



Lamont High School

April Newsletter

Key Dates - April

April 9, Grad Pictures Retakes
April 11, Parent Teacher Interviews 4-7pm
April 19, Good Friday
April 22, Easter Monday
April 24, Grade 6 Orientation

Principal's Message

I hope everyone enjoyed a wonderful Spring Break!

April tends to be a very busy time at a school as we look to wrap up this year while planning for next year. Our staff will be hard at work helping students select appropriate courses for the 2019-20 school year. Should you have any questions about the process, please do not hesitate to contact the school!

Also, just a reminder that from May 6th to May 10th, we will be hosting our guests from Finland! There will be 11 students, 2 teachers and an Assistant Principal coming to visit. We have a number of activities planned and we are incredibly excited to be able to showcase our school and community!

#WeAreLamont Athletics Update

April brings badminton season! We are proud to have a large badminton program again this year with teams in Jr. B, Jr. A and High School; a total of 75 students playing badminton!

The season is scheduled as follows:

Jr. High Schedule

- April 6th Jr. A and Jr. B @ Vegreville Composite and St. Mary's
- April 13th - Jr. B @ Fultonvale
- April 27th - Jr. A @ Fultonvale
- April 30th - EIPS Championships @ Fort Christian and SAB



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High School Schedule

- April 17th - Tournament @ Vegreville Composite and St. Mary's
- April 24th - League 5 Championships @ Vegreville Comp and St. Mary's
- April 29th - NE Zones Championships @ St Paul
- May 3/4 - Provincial Championships @ Calgary

Upcoming Athletics Events

- Saturday, May 4th - Highway Cleanup - our largest fundraiser of the year
- Friday, May 24th - "Run for the Bus" Athletics Fundraiser
- Thursday, June 13th - Athletics Awards Night and Dinner

As always, stay updated on everything Lakers by following us on Twitter, Instagram and Facebook or by checking our website at:

www.lamonthigh.ca/athletics/general-information

Counsellors Corner

April is looking bright at Lamont High School!

April is shaping up to be a very informative month for students and parents at Lamont. High school planning sessions for Grade 9 students will be held during FLEX blocks this month and weekly one-to-one career/post-secondary/scholarship planning spots are open for all of our high school students. I am also available before class and at lunch during the week to answer any questions/inquiries students may have. I have had many inquiries on scholarship information which are posted monthly in the high school wing and Library, as well as include in the Newsletter each month. I will be looking at adding this information to MyBlueprint (all students have an account) which will allow students access to all scholarship information while they are working on planning their school and career goals.

I am so excited to have the opportunity to bring the following opportunities to our students:

April 9: AltView Foundation Presentation on GSA (Gay Straight Alliances)

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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.

April 11: Career/Post- Secondary Fair and Parent Teacher Interviews 4-7pm

I am excited that parents and students will have the opportunity to explore and discuss future options together. There will be several local businesses, post-secondary schools and Careers Next Generation who have come down to answer parents and students questions about career choices and pathways. The Career/Post-Secondary Fair will be held in the Gym from 2:30 until 6:30 during parent teacher interviews. Please stop by and check some options out.

April 2019 Scholarship Deadlines

The Ed Stelmach Community Foundation Scholarship: Deadline: May 1, 2019 Created to support graduating high school students in their journey into post-secondary education. Given to students who have demonstrated perseverance through difficult situations, are committed and involved in their community, and who have clearly determined an outline their future goals. Three goals. Three scholarships each consisting of \$ 2500. Criteria: Lamont high student, accept at post-secondary, 80% or higher in social studies, 500-word essay and reference from community member. <http://www.edstelmachfoundation.com/>

Phi Delta Kappa international scholarships Deadline: April 3, 2019 The PNK Educational Foundation awards more than 30 scholarships each year to prospective educators who have a connection to PNK by having a family member or teacher who is a PNK member, or through membership in Educators Rising. All scholarships are available under a single application. Eligibility: individuals who meet one of the following criteria may apply directly to PNK international through the online application. - High school senior intending to major in education who is good standing member of educators Rising. - High school senior intending to major in education who is the child or grandchild of a Kappan in good standing. - High school senior intending to major in education who has one of his/her reference written by a Kappan in a good standing. - An undergraduate member of PNK who is enrolled in college education program. - An undergraduate member of educators Rising who is enrolled in a college Education Program. <https://pdkassociation.org/programs-resources/scholarships-awards/>



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Metis & Non-Status Bursary Program Scholarship Deadline: April 30th, 2019 The Métis and Non-Status Indian Bursary Program provides funding to Métis and Non-Status Indian students pursuing a diploma or degree in the Social Services field. "Social Services field" means any program, which is associated with the provision of human services, including but not limited to social work, psychology, psychoeducation, sociology, education, child and youth care, human ecology, anthropology, counselling, community rehabilitation, criminology, addictions and mental health services.

Who's Eligible:

- be either Métis or Non-Status Indian
- have demonstrated financial need
- have been an Alberta resident for a minimum of one year prior to applying
- demonstrate an investment in, and a commitment to, Indigenous communities in Alberta

Encana High School Scholarship Deadline: EnCana is looking for grade 12 students who are pursuing post-secondary education in an oil and gas industry-related field through a degree, diploma or certificate program. The EnCana High School Scholarship will be awarded annually to graduating high school students within the school districts where EnCana operates in Canada and the United States. The scholarship is a maximum of \$10,000 and will be disbursed in annual payments of \$2,500 (for up to four years, depending on the program). Applicants must meet all of the following criteria to apply for the EnCana Scholarship:

- Must reside in an area where Enana operates.
- Must be entering the Faculty of Engineering, or Departments of Geology or Geophysics, or a technical or trades program (relative to the oil and gas industry) at an accredited university or technical institutions. Eligible technical trades programs vary but could include; Heavy Equipment Operators; or Surface Land Administration as examples.
- Must demonstrate solid academic performance.
- Must display community involvement or leadership.
- Must submit proof of acceptance and registration in a qualifying program.

