

WHAT STARTS HERE CHANGES THE WORLD

B.E.A.R. NECESSITIES

September 30, 2016



Albert Lacombe
Catholic
Elementary
School



RETAKE DAY
MONDAY, OCTOBER 17
REMEMBER TO BRING
IN YOUR PROOF SHEET

AND SPORTS ACADEMY

AND SPORTS ACADEMY

Please see page 2 of the newsletter for a visual snapshot of what's happening this month. Please visit our website calendar frequently for changes and to look ahead at upcoming events.

<http://www.al.gsacrd.ab.ca/about/calendar>

Booster Juice Mondays:

Oct. 3 & Oct. 24

& Wraps Oct. 17, Oct. 31

Hot Lunch

Thursday, Oct. 6 - Little Caesar's

Friday, Oct. 7 - Wok Box

Thursday, Oct. 13 - Panago Pizza

Friday, Oct. 16 - D'Arcys Catering

Thursday, Oct. 20 - Boston Pizza

Thursday, Oct. 27 - Nitza's Pizza

Friday, Oct. 28 - Dairy Queen

We are Thankful ...

Our students are well into their school routines and Thanksgiving is just around the corner. We invite our school community to join us in prayer on Friday, October 7 at 2:00 pm for our Thanksgiving Celebration hosted by Miss Upfold's Grade 2 classroom. Parents, grandparents, and younger siblings are welcome! To live our faith and carry out our mission is do to Works of Mercy. We will be collecting donations to support the food bank. Thank you for helping us to make a difference.

VISITING OUR SCHOOL

We ask that all visitors please check in at the office. If you are volunteering or attending a meeting please sign in and pick up a Visitor ID tag. If you need to drop something off or pick-up your child for an appointment, during school hours, please come to the office we will be happy to page them. This helps to minimize interruptions in the classroom during teaching time. We greatly appreciate your support.

Also, we kindly ask parents who pick up their children after school to please wait outside the elementary boot room doors or our our main front doors to alleviate noise and congestion in the hallways. All other students must exit through their designated doors. Thank you.

WHAT STARTS HERE CHANGES THE WORLD

Previous	October 2016						Next
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
						1	
2	3 SEEALS Booster Juice 12:21 pm	4 CCLC Preparation for First Communion & Reconciliation (Parent & child) - Registration & Session 1 6:30 pm	5 Preparation for First Communion & Reconciliation (Parent & child) - Registration & Session 1 6:30 pm School Council Meeting 7:00 pm	6 SEEALS Hot Lunch - Little Caesar's 12:21 pm Preparation for First Communion & Reconciliation (Parent & child) - Registration & Session 1 6:30 pm	7 SEEALS Hot Lunch - Wok Box 12:21 pm Thanksgiving Celebration 2:00 pm	8	
9	10 Thanksgiving Day, No School	11 ATA Institute Day	12	13 SEEALS Hot Lunch - Panago Pizza 12:21 pm	14 SEEALS Hot Lunch - D'Arcy's Casual Catering 12:21 pm	15 Presentation of 1st Communion & Confirmation @ St. Albert Parish all Masses	
16	17 Retake Day Icon Photography SEEALS Booster Juice with wraps 12:21 pm	18 Gr. 6 - Summit Dental Hygiene Presentation 9:05 am	19 Pre- Kindergarten Picture Day 10:30 am	20 SEEALS Hot Lunch - Boston Pizza 12:21 pm	21 No classes for Pre- Kindergarten & Kindergarten Staff Meeting Day (Early Dismissal) @ 11:55 a.m.	22 St. Albert Parish Supper	
23	24 SEEALS November Hot Lunch Orders due! Gr. 5 Immunizations 8:30 am SEEALS Booster Juice 12:21 pm	25	26 WE Day - Calgary Saddledome	27 SEEALS Hot Lunch - Nitza's Pizza 12:21 pm	28 School Wide Retreat Face 2 Face SEEALS Hot Lunch - Dairy Queen 12:21 pm Halloween Dance 6:30 pm	29	
30	31 SEEALS Booster Juice with wraps 12:21 pm						

FIRST FIRE DRILL

Our first fire drill was held on Thursday, September 22. Our staff and students did a great job evacuating our school site safely. It took us 60 seconds to evacuate our building and 4min 45 sec to complete the attendance and outside controls to ensure everyone was accounted for and safely left our building.

