

Newsletter

Lansdowne Middle School and the Greater Victoria School District wish to recognize and acknowledge the Esquimalt and Songhees Nations, on whose traditional territories we live, we learn, and we do our work.



**Lansdowne
Middle
School**

1765 Lansdowne Road, Victoria, BC, V8P 1A7 Phone: 250-598-3336

October 1, 2013

Calendar Dates



October 7

- LMPA AGM 7pm in music portable

October 7 to 11

- Walk/Bike to school week

October 14

- Thanksgiving Holiday

October 15 & 16

- Students dismissed early at 12:11
- Parent-Teacher Meetings
2:30 to 5pm and
5:30 to 7pm
See article on page 8

October 23

- PAC Meeting 7pm Library

October 25

- Pro-D Day

October 30

- Student Photo Retakes

November 3

- Daylight Savings Ends

November 4

- LMPA Meeting 7pm in music portable

November 5

- Newsletter on website

November 8

- Remembrance Day Assembly

November 11

- Remembrance Day Holiday

Lansdowne Middle Wins CRD 2013 Eco-Star Award

Congratulations to Lansdowne's Eco-Action Team who recently won a Capital Regional District's ECO-STAR AWARD! Leah Smith, an active student on our Eco-Action Team, represented our school at a special awards ceremony held at Crystal Gardens, along with Mitchel du Plessis, Lansdowne's Youth & Family Counselor and coordinator of our Eco-Action Team. Also attending on behalf of Lansdowne were supportive family members, community partner from WildBC Kelly Nordin, our PAC President Donna Sanford, and me.

Along with Lansdowne Middle School, it was great to see such a variety of businesses and non-profit organizations receiving awards for a diverse array of environmentally-focused initiatives. There are many creative projects taking place throughout the CRD to address environmental concerns, and the involvement of youth – such as the students in our Eco-Action Team – will be crucial to the long-term success of creating a more sustainable world.

Lansdowne's Eco-Action Team received its particular award for promoting "Waste Reduction". To that end, our Eco-Action students have been involved in a variety of activities to further awareness of the many ways we can all reduce, re-use, and recycle – from promoting "litter-less lunches" to re-using old newspapers as compost bin liners to sorting one's recycling into the correct bins located in our classrooms and hallways. Along with their focus on waste reduction, our Eco-Action Team also focuses on various other initiatives, such as currently planning for the next phase of Lansdowne's NatureScape installation – an outdoor classroom and natural space of garden beds with indigenous plants and trees, pathways, and cedar benches and stage.

The initiatives of our Eco-Action Team complement the wide variety of activities that are taking place throughout our school to further our students' environmental awareness and connection to the natural world. For example, I recently enjoyed watching many of our new grade 6 students gathered in our foyer to learn about the Seaquarium, and there will be three classes hiking in Goldstream Park at the time of this newsletter's publication!

Congratulations to our Eco-Action Team, and to all of those in our school community who are furthering environmental awareness and more sustainable living.

Ken Andrews, Principal

Lansdowne Middle School

ACTIVITIES & EVENTS

*A miscellany of co-curricular and extra-curricular activities and events taking place at LMS.
Please encourage your children to get involved! For more information contact the staff member listed.*

