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.

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



November 5, 2013

Calendar Dates



November 11

• Remembrance Day Holiday

November 14

 Curriculum Completion Day Regular 8:40 to 11:40, Curriculum Completion from 11:40 to 2:50 (See info on page 10)

November 22

Pro-D Day

November 27

• PAC Meeting 7 pm Library

December 3

Newsletter on website

December 9

LMPA Meeting 7 pm

December 10, 11 & 12

• Scholastic Book Fair (See page 4)

December 11 & 12

 Winter Celebration of Music 9 am & 7pm (See page 9)

December 13

- PAC Emporium (see page 3)
- Report Cards go home

December 18

• PAC Meeting 7:00 Library

December 20

 Last day of school before Winter Break

January 6

Students return to school

Principal's Message Lansdowne's School Goals & Initiatives

A School Growth Plan, with its "goals" and "initiatives", is a requirement for all schools. By their very nature, schools are already focused on furthering our students' learning in various academic and non-academic areas as well as students' social-emotional development. So what's the point of having a "School Growth Plan"? We believe in ongoing reflection and revision of our educational practices aimed at continuous improvement and, while each teacher individually focuses on particular areas for improvement in his/her own practice, the School Growth Plan provides a structure to explore a variety of evidence (both qualitative and quantitative) across the school-at-large to determine common areas of focus and strategies for further improvement on which we can work together as a larger school community.

Our School Planning Council, with a great deal of input from Lansdowne's teachers, established the following **School Goals for 2013-14**:

- 1. (Social-Emotional Development) To increase students' demonstrated level of **personal** and social responsibility
- 2. (Literacy) To increase students' **comprehension of text** across the curriculum and ability to **communicate** their understanding in **oral** and **written form**.
- 3. (Numeracy) To increase students' proficiency in **mathematics**, with an emphasis on furthering **computation skills** and **perseverance**.

Embedded within each goal are numerous interrelated initiatives. Here are a few current highlights:

- Within our Personal & Social Responsibility Goal, we recently engaged in staff-wide professional development around "Restitution" a highly effective approach to proactively establishing desirable behaviours based on better understanding our "basic needs" as well as addressing disciplinary concerns with a view to guiding students to "fix mistakes" and return to the group "strengthened". (I had the opportunity to present a mini-overview of "Restitution" to parents at our September PAC meeting.) Meanwhile, a group of Lansdowne's faculty is also exploring the complementary philosophy and approaches articulated by Ross Greene in his highly respected book, Lost At School.
- Within our Literacy Goal, teachers got together in October to collaboratively assess students' school-wide reading and writing activities. Through analysis of the overall results, we'll be developing some common areas of focus and implementing particular instructional strategies to further students' skills in these areas. We also have a number of teachers working together on various literacy-focused professional inquiry teams, through which they are exploring specific areas of interest and instructional strategies.
- Likewise, with our Numeracy Goal, we have teachers involved in professional inquiry.
 Moreover, teachers of mathematics will be meeting soon to explore the results of our school-wide math assessments, to look for common areas for improvement and instructional strategies to target those areas.

The above is just a sampling of some of the initiatives underway within each goal area, as we work together to further our school goals.

It's great to work with a dedicated faculty and school community on these goals and initiatives, as we strive for continuous improvement on behalf of our students.

-Ken Andrews, Principal

Lansdowne Middle School ACTIVITIES & EVENTS

A miscellary 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	Georgesen
R & B Band and Vocal Jazz	Tuesday lunch / Thursday after school	Rawson & Georgesen
Seaquarium	Ongoing	Kilpatrick
Hip-Hop Dance Club	Wednesdays at lunch recess	D'Angelo
Basketball	Mid-October to mid-December.	Coaches needed. Please see Mr. Stevenson
Swimming	Mid-October to early March	Stevenson, Edwards
Volleyball	End of January to early March	
Youth Creating Inclusion/Connectedness	Friday at lunch	du Plessis
Homework Club	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

PHOTO ID CARD

We have distributed a photo ID card to every student who had their photograph taken on September 16th. These cards are intended to be carried by parents as a safety precaution. Please ask your student to make sure that they bring it home to you. Students who had their photo taken on re-take day will receive this card at a later date.



News From the . . . Lansdowne PAC



7th Annual Holiday Gift Emporium



Items Needed!!

Now is the time to send **gently used** items to stock up for this years' event! The Emporium is a great opportunity for students to buy gifts for their loved ones without breaking the bank. The Gift Emporium will be held during school hours on **Friday December 13**th, with all items for sale from 25 cents to \$2.

