



WEEKLY DRAGON TALES

September 7, 2025

Living the Langdon LAIR life

Hello Langdon school families,

It was a fabulous start-up last week. While there are always a few tears saying good-bye to mom and dad those first couple of days, by Friday, students seemed excited to see their friends, meet new friends and were already getting used to the daily routines. Mr. Legault and I had some fun with our grade 8's on Friday, challenging them to compete in some silly contests! 8B definitely dominated as a class! We were quite impressed with some individual's music knowledge, their speediness with a water bucket challenge, their ability to unwrap taped T-shirts and open Hershey chocolates with oven mitts. That's just to name a few. What was particularly fun to watch was how loudly their peers supported them and cheered them on.

This Friday you are invited to attend our Welcome Back Breakfast. Thank you to all the parents who are helping out that day. It couldn't happen without you. We ask that students check-in with their teachers at 8:05 for attendance and then can go back with their families. If you cannot make it, your child will be supervised by staff and have some breakfast with friends. At approximately 9am, you can go see your child's classroom and then make your way to the gym. The admin team will have a short presentation that will include an orientation to our school. If you are able to stick around, we will go through all the necessary paperwork that's required to volunteer at our school. If you cannot attend this Friday, there will be other opportunities to attend this short orientation.

Langdon PE/Athletic Update:

The PE team is very excited to start up the year with nice shiny floors in our gym. Just a reminder to all families with students in Kindergarten to grade 8: all students are required to wear proper running shoes in the gym for safety. Students are not allowed to wear crocs, sandals, flip flops, boots, etc. We also encourage our grade 6 - 8 students to change into a gym strip for PE class.

We would love to invite any parents interested in coaching Langdon Dragon sports to email Susanne Moskal @ smoskal@rockyview.ab.ca. We are currently looking for a Cross-Country Running Coach!

Please note: Energy drinks such as Monster, Red Bull and Celsius, are not permitted at school. We have seen an increase in consumption these past couple of years. These drinks are high in sugar, caffeine and sometimes other stimulants. We have seen students consume multiple in a day which can lead to

Coming up:

Sept. 10 – Student Assembly

Sept. 12 – Welcome Back breakfast/school tour/parent orientation
8:00-10am-ish

Sept. 15 – School Picture Day

Sept. 17-19 – Grade 6 Camp Evergreen (outdoor school)

Sept. 26 – Terry Fox Run

increased anxiety, dehydration because they are not drinking water, caffeine addiction and sleep problems. Research shows children are especially vulnerable because of developing cardiovascular and nervous systems. (For more information, see RVS Administrative Procedure 162, Nutrition.)

Now that the first week is behind us, we are going to ask that you use the Parent drop-off loop or the street when dropping your child off or picking them up from school. The staff parking lot is for staff only. This is also to keep kids safe as staff are required to be in the building at 8am, therefore if kids cut through, no one is driving in the lot. You have probably noticed there more classes lined up at the entrances this year. This is due to the portables being removed. If you are dropping off or meeting your child, we ask that you stand away from the doors, so our students have space to line up in the morning and it is not too congested as they leave in the afternoon. Thank you for your cooperation and helping us keep your children safe.

We are looking forward to another exciting week and so far the weather forecast looks awesome!

Have a great week!

Shannon Storey