Event/Activity	Timeframe	Contact (Coordinators, Sponsors, Coaches, etc)
Student Leadership Me to We	Regular meetings Wednesday at 8:00 a.m. Numerous opportunities to participate	Melinda, Leblond & Gagne
Eco Action Club	Monday / Thursday at recess and as needed	Du Plessis
Backpack Club	Ongoing activities during the year	Albany & du Plessis
Caught You & Project X tickets	Ongoing throughout the school year	All Staff
Games Group (including chess)	Tuesday at lunch recess	Javorski & du Plessis
Jazz Band	Tuesday after school / Thursday lunch	Rawson
Concert Choir	Monday after school / Wednesday lunch	Georgeses
R & B Band and Vocal Jazz	Tuesday lunch / Thursday after school	Rawson & Georgeses
Seaquarium	Ongoing	Kilpatrick
Hip-Hop Dance Club	Wednesdays at lunch recess	D'Angelo
Cross Country Running	Sept & Oct. See article on page 11	Challies and Chaytors
Soccer - Grade 6/7/8 Girls	Sept & Oct. See article on page 11	Schroeder, Mengual, Baker
Soccer - Grade 6/7/8 Boys	Sept & Oct. See article on page 11	Cummings, Masniuk, Bailey, Wilkinson
Basketball	Mid-October to mid-December.	Coaches needed. Please see Mr. Stevenson
Swimming	Mid-October to early March	Stevenson, Edwards
Youth Creating Inclusion/Connectedness	Friday at lunch	du Plessis
Homework Club (See below)	In the Library (all students welcome), 2:50 to 3:30 Monday to Thursday	Dusseault
Learning Over Lunch (LOL)	In the Library at Lunch break Mon to Fri	Logan

For further info on our Athletic activities, please see pages 11 and 12.

HOMEWORK CLUB

Located in our school library, Lansdowne's Homework Club operates four days a week after school (every weekday except Friday), offering academic support in both English and French for 40 minutes immediately following the school day until 3:30 p.m. During this time, an educational assistant provides a quiet and structured environment for students to complete their homework and get additional support in their learning. No registration is necessary; your child simply needs to show up in the library after school with schoolwork to complete. You may want to instruct your child to get his/her Student Agenda signed each day by the Homework Club supervisor (to indicate his/her attendance at Homework Club) so that you can follow up accordingly at home. Used appropriately, our Homework Club may provide just what your child needs to further support his/her academic success. Depending on your child's work habits and learning needs, you may want to encourage (or even require) your child to attend our after-school Homework Club.

News From the . . . **Lansdowne PAC**

WELCOME TO LANSDOWNE MIDDLE SCHOOL PAC!

The Lansdowne Parents' Advisory Council (PAC) is made up of all parents and guardians at our school. We come together at monthly meetings to provide advice on a wide range of school issues and to deliver projects and events that enrich the education of all the students in our school. Some of these projects include:

- library resources;
- class field trips;
- school-wide cultural events;
- athletics;
- the Safe Teen program;
- emergency supplies for the earthquake container
- the outdoor classroom and naturescape project, which will provide our children with a beautiful and natural place to learn, and to spend time with friends.

PAC MEETINGS

We hope you will come out to monthly PAC meetings. Please join us for our next PAC meeting at 7pm on Wednesday, October 23rd.

At this meeting:

- Hear special presentations about educational programs and initiatives
- Participate in planning for the year ahead
- Learn about events already in motion
- Hear reports from the Principal and Vice Principal, provide your input, and have your questions answered
- Meet other interested parents!

This year, each PAC meeting will feature a short presentation on a topic of interest to parents. Please watch for notices of upcoming topics in this monthly newsletter. PAC meetings will take place on the 4th Wednesday of each month (except in December, when the meeting will be held on the 3rd Wednesday) .

Do you have comments or questions for the PAC?
We'd love to hear from you: Lansdowne.PAC@VCPAC.ca

*News From the . . .***Lansdowne PAC** (cont'd from page 3)**SCHOOL PLANNING COUNCIL ELECTION**

The PAC must elect three parents/guardians to serve on the Lansdowne School Planning Council (SPC). This election will take place on Wednesday October 23 at 7 PM in the school library.

The parents on the School Planning Council (SPC) meet with Lansdowne's principal several times throughout the school year, primarily to review the School Growth Plan. At these meetings, the SPC looks at relevant school data in such areas as student attendance and achievement, from which school goals and initiatives are developed in a continuous cycle of planning and reflection aimed at continuous improvement to how we further our students' learning and achievement. You can check out Lansdowne's current school goals at <https://lansdowne.sd61.bc.ca/our-school/2013-14-school-goals/>. Along with SPC's from other schools in Greater Victoria, Lansdowne's SPC also provides input to the School District on such matters as district budget priorities and the district's Achievement Contract.

