



JANUARY NEWSLETTER

2015

Principal - Shawn Larson

Vice-Principal - Debbie Kruchkowski

Our Mission: To ensure diverse learning for all students.

Ph: 780-875-6239

Fx: 780-875-6802

Web: bishoplloyd.lpsd.ca

Last day of school is December 18, early dismissal at 2PM. First day back is January 5th.

Principals Message

As I write this message for January I can hear the sounds of excited students in the hallways and Christmas carols playing in the commons. Working in a school near Christmas is always an exciting time. It is also a time for reflection on a busy fall. This fall, we worked with some amazing students and staff from College Park. We also saw our numbers decrease from over 510 to 374. One of the things that you can always count on is change. In the month of January we are going to focus on the Virtue of Excellence. Excellence is the E in our Lancer PRIDE. An important part of excellence is doing well in academics, athletics and character.

With our focus on excellence, we will be starting a new program in January. It is called Response to Intervention or RTI. RTI is time in the regular school day to help students develop skills that they may have missed throughout their K-9 education. Students will receive 30 minutes of instructional support in the areas of Math, Reading, and incomplete classroom assignments. We will also be offering students extension activities that will enhance or support their learning. The focus in reading and math support is on skill development. For example, if a student is not doing well with math facts they may get support for that.

RTI will begin toward the end of January. At this time, we will be using time taken from advisory and also by shortening regular classes by a few minutes. Research has shown that RTI is a highly effective method of improving student achievement. RTI will change our bell schedule, but it will not change the start and end times for the day. It will also not affect lunch hour. We will post the new bell schedule on the school website before we begin in January.

I would also like to wish Mrs. Hyland the best on her maternity leave and look forward to her return next fall. I would like to thank Mrs. Kuffner for her time here at BLMS. We would like to welcome Ms. Shodi to BLMS. On behalf of the staff of Bishop Lloyd School, I would like to wish everyone a safe and happy Christmas break.



Attendance News

Attendance is extremely important to children's success at school. We would like to thank you for the effort you put into ensuring your child is here and on time regularly. We have a new winner for the month of December! A big congratulations goes out to Miss Ganzert and Ms. Wright's homeroom. Great job and keep it up!

Lancers of the Month



Grade 7	Grade 8	Grade 9
7-1 Stefanie A.	8-1 Mackenzie T.	9-1 Kidus T.
7-2 Ethan M.	8-2 Winnie B.	9-2 Kallie L.
7-3 Macy E.	8-3 Carter W.	9-3 Bryden H.
7-4 Daniel K.	8-4 Justin V.	9-4 Zoe O.
7-5 Napoleon P.	8-5 Josh V.	9-5 Emilee M.
	8-6 Ryan U.	

Live like a Lancer

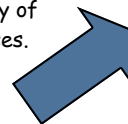
Report Cards

Term 2 Report Cards will be going home February 2.

Thank You !!!!!

Once again we would like to thank the sponsors for the Breakfast Program we have at BLMS. The students have benefited greatly from the generosity of these fine businesses.

Thank you !!



BLMS BREAKFAST CLUB SPONSORS

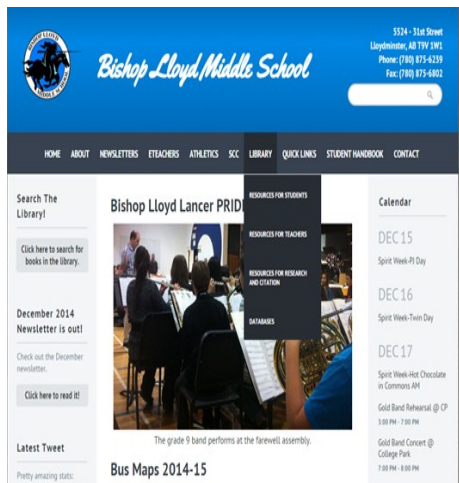


Library News

Instagram Follow us @lancerlibrary!

