



# BISHOP LLOYD MIDDLE



# JANUARY NEWSLETTER

Principal: Mr. Shawn Larson

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Vice-Principal: Mrs. Debbie Kruchkowski

## Responsible, Engaged and Empowered Citizens

### Live like a Lancer

### Principals Message

In the New Year, Mrs. Kruchkowski and I will be meeting with classrooms to share information that we have collected on how students are doing at passing their core classes (English, Math, Science and Social Studies). This year, we have seen an increase in the number of students passing their cores. The greatest improvement was the number of students who were over 60%. We have also seen a decrease in the number of students failing their core classes. If you would like to learn more about these improvements please come to our next School Community Council meeting on January 18<sup>th</sup> at noon. We provide a pizza lunch for everyone who attends.

We will also be meeting with students to begin making decisions on our school beautification initiative. It is time to begin spending some of the money that we collected from our Buick Test drive. If you are interested in finding out more about this plan, please come to the next School Community Council meeting. We would also welcome any great ideas that you might have.

In closing, I would like to wish you and your family a happy and joyous Christmas Break! I look forward to working with you and your children in the New Year.

### 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 something special to celebrate this month! One of our classes has had the best monthly attendance since my time here at Bishop Lloyd. Way to go Mr. Golden's 8-2 class! They had superb attendance for the month of December! Honorable mention goes out to Mr. Mazzei's 7-2's, Ms. Kaltenborn's 7-5, and Mrs. Pollard's 8-1 class for having a three way tie for second place. Love to see that everyone is making attendance a priority.

**Student Fees:** All student fees were due at the end of September if you have not yet paid them please contact the office at 780-875-6239 to make arrangements . Thank you.



## Lancers of the Month



Grade 7	Grade 8	Grade 9
7-1 Ana R.	8-1 Logan L.	9-1 Merritt S.
7-2 Alexa K.	8-2 Trisha S.	9-2 Cassandra H.
7-3 Alyssa C.	8-3 Macy E.	9-3 Reysa Mae A.
7-4 Scott T.	8-4 Dylan P.	9-4 Kaylin N.
7-5 Ava B.	8-5 Janai S.	9-5 Hannah A.

## 10 Tips for Surviving the Holidays

The holiday season can bring mixed emotions for many. For some, it's their favorite time of year. For others, it brings feelings of sadness and loss. Seeing old friends and family members may be exciting or may bring up memories of disappointments. Feeling depressed or anxious is not unusual during the holiday season. Upcoming dinners, parties, family or friend gatherings may cause a great deal of stress. These feelings may be even worse for those who have experienced divorce, lost a loved one, or are living far from family and friends. Here are some tips to "beat the holiday blues."

- 1) **Keep your regular routine** - Try to exercise at your usual time, go to meetings that you normally go to, and stick to as normal a diet as you possibly can. A change in routine can lead to additional stress.
- 2) **Think moderation** - While it may be easy to drink and eat too much at parties and special dinners, we should try not to overindulge with food and/or alcohol. Eating and drinking may temporarily ease the pain of the holiday blues, but they can also lead to feelings of guilt.
- 3) **Be realistic, try not to expect the 'ideal' holiday** - Often, we have an idealized version of what the holidays should be like and are disappointed when they don't live up to those expectations. Try to be realistic. Remember, no one has a perfect holiday or family.
- 4) **Stay connected** - Make sure to leave time to spend with friends and/or family who value you. If they don't live close by, give them a call.
- 5) **Throw guilt out the window** - Try not to put unreasonable pressure on yourself. Likewise, try not to over analyze your interactions with others. Give yourself a break this holiday season.
- 6) **Don't be alone, if you don't want to** - If you expect to be alone during the holidays, try to volunteer somewhere, in a soup kitchen, at the Salvation Army, or in a seniors facility. People will appreciate you, you will feel better about yourself, and you will have company.
- 7) **Focus on today, not yesterday** - There's something about being with family and old friends that makes us become who we **were** and not who we **are**. If you find yourself reverting to old childhood patterns when with family members, try to walk away for a minute and remember who you are now.
- 8) **Just say 'no'** - It's OK to say no when you are asked to do more than you can. It's fine to say no to some invitations and fine to say no to those asking for favors. Remember, this is your holiday too!
- 9) **Ask for help** - Holidays are often a time when people attempt to take on too much. It's OK to ask for help from family and friends. Whether for decorating, shopping, or cooking, ASK!
- 10) **Be good to yourself** - If you're feeling depressed or anxious, do something good for yourself. Take a walk, or spend time alone if that's what you need. Remember, this is your holiday too.

**Have a peaceful holiday season!**

## Library News

SEARCH    CONNECT    **COMMUNICATE**    CREATE

**Hour of Code** was held in our school and around the world from December 7-11, 2015. Students and staff spent about an hour learning how to write computer code, and create something cool in the process, from a Minecraft world, to a Star Wars galaxy, to a Flappy Birds game.



Our annual **Scholastic Book Fair** will be held on **February 25!** All classes have the chance to sign up for a preview time the day before, **February 24.** At that time, you can scope out the deals and cool items, set a budget, then come prepared with your payment and your plan the next day, during one of the following sale times:

8:00-8:30  
morning break  
lunch hour

As usual, there are great deals on books, fabulous new titles, cool posters, and the wackiest school supplies at great prices. You won't find better bargains anywhere else.



Bishop Lloyd Physical Education department is looking for used cross country skis, boots or poles to help complete a class set. If you have any questions you can contact Mr. Sklapsky at 780-875-6239 or email him at [Ryan.Sklapsky@lpsd.ca](mailto:Ryan.Sklapsky@lpsd.ca).

**Ways to keep in touch with Bishop Lloyd Middle school**

school calendar  
<http://bishoplloyd.lpsd.ca/about/calendar>



Bishop Lloyd  
 Facebook  
 page

# January 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4 <u>Welcome Back</u> <small>Day 1</small>	5 <small>Day 2</small>	6 <small>Day 3</small>	7 <u>Dance @ CP</u> <small>Day 4</small>	8 <small>Day 5</small>	9
10	11 <small>Day 6</small>	12 <small>Day 1</small>	13 <u>Early dismissal</u> <small>Day 2</small>	14 <small>Day 3</small>	15 <small>Day 4</small>	16
17	18 <u>SCC Meeting @ noon</u> <small>Day 5</small>	19 <small>Day 6</small>	20 <small>Day 1</small>	21 <small>Day 2</small>	22 <small>Day 3</small>	23
24	25 <small>Day 4</small>	26 <small>Day 5</small>	27 <small>Day 6</small>	28 <u>Report Cards</u> <small>Day 1</small>	29 <u>PD Day</u> <u>No School</u>	30
31						