



October 4, 2024

Good afternoon,

It has been a busy 4 days this week! Our Grade 7 students enjoyed a great trip to the Canadian Parks and Wilderness Society (CPAWS), where they learned about the importance of protecting public land, freshwater, and oceans. CPAWS is Canada's only charity dedicated to conservation, focusing on addressing the challenges of biodiversity loss while respecting the leadership of Indigenous nations. All Grade 7 homerooms will have a chance to attend in the coming weeks. In addition to this trip, our Grade 7 Outdoor Ed. students went canoeing at Bowness – some for the first time. They embraced the outdoors and while some came back a bit wet, they shared that they enjoyed the experience, nonetheless.

In athletics, both our boys' and girls' soccer teams brought home well-deserved victories this week! Last night kicked off our Maverick Madness Basketball Tournament, which continues tonight and tomorrow. Tomorrow's games will be at our co-host location, W.D. Pratt. The tournament is off to a great start with our Senior Boys' and Girls' securing some wins. Parents are reminded to be respectful spectators and to allow our coaches to lead their teams. We know many parents are passionate and excellent coaches, but it's crucial to remember that middle school athletics values more than winning, and while important, it is just one aspect of our program. Teamwork, sportsmanship, personal growth, and resilience based on a positive team culture is also important. Please support the coaches in their roles and enjoy your role as a parent-spectator.

Finally, we have started taking applications for ImPACT, the Principal's Advisory Council. New this year, eight council members will also be selected to take part in a system-wide strategy targeting well-being in middle school. Those chosen will have the opportunity to participate in a student symposium in January. Please encourage your child to apply for this leadership opportunity if you think they would be a good fit. It is a great opportunity to develop skills and contribute positively to our school community! See the announcements section for more details.

I hope you have a great weekend and reach out if you need anything at all.

Dr. Nancy Lisi
Principal
nmlisi@cbe.ab.ca

ANNOUNCEMENTS & REMINDERS:

ImPACt - Principal's Advisory Council

Each year students are invited to apply to be part of the Principal's Advisory Council, ImPACt, otherwise known as PAC. *The Principal Advisory Council acts as a student advisory body to the school principal. Members provide input, feedback and suggestions around issues and concerns that impact the school and that fall under the authority of the school principal.* Students on the council meet monthly with the school principal and the learning leaders that oversee student voice, activities, and well-being.

Two students from each grade level are guaranteed to be selected to participate on this council, however additional council members from each grade group may also be selected at the principal's discretion.

School Well-Being Action Team

In addition to the regular duties of councilors on ImPACt, this year 8 members from ImPACt will also serve as Arbour Lake School's School Well-Being Action Team. These members will be expected to attend our school Well-Being Action Team meetings and attend the CBE Middle School Student Well-Being Symposium on January 27, 2025. Their work and support will directly impact our School Development Plan goals around student well-being.

Students selected to be on the School Well-Being Action Team demonstrate the following qualities:

- leadership skills,
- a deep knowledge of their school culture,
- a willingness to communicate with administration, teachers, & students,
- an interest in community development,
- the personal qualities of being responsible, committed, dedicated, & passionate about leading change for well-being at their school.

Being a part of ImPACt is a very rich and rewarding leadership experience. Students on this council not only organize annual activities for the school, such as school dances and presentations for Parent Council, but they also get to be directly involved in some school operations and guiding our learning community in meeting the goals of our School Development Plan.

If your child is interested in being considered for this leadership experience and serving on the council and potentially on our School Well-Being Action Team, we ask that they please fill out the form provided through this link:

<https://forms.office.com/r/cvitZG10xJ>. Students will require two teacher references and endorsements (Dr. Lisi and Ms. MacDougall cannot be used as references as we will be making the final selections). Applications must be completed no later than **October 11th at 4pm**.

Scholastic Book Fair – THANK YOU

Thank you!! Thank you, Arbour Lake school families, for the amazing turn out for

our Scholastic Book Fair! Our net sales resulted in 46 new books for our Learning Commons. Congratulations to Kalan in 9-3 for winning the bookfair draw. Kalan & homeroom teacher Mrs. Sayed each won \$25 in books. 10 other students won posters. Thank you again for your generous support & commitment to enriching our students' literacy!

[OurSCHOOL Well-Being Survey | Fall Administration](#)

Arbour Lake School will be participating in an online school perception survey for students called the OurSCHOOL Well-being Survey. This anonymous survey is completely voluntary for all CBE students. Please find the details of the survey implementation below.

CBE's Education Plan prioritizes student voice and well-being in our decision-making processes. Responses from this survey are used at the system and school level to recognize and improve what is necessary for students to feel safe, welcome, and cared for when at school.

The OurSCHOOL survey provides an opportunity for students in grades 4- 12 to give feedback on sense of belonging, positive relationships, anxiety, feeling safe at school, life satisfaction, general health, orientation to well-being, goal-oriented, self-regulation, and cultural awareness of others.

