

W H A T S T A R T S H E R E C H A N G E S T H E W O R L D
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B.E.A.R. NECESSITIES

March 23, 2017



Key Dates

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>

It's hard to believe that we are already into the first week of spring. During the upcoming month, we have many exciting activities and events planned at Albert Lacombe. Please take time to peruse the newsletter to ensure that your calendars are well marked. I hope that you will have the opportunity to spend time with your family and friends during the Easter break. May God continue to bless our community and we wish a Happy Easter to each of our Albert Lacombe families.

Thank you to school council, SEEALS and to all parents who contributed to the Mexican Fiesta Feast for Parent Teacher Interviews! Our staff was enjoyed the tasty delights! Muchas Gracias

Hot Lunch Days:

Monday, Apr. 3 Booster Juice
Thursday, Apr. 6 - Boston Pizza
Monday, Apr. 10 - Edo Japan
Thursday, Apr. 13 -
Nitza's Pizza
Thursday, Apr. 20 - Little Caesar's Pizza
Monday, Apr. 24 - Opa! Of Greece
Thursday, Apr. 13 -
Nitza's Pizza
Thursday, Apr. 27 - Panago Pizza

GSACRD DISTRICT SATISFACTION SURVEY

Parents - please take a few minutes to complete our District Satisfaction Survey. Your feedback is valued and helps us to plan for the upcoming school year. Deadline for survey administration is April 30, 2017.

Survey Link

- <https://www.surveymonkey.com/r/B8F32D8>

W H A T S T A R T S H E R E C H A N G E S T H E W O R L D

Previous	April 2017					Next
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 SEEALS - Booster Juice 12:21 pm	4	5 Sports Academy Open House 7:00 pm	6 SEEALS - Hot Lunch Boston Pizza 12:21 pm	7	8
9	10 Holy Week SEEALS - Hot Lunch Edo Japan 12:25 pm	11 CCLC Holy Week Gr. 6 Maurader Activity Challenge @ VJM 4:00 pm	12 Holy Week School Council Meeting 7:00 pm	13 Holy Week SEEALS - Hot Lunch Nitza's Pizza 12:21 pm	14 Good Friday Holy Week No School	15 Holy Week
16 Easter Sunday	17 Easter Monday, No School	18	19	20 SEEALS - Hot Lunch Little Caesar's Pizza 12:21 pm	21 New Life Celebration @ St. Albert Parish with Bertha Kennedy School 9:45 am	22
23	24 Career Week Volunteer Appreciation Week Gr. 5 Immunizations 8:30 am SEEALS - Hot Lunch OPA! of Greece 12:21 pm	25 Career Week SEEALS May Hot Lunch Orders Due Volunteer Appreciation Week	26 Career Week Volunteer Appreciation Week	27 Career Week Volunteer Appreciation Week SEEALS - Hot Lunch Panago Pizza 12:20 pm	28 No School for Students PD/Staff Meeting Day Volunteer Appreciation Week	29
30						

PARENT FEEDBACK

We are always happy to hear from our school community. If you have any feedback, suggestions, comments or concerns, please contact Mrs. Kushniruk at ckushniruk@gsacrd.ab.ca Your input is always welcomed and appreciated!



Open House

April 5, 2017 - 7:00 PM

@ Albert Lacombe School
for more info email/call

Geoff

ggiacobbo@gsacrd.ab.ca or
780-405-9476

COMING ATTRACTIONS

On April 3, we will be sending registration forms for students in K-Gr 5 for the 2017 - 18 school year. Knowing how many students to expect allows us to make better plans for budgeting and staffing and we really appreciate getting your registration forms back as quickly as possible. Thank you, in advance, for your help! As well, we are accepting registrations for Sports Academy for students entering Grade 4, 5 and 6. Our program offers opportunities for multiple recreational activities, as well as a focus in Hockey, Soccer, and Performing Arts!

SCHOOL SUPPLIES 2017-2018

Albert Lacombe School is pleased to offer our parents the option to pre-purchase your child's school supplies for the 2017-2018 school year from Write-On Stationery. The school supply forms will be sent home after the Easter break.

For you, this is a worry-free way to purchase all the school supplies your child needs without having to travel from store to store, deal with crowds, line ups, sold out items and having to shop around for bargains. This is voluntary, but we are sure this opportunity will be of value to you.