There are big changes to the way you can access digital content from our Library. It's all now available right on bishoplloyd.lpsd.ca! Choose the Library tab, then one of four menus:

- ◆ **Resources for students, which help with homework and projects**
- ◆ **Resources for teachers, to help with curricular planning**
- ◆ **Resources for research and Citation, which help carry out and complete research projects**
- ◆ **Databases, which are collections of the very best sites online for learning**



January Basketball Update

The Bishop Lloyd Lancers basketball teams have got off to a good start for the season. The boys team has started 1-1 while the girls team has started at 0-2. The boys team dropped a 52-10 decision to Holy Rosary while winning 46-33 against Marwayne. The girls team dropped a 68-9 to Holy Rosary before falling to Marwayne 39-14. The teams will have three more league games in January and begin tournament play as well this month. The boys will be at Holy Rosary tourney on Jan 9-10 while the girls will be in Paradise Valley (tentatively) on Jan 16-17. Both teams will co-host their annual Hot Hoops tournament on Jan 23-24 at Bishop Lloyd and ES Laird. Both Bishop Lloyd teams will play on their home court on Fri Jan 23rd. Game times and opponents will be announced closer to the tournament.

The head coach for both teams is Justin Rodger. He is the morning show host on 106.1FM The GOAT and also does announcing for Lakeland College Rustlers Athletics on the weekend for volleyball, basketball and soccer. Assisting him with the girls team is Nekky Jamal who works as a dentist in Lloydminster at Wayside Dental. Assisting Justin with the boys team is David Salus who works at Husky Energy. Salus is a former LCHS Barons basketball player who has recently moved home to begin his working career.

Team members for the girls team are:
 Grade 7: Ellee S., Kaylynn G., Sonnet G., Skyla W., Blessy G., Ava M.
 Grade 8: Shae H., Sierra D., Emily O., Reysa Mae A.
 Grade 9: Madison P., Jayda J.



Team members for the boys team are:
 Grade 7: Kyle B., CJ G.
 Grade 8: Sahil M., Ian E., Elliot C., Nathan Z., Moe A.
 Grade 9: Tark P., Isaiah C., Pawlos R., Glenmar D., Ethan R.

Be sure to check the calendar to come watch some exciting basketball at our home games and watch some outstanding basketball talent at the upcoming Hot Hoops tourney at Bishop Lloyd and ES Laird.
 -Mr. Sklapsky

Mondays:	Boys A 3:00-4:45 Girls A 5:00-6:45
Tuesday:	Boys B 3:00-4:30 Boys A 4:30-6:00
Wednesday:	Boys A 3:00-4:45 (Jan 7, 21, 28) Boys A 4:30-6:15 (Jan 14) Girls A 5:00-6:45 (Jan 7, 21, 28) Girls A 6:30-8:15 (Jan 14)
Thursday:	Boys B 3:00-4:30 (Jan 8, 15) Boys B 11:55-12:55
See calendar for games.	

January 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Happy New Year!	2	3
4	5 Welcome Back!!	6	7	8 Bishop Lloyd @ E.S. Laird A Teams	9 Holy Rosary Lloydminster Tourney	10 Holy Rosary Lloydminster Tourney
11	12	13	14 Early Dismissal 2PM	15 Bishop Lloyd @ Eagleview (Onion Lake) A Teams	16 Paradise Valley Tournament	17 Paradise Valley Tournament
18	19 SCC meeting @ noon	20	21	22 College Park @ Bishop Lloyd A Teams Day 5	23 Hot Hoops Bishop/ESL/College Tourney Day 6	24 Hot Hoops Bishop/ESL/College Tourney
25	26	27	28	29	30 NO SCHOOL	31



Storing Fresh Vegetables

Fresh vegetables are an important part of a healthy diet. Storing them properly is the best way to ensure they stay fresh and taste great when you go to use them. It can also save money on your grocery bill by reducing waste in your kitchen.

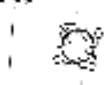
The chart below summarizes the best way to store some common vegetables. A couple of them might surprise you!

