Student" portal, students can enter draws for a \$20,000 scholarship, trip for two to Europe, shopping sprees, coffee for a year, and several other sponsor awards. Please read through rules carefully as some prizes require specific tasks/activities to be completed.

<http://cls7.studentlifenet.com/>

High School Child Care for High School Students: Deadline: On-going. 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 child care education. To be eligible for the scholarship, students must have successfully completed high school credit courses CCS 3110, 3120,



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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 child care 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

RE/MAX Quest of Excellence: Complete online application form. Deadline: March 12th, 2019 Maximum of one, online essay per student. Value: 16 bursaries of \$1,000 each to qualifying Grade 12 students. In addition, the 16 bursary winners will be entered into a draw and one lucky recipient will receive a RE/MAX Hot Air Balloon ride for two. Bursary winners will be notified in May, 2013. Criteria: Students are to convey the contributions they have made to their communities in a short online essay, maximum 1,250 words. Qualities in students should demonstrate are leadership, motivation and communication skills. Other attributes may include volunteering, participation in charitable events or fund-raising, and contributions that enrich the lives of others and their communities. <https://blog.remax.ca/remax-western-canada-helps-grade-12s-bursary-program/>

The Leonard Foundation Financial Assistance Program: Deadline: Between January 2 and March 15, 2019. These scholarships are awarded to students enrolled or enrolling in their first accredited undergraduate degree program in a Canadian University or college. Applicants must be Canadian citizens or landed immigrants. The value of the award \$1000 for those students that do not need to set up a second residence to attend university and \$1500 for those that do. To apply, print an Application Form from: www.leonardfnd.org