



# Lakedell School

March 2023

Lakedell School

*niskipîsim*

*March – goose moon*



## Principal Message:

February was a very busy month. We were able to do several 'extra' activities with the children including skiing and snowboarding at Rabbit Hill, swimming lessons in Ponoka, a trip to Edmonton for the Edmonton Symphony Orchestra's Beethoven Upstairs concert (along with bowling) for the older students, and an afternoon of skating on the lake. While these are 'extras', they each connect to Alberta's Programs of Study- the curriculum- and we are able to give children the opportunity to engage with learning in ways that are more experiential than theoretical. Thank you to those who allow us to pursue these opportunities via fundraising support (Lakedell School Parent Fundraising) and Pigeon Lake Child & Family.

WRPS has announced administrative assignments for the fall. As you already know, I am retiring and am pleased to inform you that Stacey Fiveland will be Lakedell's next principal. Over the spring, Ms Fiveland and I will work together to ensure a seamless transition.

Alberta Education requires all schools to administer to grade 4, 5, and 6 student a survey, the results of which contribute to our annual Assurance Report. There is also a parent survey that has been sent to homes, Grades 4, 5, and 6. The results are released in the fall. Meanwhile, we also did an oral survey with students regarding school engagement, and those results will be shared at our next School Council meeting, March 14; in brief, our students love our school and how their teachers plan for their learning.

Please let me know if you have any questions about our school.

Donald Teplyske, Principal 780 335 4549



# DO YOU HAVE A PRESCHOOLER!?

Join us for an open house!

March 16 4:30-6:30  
Lakedell School

Come see what we are all about...Meet the teacher! Ask Questions! Pick up or fill out registration forms for the 2023/2024 school year!

Children must be at least 3 years old and potty trained

Pigeon Lake Preschool Society



## Lakedell School Parent Council & Fundraising Committees



Thanks to all the volunteers and participants for making the West of the 5th a success. The totals raised have not been tallied yet but watch on FaceBook, our website, or in next months newsletter.

There is still some Bear Tracks Ice Melt for sale. A 16 kg pail is \$30.00. If you are interested please contact Susann Stone (780) 312 3250, Jenille Leibel (780) 362 2022, or Randi Gist (780) 312 8406.

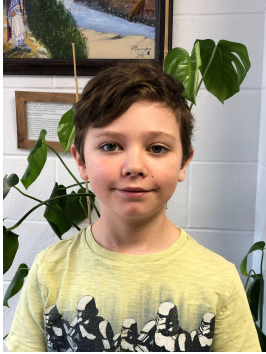
Next month's meeting will be March 14th at 4:00 pm

## Lakedell Student of the Week School

Our most recent students of the week, selected by staff members for any number of wonderful reasons, include:

**Wyatt, Timo, and Cassidy**

Each Student of the Week receives recognition at the school and a small token of appreciation



## Bus & Absence Routines



**You will notice signage in the parking areas and laneway of the school; please observe them to maximize student safety.**

To reduce morning congestion in front of the school—and to avoid bus-car-truck conflicts—we want parents to drive into the second entrance (by the ice rink), 'drop' their children at the east end of the school, and then proceed out the 'main' entrance. We are hoping this will reduce the number of parent vehicles that are sometimes 'in the way' of the buses. Please do not drop-off your children before 8:20. Thank you for your cooperation!

As always let us know when your child is going to be absent; use the SafeArrival WRPS app, text the teacher, call the office or write a note in the agenda the day before. We need to know that your child is not going to be at school.

**If you are making changes to the bus routine (for example, your child is going to a friend's house) you must tell us. We will not arrange a bus change based on your child's say so. If you are picking up your child at the end of the day, please wait at your vehicle until the buses depart; Mr. Teplyske will dismiss children to you once he recognizes you. It helps if you step out of your vehicle so that we can see your face.**

It is so important for children to arrive 'on-time' for school. Teachers begin formal teaching at 8:45, but prior to that students have the opportunity to practice reading, writing, and math skills, and to get organized for the day. When children habitually arrive later than 8:30, their learning is impacted.