BUDDY BENCH

The Buddy Bench is where children can go if they have nobody or nothing to play with at recess. The Buddy Bench is all about everyone belonging (as in the B for bear). Sometimes the students who run the Buddy Bench will bring equipment out to play. The colour of the benches are orange, blue, and white the same colors as our mascot bear. The bench is also a good way to make new friends!

District Cross Country Run

Our qualifying grades 4-6 students did a great job at the District Cross Country Run on September 22nd. Competing against several other schools from St. Albert and Morinville, the students completed a 1.5 KM run at Kingswood Park. All of our runners performed very well and we received medals in the following events:

Grade 6 boys: Zachary Haight, 1st place

Grade 6 girls: Carmya Mastrangelo, 1st place

Grade 6 boys: Gracyn Sawchyn, 3rd place

Congratulations to all who participated in the run and thank you to our wonderful parent volunteers who make these events possible!

PHOTO RETAKES

Monday, October 17, 2016 is scheduled for picture retakes. Remember to bring your retake form to school on October 17, 2016 if you are having a retake done that day.

**Albert Lacombe School
raised \$415.25 for
the Terry Fox Run**

LIBRARY NEWS

Watch for this year's Fall Book Fair which will happen November 21st to 24th, 2016! More information will follow in the November newsletter! Are you ready to start your Christmas shopping?

School Fees

School Fees are now over due. The fees are \$90.00 and can be paid by cheque payable to Albert Lacombe School or by Schoolcash online.

Did You Know.....

Our resident artist, Ms. Kres, painted a new mural of our mascot in the school gym over summer break. Painted on two sheet of sanded plywood, the mural took 5 hours of prep time and 35 hours of painting time. 27 bottles of coloured paint were used including a half a gallon of white paint and 2 bottles of spray sealer!

The mural was put up by our GSACRD maintenance team using a lift! Father Ignacy also blessed the mural during our opening school liturgy. Thank you Ms. Kres for sharing your wonderful talents once again to help make our school beautiful. (Ms. Kres also painted the mural of the three children in our main foyer in 2010)



Albert Lacombe Spirit Wear Sale!

30% off all items!

New to Albert Lacombe or just want some new Spirit Wear?

Don't miss out on this great opportunity!

Click the link below for complete Spirit Wear inventory.

Questions or wish to purchase?

Please contact Winnie at wvanderheide@shaw.ca

[spirit wear inventory sheet](#)

CAN YOU HELP US OUT?

We have had a couple parent volunteers in September to help us organize our clutter. If you have some time to spare, please email ckushniruk@gsacrd.ab.ca. We'd love some extra organizers to help us out.

QSP launched last week!

Friday, Oct 7 is a Form Collection Day - Forms Due!

SEEALS has brought QSP back! Order your favourite magazine for yourself, family and friends! The more sold, the bigger the prize!

Thank you for supporting our School!

Thanksgiving Food Drive

Do you know what the Top 10 Most Needed Items are for the St. Albert Food Bank? St. Albert Food Bank has been running low on donations this year, and with Thanksgiving right around the corner, we want to do our part in helping our St. Albert community. 2U will be running a food drive for the St. Albert Food Bank. We are collecting non-perishable items until Friday, October 7. The following items are the top ten most needed items for the St. Albert Food Bank. Thank you for helping those in need!