MOVING AWAY/CHANGING SCHOOLS

Although it is only April, we are already busy planning for next year. It would be very helpful, for our planning process, to know of any families that will be re-locating or moving their children to a different school for next year. Please call 780-459-4478 or with the necessary information. Your help in keeping us informed is greatly appreciated.

PARKING REMINDERS

As a school, we value our partnership with our parent community, as we endeavour to work collaboratively in order to create a safe and caring environment for our children. This includes creating a safe and caring journey to and from school as well as within our school day, for our students and families. The following information is in an effort to communicate expectations for our community regarding parking, pedestrian safety, entry and exit procedures, and security with our building.

NEIGHBOURHOOD COURTESY

A reminder to all parents to be **courteous** with regards to our community neighbours. Please be **mindful of driveways, sidewalks and congestion** during our busy times. **Bylaw officers regularly patrol the area** and complaints will be directed to their office by community members.

PARKING AND DROP OFF ZONES

Our parking lot is for staff only. All visitors and parents are asked to park on the street. In order to ensure the safety of our children and to alleviate congestion and confrontation, it is essential that parents **DO NOT drive into the parking lot to drop off or pick up their child. Please do not use the entrance driveway to turn your vehicle around.** This causes unnecessary congestion and limited visibility that places our students at risk.

There is a **drop-off zone** located outside the main school doors. This zone can only accommodate three cars at a time. This area is for **immediate drop off and pick up** of students. Cars **may not remain parked** in this zone for any period of time.

A reminder that there are **signs posted** on either side of the crosswalk that indicate there should be **no parking within 5 metres** of the crosswalk. **Encourage your children** to use the **designated crosswalk area** to avoid jaywalking. Administration has been consulting our **local city bylaw** to help reinforce parking in this crosswalk area. **Cars that are in violation of the posted signs may be ticketed.**

We are strongly encouraging all families that routinely pick up their after-school children to use a designated area away from these trouble zones to ensure the safe crossing and reduce risk to all students. We truly need everyone's cooperation and best effort to faithfully follow the recommendations. Please communicate this information with aunts, uncles, grandparents, spouses who may be dropping off or picking your child(ren).

JAYWALKING/SAFE STREET CROSSING

Please **help us to model** for all of our student's safe street crossing behaviours. Please **choose safety over convenience** by accessing our school patrols at the lighted crosswalk. This is the only safe route for all students and adults to access our school. Please do not encourage your child to jaywalk between parked cars for everyone's safety. **Modeling is key for our students!**

MORNING ENTRY/AFTERNOON EXIT PROCEDURES

Supervision at our school **begins at 8:10 am.** Our **first bell rings at 8:20 am** and students will enter the school through their designated doors at this time. At 8:25 am we have welcoming music in our school hallways that signals when a student is late. Students must report to our front office to **receive a late slip** prior to entering their classroom as attendance has already been completed at this time.

After school, all students will be **dismissed through their designated doors.** Students will walk around to the front of the building to meet parents for pickup. Please designate an area for pickup with your child so that your child knows where the meeting spot is.

SPORTS ACADEMY MORNINGS (TUESDAY, WEDNESDAY, THURSDAY)

Sports Academy students may access the school through our main front doors on their dryland days. All Sports Academy students are asked to change and meet with their coach for the day in the **small gym by 8:00 am.** If students arrive early, they are to wait in the small gym where their coach will supervise them.

At the end of the day, all **Sports Academy students** will retrieve their sports equipment from the Sport Academy office. All Sports Academy students will **exit the school using the Grade 6 door** (near Ms. Leis' room). Students will walk to designated safe crosswalks to meet parents for pickup at south and west ends of school.

New Life Celebration

Our Grade Three classes will be leading both Albert Lacombe and Bertha Kennedy School during the mass at St. Albert Parish - Friday, April 21 @ 9:45 a.m.

Please join us!



School Council and SEEALS would like to extend a big Thank You to our volunteers for making supper for our hard-working teachers on their first day of Parent Teacher Interviews. This year's theme was Mexican Fiesta and the room looked and smelled the part! Albert Lacombe parent volunteers are like no other!