For more information about School Planning Councils and the school planning cycle, please visit: www.bced.gov.bc.ca/spc/spc.pdf

ONGOING PAC FUNDRAISERS

There are several ways for you support the PAC over the school year.

Thrifty Smile Cards -- cards are available at the school office. Load cards with funds at the till before your groceries are rung through. The Lansdowne PAC receives 5% of funds loaded onto Smile Cards. You can request extra cards for relatives and friends. All Smile Card funds will be directed to Lansdowne's naturescape / outdoor classroom project.

Student Price Cards -- offering discounts at dozens of shops and restaurants in Victoria. Order forms are available in the school office, or use the form below.

Soap Exchange, COBS bread, M&M meats: simply mention Lansdowne Middle School when you make your purchase. These companies will send a percentage of your purchase to the Lansdowne PAC.

**Order Form for Student Price Card**

Please return order forms and payment to the school office.

Student Name:	
Teacher:	Advisory:
Total cost \$9.00 <input type="checkbox"/> Cash or <input type="checkbox"/> Cheque	
<i>Make cheque payable to Lansdowne Middle School PAC, in memo line: SPC card, and student's name.</i>	
Parent or Guardian:	

News From the . . .

Lansdowne PAC (cont'd from page 4)

8th Annual Holiday Emporium

This December, the PAC will be organizing our annual Emporium – it is a popular event that gives a chance for the children to buy gifts for their loved ones without breaking the bank!

So before you donate gently used items to your favourite charity this fall, think about saving them for our big event. We'll be asking you to bring your donations to the school starting in November.

Any questions or if you'd like to help, email Ruth Swinton at reswinton@telus.net

September 25th PAC Meeting Highlights

In an effort to keep parents at Lansdowne more informed about what goes on at PAC meetings, your PAC is endeavoring to post a brief summary of the monthly meetings in the upcoming newsletters.

On September 25, principal Ken Andrews spoke of the September 23 Pro-D Day workshop for teachers on Restitution in the classroom. This workshop was designed to help educators deal with behavioral and situational issues in the classroom. Restitution is defined as "creating conditions for the person to fix their mistake and to return to the group strengthened". The idea behind it is to work with students in managing/mentoring behaviors to provide a positive learning environment for all students.

The Direct Appeal to parents for donations to PAC has been very successful, with \$3,300 in donations thus far. Thank you to all who have contributed so generously. This money will be used for various PAC projects in the coming year. A few examples follow.

The Naturescape stage is now completed, and the garden design and bench installation will soon happen. The Eco Kids Club will be assisting with the design!

The Earthquake Kiosk was purchased by PAC and delivered to the school last spring. PAC will soon be filling up the kiosk with various supplies for students in the event of an earthquake.

As an exciting new initiative, PAC is supporting the First Lego League robotics club at our school. Any interested students should speak with Mr. Stevenson.

Next PAC meeting will be on Wednesday, October 23rd at 7:00p.m. in the school library. Everyone welcome!

Getting TO and FROM Lansdowne: Transport, Drop Zones, and Parking Info



Whenever possible, we encourage students to walk, cycle, or bus to school, both for the fresh air and exercise as well as to reduce our carbon footprint on the environment. In fact, **October 7th to 11th is International Walk/Bike to School and Work Week**. If at all possible, during this week, we encourage students to challenge themselves to walk or bike to school if they're not doing so already, and then try to turn this week's "challenge" into a longer term healthy lifestyle choice.

Nevertheless, we know that, for some families, using a car to drop and pick up your child is a necessity. To help reduce traffic congestion, Lansdowne Middle School has two drop off and pick up locations – the Lansdowne Road parking lot and the Richmond Road pull off drop/pick up zone.

