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SPECIAL POINTS OF INTEREST:

- **Welcome Back BBQ**
Thurs., Sept. 17
from 5:00-7:00pm
- **Parent Advisory
Council (PAC) meet-
ing on Mon., Sept. 21**
6:30-8pm.
- **No School - PD Day**
for teachers Friday,
Sept. 25
- **Thurs, October 1:**
School Picture Day.
Photos will be out-
side if weather per-
mits.

INSIDE THIS ISSUE:

Important Reminders	3
PAC News	3
Bell Times	5
APPLE Schools Info	6
Calendar	7
Medical Information	9
RSVP	11

St. Luke Catholic School News

SEPTEMBER 2015

Administration Message

What a wonderful start to the 2015-2016 school year for the St. Luke Catholic School community. We are blessed to have a superb staff at St. Luke Catholic School who continue to share their gifts and expertise with all students. We would like to thank our caretaker, Ms. MacMillian, for working hard to put a shine on the school over the summer. We are also blessed to have Ms. Johnson up front representing our school with her glowing smile and welcoming way. Our beautiful school yard provides ample space to keep us active and reminds of the beauties in nature that God has given us. You have entrusted us with the greatest gift, your beautiful children and we take the role of educating them seriously.

The 2015-2016 will see many exciting things happening here at St. Luke. We are happy that our enrollment numbers continue to be consistent as we welcome new students into our school family. Being an APPLE School, we are learning to make the healthy choice the easy choice. To begin the year, we are looking forward to our Welcome Back BBQ on Thursday, September 17, where we can come together as a Catholic school community and get to know each other a little better. We are excited to offer the grade 5-7 students even more options this school year. The students will have three exciting options to choose from each semester that are certain to engage them.

May you all have a great start to the year. We look forward to working together over the course of the next ten months.

God bless,

Mrs. Aoife Cahill

Principal

Welcome Back/Meet the Teacher BBQ

The staff of St. Luke Catholic School invite your family to enjoy a barbecue, rain or shine. This event provides you with an opportunity for us to get to know each other. There will be activities taking place around the school for families to enjoy together beginning at **5:00 p.m., Thursday, September 17th**. Please RSVP and return the last page of this newsletter by **Friday, September 11**.

This year's format will be approximately as follows:

5:00-6:15 p.m. - Families will participate in the various activities

5:30-6:30 p.m. - Families and staff will "break bread" together in the cafeteria and outside, enjoy a barbecue supper and have an opportunity to mingle and socialize in a less formal manner.

6:40-7:10 p.m. - We will gather in the school gym for a short informal program.



Important Reminders

Here are a few important reminders as the year is rolling along:

- Early dismissal is the first Wednesday of every month. The next early dismissal is **October 7th 2015**. Students are dismissed at 2:00pm.
- If there are any changes to your contact information, please update the information in PowerSchool. We need to have the most up to date information in case we do need to contact you in an emergency. Please ensure that your emergency contacts are up to date as well. Once Data Verification forms become available, please log into Parent Portal to confirm your information.
- Please be conscientious of student learning taking place in the classrooms and wait for your child to be dismissed at the front doors or outside the school.
- Only our junior high students can leave St. Luke school grounds over lunch with written permission.
- If you are taking your child to an appointment during school hours, please call the school in advance, or come in to sign your child out. Ms. Johnson will call your child down to the office when you are here. Please have your child check in at the office when they return.
- If you are dropping off lunch for your child, please leave it with Ms. Johnson in the office, and we will call down students before lunch to pick them up.
- Our communication day will be Thursday. If there is anything being sent home from the school you can expect to receive them on Thursdays.
- We will be having a milk program again this year and we hope to have milk here in the next week or so. You should have received a Club Moo form.
- Please contact your child's teacher when you have a question or concern. Open lines of communication help to best serve your child.
- If your child is to be absent from school for the day, for any reason, please call and inform the school prior to **8:30 a.m.** It is school policy to call the home, childcare, or parent at work if a student is absent and we have not been called or had prior notice. Your help is greatly appreciated.
- If your child is not taking the bus home, please write a note in their agenda or call the office. Our buses run on a tight schedule and we want to ensure they leave the school in a timely manner.