1. powdered milk
2. oatmeal
3. cold cereal
4. diapers - sizes 5 & 6
5. canned vegetables
6. rice
7. Enfamil A+ infant formula
8. pancake mix & syrup
9. granola bars
10. juice boxes

NUTRITION BITES

Celebration Foods - School parties and holiday celebrations are some of the most exciting times of the school year. At many of these celebrations food is the main focus of the party. Keep the party fun and healthy by featuring one of these ideas:

- Roasted pumpkin seeds
- Graham cracker with a spoonful of yogurt topped with a slice of fruit
- Snack mix with a crunch (dry cereal, whole grain crackers, air-popped popcorn, pretzels)
- Whole grain crackers and low fat cheese
- Veggie sticks
- Yogurt topped with fresh fruit
- Fresh fruit kabobs

There are many options to make parties both tasty and nutritious. Use one of these ideas or be creative and come up with one of your own!

[For more information and celebration snack ideas](#)

NEW THIS YEAR - ORDER YOUR HALLOWEEN DANCE TICKETS ONLINE!

Hot Lunch online update for October Newsletter



BEGIN PLACING YOUR ORDERS ON SEPTEMBER 30th!

It's spooky how easy it is to get your tickets!!

Halloween Dance at Albert Lacombe on Friday, October 28th - have fun with your friends and classmates!

NEW THIS YEAR – Order your Halloween Dance tickets the same way you do your hot lunch orders! Check the hot lunch website for the Halloween Dance Tickets menu.

DEADLINES for SEEALS Hot Lunch online menus:

NEW* Halloween Dance Ticket orders due October 25th

November hot lunch orders due October 24th

December hot lunch orders due November 21st

Don't forget to please lend a hand in our fundraising efforts by volunteering with the Halloween Dance and hot lunch! It's a great way to get involved and meet other parents!

Contact Heather at dhaight@0921@shaw.ca

IF YOU HAVE NOT ORDERED HOT LUNCH HERE IS HOW TO GET STARTED:

- ✓ Go to seeals.hotlunches.net
- ✓ Click on "Click Here to Register"
- ✓ Enter Access Code ALSHL
- ✓ Complete the rest of the registration form. (Include your email address to ensure you receive reminder emails about hot lunch order deadlines, and a summary of your child's hot lunch order for the upcoming week.)
- ✓ Click the "**Register Now**" button at the bottom
- ✓ Follow the instructions to add each child in your family who attends Albert Lacombe
- ✓ Once your child(ren) are registered, click on "Orders"
- ✓ Proceed to order Halloween Dance Tickets and/or hot lunch for your child(ren)

If you have questions on ordering Halloween Dance Tickets or hot lunch online, email Natalie at natalie.monette@yahoo.ca - Thank you for your support!

SEEALS (Society Enriching Education at Albert Lacombe School)



S.E.E.A.L.S Agenda

Society Enriching Education at Albert Lacombe School

Oct 5th, 2016 (7:00pm)

1. Call to order
2. Introductions
3. Approval of the Agenda 5 minutes
(Members may request an item be added to the agenda at this time)
4. Review and Acceptance of minutes from the last meeting 5 minutes
5. Old Business and/or Business arising from previous minutes 20 minutes
 - 5.1 Hot Lunch (Natalie Monette)
 - 5.2 Hot Lunch Volunteers (Heather Haight)
 - 5.3 Halloween Dance- (Heather Haight)
 - 5.4 Spirit Wear-Winnie Vanderheide
 - 5.5 Art Cards and QSP- (Heather Haight and Winnie Vanderheide)
 - 5.6 Gift Cards-Winnie Vanderheide
6. SEEALS Treasurer Report (Winnie Vanderheide) 15 minutes
7. New business 15 minutes
 - 7.1 SEEALS Executive nominations and votes
8. Announcements and Correspondence
9. Next SEEALS meeting –Nov 2nd, 2016
10. Meeting Adjournment



**It will be
hauntingly**

ALBERT LACOMBE FAMILY HALLOWEEN DANCE

TICKETS

- Tickets will not be sold at the door
- Orders Due:
Friday, October 21st
- Only 1 order needed per family
- Cheques made payable to **SEEALS**

WHEN: Friday, October 28, 2016
WHERE: Albert Lacombe School Gym
TIME: 6:30 to 8:30 pm
WHY: FUN!, Spooky Treats, Dancing!!
WHO: All Students (pre-K to grade 6) and their families
WHAT TO BRING: An adult or 2, money for treats/concession
WHAT TO WEAR: Your Halloween Costume!