Gratefully,
School Council
and SEEALS





Albert Lacombe School Council Meeting AGENDA

April 12, 2017 (7:00pm)

1. Call to order
2. Introductions: 5 minutes
3. Prayer: (Natalie Monette) 5 minutes
4. Approval of the 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 5 minutes
-Last Meeting was March 15th, 2017
6. Business arising from previous minutes 25 minutes
 - 6.1 School/Teacher Priority List for 2016/17(Natalie Monette & Charlene Kushniruk)
 - 6.2 School Spirit Days discussion (Natalie Monette)
 - 6.3 School Ramp Update (Duane Hayes)
 - 6.4 Welcome Back BBQ (Natalie Monette)
 - 6.5 Teacher's Appreciation Week: May 1 to May 5 (Charlene Kushniruk)
 - 6.6 Volunteer Appreciation Week: April 23 to April 29 (Natalie Monette/Heather Haight)
 - 6.7 Spring Staff Supper March 20 (Winnie Vanderheide)
7. Reports 20 minutes
 - 7.1 Principal's Report (Charlene Kushniruk)
 - 7.2 School Trustee Report (Joan Crockett)
 - 7.3 Teacher's Representative (Lindsey Pratt/Kerrie Fedunyk)
 - 7.4 Compassionate Friends (Lindsey Pratt/Kerrie Fedunyk)
8. New business 5 minutes
9. Announcements and Correspondence
10. Next meeting – May 10, 2017
11. Meeting Adjournment

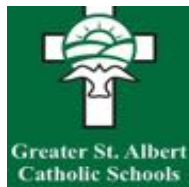


S.E.E.A.L.S Agenda

Society Enriching Education at Albert Lacombe School

April 12th, 2017 (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 (Mar 15th 2017) 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 Spirit Wear Coordinator/ Hot Lunch Coordinator Heather Haight
6. SEEALS Treasurer Report (Winnie Vanderheide) 15 minutes
7. New business – 15 minutes
 - 7.1 New/ Added Expenses- Heather Haight
 - 7.2 Parent suggestions for 2017/2018 Art Cards
8. Announcements and Correspondence
9. Next SEEALS meeting –May 10th, 2017
10. Meeting Adjournment



Counsellor's Corner

Social Media for Children - Can It Be Used Positively?

Pope Francis says yes!

- The internet, text messages and social networks are 'a gift from God', Pope Francis has said.
- "It is not technology which determines whether or not communication is authentic, but rather the human heart and our capacity to use wisely the means at our disposal,"
- The internet can, the Pope said, "help us to be better citizens", but "access to digital networks entails a responsibility for our neighbour whom we do not see but who is nonetheless real and has a dignity which must be respected."

(Retrieved on March 17, 2017 from

<http://www.catholicerald.co.uk/news/2016/01/25>)

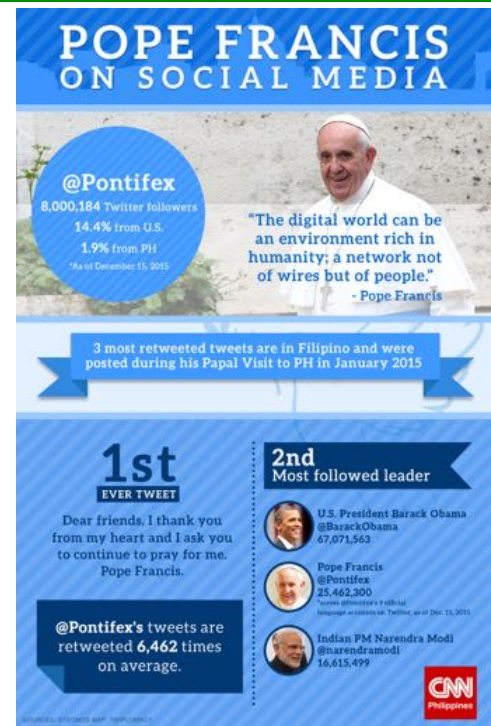
Remember:

The flipside is that social media can be a hub for things like [cyberbullying](#) and questionable activities. Without meaning to, kids can easily share more online than they should.

One study showed that 9 out of 10 teens post photos of themselves online or use their real names on their profiles; 8 out of 10 reveal their birthdates and interests; and 7 out of 10 post their school name and the town where they live.

(Retrieved on March 17, 2017 from

<http://kidshealth.org/en/parents/social-media-smarts.html>)



*May the celebration of
resurrected life bring new hope to
your being.*

*May the victory over earthly
death turn your eyes to the
promises of heaven.*

*May the empty tomb help you to
leave your sorrows at the foot of
the cross.*

*So that God's hope, promises and
forgiveness reign in your life
forever. Amen*



Maria Watkins

School Counsellor - M.Ed in Counselling Psychology (CCC)

Vital Grandin - Tuesdays, Wednesdays & Fridays 11:30a.m. - 3:15 p.m.