The survey elicits additional feedback on depression, self-esteem, and cultural awareness of self. Demographic questions are asked for norming purposes and include:

- age, gender, Indigenous status, immigrant status, home language
- grade repeater, reasons for changing schools, disability or medical conditions that limits participation in school activities or learning

Teachers will coordinate with their grade team to find a time that best fits with their schedules over the next couple weeks.

If you have questions or would like to request more information about Arbour Lake School's upcoming implementation of the OurSCHOOL Well-being Survey, please contact our Assistant Principal, Matt Sloane at mgsloane@cbe.ab.ca

[School Fundraising Society – Casino Dates and Volunteering](#)

The Arbour Lake School Fundraising Society is organized by parents and plays a vital role in supporting our school and students by organizing various fundraising initiatives. Their efforts help provide additional resources and programs that enhance the educational experience for our students. One significant event they host is a casino night, which raises thousands of dollars for the school. This event relies heavily on the support of volunteers. If you're interested in helping out, please sign up using the link below. Your involvement makes a real difference!

Casino Night Dates: February 6 & 7, 2025

Sign-Up Link: <https://www.signupgenius.com/go/10C0A4FA5AD2FA2F5C70-51590141-volunteer>

UPCOMING IMPORTANT DATES

Oct 7	Gr. 9 Trip to Ralph Klein Park
Oct 8	Gr. 6 Vaccine Learning Presentation Gr. 7 CPAWS Field Trip Hr. 7.7 Gr. 9 Trip to Ralph Klein Park
Oct 10	Gr. 8 Rumble Boxing
Oct 11	IPPs- First Signature Due
Oct 14	Thanksgiving – School Closed
Oct 15	Gr. 9 to Ralph Klein Park School council 6:30PM Virtual
Oct 16	School Photos
Oct 17	Gr. 8 to Telus Spark (Hr. 8.5; 8.6; 8.7)
Oct 24	Gr. 7 CPAWS Hr. 7.4 Gr. 8 Telus Spark (Hr. 8.1; 8.2; 8.3; 8.4)

THE COYOTE CANTEEN

Please note that this is a cash only service. Students are able to come down and purchase a snack if they have forgotten their lunch OR if they would like to supplement the lunch they have.

CANTEEN ITEMS	PRICE
COOKIE	1.00
CHIPS/VEGGIE STRAWS	1.50
POPCORN	1.50
PROTEIN BAR	2.00
CHEEZIT CRACKERS	1.50
RITZ BITES / FISH CRACKERS	1.00
LARGE NOODLE BOWL	2.50
SMALL NOODLE BOWL	2.00
MAC & CHEESE	2.00
JUICE/WATER	1.50

HEALTHY HUNGER – FUN LUNCH

Our Healthy Hunger program, organized by the School Council, is a popular initiative that provides a tasty treat for students and a welcome break for parents.

This program relies on parent volunteers to help organize and distribute lunches to homerooms. If you're able to assist, please sign up using the link below. If you've previously volunteered with us, we'd love to have you back. If you're new to the process, feel free to contact the main office to learn how to get involved.

Please sign up here to volunteer:

<https://www.signupgenius.com/go/10C0A4CABA723A1FAC52-51330546-healthy>

Oct 9	Fun Snack – Tim Hortons
Oct 10	Subway
Oct 17	Coco Brooks
Oct 23	Fun Snack – Kernels Popcorn
Oct 24	Edo
Oct 31	Papa John's

Monday	Tuesday	Wednesday	Thursday
Lunch (Full period unless noted)	Lunch (Full period unless noted)	Lunch (Full period unless noted)	Lunch (Full period unless noted)
Minecraft Club Band Room	Lego Club - Rm. 164	Creative Writing Club Rm. 120	Cribbage Club Rm. 219
	Scale Model Builders Rm. 160		Board Game Club Rm. 164
	QSA - Rm. 203		Scale Model Builders Rm. 160
	Trivia Club - Rm. 206 (2nd half of lunch)		Jazz Band - Band Room
			Mathematics Club Rm. 204 (2nd half of lunch)
Afterschool	Afterschool	Afterschool	Afterschool

EXTRA-CURRICULAR ACTIVITIES

Chess Club coming soon...

ATHLETICS

Soccer Spectators: Please be advised that all spectators attending our soccer games need to be on the opposite side of the field from our athletes and soccer

teams. Thank you.

Oct 3-4	Maverick Madness Basketball Tournament at Home
Oct 7	Jr. Girls Bball at Home Boys Soccer at Home
Oct 8	Girls Soccer at Home
Oct 9	Sr. Girls Bball at Home
Oct 10	Girls Soccer at Home
Oct 15	Girls Soccer at Home
Oct 16	Boys Soccer at Home
Oct 17	Sr. Boys Bball at Home
Oct 21	Boys Soccer Game at Home
Oct 30	Sr. Girls Bball at Home

ARBOUR LAKE SCHOOL SOCIAL MEDIA

Please follow us on Instagram at: [arbourlake_cbe](#)