



# The EXPRESS

November 5, 2019

Proud to be part of Northern Lights Public Schools - [www.nlpsab.ca](http://www.nlpsab.ca)

## PARENT SESSION

**"Parenting With Eyes Wide Open"**  
with Dwayne Peace

Learn how to navigate difficult topics with your children and assist them in making better choices.

- body image
- bullying and cyber-bullying
- violent video games
- respect
- suicide
- self-harm
- rumours, gossip and drama
- texting and sexting



Tuesday,  
November 12  
at  
7 p.m.

H.E. Bourgoin  
Middle School  
4313 - 39 St.  
Bonnyville

**ALL PARENTS WELCOME**

All parents who attend will be eligible for door prizes, including tickets to a Bonnyville Jr. A Pontiacs game!

## #parentteen-lifehacks

November 28, 2019

6:00 to 8:00 P.M.

Iron River School

Grade 5-8 students and their families. Students need to be accompanied by their parents/caregivers. Free childcare provided for children under the age of 11.

This is a free evening filled with games, activities, crafts and important discussions about raising your teen. A pizza supper will be provided.

Basket door prize includes family tickets to a Bonnyville Jr. A Pontiacs game. Please RSVP by contacting the school by November 20, 2019.

In Partnership with Successful Families, Successful Kids and Iron River School

**Iron River School will be having separate draws for all Iron River parents that attend!**

**Picture Day is Coming!**

Picture Day is:

Wednesday, November 06, 2019 1:00pm to 2:30pm

**Lifetouch**

Pay Hot Lunch & Milk Orders Online at <https://nlsd.schoolcashionline.com> (or send a detailed note with payment)  
School Cash Online **orders must be completed by 9:59 p.m.** on the due date



### Tomato Soup and/or Grilled Cheese

- Hot Lunch Date Thu., November 7

### Poutine

- Orders DUE Wed., Nov. 13th

- Cost: \$5 each

- Hot Lunch Date Thu., November 21

### Perogies & Sausage: Choose 6, 9, 12 perogies

- Orders DUE Wed., Nov. 27th

- Cost: \$4/6, \$5/9, \$6/12, Sour Cream \$2.55

- Hot Lunch Date Thu., December 5



### Dec. Milk Order ~ DUE Mon., Nov. 25

White: \$16.80 or Chocolate: \$17.50

### Jan. Milk Order ~ DUE Mon., Dec. 16

White: \$21.60 or Chocolate: \$22.50

### Feb. Milk Order ~ DUE Mon., Jan. 27

White: \$19.20 or Chocolate: \$20.00

With enthusiasm and support we challenge learners to achieve their highest potential and develop into responsible and caring citizens.

**- Mission Statement**



School Phone: 780-826-5617

School Fax: 780-826-7503

Email: [ironriver@nlsd.ab.ca](mailto:ironriver@nlsd.ab.ca)

Principal: K. Draycott

Secretary: D. MacGillivray

Librarian: L. Procinsky (Tu & Th)

Websites:

**Iron River School:** <https://ironriverschool.ca>

**Parent Portal:** <https://powerschool.nlsd.ab.ca/public/>




**School Cash Online:** <https://nlsd.schoolcashionline.com>

**N.L.P.S.:** <https://www.nlpsab.ca>

**Transportation:** <https://nlpsab.ca/Transportation.php>

<https://www.facebook.com/Iron-River-School-518678098342885/>

## November 2019

						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
				1 NO SCHOOL for Iron River, Ardmore and Caslan students	2	
3 Time Change "Fall Back 1hr" 2:00 am School Clothing Orders Due (online orders) 9:00 pm	4 Volleyball Practice (Gr. 5-8) 3:30 pm	5 Newsletter Day	6 Lifetouch Picture Retakes 1:00 pm Volleyball Practice (Gr. 5-8) 3:30 pm	7 7/8 Volleyball Games Gr. 7/8 Field Trip Hot Lunch Day 11:39 am	8 50% AR Stay-On-Track Goal Remembrance Day Ceremony 10:30 am	9 
10	11 NO SCHOOL - Remembrance Day 	12 School Council / PAC Mtg. 6:30 pm	13 Volleyball Practice (Gr. 5-8) 3:30 pm Hot Lunch Order Due 9:00 pm	14 7/8 Volleyball Ward Tournament	15 Rocks & Rings Tournament School Spirit & Hat Day	16
17	18 5/6 Volleyball Game	19	20 Volleyball Practice (Gr. 5-8) 3:30 pm Mom's Pantry Orders Due 4:00 pm RSVP due for Nov. 28 Parent & Student Session 4:00 pm	21 Hot Lunch Day 11:39 am	22 NO SCHOOL - Day in Lieu	23 7/8 Volleyball Districts
24	25 5/6 Volleyball Game Milk Order Due 9:00 pm	26	27 Hot Lunch Order Due 9:00 pm	28 Gr. 5-8 Parent & Student Session #parentteen-lifehacks 6:00 pm	29 Assembly School Spirit & Hat Day	30 5/6 Volleyball Tournament

