



FROM THE LION'S DEN LAKEROAD PUBLIC SCHOOL NEWSLETTER

Principal- Lisa MacDonald
Secretary- Christine Bramham
Phone (519) 542-5771
November 2020



Lakeroad Public School
955 Lakeshore Road
Sarnia, ON N7V 2V3

Covid-19 Updates

Get important information at updates related to our Covid-19 procedures by checking our LKDSB website ([https://www.lkdsb.net/Board/Community/PublicHealth/Pages/default.aspx#/=">\) and the Lambton Public Health website \(<https://lambtonpublichealth.ca/2019-novel-coronavirus/parents/>\)](https://www.lkdsb.net/Board/Community/PublicHealth/Pages/default.aspx#/=)

School Bus Zone 2

Download the [MySBI](#) Bus Status app which displays up to date bus service information for schools in LKDSB. This app uses real-time push notification alerts to keep users updated. Users can subscribe to receive alerts for inclement weather cancellations and school bus delays. Also see <https://www.schoolbusinfo.com/>

School Hours:

8:40- Yard Supervision Begins
8:50- Instruction Begins
10:50-11:30- 1st Nutrition Break & Recess
1:10-1:50- 2nd Nutrition Break & Recess
3:10 Dismissal

Crossing Guards

A crossing guard is on duty at the intersection of Indian Road and Lakeshore Road in the morning between 8:00 - 8:50AM & between 3:10 - 3:30PM.

Online Updates:

Facebook: [facebook.com/Lakeroad-Public-School](https://www.facebook.com/Lakeroad-Public-School)
www.lkdsb.net/school/lakeroad/

Going to be Away?

If your child is late for school or absent, please call the school and let us know. We have 24/7 answering machine: (519) 542-5771

Late? If a child is late for school, they are to come to the office for a late slip before going to class.

Hello Lakeroad Families,

It is hard to believe that November has arrived! It seems like this fall has gone so fast! This has certainly been a “back to school” season unlike any other, and we want to thank all of you for being so supportive and patient with us as we navigate the many changes and adjustments.

The challenges we have all been facing since the spring have certainly been hard on all of us. It’s so important to take care of our mental health during difficult times, and to reach out for help when we are struggling. We are fortunate to have support services here in our school, and in our community that can help us when we need it. Mental health support is available through St. Clair Child & Youth (519-337-3701), the Family Counselling Centre (1-888-DISTRES) and the Canadian Mental Health First Response Team (519-336-3445). Online, there are many resources available as well; School Mental Health Ontario is an excellent place to start (<https://smho-smso.ca/covid-19/>) Through Noelle’s Gift, we can also help our Lakeroad families by providing some financial support as well. Please don’t struggle in silence, we’re here to help.

Sincerely,

L MacDonald

Lisa MacDonald, Principal

Lisa.MacDonald@lkdsb.net

2020-2021 Staff List

FDK- Mrs. White & Mrs. Beaudoin (ECE)
Grade SK/1- Mrs. Clarke
Gr. 1/2- Mrs. Kedwell
Gr. 3/4 – Mrs. Norcross
Gr. 4/5- Mrs. Perron
Gr. 6/7- Ms. Schultz
Gr. 7/8- Mr. Core
French- Mme. Ciccone
Prep/Learning Commons – Ms. Beach
Resource- Mrs. Murphy
EAs- Mrs. Harley/Mrs. Shanks
Secretary- Mrs. Bramham
Custodians- Mrs. Hillman, Mrs. Eagleson, Ms. McPhedran & Ms. Planetta

Covid-19 Screening

All families must assess their children daily using the “Daily Screening Questionnaire”. If children are showing any signs of illness, please keep them at home. Students who develop any Covid-19 symptoms during the day will be assessed at school. Using some discretion around a student’s baseline symptoms (ie. allergies that we are aware of etc.), Mrs. MacDonald will decide whether that child needs to be isolated from other students and picked up by a caregiver. Mrs. MacDonald will consult with Lambton Public Health as necessary. If your child suffers from seasonal allergies, or has another condition that has symptoms that are Covid-like, a doctor’s note that shares those details would be helpful to us.

Automated safe arrival calls

Soon, LKDSB will be implementing an automated attendance messaging system for Elementary schools. The system will notify parents/guardians that your child has been marked absent and the school does not know the reason. We will contact the parent’s /guardian’s phone numbers and emails that you have provided and ask that you call the school to confirm the absence and provide the reason. You can help by ensuring that the school has your most updated contact information and by notifying the school office in advance if your child

will be late or away. Our answering machine will take your message any time of day or night.

Terry Fox

Way to go Lakeroad. You did an excellent job of supporting the Terry Fox Foundation and keeping Terry's dream alive. We raised \$1575 for the Terry Fox Foundation. You continue to make us proud!!

Take & Decorate Sled Fundraiser



Take & Decorate Sled Fundraiser



Place your order on School Cash Online for a “Take & Decorate” Wooden Sled.

Cost: \$25.00

You will receive: 1 handmade 24” x 16” wooden sled to take home and decorate for the holiday season. (Decorations not supplied)

When: Order between November 2 – 16. Sleds will be delivered to the school December 1.

All funds raised will go towards classroom enhancements. Thank you for your support!!



2019/20 School Yearbook

Yearbooks from last year are now for sale on School Cash Online. We have a limited amount available for purchase. The yearbook includes pictures from our time at school as well as pictures from our time during remote learning. Books will be sent home with students as they are purchased.

