



Bishop Lloyd Middle School December Newsletter

Principal: Mr. Shawn Larson

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RESPONSIBLE, ENGAGED AND EMPOWERED CITIZENS

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. For the month of November, we would like to congratulate Mrs. Tremmel's 7-3 and Miss. Ganzert's 7-4 class for having the best attendance in the school! Way to go!!

I would like to thank everyone who participated in our Lamontage fundraiser. Our last official total indicated that we cleared \$4 015.48 in clear profit. This money collected will be used to support programs and presentations for all students at Bishop Lloyd Middle School. Your support is greatly appreciated. Last year, we sent home chocolates to be sold. This was a very lucrative fundraiser that brought in \$13,474.84 in profit. We may need to consider another fundraiser in the spring to have similar levels of funds to last year.

Principals Message

We have had a chance to run several different cycles of RTI (Room To Improve) during our Lancer time. Students have had the opportunity to improve their skills in the areas of reading and math. We have also seen classes working with students at Rendell Park School, intramural planning, team building activities to name just a few. The ultimate goal of Lancer time is provide our students with a unique learning experience while also building a stronger school community. We are pleased with the results this fall. We will keep you informed of progress in the New Year.

This fall has gone by quickly. The November break was enjoyed by staff and students. It is hard to believe that our Christmas break is only three weeks away. There is a lot of work to cover in this time. We will begin meeting with students to collaborate with students on a plan for school beautification. If you have any ideas or would like to participate in making improvements to Bishop Lloyd please email me at shawn.larson@lpsd.ca or 780-875-6239. I know staff and students are very open to considering any ideas on how to beautify our school and yard. I look forward to hearing from you.

Shawn Larson

Lancers of the Month



- GRADE 7's**
- 7-1 Alan F.
 - 7-2 Brooklyn W.
 - 7-3 Yasas P.
 - 7-4 Nicole K.
 - 7-5 Kira K.

- GRADE 8's**
- 8-1 Carissa H.
 - 8-2 Colton R.
 - 8-3 Jada W.
 - 8-4 Ethan B.
 - 8-5 Emma M.

- GRADE 9's**
- 9-1 Lachlan W.
 - 9-2 Bathiya R.
 - 9-3 Tor M.
 - 9-4 Katie F.
 - 9-5 Ben S.

Live like a Lancer

Sports In Action

Please visit our school website for all up to date sport events

<http://bishoplloyd.lpsd.ca/>



The grade 8's will be away the morning of Friday December 4th. They will be attending the Hunger Games movie.

The grade 7's are going to the movies at May Cinema the morning of Dec 11, Friday.



Dec. 1st BLMS Band concert at the Vic Juba 7:00pm students need to arrive by 6:30pm

Dec. 9th Gold Band/ Tuba Christmas concert at College Park. 7:00pm



School curling has begun but it is not to late to join. Curling takes place Thursday's from 3:30-4:45. Any skill level welcomed. Come out and improve your skills and have fun. Teams will be chosen in February to go on to playoffs. Any questions, see Miss O'Grady



Don't forget to join our Facebook page for Bishop Lloyd to keep informed of special events happening in your school.

Healthy Tips and Treats for the Holiday Season

Carolyn Frail, PHEC, BASc Food and Nutrition

Healthy Tips

The holiday season is upon us! Amidst the festivities, parents are faced with the challenge of trying to keep up with their children's healthy eating habits, while still indulging in the delicious foods that the holiday season has to offer. Many store-bought kid-friendly holiday treats are loaded with fat and sugar. However, here are some easy tips to keep your holiday treats healthy:

- When baking cookies or other traditional baked goods, try experimenting with whole-wheat flour instead of white flour.
- Keep lots of cut up fruit and veggies on hand for easy grab and go snacking. Get your children involved with the shopping and ask them to choose at least one fruit and vegetable to try.
- If the kids are looking for something salty, try air popped popcorn. Adding your own toppings such as cinnamon means you can control how much salt and butter is added.

It's Party Time!


It's that time of year when classrooms are having their holiday parties and parents are trying to figure out what to send to school with their children. Party snacks do not have to be unhealthy. You can make holiday snacks that are fun and festive, and that will still give kids the nourishment they need. There are so many holiday items you can create with healthy foods and your kids can be of great help by using their imagination to come up with creative ideas. Here are some suggestions to get you started:



- **Fruit and Veggie Christmas Tree:** Try creating a Christmas tree with vegetables like broccoli, cucumbers and cherry tomatoes, or with fruits such as grapes, strawberries, kiwi, star fruit and bananas. Children will have lots of fun eating the fruit and vegetables right off the tree! <http://www.breakfastforlearning.ca/wp-content/uploads/2013/06/Grape-Christmas-Tree.pdf>
- **Rudolph the Red-nosed Muffin:** Use your favorite muffin recipe and decorate it like a reindeer or elf. <http://www.breakfastforlearning.ca/wp-content/uploads/2013/06/Rudolph-the-Red-Nosed-Muffin.pdf>

Breakfast for Learning is a national charity committed to helping children across Canada realize their full potential by funding breakfast, lunch and snack programs. Check out Breakfast for Learning's Nutrition Corner for more Holiday Recipe ideas: <http://www.breakfastforlearning.ca/services-info/nutrition-corner/>

HAPPY HEALTHY HOLIDAYS!