## December 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Book Fair 12:00 pm	3 Newsletter Day Book Fair 12:00 pm Report Cards Sent Home 3:24 pm	4 Book Fair 12:00 pm	5 Hot Lunch Day 11:39 am Book Fair 12:00 pm Book Fair 4:00 pm Parent/Teacher Interviews 4:00 pm	6 NO SCHOOL - Family Friday	7
8	9	10 School Council / PAC Mtg. 6:30 pm	11	12 Christmas Craft Day 1:00 pm	13 75% AR Stay-On-Track Goal School Spirit & Hat Day	14
15	16 Milk Order Due 9:00 pm	17	18	19 Christmas Concert 7:00 pm	20 Assembly & Movie Pajama Day School Spirit & Hat Day	21 NO SCHOOL - Winter Break
22 NO SCHOOL - Winter Break	23 NO SCHOOL - Winter Break	24 NO SCHOOL - Winter Break	25 NO SCHOOL - Winter Break	26 NO SCHOOL - Winter Break	27 NO SCHOOL - Winter Break	28 NO SCHOOL - Winter Break
29 NO SCHOOL - Winter Break	30 NO SCHOOL - Winter Break	31 NO SCHOOL - Winter Break				

 **Poppies are available in the school office till Nov. 8**

**Do you know** that if you go to the school website calendar <https://ironriverschool.ca/about/calendar>, you can add the Iron River School Calendar to your Google Calendar, subscribe to the calendar or download it to iCal? You can even add individual items to iCal! Check it out!





## Sports at Iron River School

### Volleyball (Gr. 5-8)

Practices are Monday & Wednesday after school (3:30-5:00pm) unless there is a game scheduled at IRS.

### Jr. Volleyball (Gr. 5-6 mixed) Games:

**Nov. 18:** EBL @ IRS

**Nov. 25:** FL @ IRS

**Nov. 30:** Tournament in Frog Lake

### Sr. Volleyball Games: (Gr. 7-8 Girls / Gr. 7-8 Boys)

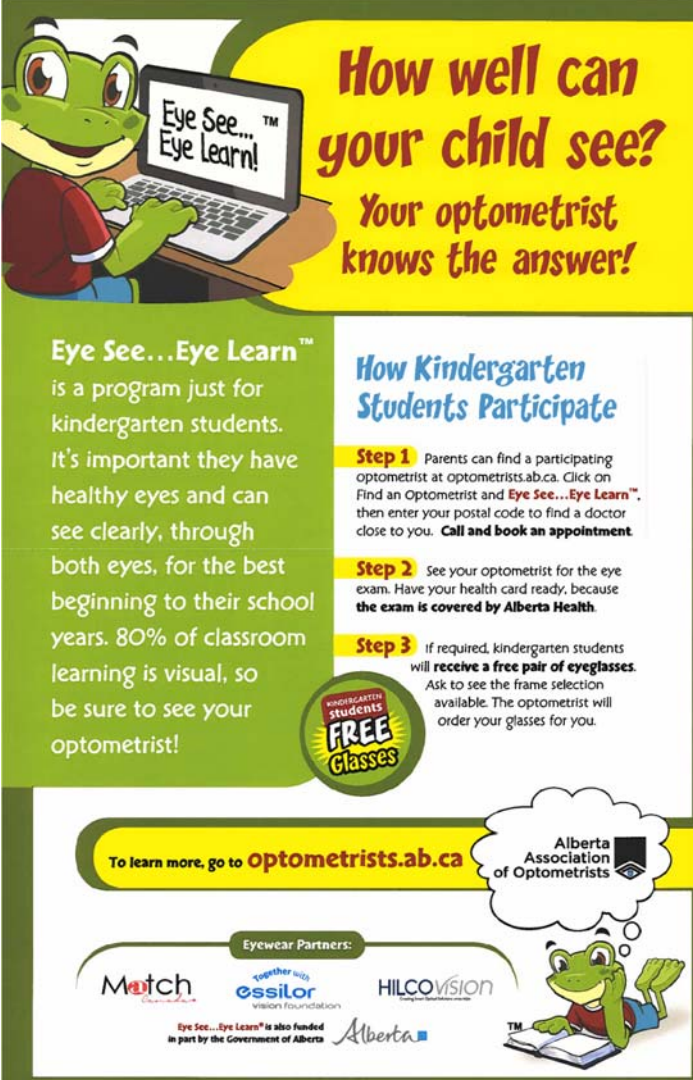
**Nov. 7:** Girls - IR-ARD @ Dr. B1

Boys - IR-ARD @ EBL

**Nov. 14:** Ward Tournament - Bonnyville

**Nov. 23:** District Tournament -Plamondon

*Go Dragons!*



**How well can your child see?**  
**Your optometrist knows the answer!**

**Eye See...Eye Learn™** is a program just for kindergarten students. It's important they have healthy eyes and can see clearly, through both eyes, for the best beginning to their school years. 80% of classroom learning is visual, so be sure to see your optometrist!

