

Lamont High School



Principal's Message

One month of school is in the books! We had a wonderful start to our school year. I would like to take a moment to thank the staff and students at LHS for their hard work and cooperation as we worked through the start of school!

Please take a moment to pop by the school when you have the chance. Our new display cases have been installed and they look FANTASTIC! Many thanks to our School Council for their financial assistance for this project and the ongoing support of our continued modernization of LHS!

Finland

A very exciting opportunity has been provided to LHS. Our school was one of five Alberta schools chosen to participate in the Finland Alberta research project sponsored by the Alberta Teachers Association. Finland has been long viewed as world leader in education so the opportunity to learn from them will be invaluable. This research project is going to be conducted for the next three years.

Part of the project is having the chance to see firsthand how schools in Finland operate. Mr. Starko and Mr. Mali will be heading off to Finland next week! Then, in the spring, our colleagues from Finland will be coming to visit us.

Over the next two years, there will be an opportunity for students and staff to get involved in the exchange as well.

Parent Teacher Interviews

As you may have noticed, we have implemented a new interview format. As opposed to the traditional model of having two nights per semester, we have shifted how our time is being used. We will instead have one long night per semester and two shorter sessions from 3:30-5 during each semester.

The reason for the shift is that we have found that typically the second night of interviews is very poorly attended. The change we have made will make teachers more frequently available to parents throughout the year – a total of six interview dates. Furthermore, during the shorter interview days, teachers have been encouraged to make contact home for those students who they feel need intervention due to attendance, achievement or behavior issues. Our hope is that this more proactive approach allows us to ensure more student success.

Highlights

Awards Night

Our annual awards night will be held on Wednesday, October 24 at 6:30pm. We are excited to celebrate the wonderful accomplishments of many of our students. Please check your email for an invitation to this celebration!

Terry Fox Run

LHS raised \$454! Thank you to all students, staff and community members for their support!

VIP Food Orders

Orders will be available for pick up at the end of the day on Tues Oct 2nd from Rm. 129.

Thank you for all those who supported Student Council!

Key Dates

October 2: Parent Teacher Interviews
VIP Food Orders Available for pick up (end of day)

October 5: World Teachers' Day

October 1-5 : Read in Week

October 17: Drumheller Field Trip
Emerald Days

October 24: Awards Night @ 6:30 pm

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 fee information for the 2018-19 school year is now posted on the PowerSchool Parent Portal. All fees are due within 30 days of being posted. To access your fee information, simply log in to the [PowerSchool Parent Portal](#) and go to "Student Fees." There you can view your fees and pay them online using Visa, MasterCard or INTERAC Online—when available from your financial institution.

Don't forget to also log in to the PowerSchool Parent Portal regularly throughout the year. Fees are often added to your child's account to cover the cost of various school activities such as field trips, class projects, athletic-team fees and more.

If circumstances exist where you are unable to pay your fees, you can apply to have [fees waived](#) by submitting an [Application for a Waiver of Fees](#). The application 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.

Grad

Grad Student Meeting on Wednesday October 10, 2018 during FLEX. Please register and attend.

Nominations for the Grad Committee can be made on the Grad Bulletin Board until Thursday October 4th.

Science

Emerald Days on October 17th! Watch out for Field Trip forms for Grade 7 & 8s coming out soon.

#WeAreLamont Athletics Update

September was a busy and successful month for athletics!

Our volleyball teams saw great results as the high school girls team won the B side of the Mega Volley tournament in Vermilion and consolation championship at their own tournament; the high school boys took home a bronze medal in the Redwater tournament and the Jr. A boys won the consolation side of the Warriors Invitational at Fort Christian!

On the cross country side the junior high team won the EIPS small school championship and Breanna Merrick won bronze in the intermediate girls category, third fastest in all of Elk Island!

Coming up in October we have the high school cross country team heading to Zones October 10th in Vermilion and hopefully provincials on the 20th.

Our volleyball teams are playing in the tournaments as follows in October:

October 12/13 - High School Boys and Girls @ St. Andre Bessette in Fort Saskatchewan

October 18-20 - Jr. B home tournament

October 19/20 - Jr. A's @ St. Mary's in Vegreville

October 26/27 - High School boys and girls @ JAWS in Lac La Biche

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

Celebrating World Teachers' Day: October 5

October 5 is World Teachers' Day! Launched in 1994 by the United Nations Education, Scientific and Cultural Organization (UNESCO), World Teachers' Day is celebrated annually around the world as a way to recognize teachers and the integral role they play in providing quality education to students. On October 5, Elk Island Public Schools (EIPS) encourages all of its students, parents and community members to show their appreciation for their teachers and the positive impact they make on our lives.

