

Lamont High School



Principal's Message

October was a busy month at LHS! We had a number of presenters at the school speaking on a variety of topics. I would like to thank the students for being good ambassadors for the school while attending the various presentations!

As we move into November, we are excited to open our new 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

School fees are up and active! The Yearbook has been added as an optional purchase for \$43.

We now have Debit/Credit payments available in the office if online payment is not an option to you!

Please ensure you are checking your accounts often for extra-curricular fees, etc.

Please note that the deadline is approaching for the Application of Waiver of Fees! The deadline is Dec. 15, 2018.

All accounts will need to be in good standing for students to take part in field trips, athletics, graduation etc.

If you require assistance with fees please contact Ms. Cochrane in the office.

#WeAreLamont Athletics Update

October was a busy and successful month for athletics to follow September!

High School X-country zones were October 10th in Vermilion where Corny Thiessen (10th) and Ethan Nimchuk (14th) placed high enough to earn a berth at provincials again in Vermilion on October 20th. Also racing for the high school team were Austin

Highlights

Awards Night

Many thanks to all who attended our annual Awards Night! It was a wonderful celebration of some incredible students. Thanks also to our Awards Committee for the tremendous amount of work they put in to organize the evening.

Remembrance Day

On Friday, November 9th, LHS will join schools across Canada in remembering those who have sacrificed so much for our country.

Junior High Report Cards

Junior high reports cards will be available on the parent portal in PowerSchool on Monday, November 5th.

There is no interim report card for high school students. Please check PowerSchool for the most up to date information regarding your student.

Key Dates

Junior High Report Cards

Monday, November 5

Parent Teacher Interviews

Thursday, November 8
4:00pm – 7:00pm

Remembrance Day Ceremony

Friday, November 9
10:30am

Fall Break

November 12-16

Photo Retake Day

November 21

Connors (15th), Terilynn Nice (22nd) and Del Thrower (31st). Corny and Braydon represented Lamont High well at provincials with Corny finishing 85th and Ethan 103rd in the entire province!

Some highlights from the October volleyball action are:

Sr. Girls – lost in the semi-finals at the St. Andre Bessette tournament in Fort Saskatchewan

Jr. B Boys – won bronze in their home tournament October 19/20

Jr. A Boys – finished second in the St. Mary's tournament October 19/20

Coming up in November we have the high school teams competing in Calmar November 2/3 and then headed to zones to compete for a spot at provincials. The high school girls will venture to Fort McMurray and the high school boys head off to Vermilion. We wish them luck at zones!

Jr. High leagues are coming to an end and playoffs begin the first week of November! Stay tuned to Lakers social media for updates!

The next seasons upon us are curling and basketball with curling practices beginning first day back from Fall Break, November 19th and basketball tryouts will start the week of December 3rd.

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

Counsellors Corner

Knowledge is an important tool to protect our students from harm and to prepare them so they know what to do in the event of an emergency. Within the province of Alberta and the Edmonton area, incidents of fentanyl overdose and deaths have increased significantly. In response, Alberta Health Services has made Take Home Naloxone kits available to individuals and family members of individuals who may be at risk of overdose.

Family and Community Support Services in Lamont has arranged for Grade 10-12 students at Lamont High School to take part in a presentation where they will discuss about the Fentanyl crisis and how they can practically prevent overdose from happening and how to use the lifesaving drug naloxone. On November 21, 2018, Street Works Edmonton, www.streetworks.ca, will be presenting to the students and teaching the students how to use the naloxone kit. It will be an empty kit.

While the school believes this training to be significant to our students, we respect the right of the parent/guardian to be informed about their child's education and right to choose to allow their child to participate in the naloxone training. If you wish for your child to participate in an alternative activity during this presentation, please contact Penny Smith, Guidance Counsellor, at the school, and alternative arrangements will be made for your child.

Penny Smith
Guidance Counsellor

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 and school websites, Twitter, Facebook, local radio stations and on Versatrans My Stop. Any morning bus cancellations are posted on 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.

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

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, LHS 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 2228** to learn more about the No Child Without program, visit www.nochildwithout.ca.

Opioids Don’t Discriminate: An Interactive Experience

From November 5-9, Strathcona County will be hosting a public education event regarding the ongoing opioid crisis. The event is open to students, parents, teachers and community members. Using real stories and statistics from the local community, participants will learn about the science of addiction, as well as the psychology of those struggling with substance-abuse, challenging them to re-consider what they think they know about drug-use.

To learn more, or to book a large group session, click [here](#).

Event Details:

Dates: Nov. 5-9, 2018

Times: Monday, November 5: 2:30 p.m.-7 p.m.
Tuesday, November 6: 2 p.m.-7 p.m.
Wednesday, November 7: 2 p.m.-9 p.m.
Thursday, November 8: 2 p.m.-7 p.m.
Friday, November 9: 9:30 a.m.-2 p.m.

Location: Strathcona County Community Centre's Agora
401 Festival Lane, Sherwood Park

Your Future: Post-Secondary and Career Fair — 40+ Exhibitors. Together in One Place.

Thinking about attending post-secondary school after graduation? Not sure on the career or sector? Plan to attend this year's Your Future: Post-Secondary and Career Fair on Nov. 22, 2018.

Hosted by Elk Island Public Schools (EIPS), in partnership with the Educational Liaison Association of Alberta, Your Future is an annual educational fair that brings together more than 40 colleges, universities, polytechnic and private schools, and sector experts in one place—the largest event of its kind in Alberta.

The event is free and open to all students in grades 9 through 12 from both EIPS and Elk Island Catholic Schools. Both students and family members will have the opportunity to meet with representatives from each attending post-secondary institutions; ask question; talk to experts about various career sectors; learn about future career trends; and much more.

Event Details:

Date: Nov. 22, 2018

Time: 6:30 p.m. to 8:30 p.m.

Location: Clarion Hotel and Conference Centre
2100 Premier Way, Sherwood Park



Opioids don't discriminate.



You're invited to an **interactive experience.**

Challenge what you think you know.

November 5-9

Strathcona County Community Centre

strathcona.ca/opioids

A message from the Community Drug Strategy Committee in Strathcona County, in partnership with



Your Future

POST-SECONDARY AND CAREER FAIR

CLARION HOTEL & CONFERENCE CENTRE, 2100 PREMIER WAY, SHERWOOD PARK

FREE EVENT
NOV. 22, 2018
6:30 PM - 8:30 PM

MORE THAN **30 EXHIBITORS**
FROM ACROSS CANADA TO HELP YOU PLAN FOR
LIFE AFTER HIGH SCHOOL

OPEN TO ALL
GRADES 9 - 12
STUDENTS AND FAMILIES

LEARN MORE VISIT
WWW.EIPS.CA/STUDENTS/YOUR-FUTURE



-Our Way Forward-

A Coordinated Response to Intimate Partner Violence

- Are you a service provider or volunteer who works with people?
- Are you unsure about how do recognize signs of family violence?
- Could you use ideas about how to help someone who is experiencing family violence?

If your answer was YES to any of these questions then this is important training for you!

For more information, or to book a training for your staff, please contact:

Jennifer Vogl, Ending Violence Project Coordinator
jenniferv@familiesfirstsociety.ca
780-998-5595 ext. 227

Safe, strong, healthy future generations

DRAGONFLY SUPPORT GROUP

3rd Monday of the Month
6:30 - 8:30 PM
CN Station - Kinsmen Room (10030-99 Ave)

Register @ 780.992.6265

A monthly group for parents whose children face mental health challenges.

Family and Community Support Services

Families First Society FORT SASKATCHEWAN