



# Laker News

## Lamont High School

## Message from the Principal

Dear Parents,

We have not sent home a Newsletter this year as we found that many were not making it home and that when we even printed off ten and left them in the office, they were never picked up. We thought we would perhaps send one home three times a year, with important dates and hope that you will let us know if you see value in a Newsletter.

Most news is posted and updated almost daily on the LHS website as are all important dates. We hope that you use the website and check it often. As well, we hope that parents are using PowerSchool on a regular basis and that you are able to see your child's marks and attendance. If you are having trouble with your PowerSchool Account, please call the school and speak with Mrs. Gruber.

As always, the first few months are very busy, we welcomed a few new staff members, and a wonderful group of new Grade 7's from Lamont Elementary and Bruderheim. We did have a "Meet the Staff Night" in September and it was great to see parents.

On November 10<sup>th</sup>, we will be having our Remembrance Day Ceremony at 10:15 a.m. and will be joined by Lamont Elementary.

**We would like to invite everyone to the Public/School Library open house on November 3, 2016.**

Fall break is from November 14<sup>th</sup> to the 18<sup>th</sup>.

Parent Teacher Interviews were held last week and were well attended by parents. We would like to sincerely thank all parents for attending and spending some time with the teachers.

This year, the Government has asked parents to take part in a survey as Alberta Education reviews and updates the provincial curriculum. Please take the time to complete the survey and provide input on what you would like to see in Language Arts, Math, Science and Social Studies. The link is also on our website.

Sincerely,

Sharon Mclean  
Principal



### Welding Star Bill Dyck

Bill shows off his skills in his shop class. What a great job!



### New Score Keeping Table

Mr. Kokotailo has been busy revamping our Athletics program and we think it looks great!

## First Nations and Inuit Hope for Wellness Help Line

Health Canada recently announced the launch of the First Nations and Inuit Hope for Wellness Help Line (1-855-242-3310), which is available 24-7. The helpline provides immediate, culturally competent, telephone-based, crisis-intervention counselling to First Nations and Inuit people experiencing distress. All calls are answered in English or French by experienced crisis-intervention counsellors. Callers can also ask if service is available in Cree, Ojibway and Inuktitut.

## 3R's Eco-Art Challenge: New Contest for Students

Elementary students and eligible youth groups across Canada are invited to design a creative poster that promotes the 3Rs – Reduce, Reuse and Recycle. The winning entry will be used as the official 2017 National Waste Reduction Week in Canada poster. In addition, a \$1,000 cash prize will be awarded to the winner. For more information, visit [wrwcanada.com/3rs-eco-art-challenge](http://wrwcanada.com/3rs-eco-art-challenge)



## Alberta Education Online Survey

Alberta Education recently launched its fall curriculum survey. All Albertans are asked to take the survey to weigh in on the present provincial curriculum. There are two parts to the survey: Part A takes about five minutes to complete and Part B can take between 15 minutes and 60 minutes to complete. In addition, various engagement sessions for educators and parents are being hosted by the Alberta Regional Professional Development Consortia from **October 18 to November 18**.

*Photo: Yummy cupcakes from the Cupcake Wars in our Senior High Foods Class. The winners were Ethan Henderson and Matt Mayowski. Congrats!*



*Photo: Favorite Literary Character Day.*

## Download the PowerSchool App!

Did you know there is a PowerSchool app? Download PowerSchool Mobile today on your Apple or Android device to stay connected with similar information available on the PowerSchool website. The same app can be used by both parents and students. You'll have real-time access to attendance, upcoming assignments, grades and more. Sign-up for push notifications to stay up to date.

Links to download PowerSchool Mobile are available from the PowerSchool parent or student portals or directly from the App Store or Google Play. Use the Elk Island Public Schools district code, HXWF, and your PowerSchool portal username and password to login to the app. The first time you login, or if you haven't used the app in a while, it may take three to five minutes for the app to load completely as it accesses all of your data from the PowerSchool server.

More information, links to download the app and a copy of the PowerSchool Mobile app user guide are available at [www.eips.ca](http://www.eips.ca).



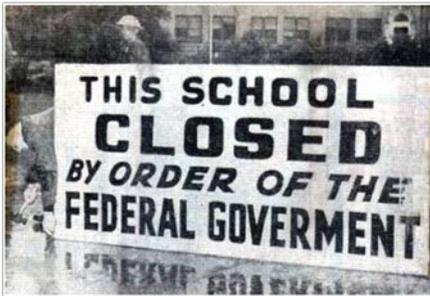
*Photo: Run for the Bus was a HUGE Success! Thank you to the volunteers and the community that has supported us. Thanks to the pledges we raised over \$3,000.00! These funds help keep our busses fueled and also helps to cover repairs and maintenance.*

## IMPORTANT DATES



## Picture Retake Day

Picture retake day is November 21 at 1:00pm!



## Closed for Fall Break

Lamont High School will be closed for fall break November 11 with classes resuming November 21, 2016. Hope everyone has a fun and safe break!

## FUN FACTS

6%

Only 6% of the land on Earth is suitable for growing crops

95%

95% of the creatures on earth are smaller than a chicken egg

## Student Council is on Instagram!

Student council has created a school activities Instagram!