# Lakedell School Kindergarten Open House

Thursday, March 16,  
2023

Drop in anytime between  
4:30 - 6:30 pm

Come join us for a  
school and classroom  
tour and meet our  
ECS team

Questions?  
Call the office  
at  
780-586-2415

Visit our School Website to Register Now  
[www.lakedellschool.ca](http://www.lakedellschool.ca)

**School Council &  
Lakedell School  
Fundraising  
Committee Meeting**

**March 14, 2023  
4:00**

**HOT LUNCH  
March 22, 2023**

Sponsored by Community  
member donations & Chef  
N' and served by our Meals  
by Mom Parents



**Lakedell School's Wellness Coach**

March is Nutrition Month! Miss Gibson and her Wellness Club have begun by talking about what 'healthy eating' really means. Of course it means eating plenty of nutritious, colourful foods but it can also mean other things. For example, healthy eating could also be: sitting down and eating a meal together as a family, cooking a meal/snack together or trying new foods even if you don't end up liking it. Healthy eating doesn't just include what you put in your body, it also includes your attitude towards food and how you feel when you eat it. Nutrition is an important subject and Miss Gibson looks forward to exploring more healthy eating topics with the wonderful students at Lakedell School.

## The Brenda McLeod Library's Most Popular Books This Month:



Next time you are in the school, poke your head in the library. We have made some substantial changes to better the experience of children.

Each month Lakedell students and staff emphasize an element of character development within our “**Kindness Counts**” program. In February we focused on “**Give Compliments Freely**” and in March we are encouraging students to “**Let Someone Else Go First.**” Through this continued focus on elements related to Kindness, we strive to develop within children characteristics of empathy building, positive feelings, respect, and support within the school community and within children, qualities that we hope will last a lifetime. Please encourage your child to remember **Kindness Counts** this and every month with a special emphasis on “**Let Someone Else Go First**” during March.



We want to invite the Lakedell School families to participate in the Wetaskiwin Co-op School Equity Program, which allows schools to earn equity on purchases.

Lakedell's number is **82415** and at the till, customers at all Wetaskiwin Co-op locations have the option to use that membership number. The equity earned from each of these purchases will be calculated based on Wetaskiwin Co-op's fiscal year, November 1st – October 31st and 100% of the equity earned will be paid out to the school. Thank you for your support!

**Wetaskiwin Co-op School Equity Program**

Use these membership numbers at any Wetaskiwin or Falun Co-op location to raise money for your local schools!

Alder Flats	83881
Buck Mountain Central	83900
Centennial	85088
Clear Vista	86616
École Queen Elizabeth	82281
Early Education	80224
Falun	82898
Griffiths-Scott	84101
Gwynne	83029
Lakedell	82415
Norwood	83782
Parkdale	84594
Pigeon Lake	84916
Pipestone	84395
Sacred Heart	85533
Wetaskiwin High School	82295
Winfield	83856

### Breakfast, Snack, & Lunch Program



As you may know, Lakedell School has a Breakfast, Snack, and Lunch Program that is open to ALL students. Each day Mrs. Leibel ensures students have access to cereal, thanks to the support of Breakfast Clubs of Canada, as well as continued community and private donations. As well, we provide snacks and lunches for students who require these. The breakfast and lunch programs are intended to support students and families in need, without questions or qualifying information. We appreciate that some families are struggling during difficult times. If you feel your child cannot attend school due to a lack of breakfast at home or lunch coming to school, please discuss this with me: we want your child at school, and will make arrangements.

Teachers have asked me to mention that children need enough food for three healthy (-ish) snacks daily as well as lunch.

Please feel free to contact Mr. Teplyske at the school if you have any questions or comments about our school or your child's program.