The Lansdowne Road parking lot is designed for parents/guardians to move smoothly through the parking lot while allowing some vehicles to park and wait. This parking lot has two lanes; one is a drive thru lane and the other is a drop off lane. The inside/drop off lane allows parents the ability to drive to the front of the lane, stop, and drop off students toward the field side so they do not walk in front of moving vehicles. The outside/through lane is for vehicles to drive through and out of the parking lot to reduce congestion. Once parents have dropped off their children, they can either continue out the drop off lane if traffic permits or pull into the through lane to exit the parking lot. There are also parking stalls available for staff and guests to park, and to drop off and pick up students at the end of the day. If you usually come to the school to pick up your children, please pull into the parking stalls and turn off your engines while you wait for your children. This will allow less congestion and more vehicle movement.

The Richmond Road drop off/pick up pull off zone is there for that purpose only. Please pull off to the side of Richmond Road in the marked locations, ensure your children exit the vehicle to the curb side for safety reasons, and then exit the drop zone yielding to traffic. This zone can also be used as additional parking from 9:00am – 2:00pm or after 3:30pm; however, at the start and end of the school day, there is no parking along this stretch of Richmond Road and Saanich Police are monitoring this zone to ensure its availability to our parents during the drop off and pick up times.



Please note that the Richmond Parking Lot (by the band annex) is for staff parking only. It is *not* a pick-up/drop-off zone. Also, please do *not* park in the parking lots of neighbouring organizations (such as GAP or Knox Church) as they use their lots for their own purposes.

Thank you for your cooperation in making our school grounds as safe and convenient as possible.

INTERNATIONAL International Walk to School Week (iWalk 2013)



Lansdowne Middle School will be participating in the **International Walk to School Week** program during the school week of October 7-11. The Eco Club students will be helping during this exciting week handing out stickers and encouraging students to stay active!

A total of 230 schools with 90,000 students are set to participate in this event to promote and celebrate the many benefits of walking and cycling. Students who walk (or bike) to school can improve their health, promote community safety, enhance community building, and reduce environmental impacts to the community.

For more information, visit <http://www.dashbc.org/> or <http://www.hastebc.org/>

Does your child exhibit signs of giftedness?

I would like to extend an invitation to parents who believe their child might be gifted, to contact me at mcouture@sd61.bc.ca no later than November 2, 2013 so that we can begin the giftedness evaluation process. Testing should take place sometime in late November. Please note that giftedness is a Special Needs Designation which applies to approximately 3% of the population. More details about identifying giftedness in individuals can be found at <http://www.bced.gov.bc.ca/specialed/gifted/identifying.htm>.

Regards,
Michelle Couture
Classroom Teacher and Gifted Program Coordinator

BUS STOP SAFETY

For Lansdowne students who take the bus, **safety is critical**. Crowding and jostling at the bus stop across the street from the school on Lansdowne Road is a cause for real concern, as traffic on this road is **very** heavy. As our seasons change, and the weather becomes wetter and darker, students must be attuned to the elements, heavy traffic and other riders. If your child takes the bus, please emphasize the importance of not engaging in the following unsafe or inappropriate behaviors while waiting for and riding the bus:

- throwing objects (food, shoes) into traffic
- students darting into traffic to retrieve items tossed or kicked into the road
- students running and pushing to catch the first bus or the bus first
- too many students at one stop
- waiting on private property
- inappropriate language
- skateboarding on sidewalk past students/other riders at the bus stop
- foul language, food throwing, and roughhousing on the bus (upstairs on the double decker)

Students who catch either the #4, the #8 or the #23 bus have been encouraged to emphasize appropriate bus behavior in terms of getting to the stop appropriately, waiting patiently, and behaving appropriately once on the bus. Our students are aware that if identified as behaving in an unsafe manner at the bus stop or on the bus, they may have to wait at school and catch a later bus.

As well, **all students who catch the #8 bus should do so on Richmond Road** where, although there is no crossing guard, the crosswalk itself is lit, the speed limit is 30 kmh, and the stop site is roomier. Students who catch the #8 on Richmond Road will alleviate some overcrowding at the Lansdowne stop.



Lansdowne Middle School wishes to thank the Telus Ambassadors for the great backpacks they donated to us.