Keep this top part for reference!

Family Name: _____

Phone: _____ **Grade:** _____ **Teacher:** _____

	Cost per ticket:	Number:	Total:
Student Name(s):	\$6.00		\$
Adult Name(s):	\$2.50 **children must be accompanied by a parent or responsible adult 18+*		\$
Staff Name:	Complimentary, please join your students in some fun!		\$
	Total		\$

Order tickets online! Go to seeals.hottlunches.net and click on Halloween Dance

Halloween Dance 2016

Cheques payable to SEEALS.

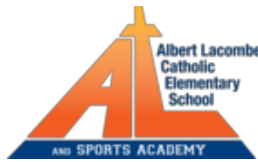
Have questions or want to volunteer?

Contact Heather: dhaight0921@shaw.ca

Please Circle

CASH

CHEQUE # _____



**ALBERT LACOMBE SCHOOL COUNCIL MEETING
AGENDA**

October 5, 2016 7 pm Albert Lacombe Staff Room

1. Call to order
2. Introductions: 5 minutes
3. Prayer (Charlene Kushniruk): 5 minutes
4. Approval of Agenda: 5 minutes
(Members may request an item be added to the agenda at this time)
5. Review and Acceptance of minutes from the last meeting
(September 7, 2016 meeting): 5 minutes
6. Business arising from previous minutes: 10 minutes
 - 6.1 Safe Journeys update (Duane Hayes)
 - 6.2 School/Teacher Priority List for 2016/17 (Natalie Monette/Charlene Kushniruk)
 - 6.3 School Spirit Days, Terry Fox Run Complete, new (Natalie Monette)
 - 6.4 Discussion and ideas regarding inclusion of Sports Academy Students in Christmas Celebration Evening on December 15th
7. Reports: 30 minutes
 - 7.1 Principal's Report (Charlene Kushniruk/Duane Hayes)
 - 7.2 School Trustee Report (Rosaleen McEvoy)
 - 7.3 Teacher's Representative (Lindsey Pratt/Kerrie Fedunyk)
 - 7.4 Compassionate Friends (Lindsey Pratt/Kerrie Fedunyk)
8. New Business: 30 minutes
 - 8.1
9. Next School Council meeting date –
Wednesday, November 2nd, 2016
10. Meeting Adjournment: 5 Minutes

Albert Lacombe School Council News

October 2016

School Council Meetings

2016/17:

- October 5
- November 2
- December 7
- January 18
- February 15
- March 15
- April 12
- May 10

Please join us at our next meeting on Wednesday, October 5th when the Albert Lacombe staff will present School Council with their Priority List of items to fund to enhance the school community in 2016-17!

Meetings are held at 7 pm in the Staff Room at Albert Lacombe School. All parents of children enrolled at Albert Lacombe School are invited to attend our council meetings and are automatically admitted as voting members of our school council.



School Council Contact:

If you have any ideas that you would like to share or items that you would like included in the agenda, please contact the School Council Chair- Natalie Monette at natalie.monette@yahoo.ca

Welcome to the Albert Lacombe School Council and SEEALS Executive Members 2016/17 voted in at the September School Council meeting!

Natalie Monette	Chair
Colleen LaForge Griebel	Vice Chair
Lisa Shankaruk	Secretary
Winnie Vanderheide	Treasurer
Heather Haight	SEEALS President
Vacant/Open Position	SEEALS Vice President
Lindsey Pratt & Kerrie Fedunyk	Teachers Representatives & Compassionate Friends Coordinators

School council is a means for parents and community members to work together with the school to support and enhance student learning. It is legislated to advise the principal and board respecting matters relating to the school.

SEEALS (Society Enriching Education at Albert Lacombe School) was formed with a purpose to support the school, and School Council, by raising funds to assist and enhance student learning by providing resources to improve the school community.