Your Child's Safety

Our primary focus is always the safety of your child. We are to be asking the following of our St. Luke families:

- If you are in the school, please sign in and out each time you are going past the office. Please do not be offended if a staff member asks you to sign in. We need to know who is in our building at all times in order to keep your children safe.
- Please take off your outdoor shoes when entering the school as the dirt and water can make the floors in the school slippery and therefore dangerous to students and staff.
- We will require yearly Criminal Record/Child Intervention checks for all parents / grandparents that regularly volunteer in our schools. We have a letter on hand at the office that you can take with you in order to have the checks processed at no charge.

Counsellor's Corner



Warm greetings to every one and welcome back to St Luke's for another exciting year. Being new to the school, I am very excited to be a part of St Luke's tradition of providing excellence in teaching in a intimate and nurturing setting.

Although my counseling assignment is limited to one day a week (please access the school calendar for my weekly availability), I will endeavor to assist the staff in working with your child's emotional, social, and academic development.

I look forward to the opportunities of interacting with both students and parents. We at St Luke's wish, hope, and pray that your child have a fulfilling year.

Looking forward to meeting you,

Bishu J. Fras

School Counsellor

Inclusive Student Group

As a Catholic school we value and celebrate each student and want each student at St. Luke to feel welcomed and included. We will have an Inclusive Student Group available for any students who may feel isolated or marginalized. If your child frequently mentions that they are feeling isolated and/or overwhelmed with feeling alone and would like some support, please contact their homeroom teacher and Mr. Fras, our school counsellor, who will be leading our Inclusive Student Group.



School Council/Parents Association Annual General Meeting Monday, September 21, 2015 @ 6:30 PM

Every parent/guardian is automatically a member of our School Council. Our monthly meetings are an excellent way to keep informed of the events happening in our school and to provide valuable advice to the school's administration. We discuss issues that directly affect our children and their education. Committees are formed to plan and organize events that enrich our children's experience at school. It is also a great way to get to know other parents. We want to hear from you. There is no obligation to attend every meeting or to participate in any initiatives.

Our Annual General Meeting will be held on **September 21 at 6:30 p.m.** We will need to vote for an executive to proceed with the coming year. The Parents Association provides and pays for child care (in the gym) for those attending the meetings. Meeting dates for the rest of the school year are set at the AGM. **Come out and give us your input.**

School Council will have a table set up at the **Welcome Back BBQ on September 17** where you can get more info about School Council. If becoming part of the executive is not for you, but you still want to volunteer, **there will be sign-up sheets for the following committees:**

Finance Committee –Approve the expenditures for the current school year. One hour-long meeting only.

Room Reps –Attend council meetings as a representative of your child's grade.

Hot Lunch Helpers –Help on the Coordinating Committee or be a lunch server.

Halloween Dance Committee –Plan and decorate for the annual school family dance.

Fundraising Committee –Carry on the bottle drive and plant sale fundraisers.

Book Fair Committee –Work with the Librarian to set up tables and handle sales for the book fair held during the fall 3-way conferences.

Yearbook Committee –Plan, organize, and create a memorable yearbook.

CEPAC Representative (Catholic Education Parent Advisory Committee) –Attend monthly meetings with representatives from all 16 district schools and the superintendent, and report back to St. Luke School Council.

Shrove Tuesday Committee –Organize and cook a pancake lunch for students and staff. Shrove Tuesday is February 9, 2016.

Staff Appreciation Committee –Plan and provide a bus driver breakfast and staff lunch to thank them for their dedication to our children. To be done in June.

Bird Garden/Planters –Plant, weed, and maintain flower beds outside the school

Most committees do not require more than a couple of hours of your time over the course of the school year. Any time that you can give is greatly appreciated. Popular events such as our Halloween Dance would not be possible without your help. Please consider volunteering and help us to make this a fun and rewarding year for our children.

Facebook group

As an informal way for school parents to communicate, there is a Facebook group which all St Luke parents are invited to join - **St Luke School Parents, South Cooking Lk.** It is a place to discuss school events and issues, coordinate volunteer schedules and get in touch with other parents. This is a private group, and only members can view the activity posted. Please request an invite if you would like to join.



St. Luke

September 2015

What is a Healthy School?

Healthy kids learn better and achieve more. Children with high quality diets and increased physical activity levels show better academic results. Healthy habits that are learned early in life are often carried forward throughout a lifetime.