Bike Stolen . . . and Recovered

A few weeks ago, during the middle of our afternoon classes, we saw a man (through the office area windows) in the process of cutting a lock and stealing one of our student's bikes from the bike racks in front of the school! Despite our best efforts to stop him before he got away (*Picture Mr. Andrews sprinting out the front door in his jacket and tie while yelling at the man to drop the bike!*), the man rode off on the bike. Fortunately, the police caught the man only a few hours later; he was known to police, arrested on the spot, and the bike was returned to our much-relieved student! While we're lucky that the bike was recovered, it's a good reminder to all of us that we can better protect our bikes from theft by:

- Use a higher-quality (generally thicker) bike lock. (You check with your local bike store as to quality/strength.) While virtually any lock could ultimately be cut, thicker locks generally require larger tools and more time to cut, making it harder for a thief to accomplish in a relatively high-visibility location. (In this case, the lock was very thin and cut in seconds with a small and easily concealed tool.)
- Write down your bike's serial number, which is generally located on a bar on the bottom of the frame. (In this case, the student had done so, and the police indicated that doing so increased astronomically his chances of getting the stolen bike back.)

We strongly encourage our students to cycle to school; it's such a healthy and non-polluting form of transportation. . . and these simple precautions will help keep our bikes safe.

Lansdowne Hip-Hop Dance Club

This year, Lansdowne is fortunate to have a group of students from Vic High's Dance Program volunteering to run a lunch-time Hip-Hop Dance Club, sponsored by our Art/Drama Teacher Ms. D'Angelo. The **first Dance Club meeting is this Wednesday, October 2nd, on the Stage at Lunch Recess.** Any Lansdowne students who may be interested in joining our Hip-Hop Dance Club should come to this meeting (no dance experience necessary).

PARENT TEACHER MEETINGS

Tuesday, October 15 from 2:30 pm to 5:00 pm and 5:30 pm to 7:00 pm
- and -

Wednesday, October 16 from 2:30 pm to 6:00 pm

Starting on October 8, please phone the school office at 250-598-3336
to book an appointment.

Reminder that students are dismissed early both days at 12:11pm .

Counsellors Corner



Check out the great programs
Oaklands Community Centre
 has starting this fall!

Girls Move Girls Night (11-15 years)

Mondays, 6:15-8:15pm

Sep 9-Oct 28

Come hang out with friends, and make new ones, at this girls only night. Stay active and have fun with your friends, spinning, kick boxing, hiking and cooking - just to name a few of the things you'll do. Getting out and moving has never been so fun!

FREE

Youth Lounge (grades 7-9)

Tuesdays, 6:30-8pm

Sep 10-Dec 17

Tired of doing homework every day after school? Interested in meeting new people? Take a break and join us at our fun, laid-back youth lounge. Music, magazines and Wii are just a few of the things we've got goin' on.
 \$2

FlipOut Fridays (grades 5-7)

Fridays, 6:15-9pm

Sep 6-Dec 17

Join us for fun, social and recreational activities every Friday night. Movies and pizza, art nights and capture the flag are just a few of the activities you can expect! For a current monthly schedule check out the youth page on our website at www.oaklandscommunitycentre.com/recreation/youth. Special out trips may cost up to \$10. No FlipOut Fridays on holidays.

\$4-\$10 (depending on activity)

Drop-in Floor Hockey (9-17 years)

Fridays, 4:30-6pm

Sep 13-Dec 20

FREE

Amazing Race: YOUth.0 (9-15 years)

Fridays, 5:30-9pm

Sep 13-Oct 4

FREE

DISCOVERY YOUTH AND FAMILY SUBSTANCE USE SERVICES (Island Health)

has partnered with our school district to help meet the needs of our students and families. Discovery provides **FREE** individual and/or family counselling for youth aged 12-19 and their families/caregivers who are experiencing difficulties related to their own or someone else's substance use. Anyone can make a referral by calling 250-519-5313 (press 0). Your school Counselor can assist you with a referral if needed.

The counseling team of Melinda, Mitchel and Mark are pleased to announce the addition of two practicum students working with the team this year. Katie is from the Masters of Counseling program through Athabasca University and Christina joins us from University College of Copenhagen in Denmark where she is a completing a BA in Social Education.