CNIB - Euclid Herie scholarship Deadline: April 30th, 2019 The Canadian National Institute for the Blind is proud to present the Euclid Herie Technical Aids Scholarship, established in 2001. This award recognizes leadership, contributing to the community and educational success of a blind, visually impaired or deaf blind high school student in Alberta, NWT or Nunavut. Technology enhances educational opportunities for blind, visually impaired and deaf blind individuals. This award is to be used for the purchase of technical equipment and/or software to assist a student in his/her studies and/or daily life. Eligibility (all applicants must be):

- Blind, visually impaired, or deaf blind.
- Currently enrolled in grades 10, or 12 in a school within the



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geographical boundaries of the division. • Resident of the division for a maximum of one year prior to date of application.

Criteria: • Applicants must demonstrate academic achievement, judgement and leadership. • The applicant's written submission, supported by letters from two references which attest to the candidate's community service and leadership qualities, will play an important role in the merit of this application.

Canadian Hospitality Foundation Scholarship Deadline: April 17th, 2019 The Canadian Hospitality Foundation is very proud to annually offer approximately \$200,000 in scholarships for students across Canada wishing to pursue a career in the hospitality, foodservice and tourism industry. We are Canada's largest industry-driven source for scholarships and our goal is to encourage and reward the best and the brightest Canadian students in order that they will continue their commitment to this dynamic and growing industry. Each year universities and colleges are selected to participate in Canadian Hospitality Foundation (CHF) Scholarship Program. Each school receives a scholarship package that suits the programs, which they offer. The participating school provides the student with the criteria and scholarship application (the criteria is also available here on our website for your reference under each of the categories you see listed in the menu bar). Once complete, the scholarship application must be submitted to the college or university directly with two exceptions: the John A. Rothschild, Applied Degree Scholarship and the Metro Toronto Convention Centre Event Management Scholarship. Both applications are available for download under the Applied Hospitality Degree and Event Management section of the menu bar. Once complete the applications are to be sent directly to the Canadian Hospitality Foundation.

FSLW Community Events and Resources

There is many exciting community events and parenting info sessions happening in Lamont for the month of April:

Drop In Gym Night- runs every second Monday from 5:30pm - 8:30pm at Lamont High School Gymnasium

Lamont Youth Club- runs every second Thursday from 5pm - 8pm at the Lamont Public Library



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Do you ever feel that your pre teen doesn't listen to you? Do you sometimes feel pushed away? Then the Connect Parent Group run by PCN may be exactly what you are looking for! It is an Attachment-Based Program to support parents and caregivers. There is very good evidence that healthy, strong relationships with parents help protect youth from risk and help them thrive during adolescence! This FREE program will be running on Thursdays starting April 18th to June 13th from 6:00pm - 7:30pm at the Alliance Church.

Please call Jennifer at 780-997-4164 to register. Child care and a light supper provided.

Division News

A big *THANK YOU* to all of our volunteers

On behalf of the Board of Trustees at Elk Island Public Schools (EIPS), thank you to all of our volunteers within the Division who help make our schools and programs successful. Whether it's assisting at an athletic competition, co-ordinating a fundraising initiative or helping at a school event, the impact you make within our school community is profound. Together, we've created a relationship that allows us to rally behind one clear vision: Providing exceptional education for all students.

In recognition of National Volunteer Week, which runs April 7-13, EIPS extends a heartfelt thank you to the hundreds of volunteers across EIPS who offer their knowledge and dedicate countless hours in our schools.

New Bus Status App Available

A new version of the Bus Status app is now available. If you haven't already, we encourage all families to download the new version from the App Store or Google Play. After downloading, make sure to delete the older version from your device.

All information from the [Division Bus Status page](#) is currently pushing out to both the old and new versions of the app, so you'll receive updates regardless of the app you're using. However, at the end of the school year, the old version of the app will no longer work. Families will need to ensure they've downloaded the new version of the app to receive updates about bus delays and cancellations in 2019-20.

The changes aren't specifically related to the overall functionality of the app—it's much the same as the current version. What is changing is it's now one unified app available for download rather than each school division having a separate app. The first time you open the new app, it will prompt you to select Elk Island Public Schools from the list of school divisions. After that, you will use the app the same way you have in the past. You



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can reselect your favourite routes and update them as needed. You'll also continue to receive push notifications about delays and cancellations the same way you do now.



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LAMONT CAREER/ POST- SECONDARY FAIR

WHEN

April 11th, 2019
2:30pm - 6:30pm

WHERE

Lamont High School Gymnasium
4811-50 Ave. Lamont, AB

PARENT TEACHER INTERVIEWS

**PARENTS &
STUDENTS
EVENT**

INFO ON:

**COMMUNITY
BUSINESSES**

**CAREERS NEXT
GENERATION
INITIATIVES &
PROGRAMS**

**POST-
SECONDARY
PROGRAMS**

**CAREER
PLANNING**

**UP AND COMING
CAREERS**



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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.



**Thursdays starting April 18
until June 13, 2019**

6:00 pm – 7:30 pm

Alliance Church, 5007 44 Street, Lamont

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 provided by Lamont County FCSS.

Light supper will be provided.

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FAMILY FUN NIGHT!

FREE Drop-in!
Join us for
an evening of
fun activities
& a snack!

Spring is here!



At Lamont Public Library

Wednesday, April 17, 2019

4:30pm-6:30pm

PosterMyWall.com



parentLINKcentre

FIRST YEARS NETWORK
Lamont County Region

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