School Council and SEEALS were proud to support our school community by providing frozen treats for all students, staff and volunteers at the Terry Fox Run on September 15th! Great job to all of you!





School and Homework

Education can be seen as a tremendous gift. It's a time in life that is set aside specifically for learning. Yet, for many young people, school is a chore and a struggle. And in many families, it is a continuous source of conflict. Education is a complex and contentious issue, but the fact remains that school is a central reality of young people's lives. And as such, we want our young people to get as much out of it as they possibly can.

You can help make learning engaging and stimulating by sharing your own excitement about the world. Talk to your children about what they're studying in school and try to find ways to support what they're learning. Make lifelong learning a priority in your home. Having a strong sense of purpose about school and about the future makes young people more likely to succeed.

The **40 Developmental Assets** are positive qualities, experiences, and skills that children need to grow up healthy and responsible. Anyone can use these assets as a framework to help them think through the new experiences they're encountering with their children. When dealing with the issue of school, and homework in your family, the assets you may want to consider looking at for guidance are High Expectations, Parent Involvement in Schooling, Commitment to Learning, Reading for Pleasure, School Engagement, Homework, Bonding to School and Sense of Purpose.

Here are some action tips to help along the way.

- Be clear about your expectations with regard to school. Expect young people to do their best, but allow them room to make mistakes.
- If your child is struggling in school, try to find out what's at the root of the problem. Find out what additional resources are available. [Success 2000](#), [Sylvan Learning Centre St. Albert](#), [Kumon](#)
- Let your children see that their school is important to you, too. Attend School Activities and conferences, get involved in the parent organization, help plan a fundraising event. Show interest in what goes on each day at school.
- Encourage your children to read for the sheer pleasure of it. Keep interesting books and magazines around the house, and visit your local library together. [St. Albert Public Library](#)
- If your child complains about being bored or unhappy at school, take the complaint seriously, and see what can be done to improve the situation.
- Doing at least one hour of homework every day is one of the assets that helps young people stay on track. Help your child set up a homework schedule, and plan dinner and other family events around that schedule.
- Having a strong sense of purpose about school and about the future makes young people more likely to succeed.

Permission is hereby granted to City of St. Albert Family & Community Support Services to reprint the Developmental Assets® list, as well as sections of *Instant Assets*, and the MVParents® Web site for educational, non-commercial purposes only.



**EARLY CHILDHOOD
DEVELOPMENT** *matters!*

Parent Information Evening | SESSION #2
**Promoting Good Sleep
Habits in Your Child** (Ages 0-5)

October 12 • 6:30 - 8:30 pm
Servus Place

To register visit **stalbert.ca** and search **Adult Programs**.
Free childcare available during session.

Join us for a group discussion and learn about sleep requirements in young children and strategies in promoting positive sleep habits.



 **St. Albert Early Years Coalition • sasey.ca**
Community & Social Development
780-459-1756 • csd@stalbert.ca



Did you know?

In 2015, 2,011 food hampers were prepared at the St. Albert Food Bank. That's 6,787 individuals being assisted.

The number of individuals using the St. Albert Food Bank increased 30% from last year.

47% of St Albert food bank clients are under the age of 18.

67% of those that access the Food Bank in St. Albert are working families (Canadian average is 29%).

Housing is defined as being affordable if a household spends no more than 30% of its gross income on rental payments or 32% on home ownership costs. These costs include mortgage, heat, property taxes, and if applicable, 50% condo fees.



ST. ALBERT
Family Working
Group

#10, 50 Bellerose Dr St.
Albert AB T8N 3L5
csd@stalbert.ca

St. Albert Family Working Group

What do you do when your wage is not enough?

Please email feedback on this newsletter to stalbertfwg@gmail.com

Despite St Albert's reputation as an affluent community, many families live paycheque to paycheque with very little savings. This series of eight newsletters will highlight some of the most pressing financial strains families face on a day to day basis.