The Eco-Action Team Report September 2013

Welcome back to an exciting year at Lansdowne! I am thrilled to announce that the Eco-Action Team is this year's winner in the Waste Reduction category for the CRD Eco Star award! If you want to see the video clip, here it is <http://www.crd.bc.ca/ecostar/previouswinners/2013.htm#waste>

Thank you to our supporters including Kelly Nordin from Wild BC, Donna Sanford our PAC president and one of our Eco-Action students, Leah Smith who came in this summer to meet with the filmmakers to share our actions in the school! Also, big thanks to Mrs. Lidstone who created an awesome reflect on packaging project for our Foods Exploratory and to all the students who are committed to continuing to learn about, support and protect our environment.

Our Eco-Action Team will be meeting weekly to explore creative ways to reduce our energy and water usage here at the school and to increase awareness and actions in our local school community. We are very excited to be passed on the honour of being stewards of the Lansdowne Naturescape and will continue to consult with students and staff about how this project will grow!



We are always looking for volunteer weeders for fun times in our garden.

With deep respect,
Mitchel du Plessis



Lansdowne Athletics

'Don't practice until you get it right. Practice until you can't get it wrong'

Lansdowne looks forward to an exciting year of Athletics. The energy is palpable and there is a rooted commitment to shared success in our individual and team sports.

Currently Underway

X-Country

Our Lansdowne Cross Country participants have started with all feet well paced for the 2013 season. We have 25 students representing Lansdowne, this full contingent under the expert coaching of Madame Challies and Madame Chaytors, will flourish with positive finishes. Lansdowne x-country participants have already enjoyed their first meet and will be in meets every Thursday until October 17th. Our Lansdowne runners, on the course reveal exemplary sportsmanship and camaraderie. Have a super season!



Soccer



Soccer is up in full competition with many teams and the talented coaching of all our coaches: Mr. Schroeder (Girls 7/8 Comp), Madame Mengual (Girls 7/8 Comp), Ms. Jackie Cummings (Boys 7/8 Comp), Ms. Amber Masniuk (Boys 6/7 Rec), Mr. Aaron Bailey (Boys 7/8 Comp), Ms. Kayli Wilkinson (Boys 6/7 Rec), Mr. Mike Baker (Girls 7/8 Comp)

- September 25th Lansdowne Girls 7/8 Comp. plays Arbutus, SMU, Monterey at Lansdowne
- September 26th Lansdowne Boys 6/7 Rec. plays GNS, Colquitz at North Saanich
- September 30th Lansdowne Boys 7/8 Comp plays Arbutus, Central, Monterrey at Central
- October 7th Lansdowne Boys 7/8 Comp plays Dunsmuir, Central, Victor Brodeur at Central
- October 9th Lansdowne Girls 7/8 Comp. plays Arbutus, Gordon Head, Cedar Hill at Gordon Head
- October 10th Lansdowne Boys 6/7 Rec plays GNS, Central at Central

Upcoming Athletics - The School Year at a Glance Sport: Season (Months-of-Play) Please see next page

Thank you to all our parents that are giving their time to be volunteer drivers for all our away games. Athletics is truly been a team effort in all areas of our Lansdowne School Community. Please come out and enjoy the games. The spirit of this success we have had in Athletics is possible because of the mentorship and coaching provided by our teacher coaches/sponsors and parent coaches. **If you or a relative or family friend could help with coaching any of the above sports, please contact me at pstevenson@sd61.bc.ca or 250-598-3336.**

To our students your continued demonstrable sportsmanship throughout our tournaments has been clearly evident and a fine example of the meaning of **TEAM**, (Together Everyone Achieves More). We commend our students for their team play and positive spirit.

Well done to all our Flyers!

Paul Stevenson, Vice Principal

Athletic Schedule 2013-14 School Year

Your child need not be “athletic” to participate. Please encourage him/her to join at least one of these activities every school year as part of a well-rounded middle school experience.