Follow LamontHighSchool to see upcoming contests and events!

If anyone wishes to join in on planning the events in the school and would like to be involved with a great group of people. Student Council meets during flex block, so keep an eye out and make sure you get in on the fun!

## Athletics Update!

Welcome back to a new athletics season! We are off to a great start at Lamont High.

The addition of two extra teams has allowed us to have more students playing volleyball and we are proud to boast 60 students across the 6 teams! So far the season has been a success with all four junior high teams sporting winning records in EIPS league play and the junior high grade 8/9 teams both winning bronze at the Fort Christian tournament at the end of September. The high school men's and ladies teams have also seen successes with the ladies having 10 girls out to play and the boy with 9. These teams are building for the future and have many players who are seeing their first real team volleyball action! They have travelled to Vermilion, Vegreville, Stettler and most recently Lac La Biche for tournaments and continue to grow. They will round out their seasons November 18<sup>th</sup> and 19<sup>th</sup> as the ladies travel to Cold Lake for zones and the men to Fort McMurray.

This year has also seen the addition of cross country running to the program as well. We had 38 runners on the junior high team and had great accomplishments from runners like Cory Thiessen, Ethan Zago, Mary Balsillie, Braydon Nimchuk and many others who tested their fitness levels against other schools from EIPS and the zone. The high school team also sent 6 runners to high school zones in Vermilion where Austin Kardash finished 21<sup>st</sup> in the zone for junior boys.

To complete the amazing start to the season and to put an exclamation mark on the program we have acquired a team bus! We recently picked up a surplus bus from Salisbury Comp in Sherwood Park and with

Some help and donated parts and labor from Webbs of Lamont, we were able to get it on the road with no cost to the program at all! This team bus will complement our white bus and allow us to transport larger teams and more players to more events for less cost. We would like to send a great thank you to Webbs

and David Wilchak for their donation to the program through getting the bus road ready! As you can see from the attached picture it can hold all four junior high volleyball teams and they love every minute of it!

Athletics also ran the first annual "Run for the Bus" fundraiser on Sunday, Sept 25<sup>th</sup> and raised \$3165! This money helps to offset travel costs for players and help keeps fees down. We want to thank all who donated and to all athletes who fundraised for the run! Look for the second annual fun run next year!!

As always, stay tuned to our athletics website at LamontHigh.ca and follow us on Twitter, Instagram and like our Facebook page as well! Go #LamontLakerPride!

**Mr. Cory Kokotailo, B. Ed.**  
Director of Athletics & Physical Education



## High School Safety Video Contest

Get creative and develop a video in any style that highlights workplace health and safety. Entries must not be more than two minutes long, and can be created individually or in a team. Videos can include live action, animation, Claymation, rap, stop motion, poetry, film noir or any other style that inspires you. Cash Prizes! Matching grants will be made to winning students' schools.

- 1<sup>st</sup> Place: \$2,000
- 2<sup>nd</sup> Place: \$1,500
- 3<sup>rd</sup> Place: \$1,000

Submission deadline: 4:00pm on March 17, 2017. For more information please see Mrs. Giofu in the office.



## Lamont High School Paint Night!

Come out to have an amazing time with us November 22, 2016 @ 6:00 pm.

Our very own student and artist Rebecca Zachoda along with Paint Remedy will be here at the High School Gym to show you how to create your very own masterpiece.

You can purchase tickets at the High School Office or online at [www.paintremedy.com](http://www.paintremedy.com).

Tickets are \$45 each with \$15 of each ticket going toward our Annual Christmas Formal Day for students.

Refreshments and snacks will be provided throughout the night.

Hope to see you there!

## Awards Night

Lamont High would like to thank all the students and parents for coming to the Awards Ceremony. Also a very special thank you to all the staff that spent countless hours setting up and preparing for the night.

## Grad Update!

The 2017 Graduates have been working hard already in organizing the Graduation Ceremonies to celebrate their accomplishments in education over the last 12 (or more) years.

Graduation Ceremonies will be on Friday June 9, 2017 @ the Lamont High School Gymnasium. Graduation Banquet will be on Saturday June 10, 2017 @ the Lamont Community Hall.

Graduates are working hard to raise funds to subsidize the cost of their graduation and have already braved the cold weather for a Grad Bottle Drive. We are currently hosting a Poinsettia Fundraiser for which the orders and money are due on Monday November 21<sup>st</sup>. The poinsettia's will be available for pick up on Thursday December 15<sup>th</sup>. We will also be hosting a Canyon Candles fundraiser before Christmas to allow you to purchase lovely candles for the holiday season. Please stay informed regarding Graduation events, fundraisers and deadlines by visiting <http://lamonthigh.ca/students/graduation> for up-to-date information. If you have any questions or concerns, please contact the Graduation Facilitator, Ms. Ram, at the school via telephone or email [asha.ram@eips.ca](mailto:asha.ram@eips.ca).



*Photo Above: Delina-Rae Wilchak accepting her Grade 12 Honours Highest Mark Overall Certificate. Presented by Mr. Hope.*



*Photo Right: Seth Williams dressed up for Halloween. Always a fun time at Lamont High.*