Albert Lacombe - Mondays 11:30a.m. - 3:15p.m. & Thursdays 8:10a.m. - 3:15p.m.

Child & Youth programs available for Spring Break & ALL PD days!

Be sure to check out:

- **Gen Z**

(Spring Break; March 27th and/or 31st; grades 1-6)

Generation Z is completely unplugged. From sports, crafts, games and more, this program is filled with activities your child is sure to enjoy! It is student empowered and thus will be individualized to your child's specific interests. Each day we will engage in new activities so your child can explore hobbies and games that they haven't experienced before. While having fun, kids will also take away from the program important skills such as: relationship building, cooperation, problem solving and self-expression, all of which will help them develop and grow.

- **Gym Class Heroes (PD Day; April 28th; grades 2-6)**

Come enjoy some of the classic gym class games and learn some new ones too! Your active child will love this class as it allows them to release some energy in a fun and organized way. The class is centered on games such as: Dodgeball, Tag, along with its many variations, as well as new games, such as: Steal the Bacon, Noodle Poppers, and many more. We guarantee they will have fun and sleep great after this class!

- **Pokemon & Board Game Bonanza**

(PD Day; May 19th; grades 2-6)

From Pokémon to Pie Face, this class will allow your child to explore the world of board games. Board games are often underestimated and people don't realize how many valuable lessons they can teach children. Skills like reading, cooperation and critical thinking. In this class your child will experience and put into practice a plethora of valuable skills that will benefit them in their daily lives. Keep in mind these won't be your average board games. We will introduce them to tons of unconventional and hilarious new games.

- **Home Alone (PD Day, June 9th; grades 4-6)**

Parents, have you been asking yourself if your child is ready to stay at home alone? This program offers children the opportunity to learn and practice many skills that will help them make good decisions and be more independent. Some topics to be covered include: responsibilities & safety inside the home, street smarts, rules, internet safety, boundaries & communication.

- **Taming Your Worry Dragons**

(Spring Break; March 28th-30th; grades 3-6)

Using a booklet as a guide, children will learn about anxieties/worries and formulate strategies to tame those worries. Through a variety of activities participants will create their tool box of strategies. Children will also learn to shift from negative to positive self-talk helping to feel more confident in themselves and practice their detective work to help keep track of successes. Parents please be aware that this program is an entry level program for children learning about anxiety.

- **Worry Too Much**

(Spring Break; March 28th-30th; grades 1-3)

This program will help guide children in techniques used to help ease the feeling of anxiety. Worry Too Much will teach your child a more successful way to think about and manage anxiety. Through the use of how-to steps, drawing, writing, and hands on activities that are aimed towards reducing anxiety. Through discussions this program will help children think positively and create different ways to cope with anxiety. Parents please be aware that this program is an entry level program for children learning about anxiety.

- **Likes and Laughs**

(evenings; April 12th-28th; grades 2-6)

Come make some friends and become a better one too. In this program we will play games and interact while learning all about what it takes to be a better friend and to create better friendships. All skills will be taught through interactive and thought provoking activities. And the best part is kids won't even know they are learning.

- **Volcano in my Tummy**

(evenings; May 3rd-17th; grades 3-6)

This course will teach children that anger is an emotion. Emotions are neither good, nor bad, it is what children do when they are angry that matters. They will learn how to handle their anger using the anger rules; anger can then become a motivating force that will help them to build healthy relationships.

- **Brain Train Mania**

(evenings; May 10th-24th; grades 2-6)

Join us for puzzles, brain teasers and many more thought provoking games. This course is centered on rainy day games that just so happen to teach problem solving skills. Your children will learn how to deal with difficulty all while solving the greatest problem of all... how to keep them engaged.

- **DIY ME (evenings, June 7th-21st; grades 2-6)**

As the great philosopher Dr. Seuss once said "Today you are you, that is truer than true, there is no one alive that is *youer* than you". This course aims to promote self-confidence, self-esteem and self-worth, through interactive games and activities focused on your child's unique and special strengths and successes.

Also available are:

Adult & Parenting, Early Childhood Parented & Un-Parented programs.

Just dial 780-459-7377 to register!



**St. Albert Family
Resource Centre**
GROWING STRONG TOGETHER

Visit www.stalbertfrc.ca for more info!