Our breakfast and foods programs are currently very well-funded: thank you for your support. If you wish to make a general donation to help support extra school programming, we greatly appreciate any financial support that you can offer. Please contact Mrs. Smith at the office if you would like to donate. We thank all the families who made financial contributions last school year.

## Drink Tab Collections

### PULL TAB PROJECT FOR CHILDREN WITH DIABETES

Lakedell School will be collecting pull-tabs again. This project is sponsored by the Lions Club of Pigeon Lake who converts the tabs collected into dollars which are managed by the Pediatric Diabetes Education Centre at the Stollery Children's Hospital in Edmonton.

By pulling the tabs, you can help a parent to buy life sustaining diabetes equipment and supplies for their child!

The local schools in our area will be collecting the pull-tabs to see which school has collected the most by weight and the winner will receive a prize from the Lions Club of Pigeon Lake.

Thank you for making a difference to the children and families struggling with Diabetes.



## Plains Cree Calendar Teaching

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The geese arrive, following the eagle and other birds before the coming alive time.

### **Blood memory**

In teachings about blood memory, an embryo in the womb inherits qualities and knowledge of its parents and the generations that came before them, especially the last seven generations. When parents have earned the right to a mate and child and live the beautiful ways, their children come into this world prepared to live in that way too. They follow natural law with a clear connection to their grandmothers, grandfathers, and Manitou.

They begin their journey with a strong and functional foundation built of what has been passed on through generations, preparing them to lead a good and healthy life and enhance the world around them. The child becomes a vessel for the many stories, traditions and protocols, known by the parents and ancestors. This child will also have natural tendencies toward a healthy life.



## Ms. Kandice's Corner

### **Self- Care Matters!!!!**

Self-care means taking care of yourself so that you can be healthy, you can be well, you can do your job, you can help and care for others, and you can do all the things you need to and want to accomplish in a day.

Self-care is important for everyone, including children. Daily self-care practices can lead to an increase in happiness, optimism, energy, physical health, concentration, curiosity and exploration, and positive mental health.

#### **Types of self care include:**

**Physical** - exercise, sleep, eating healthy foods, drinking enough water, deep breathing, personal hygiene practices, stretching,

**Mental** - learning a new skill, reading, art & crafts, hobbies, listening to music, organizing something, games

**Emotional** - writing about your thoughts and feelings, meditating/prayer, talking to a trusted person, affirmations, doing something relaxing

**Social** - spending time with friends and family, participating in social activities, saying "no" to something, setting and protecting boundaries, asking for help

**Play** is one of the best ways to incorporate all the types of self-care. Play is also a fantastic regulation activity and is what children do best.

Try to incorporate one activity from each type of self-care into your day. Even 5 minutes a couple of times a day can have a huge impact on one's ability to cope and manage with daily life.

For more information about self-care and managing stress please email me or contact me at the school.


Kandice Wynia, FSL  
kandice.wynia@wrps11.ca



# Lakedell School - March 2023

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March – goose moon

Sun	Mon	Tues	Wed	Thu	Fri	Sat
			1 Kindergarten Day	2	3 Kindergarten Day	4
5	6 Kindergarten Day	7	8 Kindergarten Day	9	10 Kindergarten Day Theme Day - Twins, Triplets and More Day	11
12	13 Kindergarten Day No Secrets/iRespect Gr K-6	14 School Council/Fundraising Committee Meeting 4:00	15 Kindergarten Day No Secrets/iRespect Gr K-6	16 ECS Open House 4:30 - 6:30 Gr 3-6 Swimming	17 PLC Day No School for Students	18
19	20 Kindergarten Day Wet Felting workshop Gr K/1/2 AM Gr 3-4 PM	21 Wet Felting workshop Gr 5-6 AM	22 Kindergarten Day Oral Health - ECS-2 Hot Lunch 	23 Assembly Theme Day - Jersey Day	24 1st Day of Spring Break NO SCHOOL	25
26	27	28	29	30	31	1
<b>SPRING BREAK!</b>						
<b>Classes resume April 3rd</b>						