Positive change can happen in schools

The World Health Organization found that the most effective school-based health promotion programs for changing behaviour were those focused on positive social behaviour, physical activity and healthy eating.

Healthy school communities promote wellness and strive to create environments that foster lifelong health and wellness. The approach used to create active, healthy school communities is known as the health promoting school approach or Comprehensive School Health (CSH).

Reference: http://www.healthcanada.ca/accident-prevention/2013/Administration/Media/APPL_EISchoolsOverview2015-WFPA.pdf

Canada's Food Guide



Canada's Food Guide will help you and your family know how much food you need and what types of foods are best.

Having the amount and type of food recommended and following the will help:

- Meet your needs for vitamins, minerals and other nutrients.
- Reduce your risk of obesity, type 2 diabetes, heart disease, certain types of cancer and osteoporosis.

Contribute to your overall health and vitality.

Recommended Servings per Day

	2-3	4-6	5-13
Vegetables and Fruit	5	6	8
Grain Products	3	4	5
Milk, Milk Alternatives	2	3	4
Protein and Alternatives	2	3	4

www.healthcanada.gc.ca/foodguide

Canadian Physical Activity Guidelines



Children aged 5-11 years should accumulate at least 60 minutes of moderate- to

vigorous-intensity physical activity daily. This should include:

- Vigorous activities at least 3 days per week.
- Muscle and bone strengthening activities at least 3 days per week.
- More daily physical activity provides greater health benefits.

Physical activity benefits include:

- healthy growth and development
- prevent chronic diseases
- make us stronger
- give us energy
- decrease stress, and
- prolong independence as we get older.

www.ccan.ca/guidelines

Recipe of the Month Spiced Bananas

Ingredients:

- 1/4 cup Orange juice
- 1 tsp Grated orange zest
- 2 tbsp Cream cheese
- Pinch Ground cinnamon
- Pinch Ground ginger
- 1/4 cup Liquid honey
- 4 medium Bananas, cut into slices

Directions:

1. In a bowl with an electric mixer, combine orange juice and zest, cream cheese, cinnamon and ginger; beat until smooth.
2. Transfer mixture to a large nonstick skillet. Add honey and cook, stirring, over medium heat until mixture is warm and thoroughly blended.
3. Add bananas to skillet; cook, turning slices frequently, until bananas are softened and warm.
4. Serve banana slices topped with some sauce.

Adapted from:

http://www.healthcanada.ca/recipe_detail.html?id=402881823831ca82013831cde20-c0033



Healthy Treats for Birthdays

Eat Smart Celebrations

Celebrations and parties are a fun way to mark special events or holidays, and students look forward to the change in school routine. Celebrations often include food and drinks that may not fit into Canada's Food Guide food groups. However, these celebrations give schools an opportunity to reinforce good classroom behaviour and nutrition lessons. With a few easy changes, most food and drinks can support the health and learning of students and expose them to a variety of new types of food and flavours.

As an APPLE School (APPLE stands for "Alberta Project Promoting Healthy Living and Eating"), we are asking that families please avoid many of the traditional birthday celebration foods if you wish to acknowledge your child's birthday. Please be aware of any food allergies in your child's classroom when planning food and drinks for celebrations. Your child's teacher is the best person from whom to obtain this information. Celebrate with these fun ideas for healthier food and drinks:

Fruit Kabobs with Yogurt Dip:
Pitas or Wraps:

place cut up pieces of fruit on kabob sticks and dip in yogurt.
students can make their own pita wraps with hummus, vegetables, roasted meat or poultry and low fat cheese with whole wheat pita pockets or tortilla wraps.

Fresh Fruit:
Magic Fruit Wands:

served in cup-cake wrap-pers, waf-fle cones or waf-fle bowls.
similar to fruit kabobs but made to look like a magic wand, with a whimsical star fruit at the top.

Frozen Yogurt Tubes:
Dark-chocolate dipped strawberries :

served with fresh fruit.
just like it sounds.

However, not every celebration requires food as sometimes sharing something special (like a favourite book) with the class helps to make the day just as memorable. Pinterest is a great source for some healthy and creative ways to help celebrate a special occasion at school, whether it's a student birthday or other classroom celebration. Consider talking to your child's teacher about other ways to celebrate student birthdays, such as:

Bring in his favorite game or book or a special art project to share with his class.

