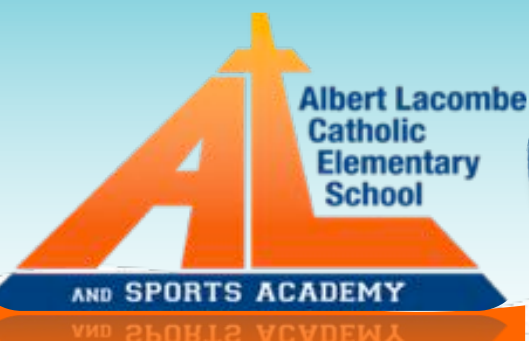


B.E.A.R. NECESSITIES

September 29, 2017



RETAKES DAY
WEDNESDAY, OCTOBER 18
REMEMBER TO BRING IN
YOUR PROOF SHEET

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>

Website

Our school Website will be getting a new look! Upgrades to our school webpage will take place over the Thanksgiving Weekend. We hope that our new format will help our parents and community find school information they need in a click or two.

We are Thankful ...

We have had such a great start to the new school year with our students well into their school routines and Thanksgiving is just around the corner. We invite our school community to join us in prayer on Thursday, Oct 5 @ 1:30 PM for our Thanksgiving Celebration. Our homerooms of 1P and 2F will be leading our community through our celebration. Our Grade 4 Leadership group have organized our food drive to live our faith and carry out our mission is do service for others. We will be collecting donations to support the food bank. Thank you for helping us to make a difference.

Parents, grandparents, and younger siblings are always welcome at all of our celebrations and liturgies !

What do parents want to know about our school? Please click on the link <https://goo.gl/forms/DYKJk777kRIrx0w1> to tell us what you would like to know more about this school year. Our School Council meets once a month and our school team reports on current and upcoming happenings throughout the school year. Our Next School Council meeting Tuesday, October 17 @ 7p.m.

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 main front doors to alleviate noise and congestion in the hallways. All other students must exit through their designated doors.

Thank you.

October 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 St. Albert Parish Expo following 11 am Mass 11:00 am	2 Assembly 8:45 am SEEALS Hot Lunch - Edo Japan 12:50 pm	3	4 The One Called Jesus Art Exhibit Tour	5 SEEALS Hot Lunch - Nitza's Pizza 12:50 pm Thanksgiving Celebration 1:30 pm	6 No Kindergarten/No Pre-K Gr. 6TK DARE 11:30 am Gr. 6L DARE 1:20 pm	7
8	9 Thanksgiving Day - NO SCHOOL	10 ATA Institute Day - NO CLASSES for students	11	12 SEEALS Hot Lunch - Panago Pizza 12:50 pm	13 No Pre-K	14
15	16 SEEALS Hot Lunch - Mr. Sub 12:50 pm Girls Volleyball @ Ecole Father Jan 3:30 pm	17 CCLC Gr. 6TK DARE 11:30 am Gr. 6L DARE 1:20 pm Boys Volleyball @ Ecole Father Jan 3:30 pm Preparations for First Holy Communion & First Reconciliation - Session 2 6:30 pm School Council Meeting 7:00 pm	18 Student Photo Retake Day 10:30 am Preparations for First Holy Communion & First Reconciliation - Session 2 6:30 pm	19 SEEALS Hot Lunch - Boston Pizza 12:50 pm Preparations for First Holy Communion & First Reconciliation - Session 2 6:30 pm	20 Early Dismissal - Staff Meeting Day No Kindergarten/No Pre-K	21 Preparations for First Holy Communion, First Reconciliation & Confirmation - Presentation Weekend 5:00 pm
22 Preparations for First Holy Communion, First Reconciliation & Confirmation - Presentation Weekend 9am/11am or 6:30pm	23 Administrator's Retreat Assembly 8:45 am SEEALS Hot Lunch - Press'd Sandwich Co 12:50 pm Gr. 5 Immunizations 1:15 pm	24 Administrator's Retreat Gr. 6TK DARE 11:30 am Gr. 6L DARE 1:20 pm	25 Girls Volleyball @ Albert Lacombe School 3:30 pm	26 SEEALS Hot Lunch - Nitza's Pizza 12:50 pm Boys Volleyball @ Albert Lacombe School 3:30 pm	27 Halloween Dance 6:30 pm	28
29	30 SEEALS Hot Lunch - Edo Japan 12:50 pm Girls Volleyball @ JJ Nearing School 3:30 pm	31 Halloween Orange & Black Day Gr. 6TK DARE 11:30 am Gr. 6L DARE 1:20 pm				

District Cross Country Run

Grades 4-6 students representing Albert Lacombe in the district cross country run did a fantastic job! It was rainy and cool but we went out and had a blast! Chase L. came in second overall in the grade six boys category, Will L. came in second overall in the grade five boys category and Jesse M. came in third overall in the grade four boys category. All of our students participated respectfully and with their absolute best effort. Way to be BEARS kids!!!