Addiction and Mental Health news

December 2015

Give the gift of "Time" to help kids thrive

Take the time every day to invest in building developmental relationships with the children and youth in your life. Building relationships and assets in families plays a powerful role in children's growth. Research conducted by the Search Institute shows that kids with strong developmental relationships are more responsible, have a greater sense of purpose, are more caring, set goals for themselves and are more engaged in learning. Here are some actions you can take to build relationships with the children and youth in your life:

Express CARE ~ Show that you like me and want the best for me.

- ◆ Be Present—Pay attention when you are with me.
- ◆ Be Warm—Let me know that you like being with me and express positive feelings toward me.
- ◆ Invest—Commit time and energy to doing things for and with me.
- ◆ Show Interest—Make it a priority to understand who I am and what I care about.
- ◆ Be Dependable—Be someone I can count on and trust.

CHALLENGE Growth ~ Encourage me to improve.

- ◆ Inspire—Help me see future possibilities for myself.
- ◆ Expect—Make it clear that you want me to live up to my potential.
- ◆ Stretch—Recognize my thoughts and abilities while also pushing me to strengthen them.
- ◆ Limit—Hold me accountable for appropriate boundaries and rules.

Provide SUPPORT ~ Help me complete tasks and achieve goals.

- ◆ Encourage—Praise my efforts and achievements.
- ◆ Guide—Provide practical assistance and feedback to help me learn.
- ◆ Model—Be an example I can learn from and admire.
- ◆ Advocate—Stand up for me when I need it.

Share POWER ~ Hear my voice and let me share in making decisions.

- ◆ Respect—Take me seriously and treat me fairly.
- ◆ Give Voice—Ask for and listen to my opinions and consider them when you make decisions.
- ◆ Respond—Understand and adjust to my needs, interests, and abilities.
- ◆ Collaborate—Work with me to accomplish goals and solve problems.

Expand POSSIBILITIES ~ Expand my horizons and connect me to opportunities.

- ◆ Explore—Expose me to new ideas, experiences, and places.
- ◆ Connect—Introduce me to people who can help me grow.
- ◆ Navigate—Help me work through barriers that could stop me from achieving my goals

Tips and Relationship Builders for Families:

<http://www.search-institute.org/downloadable/SearchInstitute-DontForgetFamilies-Activities-10-13-2015.pdf>



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

Mental Health Help Line 1-877-303-2642
Addiction Help Line 1-866-332-2322
HEALTHLINK Alberta 811



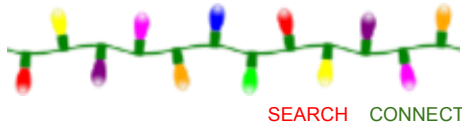
Happy holidays to all the students, staff, and families at Bishop Lloyd Middle School.



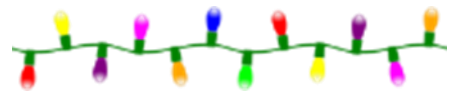
No School from December 21- January 1st for Christmas Holidays.

Office Check In
 As part of our school safety protocol, when you come to Bishop Lloyd to see your child, please stop in at the office and we will help you locate your child. Thank you!

If you know your child will be absent or late a day, please let the office know at
 780-875-6239
 Or email
 ruth.dean@lpsd.ca
 Or
 Kimberley.bennett@lpsd.ca



Library News



SEARCH CONNECT



COMMUNICATE

CREATE

Hour of Code will be held in the Library from December 7-11. Throughout the week, every student will spend one hour writing computer code, in an effort to introduce more people to this in-demand skill for a new generation of learners and workers.

December 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Band winter Concert at 7pm Vic Juba Day 5	2 Day 6	3 Day 1	4 Gr. 8 Movie morning Day 2	5
6	7 Day 3	8 Day 4	9 Gold Band/ Tuba concert 7pm College Park Early dismissal Day 5	10 Day 6	11 Gr. 7 movie morning Day 1	12
13	14 Day 2	15 Day 3	16 Day 4	17 Day 5	18 Early Dismissal 2:00 Day 6	19
20	21 ***** NO SCHOOL *****	22	23	24 Christmas Eve	25 Merry Christmas	26 Boxing Day
27	28 ***** NO SCHOOL *****	29	30	31 New Year's Eve		