EIPS extends its heartfelt thank you to all its teachers for their dedication, hard work and commitment in guiding and educating our students through their Kindergarten to Grade 12 years.

Literacy and Learning Day

This year's Literacy and Learning Day Conference takes place at the Northlands Expo Centre on October 28. The event is a fun-filled day for both parents and teachers, and includes various keynote speakers and free workshops. Participants are guaranteed to walk away with new strategies, tools and resources to support children as they grow and learn. The conference is free and everyone is welcome. For more information, or to register, visit www.literacyday.ca.

Read In Week takes place October 1-5

Read In Week 2018 returns on October 1. The theme for this year is Bringing Books to Life. Through various activities, students will spend the week learning how stories live on, even when the book is finished. Some of the activities planned for Read In Week include:

Read In Week is a Divisionwide initiative held annually to encourage a lifelong love of reading and to enhance literacy awareness among students, staff, parents and community members. We invite all our families to participate in Read In Week with us either by reading yourself, with your child or with someone in the community.

And, don't forget to share what you've learned throughout the week using the hashtag #eipsreads. We hope you discover some amazing stories.

School Bus Safety Week: October 15–21

Schools throughout Elk Island Public Schools (EIPS) are celebrating School Bus Safety Week October 15–21. The theme: Rider Rules = Safe to School, which is all about teaching children about proper school bus safety. Throughout the week, various activities are planned including information sessions, bus safety lesson plans and bus-evacuations drills.

As part of School Bus Safety Week, we'd like to remind our students and our families all EIPS school buses are equipped with both a bus-pass scanner and GPS technology, which allow Student Transportation to better monitor and manage its more than 170 buses and 600 bus routes. Thanks to this technology, parents and students also have access to the Versatrans My Stop app, a mobile tool to help determine the location of a bus, projected arrival times and when a child scanned onto a bus.

More information about School Bus Safety Week and EIPS Student Transportation services can be found by visiting www.eips.ca/transportation or by contacting Student Transportation (780-417-8151, st@eips.ca) directly.

No Child Without: Free MedicAlert for students

In our ongoing effort to provide safe and caring schools for our students, Lamont High continues to be registered 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 of 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.

REMINDER: Make head checks for lice a regular routine!

Head lice is one of the most common problems faced by school-aged children and their families. Typically, head lice are tiny, greyish brown insects that live on the scalp and lay their eggs, or nits, in the hair close to the scalp—itching is the main complaint. Lice don't jump from head to head nor are they dangerous. Having a head lice infestation, however, can cause stress, anxiety and hardship for staff, students and parents. As such, it's essential each of our families do their part at home by undertaking weekly routine head checks and, if head lice and nits are found, physically removing them.

While head lice prevention and control is primarily the responsibility of the parent, the school does work discreetly with the teacher, students and families to prevent further transmission. To prevent the spread of head lice, we strongly encourage you to speak to your child about preventative behaviour such as avoiding head-to-head contact and not sharing combs, hats, pillows and hair accessories. It's also important to teach children not to tease other students about head lice—anyone can get head lice. If head lice are found on your child, notify the school, physically remove the lice and nits using the proper lice comb, and keep your child home until all signs of active head lice are gone.

For more information about head lice prevention and treatment, visit www.eips.ca/parents/health-safety-information/head-lice. Alternatively, you can contact the school at **780.895.2228**

The New Teen Trend: Juuling

Here's what it is and how it works

A recent trend called "juuling" has come to our attention and we wanted to make you aware so you can discuss the issue with your child directly.

A Juul is a brand of electronic cigarette that looks like a USB drive—rather than the more familiar e-cigarette or vaping systems. The pods that are used for juuling contain a highly concentrated form of nicotine but because the vapour smells sweet or fruity, and as a result, you may not be aware when it's in use. The size of the device also makes it difficult to detect.

Smoking and vaping in any form, including Juuls, are not permitted either in school or on school grounds (see "EIPS Administration Procedure 162 Smoke-Free Facilities" at www.eips.ca/about-us/administrative-procedures/162). Students who don't respect the procedure risk facing disciplinary action at the school level.

More importantly, though, the inhalation of tobacco and other related substances poses a significant health risk for students and those around them. Nicotine and other carcinogens can impact student behaviour, concentration, memory and an ability to learn.

Many of these products contain ingredients that are highly addictive and harmful to the long-term health and well-being of individuals, particularly young people.

Please consider talking with your child about the negative effects of smoking, vaping and using electronic cigarettes.

For more information, see this *Global News* segment: <https://globalnews.ca/news/4194090/what-is-juuling/>.