Albert Lacombe Participants in the 2017 District Cross Country Run:

Chase L.	Will L.	Riley T.
Lucas S.	Connor S.	Jake L.
Connor S.	Alex H.	Tinashe M.
Jacob G.	Taysen H.	Jesse M.
Jake G.	Kobe I.	Braydon H.
Kameron L.	Travis L.	Todd A.
Christopher M.	Zach Z.	Gabriel K.
Cohen D.	Julian S.	Macklen P.
	Jackson F.	Alonzo P.
	Austin F.	Eric C.
Kiara H.	Jade V.	Bianca R.
Perci M.	Jazmyn H.	Kate B.
Marley F.	Faith F.	Sophie Z.
Mariah J.	Stella M.	Kiera B.
Katelyn P.	Sophie L.	Lily-Rose J.
Brenna H.		Eva R.
Mia O.		Ada B.
Naomi B.		Annie S.
Ysabelle B.		Tana R.

Albert Lacombe Volleyball

All games are from 4:00- 5:00p.m. We bus to Bertha Kennedy, J.J.Nearing, and Father Jan School, parents are required to pick up their children at the game location at 5p.m. If you have any questions, please feel free to ask your child's coach, Mrs. Norbert or Mr. Hayes. The schedule is listed below.

Girls' Team:

Monday Oct 16th - Ecole Father Jan School

Wednesday Oct 25th - Albert Lacombe School

Monday Oct 30th - J.J. Nearing School

Saturday Nov 4th - Bertha Kennedy School (Wind up Tournament 1pm - 4pm)

Boys' Team:

Tuesday Oct 17th - Father Jan School

Thursday Oct 26th - Albert Lacombe School

Thursday Nov 2nd - J.J. Nearing School

Saturday Nov 4th - Bertha Kennedy School (Wind up Tournament 9 am - 12 pm)

School Fees for Gr. 1 - 6

School Fees are now over-due. The fees are \$101.00 and can be paid by cash, cheque (made payable to Albert Lacombe School) or by Schoolcash online. Please see the website for a fee breakdown.

TERRY FOX WALK

There was a sea of orange and blue at Albert Lacombe School on Friday, September 15 for the annual Terry Fox Walk. THANK YOU to all our parent volunteers who came and walked with us. Thank you to all who donated your \$\$\$ to this worthy cause. We raised a total of \$356 BEARY Awesome !!

**Albert Lacombe School
raised \$356.00 for
the Terry Fox Run**

PHOTO RETAKES

Wednesday, October 18 is scheduled for picture retakes. Remember to bring your retake form to school on October 18 if you are having a retake done that day.

Mindfulness

Our lives are busy and so are the lives of our children. Along with the busyness comes stress which can affect not only our bodies but our minds and our relationships.

What if mindfulness could give both you and your children some "peace" of mind?

Join Heidi Mason and Lisa Giacobbo for a discussion about how even five minutes of mindfulness can make a difference while we explore the following questions:

- What is stress?
- How does stress affect us?
- What is mindfulness?
- How can mindfulness help us?

Heidi Mason, mother of two, background as a Physical Therapist, Yoga teacher and therapist and certified mindfulness instructor and Lisa Giacobbo, currently a Vice Principal, teacher with 20 years experience and mother of 3 busy children will share from their personal and professional experiences.

Date: Monday, October 2, 2017

Time: 7:00pm - 8:30pm

Location: Forsyth Hall, St. Albert Public Library

To register: <http://sapl.libcal.com/event/3433020>

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!

Healthy Children October 2017 Parent Newsletter

<http://www.albertahealthservices.ca/assets/info/school/csh/if-sch-csh-oct-2017-healthy-children.pdf>



Albert Lacombe Food Drive Oct 6 - 9th

*AL we CAN do it
Everyone CAN do it
Bring in boxes, bring in CANS
We will load it all in vans
Let's get some more
To feed the poor
WE CAN DO IT!
Yes we CAN!*

(written by Rhianna, Yara, Cruz, Eva, and Gabe - Grade 4 Leadership)

Halloween Dance Friday, October 27th

**We are looking for volunteers & donations. If
you can help please contact
Heather- dhaight0921@shaw.ca**

October 2 - 6 - Come and read with us!!

It's so easy to take reading for granted. Like many things in life, it's an activity that hardly merits a second thought. Yet, reading and writing are critically important skills people throughout the world need for daily survival and happiness. With this thought in mind, the staff and students of Albert Lacombe School invite you to share our commitment to reading by helping us celebrate literacy.