Vegetable	How to Store	How long the veggie should last
Bell Peppers	Store peppers in a loosely closed plastic bag in the fridge.	Up to 1 week
Broccoli	Store broccoli unrinsed in an open plastic bag in the crisper drawer in the fridge.	Up to 1 week
Carrots	Store carrots, green tops removed, in the crisper drawer in a loosely closed plastic bag or in their original plastic bag.	Several weeks
Cauliflower	Store cauliflower in a plastic bag in the crisper drawer of the fridge.	Up to 1 week
Celery	Wrap celery in aluminum foil and store it in the fridge.	Several weeks
Cucumbers	Store cucumbers in a loosely sealed plastic bag in the fridge.	Up to 1 week
Garlic	Store garlic heads in a cool dark place with plenty of air circulation – a small basket in the pantry is ideal.	A couple of weeks
Lettuce Romaine, Green Leaf	Separate the leaves, wash in cold water and dry. Wrap in paper towel and store in a sealed plastic bag in the fridge.	1 to 2 weeks
Mushrooms	Store loose mushrooms in a paper bag in the crisper drawer of the fridge. Wash just before using.	Several days
Cooking Onions	Store onions in a cool, dark, place such as the pantry.	3 to 4 weeks if stored properly
Potatoes	Keep potatoes in a paper bag in a cool, dark, well ventilated location such as a cellar or pantry, away from onions.	Several months if stored properly Except new potatoes
Sweet Potato	Store sweet potatoes in a cool, dark, well-ventilated spot such as a cellar or pantry. Do not store them in a plastic bag.	1 to 2 weeks
Tomatoes	Do not refrigerate tomatoes. The cold damages the flavour and texture. Store tomatoes in an open container at room temperature.	3 to 4 days until ripe, then use in 1 to 2 days
Zucchini	Store zucchini in a loosely closed plastic bag in the fridge .	Several days

Written by the Public Health Nutritionists of Saskatchewan with support from Saskatchewan Health Regions (2014)

Distributed by Stacey Wiens, Public Health Nutritionist, Prairie North Health Region

Public Health
Saskatchewan





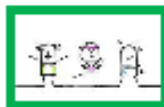
Get Moving: Being active makes you feel good

Being active can do wonders for your mental health and well-being. Aside from being a whole lot of fun, being active improves your mood, helps to decrease depression and anxiety, increases positive self-esteem and improves sleeping patterns. Regular exercise also:

- ≈ **Decreases stress.** Exercise releases endorphins that improve your mood and increase your tolerance to pain. It also helps increase your blood flow, strength and ability to cope with stress.
- ≈ **Improves mental and physical flexibility.** Stretching exercises can help decrease headaches and back pain which in turn creates a more positive outlook.
- ≈ **Create connections.** Exercise is a great way to spend time with your family and friends, meet new people, explore new interests and get involved in your community.

Here are some tips to help you get started:

- ≈ **Motivate yourself.** Think about what motivates you to be physically active. Identify what stops you from being active and brainstorm ways to address these issues.
- ≈ **Get organized.** Make a plan and write it down.
- ≈ **Set goals.** Make goals using the SMART principles (Specific, Measurable, Achievable, Realistic, Time-Bound)
- ≈ **Ask for help.** Talk to your health care professional about activities that are right for you. Ask family and friends for support.
- ≈ **Start small.** Pick one thing that you can do today and get started! You don't have to change the world in one day, small efforts add up over time and those daily successes will keep you motivated to continue.



For more information or for available programs & services in your area contact:

Mental Health Help Line 1-877-303-2642
Addiction Help Line: 1-866-332-2322
HEALTHLINK Alberta 1-866-408-5465



If you don't
talk to me about
tobacco...

I could start
using it by my
10th
birthday.



It's never too early... The best thing you can do is talk to your child about not using tobacco.

When to bring it up... Plan to talk about tobacco many times throughout your child's developing years. Some of the best times to talk might be: when you are in the car, during meals, before bedtime, or during a walk. Listen to what your child has to say about using tobacco. Ask about the pressures they may be facing or how tobacco use is portrayed in the movies and on television. Talk about what they could do if they were offered tobacco. Let your child know that they can tell you what is really happening and that you can help. If you find out your child is using tobacco, don't panic. You are not alone, we can help.

Call **AlbertaQuits** at 1-866-710-QUIT or visit albertaquits.ca

Know what matters to your child... Talk to your child about how using tobacco could affect things that are important to them. Use the list below to make your conversation personal.

- ≈ **Grades in school:** Young people who use tobacco have lower grades in school.
 - ≈ **Playing sports:** People who use tobacco have trouble breathing and slower reflexes.
 - ≈ **Being healthy:** Young people who use tobacco have more health problems.
 - ≈ **Making own decisions:** Tobacco companies go after young people to get them addicted.
- Looking attractive:** People who use tobacco have yellow teeth, more wrinkles, & bad breath.

Keep talking! The pressures on a child to try tobacco continue from youth to adulthood. Your first conversation shouldn't be your last.