Everybody needs food, clothing, and housing to survive. But what if your wage isn't enough to cover these basic needs. Where do you go for help? In St. Albert, there are organizations that can help families with food, clothing and housing.

Food

- ⇒ The St. Albert Food Bank – can also provide diapers, wipes, pet food
- ⇒ St. Albert Salvation Army – Collective Kitchens & Community Lunch
- ⇒ WECAN food basket - Groceries ordered monthly for an affordable price. The basket provides fresh produce and frozen meat items
- ⇒ Society of St. Vincent De Paul

Clothing

- ⇒ LoSeCa Foundation I'm Unique Thrift Store
- ⇒ Salvation Army – Coats for Kids
- ⇒ St. Albert Alliance Church Share and Wear – invites people to “shop for free” from a selection of gently used clothing and household items. The next Share and Wear events are: October 1, 2016 & April 29, 2017
- ⇒ Society of St Vincent De Paul

Housing

- ⇒ St. Albert Affordable Housing Society
- ⇒ Rental Assistance Program

There is a time in everyone's life when we are face to face with challenges we have difficulty overcoming by ourselves. Please contact one of the agencies listed above. They can help.

For more information check out:

St. Albert Food Bank	780-459-0599
St. Albert Salvation Army	780-458-1937
WECAN Food Basket Society	780-413-4525
LoSeCa Foundation I'm Unique thrift Store	780-460-1400
Society of St. Vincent De Paul	780-471-5577
St. Albert Housing Society	780-544-2205



**ST. ALBERT
AMPLIFY
FESTIVAL**

THE ART OF BEING ALIVE

OCTOBER 14TH & 15TH **KINSMEN CENTRE** **GRADE 7 TO AGE 21**

An inspiring weekend of art. Register in a workshop, grab tickets to our main stage concerts or drop by for free!

AMPLIFYFESTIVAL.CA **#GETAMPED**

City of St. Albert | *St. Albert Gazette* | *St. Albert Chamber of Commerce* | *St. Albert Chamber of Commerce*

**ST. ALBERT
AMPLIFY
FESTIVAL**

Register in a workshop, grab tickets to our main stage concerts or drop by for free!

Grade 7 to Age 21

The Arden Theatre
Box Office • 780-459-1542
ticketmaster®

Fri & Sat Night \$15
Workshops \$10
Weekend Pass \$30

AMPLIFY STAGE

SATURDAY NIGHT
Feature Performances
Van Damsel
North of Here • Lusitania Lights
Julia Nicholson
with guests
Viva Dance • NXG Company

FRIDAY NIGHT
Calling All Captains • Alleviate
Thursdays • 5 Cents Richer
Kaleia Odella

WORKSHOPS
Stage Fighting 101 • Halloween Gore Special F/X Make Up • Songwriting with The Royal Foundry • Intro to Hip Hop Henna Body Art • McBain Camera Presents: Event Photography Soapmaking 101 • The Art of Yoga

EXTRAS
The Acoustic Stage • The Art of Being Alive: Visual Art Exhibit • Poetry Slam Presented by the St. Albert Public Library The Found Art War • and More...

ALL-DAY
Caricatures • Poetry-On-The-Spot T-Shirt Tie-Dying with the Musée Heritage Museum Pancake Art • Roving Magic • and More...

This fall the St. Albert Amplify Festival is celebrating its third year by presenting yet another breath-taking, heart-stopping, mind-blowing weekend of music, poetry, dance, visual art, and more. Entirely composed, created and curated by young artists, Amplify is a fresh take on an arts and culture festival designed specifically for students grade seven to age 21. Featuring a combination of workshops, concerts, projects and performances that will awaken your senses and stir your spirit, it's time to revel in the **Art Of Being Alive**.

OCTOBER 14TH AND 15TH, 2016

It's back. **#GetAmped**

FOR WHO

For St. Albert and area students Grade 7 to Age 21.

LOCATION

Kinsman Banquet Centre.

47 Riel Dr, St Albert, AB T8N 3Z2

To get all the details, head on over to www.amplifyfestival.ca.