To increase awareness of the importance of reading, we will be hosting a READ IN from October 2-6 in honour of this year's theme, I'm a reader. I read for me! *Parents and members of our community are invited to drop in to our READ IN on Monday, Oct 2 @ 8:35 - 9:10 am and Friday, Oct 6 @ 8:35 - 9:10 am to read or be read to.* Guests are encouraged to offer to share an experience or book that was very important in their lives, either as children or as adults. If you are interested in joining our READ IN days, please contact your child's homeroom teacher.

**QSP launched Sept
29th! Tuesday, Oct 3 is the
first Collection Day and also
DOUBLE Points 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!

Spirit Wear is Back!

SEEALS has organized Spirit Wear again this year. We have Hoodies, t-shirts, and zip-up sweaters. Act quickly to show your Bear pride and order at the following link:

<https://albertlacombeschool2017.itemorder.com/>

DEADLINE: October 13th, 2017

Orders can only be done online and will be picked up and delivered to your child's classroom when ready

If you have any questions please email kralph.relay@gmail.com

Thank you for all your SUPPORT!

SEEALS (Society Enriching Education at Albert Lacombe School)





Healthy Hunger Hot Lunch Program starts October 2!

If you haven't ordered, please see the Healthy Hunger website www.healthyhunger.ca or visit the Albert Lacombe website for complete ordering instructions <https://www.al.gsacrd.ab.ca/school-council/s-e-e-a-l-s-fundraising>.

Deadline to order is 5 days before the Hot Lunch date.

We hope your children enjoy their October Hot Lunch orders!

Please forward any questions to Winnie at wvanderheide@shaw.ca.

Thank you for supporting SEEALS' Healthy Hunger Hot Lunch Program!

October Healthy Hunger Hot Lunch Dates

Monday, October 2 - Edo Japan

Thursday, October 5 - Nitza's Pizza

Thursday, October 12 - Panago Pizza

Monday, October 16 - Mr. Sub

Thursday, October 19 - Boston Pizza

Monday, October 23 - Press'd The Sandwich Co

Thursday, October 26 - Nitza's Pizza

Monday, October 30 - Edo Japan

SEEALS

To our fabulous current and future SEEALS & Parent Council Volunteers! We look forward to working with you over this school year. We will be needing help with hot lunch and with several fundraising initiatives over the school year. Whatever time you can spare - an hour here or there makes a big difference in reaching our goals! Please check your child's backpack for: Oct, Nov and Dec hot lunch volunteer calendars. You can also volunteer online when you are ordering hot lunch. Please be generous with your time. We could not accomplish everything we do to enhance our children's learning environment without all your help.

Please do not hesitate to contact Heather dhaight0921@shaw.ca for more information on how to get involved.

Save the date: Halloween Dance October 27th

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!

From Your Albert Lacombe School Council – September 2017

Hello to all students, families and staff at Albert Lacombe!

Please welcome our School Council Executive for 2017-18:

Natalie Monette	Chair
Colleen LaForge Griebel	Vice Chair
Lisa Shankaruk	Secretary
Winnie Vanderheide	Treasurer
Heather Haight	SEEALS President
Angie Carlson	SEEALS Vice President
Lindsey Pratt & Kerrie Fedunyk	Teacher Representatives & Compassionate Friends Coordinators

At our meeting on September 13th, we motioned to fund the following teachers' priority list items:

- Walkie Talkies for student safety
- RAZ kids subscription for all classrooms
- Board Games for all classrooms

Please join us at our next meeting! **Tuesday, October 17th at 7 pm** at Albert Lacombe School in the Teachers Lounge. All are welcome!

Your School Council Chair,

Natalie Monette- natalie.monette@yahoo.ca

ALBERT LACOMBE BEARS' HOCKEY POOL

IMPORTANT DATES

- Do you know your hockey?
- Are you good at guessing?
- Do you want to win?



WHEN: Forms and payment to be sent to school by Friday, October 13, 2017

The pool opens online: October 2nd

Closes: October 15th @ 9pm

****The pool will run for the regular season until April 7th****

HOW MUCH? \$20 entry fee per team. You can enter more than one team!

The winning 2 teams will split half the total funds collected.

Challenge your friends, family, and neighbours to join the pool and put together a winning team in our 3rd annual hockey pool. *The more families that participate the bigger the prize!*

HOW IT WORKS

- Fill out the form below and submit it with payment to school by Monday, October 2nd.
- You can enter more than one team!
- Your username and password will be e-mailed to the address you provide on your order form. A separate username, and password will be e-mailed for each team you enter.
- Once you receive the e-mail with your username and password, go to www.officepools.com. Here you will set up your account and select your team members.