<i>Season</i>	<i>Sport</i>	<i>Start</i>	<i>End</i>	<i>Coach Meeting</i>	<i>Details</i>
<i>Fall</i>	<i>Soccer</i>	<i>Sept 24th</i>	<i>Week of Oct 19th</i>	<i>Sept 12th</i>	<i>2 Tournaments</i>
	<i>Cross Country</i>	<i>Sept 19th</i>	<i>Oct. 15th</i>	<i>Sept 12th</i>	<i>4 or 5 races on Wednesday or Thursday</i>
	<i>Basketball</i>	<i>Week of Oct 21-24</i>	<i>Week ending Dec13th Comp League Playoffs are last week</i>	<i>Oct 2nd</i>	<i>Comp. League 7 wks league and playoffs Rec. League 3 Tournaments + 4 wks practice</i>
	<i>Swimming</i>	<i>Mid October</i>	<i>Last wk of February/ Early March Qualifying meets non-Comp Feb. 24th, 25th, 26th</i>	<i>N/A</i>	<i>Weekly Swimfast, Fridays Rec. Comp 3 to 4 Meets between November and early March</i>
<i>Winter</i>	<i>Volleyball</i>	<i>Week of Jan 2th-25th</i>	<i>Week ending March 7th (Comp league playoffs are the last week)</i>	<i>Jan 10th or Dec 20th</i>	<i>Comp league 6 wks league +playoffs Rec. league 3 Tournaments +3 wks Practice</i>
<i>Spring</i>	<i>Badminton</i>	<i>Wk starting April 7th</i>	<i>Wk ending May 9th</i>	<i>Week of March 30th</i>	<i>Avoid weekly play days used by Rugby and Field Hockey 4 wks+Tournaments</i>
	<i>Rugby</i>	<i>Wk Starting March 31st</i>	<i>Wk ending May 10th</i>	<i>Wk of March 3rd</i>	<i>5 wks+ jamborees</i>
	<i>Field Hockey</i>	<i>Wk starting April 7th</i>	<i>Wk ending May 16th</i>	<i>Maybe no meeting</i>	<i>6- wks+Jamboree style play each wk</i>
	<i>Track & Field</i>	<i>April 28th</i>	<i>June 3rd</i>	<i>March or April TBA</i>	<i>5 wks: May 5th, 12th, 21st, 28th, Championships June 4th</i>
	<i>Cycling</i>	<i>March 28th</i>	<i>June 2nd</i>	<i>Early March</i>	<i>10 wks mostly middle schools, includes some high schools</i>



**University
of Victoria**

DO YOU HAVE A CHILD BETWEEN THE AGES OF 10 & 14?

If so, you could be eligible to receive either an interactive stationary bike or a traditional stationary bike in your home for Three months!

You are being invited to participate in a study entitled "Interactive Video Game Bikes and Their Effect of Exercise Adherence and Health Related Fitness among Families" that is being conducted by Dr. Ryan Rhodes, from the School of Exercise Science, Physical & Health Education at the University of Victoria.

Interactive exercise equipment is a new and exciting physical activity initiative combining video games and exercise. This study is looking at the effects of interactive video games on family physical activity in the home.

Participating families receive a piece of exercise equipment in their home for 3 months!

Gaming console provided!

Families will be entered into a draw to receive a GameBike and Playstation console!

For more information or to participate please contact:
Cara Temmel at 250-472-5288 or bml@uvic.ca

CAGIS Victoria

The Canadian Association for Girls in Science (CAGIS) is a national organization that was established to promote, educate and support interest and confidence in science, technology, engineering and math (STEM) among girls aged 7-16.

CAGIS members meet monthly around Victoria for 1-2 hours on a weekend or weeknight for a "behind-the-scenes" look at science and technology with a short presentation and fun activity led by women and men specializing in many different fields.

New members are always welcome; membership includes 8-10 regular events each year and user ID and password for the CAGIS virtual clubhouse for \$35 for membership (+\$15 for each additional family member). For more information please email Heather at cagisvictoria@gmail.com