Put together a "goody bag" of non-edible treats such as glow sticks, balloons, stickers, tattoos, etc.

Make him or her line leader or star student or getting some sort of special privilege for the day.

Stay tuned for more suggestions for healthy celebrations throughout the school year as we approach other special events!



Alberta Project Promoting
active Living & healthy Eating

St. Luke is a Nut Aware School

Please bear in mind that St. Luke, along with all Elk Island Catholic Schools, is a nut aware school. Due to severe food allergies in the school, we ask that families avoid sending food with nuts or nut products in them. While our main goal is to foster care and responsibility of all students, particularly those with allergies or their classmates, we acknowledge that students of this age are still developing consistent habits with regard to handwashing, etc. and we want to limit the amount of possible cross-contamination that can occur via doorknobs, desktops, or playground equipment.

Here at St. Luke our goal is to make the environment as safe as possible for students with severe food allergies. In order to give children with life-threatening nut/peanut allergies a chance to feel comfortable and the opportunity to be a part of and not excluded from special prizes, food, and parties within the school setting, we ask that students and parents do to the best of their ability make sure that all food items are nut free. Home baked items should not contain nuts or peanuts for classroom parties or other special events. Thank you for your anticipated cooperation in helping to make our school a safe environment for students with severe food allergies.



Sacrament Information

Parent Registration/Orientation for First Communion and First Reconciliation will be held on Wednesday, September 30 at OLPH Parish. Please note that this is a **parent meeting only**. Please contact Raylene Yuzyk at 780-467-5470 or ryuzyk@olph.ca for more information.



Milk Program

St. Luke will be continuing with the milk program this school year through Club Moo. Your child should have brought home a milk form on the first day of school. If you would like your child to purchase milk to have with their lunch please complete the form and forward it with the money to school. Any milk cards bought last year will carry forward to this year.



School fees

School fees for 2015-2016 have not been finalized yet, but we will let you know when they have been posted. We strongly encourage parents to pay their school fees online through Acorn using the PowerSchool parent portal account. You do have the option to pay your school fees in installments over the course of the school year. Please call Ms. Johnson to make payment arrangements if you are not able to pay online, we will still accept cash and cheques at the school office. Cheques should be made payable to "St. Luke Catholic School". Please note that Elk Island Catholic Schools, EICS, charges a \$25.00 NSF fee for every NSF cheque received. We will also accept post dated cheques at the office. If paying by cash, please send in the correct amount as we are unable to make change at the school.

This year as part of your child's school fees you will notice that field trip expenditures will be part of the fees. As a staff we are trying to plan and budget field trips for the school year so that we do not have to continually ask families for money for the various school activities. Please bare in mind there may still be the occasional fee due for a last minute field trip that may arise.

Under the principle that finances should not be a barrier to a child's education, EICS will waive fees for independent students or parents/guardians if they meet certain income guidelines, are on social services or are facing exceptional circumstances. Please visit www.eics.ab.ca to complete the Fee Waiver Application.

Medical Information

Medical forms for students requiring medication at school can be picked up at the office. We require new forms filled out each year, as information and medication may change.



Please note that all medication will be stored in the office. Please make sure to send in an epi-pen and inhaler if your child requires one. If there is ever a medical emergency, staff know to come to the office to get the epi-pen or inhaler for the child.

Also to note, we do not have medications that we can give students. Therefore, if your child requires Tylenol or Advil for headaches, etc, we will require you to fill out medical forms, and provide the medication for your child. The medication will be labeled and stored in a secure place for each child. We will record when medication is administered. All medication will be returned at the end of the school year.

St. Luke Staff

Kindergarten Teacher:

Mrs. Shelby Laframboise-Helgeson

Grade 1 Teacher:

Mrs. Erica Odiobala

Grade 2/3 Teacher:

Mrs. Robyn Michaud

Grade 3 Teacher:

Mrs. Paula Small

Grade 3/4 Teacher:

Miss Brandy Laurin

Grade 5 Teacher:

Mr. Brant Driedger

Grade 6 Teacher:

Miss Leanne Evans

Junior High Teacher:

Miss Carianne Shindell

Music and Elementary Teacher:

Mrs. Lynnette Kaminiski

French Teacher:

Mrs. Robyn Michaud

Counsellor:

Mr. Bishu Fras

Facilitator:

Miss Brandy Laurin

Librarian:

Mrs. Terry Falconer-Arpin

Secretary:

Ms. Zena Johnson

Educational Assistants:

Mrs. Joulieu McCullough

Ms. Jeaninne Reidy

Mrs. Lydia Spooner

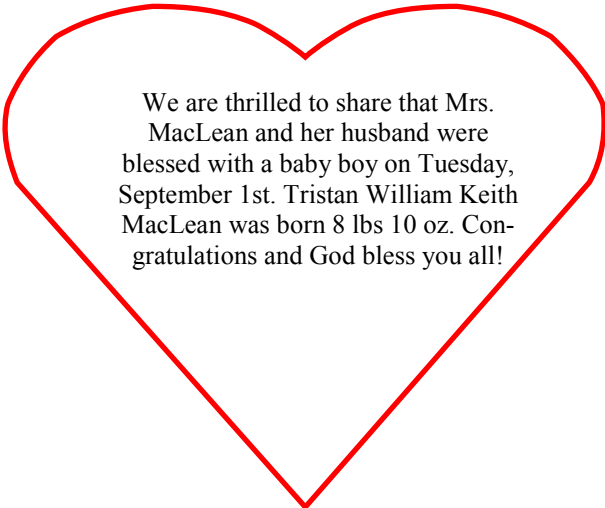
Custodians:

Ms. Gloria MacMillan

Mrs. Besima Dulic

Principal:

Mrs. Aoife Cahill



We are thrilled to share that Mrs. MacLean and her husband were blessed with a baby boy on Tuesday, September 1st. Tristan William Keith MacLean was born 8 lbs 10 oz. Congratulations and God bless you all!

Striving to be the best possible version of ourselves that God intended us to be.

Bell Times

Regular Bell Schedule

Warning Bell	8:29
Home Room	8:30-8:34
Period 1	8:34-9:14
Period 2	9:14-9:54
Health Break	9:54-10:01
Period 3	10:01-10:41
Period 4	10:41-11:21
Lunch Recess	11:21-11:45
Lunch	11:45-12:05
Period 5	12:05-12:45
Period 6	12:45-1:25
Afternoon Recess	1:25-1:40
Period 7	1:40-2:20
Period 8	2:20-3:00
Dismissal	3:00

Early Dismissal Bell Schedule

Warning Bell	8:29
Home Room	8:30-8:34
Period 1	8:34-9:08
Period 2	9:08-9:42
Period 3	9:42-10:16
Recess	10:16-10:31
Period 4	10:31-11:05
Period 5	11:05-11:39
Lunch Recess	11:39-11:59
Lunch	11:59-12:20
Period 6	12:20-12:54
Period 6	12:54-1:27
Period 8	1:27-2:00
Dismissal	2:00



September 2015

SUN	MON	TUE	WED	THU	FRI	SAT
	First Day for Students	1	2 EARLY DISMISSAL Staff Meeting	3	4	5
6	7 Labour Day NO SCHOOL	8	9	10	11 BBQ RSVP due	12
13	14	15	16	17 Welcome Back BBQ 5:00-7:30 p.m.	18 Terry Fox Run	19
20	21 School Council Annual General Meeting 6:30 p.m.	22	23	24	25 No School Teacher PD Day	26
27	28	29	30	Oct 1 School Photos		



HALLOWEEN DANCE

Save the Date

Evening of Friday, October 30

How would you like to receive the school newsletter?

Today the newsletter was sent home in a paper copy to each family. For the remainder of the year if you would like the newsletter sent home in a paper copy please fill in the spot below. The newsletter will be posted on our school website on the first Thursday of every month and reminder will be sent home via Synervoice email. Please complete the appropriate section below and return this page to your child's homeroom teacher by **Friday, September 11**. One response per family is sufficient.

Paper Copy of Newsletter

I _____ (please print) Grade _____ would like to receive a paper copy of the school's monthly newsletter. I understand that it will be brought home with my youngest/only child attending St. Luke Catholic School.



Welcome Back/Meet the Teacher BBQ RSVP

Please return to your child's homeroom teacher by **Friday, September 11**. Only 1 response per family is necessary.

Name _____ (please print) Grade _____

_____ Number of family members attending

_____ Number of hamburgers we will eat

_____ Number of beef hotdogs we will eat

_____ Unfortunately we are **not** able to attend