**How Kindergarten Students Participate**

**Step 1:** Parents can find a participating optometrist at [optometrists.ab.ca](http://optometrists.ab.ca). Click on Find an Optometrist and **Eye See...Eye Learn™**, then enter your postal code to find a doctor close to you. **Call and book an appointment.**

**Step 2:** See your optometrist for the eye exam. Have your health card ready, because **the exam is covered by Alberta Health.**

**Step 3:** If required, kindergarten students will **receive a free pair of eyeglasses.** Ask to see the frame selection available. The optometrist will order your glasses for you.

**Kindergarten Students FREE Glasses**

To learn more, go to [optometrists.ab.ca](http://optometrists.ab.ca)

Alberta Association of Optometrists

Eyewear Partners:

- Match
- essilor vision foundation
- HILCOVISION

Eye See...Eye Learn™ is also funded in part by the Government of Alberta

# Rocks & Rings Tournament Friday, Nov. 15



## MOM'S PANTRY

## ORDER DEADLINE Wednesday, Nov. 20

Order forms will be sent home with students. If you need more blue order forms, they will be available at the office. ... **OR ...**

To place an online order, go to [www.momspantry.ca](http://www.momspantry.ca) add items to your cart, and check out using these numbers: **Order Number: 296717** **Group Passcode: 33042**

**NB:** To qualify for Free Shipping we need to collect \$1500 in total orders.

*Thank you for supporting this school fundraiser!*

## Iron River School Dragon of the Month

For the month of October was awarded to

## GABBY O'QUINN-BRENNAN

In recognition of the following:

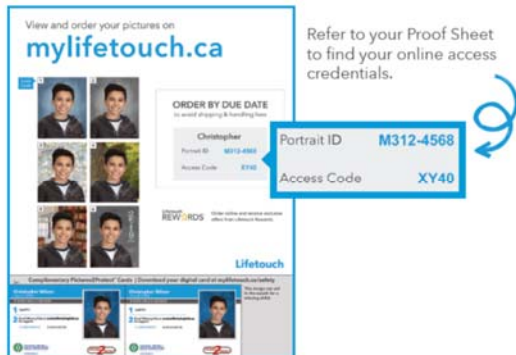
- Gabby puts a great amount of time and effort into her school work.
- Her kindness and willingness to help is always appreciated.
- Her leadership skills set a great example for the students in our school.
- Gabby is always respectful and considerate to fellow students and staff.



# REMINDER

There's still time to order your pictures!

Order today on  
**mylifetouch.ca**



PLEASE NOTE: If you have recently ordered, it may take a few days for our records to reflect this.

**Lifetouch.**

27743PDF © 2019 Lifetouch Canada Inc.

*Fall into*  
**BCHS'**  
**COFFEE HOUSE**



**Fair Trade Market**

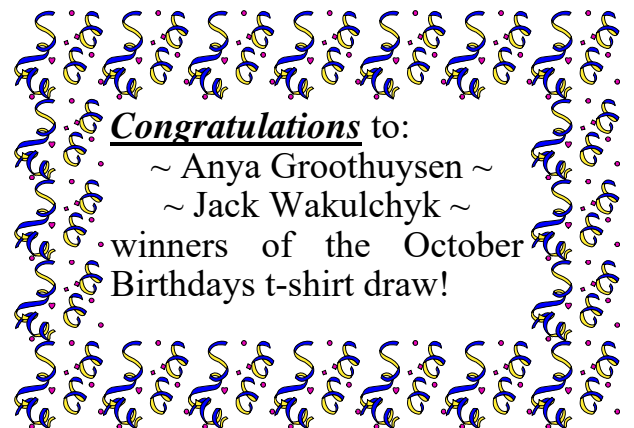
Nov 6th 5 - 9pm  
@ C2 Field House  
\$5 Admission Includes  
Coffee & Dessert



## Pizza with the Principal

There were several Dragon scales with positive behaviours read during morning announcements last month. **Jase Lantz & Ayden Tizzard** were the two lucky **October winners** whose scales were drawn during the October 25th assembly to have "Pizza with the Principal"!

Congratulations to all the Dragons who continue to show positive behaviours.



**Congratulations** to:

~ Anya Groothuysen ~  
~ Jack Wakulchuk ~

winners of the October Birthdays t-shirt draw!

## Calluses for Comfort



**WOW!!!! ... IMPRESSIVE!!!!**

Iron River School has done it again!! With the support of our community we raised **\$2,101** for the Bonnyville Community Cancer Centre this year. Our little school of 77 students has once again shown that it has a big heart by supporting our local cancer centre. Our students raised an **AVERAGE** of **\$27.28 PER student!! FANTASTIC!!**

The Bonnyville Community Cancer Centre provides a range of services which support individuals and their families and allows them to remain closer to home to the greatest extent possible.

**Thank you** on behalf of the staff and patients of the Bonnyville Community Cancer Centre for raising \$2,101.00.00 this year for a total of \$33,114.46 over the past thirteen years!

Thank You for Donating  
\$2,101  
for  
Calluses for Comfort