*****Please note: If you have NOT received an e-mail with your username and password by Tuesday, October 3rd, please check your junk mail, otherwise contact Lisa: p.l.home@telus.net.** You will also be receiving e-mails directly from Office Pools. ***

QUESTIONS: Contact Lisa: p.l.home@telus.net

**Raffle Licence:
471986**

Name: _____

****No one under 18 can participate in this fundraiser****

Contact #: _____

Email: _____

****Please ensure all the information above is correct and legible****

Number of teams: _____

Total (number of team(s) x \$20): _____

Cheques payable to SEEALS

Forms and payment to be sent to school by: Friday, October 13

ALBERT LACOMBE CATHOLIC SCHOOL

Attention Parents: We need your support!

Please help by sharing our project with your friends and family!

3 STEPS TO SUCCESS

Take home the brochure
and sell items to friends
and family! All items sold
help our school.
**YOU CAN EARN
AWESOME PRIZES TOO!**



If you place an order
using the order form,
please print clearly and
return with the payment
to school.

Cheques Payable To:

SEEALS

Money and Order Forms Due:

Oct. 24, 2017

ORDER ONLINE

Go to: **QSP.CA** Register,
send emails, and set up
texting tools! All online
sales count towards
prizes!

**SCHOOL ONLINE
ID CODE:**

3693405

MORE PRIZES!

Go to **usp.ca**, register, and send 12 emails to your friends and family = **CRAZY STICKY PAD**
or

Sell a Reader's Digest Magazine and get a **MAPLE LEAF PLUSH**, with a chance to win an iPad!

CHECK YOUR BROCHURE FOR DETAILS

PRIZE HUNT!

Earn great prizes from the chart located in
your fundraising packet!

COOP KEYCHAINS!

Receive a Coop keychain for every two magazine
subscriptions that you sell!

Here are a few of the top selling titles... with hundreds more online or in the brochure!

READER'S DIGEST

Order Code:

F800

10 issues = \$32

Special Offer:

Get 12 issues of
BEST HEALTH
for free!



CANADIAN LIVING

Order Code:

9399

12 issues = \$26

Order Code:

D040 (digital)

12 issues = \$20



PEOPLE

Order Code:

F749

12 issues = \$42

Order Code:

F778

22 issues = \$77



Last Year's Sales ≈ \$5,236

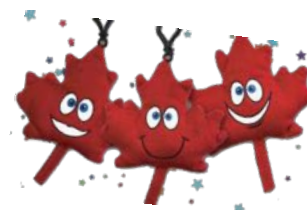
This Year's Goal = \$6,000



- **DOUBLE DAY = October 3rd**
 - The first collection day is a **BIG ONE**, because **every magazine subscription turned in is worth two points on the prize chart...** the first 3 days only!
 - 10 subscriptions = 20 points on the prize chart, 30 subscriptions = 60 points, etc.
- As a thank you to students for their efforts, we are offering the **CELEBRATE YOUR SUCCESS AWARDS CHART!**
 - Look at the chart included in the take-home envelope for all the **AWESOME** prizes!
 - Order your prize on the prize chart found in the take-home envelope, hand it in at the end of the campaign, and your prize will arrive at the school in a few weeks.
- **Don't forget...** every magazine subscription ordered online counts towards your prizes!
 - Go to <https://www.gsp.ca/Login/Index> and enter the online code **3693405** to see everything that is available.
- **Collectable prizes!**
 - For every **TWO** magazine subscriptions you bring in you will receive **one of 12 different COOP backpack buddies!**



- **Even more prizes!**
 - For every **Reader's Digest/Best Health** combo subscription sold the student receives a "**LUCKY MAPLE LEAF PLUSH TOY**" with a chance to **WIN an iPad!**
 - See back cover of the magazine catalogue for details.
 - Register at www.gsp.ca and send 12 emails to your friends and family and you will get a "**GLOW IN THE DARK CRAZY STICKY PAD GHOST**"!
 - See back cover of the take-home envelope for details.





CELEBRATE

SPORTS DAY

SATURDAY
NOVEMBER
4

Are you interested in joining a sports organization, or is there a sport you have always wanted to try out?

The City of St. Albert invites you to celebrate Sports Day on Saturday, **November 4** from **11 am to 2 pm** at **Servus Credit Union Place**, 400 Campbell Road. Interact with different sports at the “try it” events, meet local sport groups, and learn about volunteer and coaching opportunities! There will also be two draw prizes of a signed Oil Kings Hockey Stick, and a Coca-Cola Cruiser Bike.

This is a great chance for you to discover exciting sport opportunities in the community and get advice on joining a sports organization. Don't miss out!

A Sport Central drop-off box will be on site where you can donate your new or gently used sports equipment.

For more information, visit stalbert.ca/sportsday