Milk Sales

Our school uses a “milk card” system, where students can purchase a card that will be punched each time they get milk. A staff member will be delivering milk to classes this year. Cards can be purchased on School Cash Online, \$6.50 for 10 milk and \$13 for 20 milk.

YMCA Before & After School at Lakeroad

We are fortunate to host a “Before and After School” program for students here at Lakeroad. It is available between 7-9AM and from 3-6PM. Spaces are available. Call the director of the program at 519-336-5950, ext. 226 for more information.

School Council

Our first School Council meeting will be held virtually on Thursday, November 12 at 4:45 pm. If you are interested in joining the meeting please give the office a call.

Transportation

Seat Assignments
on the school bus

CLASS would like to remind students they MUST sit in their assigned seat.

Let's help STOP THE SPREAD!

If you are unsure what your assigned seat is ask your bus driver or call:

Student Transportation Services
Tel: 1-877-330-4287

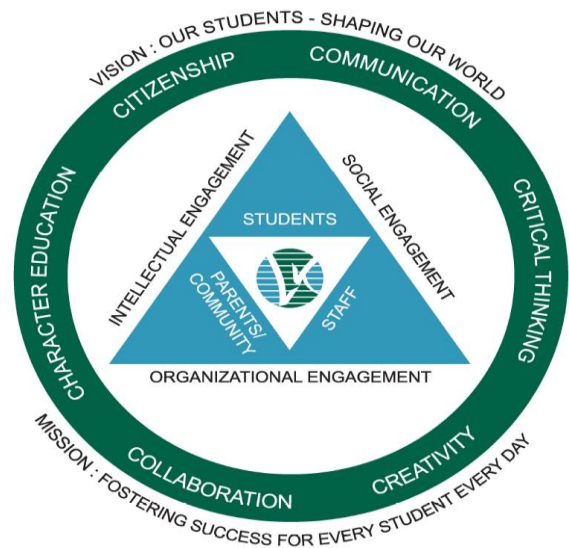
SCHOOL BUS

The graphic features a blue background with a yellow school bus illustration on the right. Text is in white and yellow. A small logo is visible in the bottom right corner of the graphic.

Violent Threat Risk Assessment Protocol

The Lambton Kent District School Board is committed to providing safe learning environments for all students, staff, school visitors, and community members. When a student behaves inappropriately, principals will most often employ progressive discipline strategies to help a student take responsibility for their actions, learn from their mistakes, and make better choices in the future. In more extreme cases however, when a student's behaviour poses a potential threat to their own or others' well-being, the Community Violence Threat Risk Assessment Protocol (VTRA) supports principals in taking further steps to safeguard everyone. The VTRA protocol outlines how a school responds immediately to threatening incidents including but not limited to: possession of a weapon or replica weapon, bomb threat or plan, verbal or written (including electronic) threats to harm oneself or others, other threats of violence, and fire setting. The initial response team is likely to include the Principal / Vice-Principal, police, and board staff. Should conditions warrant, a Community Threat Assessment Team will be

convened. This community team includes representatives of community agencies who work with schools and boards to keep our students and staff safe, such as local police and children's mental health organizations. Parents and guardians will be notified if their child will be discussed through the Community Violence Threat Risk Assessment Protocol. If parents/guardians cannot be reached, or if they choose not to provide consent, but a concern for safety still exists due to threatening behaviour, the threat assessment may still proceed. Link to Fair Notice Communication Regarding Violent Threat Risk Assessment Protocol: https://www.lkdsb.net/Pages/newsitem.aspx?ItemID=366&ListID=1cb83139-1d39-452b-8ab2-b6cfab6c2ba7&TemplateID=Announcement_Item



REACHING OUT



You might be thinking:

I don't think my problems are important or big enough to talk to anyone about...

I'm worried I might be labelled or that people might judge me...

Not at all! It's best to reach out and talk to someone. We all have mental health and talking about things is one of the ways we can take care of it! Asking for help can be awkward but you'll probably feel relieved after you do.

How do I start the conversation?

Here are some suggestions to help start the conversation:

"I don't know if you can help me, but I'm hoping you can help me to find someone who can."

"I've been feeling _____ lately, can I get your help?"

"I have a tough situation; it's really bugging me... Can I talk to you about it?"

"I can't seem to get past the feelings I'm having. I wanted to reach out before things got worse."



With difficult conversations, it may be easier to "break the ice" by writing things down on paper or through text. Reaching out to talk to someone doesn't have to be in person. For example:

"Hey _____, it's _____. Do you have some time to chat with me tomorrow? I have a problem I want to talk to you about..."



If you or someone you know is in crisis, call 9-1-1 or go to the nearest emergency department.

You can also reach out to **Kids Help Phone** at 1-800-668-6868 or by texting **CONNECT** to 686868.



What will happen after I reach out for help?

After talking to a trusted adult about yourself and how you're feeling:

It can take time to feel better

The person you reach out to may not be able to "fix" the problem, but they may be able to connect you with someone who can support you better

They may need to set up an appointment for you to see someone else that can help you

If you find that your problems seem to be unresolved after seeking help, **don't give up**. Keep trying. You'll find someone who can support you and let you know that you are not alone.

There's no problem **#TooBigOrTooSmall** to ask for help.
Check out: "[How to overcome obstacles when reaching out](#)" 📌

Not everything that weighs you down is yours to carry alone.



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School
Mental Health
Ontario

Santé mentale
en milieu scolaire
Ontario

www.smho-smso.ca