



# REMINDER

- Sept 21 **NO School**—Pro D Day—Classes are not in session for students
- Sept 22 Cross Country Race at Gorge Kinsmen
- Sept 24 Back to School Family BBQ  
+ Meet the Teacher
- Sept 18 **ALL School Forms** due back today
- Sept 25 Terry Fox Run
- Sept 28 Cross Country Race at Topaz Park

## Cross Country 2009



Our Cross-Country running season will begin this Thursday with 8:15AM runs on Tuesday, Thursday and Friday mornings. We welcome students of all ages (and parents too!) to our morning practices. Please meet us on the playground by the pirate ship.

Students in Grades 3-5 are invited to join our Lake Hill Cross-Country Team and join us at the following races;

- Tues., Sept. 22nd—Gorge Kinsmen
  - Mon., Sept. 28th—Topaz Park
  - Mon., Oct. 5th—Gorge Kinsmen
  - Tues., Oct. 13—Beckwith Park  
(\*we are hosting this race and will need extra helpers...)
  - Mon., Oct. 19th—City Finals at Beacon Hill Park
- More information will come from coaches Ms Monahan, Mrs. Harte, Mrs. Scigliano and Mrs. Waldie

## Lake Hill Elementary School Strings Program

The Lake Hill Strings Program is offered to any student who is currently in Grade 5. The strings program focuses on learning a stringed instrument, developing correct playing techniques, reading music, and basic musicianship. Regular participation and home practice is essential for success in this class.

The program runs twice a week during the regular school day. **Rehearsals will be: Wednesdays from 12:50 pm—1:40 pm and Thursdays from 11:15 am—12:00 pm**  
\*The first class will be on Wednesday, September 16th.



Mrs. Melissa McKnight  
Strings Teacher

## New Programs at Neighbourhood Junior Kindergarten at Lake Hill

**Stepping Stones** is for children up to three years of age. The program will move through a variety of free play and group activities focusing on learning positive interactions. A parent is required to attend with their child/children.

**Enriched Three's** is an option for 3-year-olds to attend with their parent/caregiver and focuses on more structured activities and learning.

These programs begin on September 29th and are on Tues., Wed. and Thurs. from 12:45—2:45 pm.

For more information and fees schedule, please call Jane Hamm at 250-479-4410.

## Going Green at Lake Hill

The staff at Lake Hill would like to thank all the parents and students who are already working hard towards our goal of "Litter-Less Lunches". Mr. Harrison has already noticed that there's about a 30-50% reduction in the amount of garbage in the classroom bins from last year.

Let's all try to reduce, reuse or recycle our lunch time food and beverage containers.