Include any items that would make nice gifts for siblings, parents, grandparents and friends. Books, CD's, toys, games, jewelry, small household items are a few ideas to get you thinking. We also need all the saved gift bags, gift wrapping and gift cards we can get! Please bring your "regifts" to the office during November so we have plenty of time to sort before this fun event. Please nothing dirty or broken. Think of items you donate as gifts you might like to receive!

Questions? Email Ruth Swinton at reswinton@telus.net

Last Chance to Buy a <u>SPC Student Price Card</u> from the PAC and save at your favourite stores and restaurants

Deadline: November 15!

Cost is \$9 for the year, valid from August 1, 2013 until July 31, 2014.

Purchase your SPC card from the Lansdowne Middle School PAC and for every card purchased, the PAC will receive \$3.

What is the SPC Student Price Card? It is a student loyalty program that provides students with discounts at businesses such as: Banana Republic, Aeropostal, Gap, Bentley, etc. Students show their SPC Card at participating locations to receive instant savings every time they shop. Offers vary by participating partner locations; the most common offers are 10-15% off. For more information on the SPC card visit: http://www.spccard.ca/about.aspx

For more information about the Student Price Card Program please contact the PAC at lansdowne.pac@ycpac.ca

News From the . . .

Lansdowne PAC (cont'd)

Highlights from PAC Meeting, Wednesday, October 23rd

Feature topic this month was a brief presentation by Mitchel du Plessis, Youth and Family Counselor, at Lansdowne School, in regards to gay, lesbian, bisexual and transgender (GLBT) issues with students and fostering an inclusive environment for all students. Ms. du Plessis brings many resources to the school for both students and teachers, and she sits on the Gay/Straight Alliance consultation group for the District. Mitchel facilitates a "Youth Creating Inclusion (YCI) Crew" at Lansdowne which meets weekly to talk about issues the students want to discuss and develop initiatives to raise awareness and further inclusivity at Lansdowne. Any parents or students who want more information on any of these issues should contact Ms. du Plessis through the school.

School Planning Council elections were held and three parents were elected through acclamation: Suzanne Sherman, Erica Santos and Susanne Quast. Many thanks to these parents for putting their names forward to work with the school to further our school goals over the course of this year.

Discussion took place concerning the speed of traffic on Lansdowne Road. The District of Saanich will be consulted in regards to traffic speed and bus stop safety for students along this high volume road.

Next PAC meeting: Wednesday, November 27 at 7:00pm in the school library.

Come share your questions and ideas for Lansdowne, learn more about the school from the PAC executive and principal, and hear a brief presentation on "21st Century Learning".

All Lansdowne parents and guardians are welcome.

In the Library

I am thrilled to introduce the new website for the Lansdowne Library! I will be adding and changing content and news often on the site – bookmark it today! A link to the website is available on the LMS main website via the Library page or by copying and pasting the following html into your browser: http://sarahmtait.wix.com/lansdownelibrary

The Scholastic Book Fair is coming back to LMS this December for 3 days. It's the perfect opportunity to pick up a few literary Christmas presents and help your school library in the process. Thank you to the PAC for helping me organize and run this event.

Book Fair Dates:

December 10th: 9am-3:30pm – in the Library December 11th & 12th 9am-3:00pm – in the Library.

3:30-8:30pm - in the main entrance foyer



ADHD Parent Information Day, November 19, 2013

This session is an introduction to aspects of ADHD parents needs to know to understand and manage their child's behaviour, liaise with professionals effectively, and promote a positive family environment. We welcome you on behalf of the co-sponsoring organizations: Ministry of Children and Family Development, School District #61, Children's Health Foundation of Vancouver Island, Island Health, and the FORCE society for Kid's Mental Health.

Agenda

8:30—9:00	Registration (coffee, tea, and snacks available)
9:00—10:30	Dr. Jennie Preuss, Child/Adolescent Psychiatrist:
	Medical and Teamwork Aspects of ADHD
10:30—10:45	Break
10:45—12:15	Marvella Preston-Bain, Jodie Waldie, Amy Polson, Cindy Harte,
	Deb Whitten, SD 61, and Susan Stacey, OT:
	Educational Implications, Self-Regulation and Sensory/Occupationals
	Aspects of ADHD
12:15—12:45	Lunch (provided by the Children's Health Foundation of VI)
12:45—2:15	Dr. Kate Herbert, R. Psych., and Lisa Tate, Parent-in-Residence, FORCE
	Society for Kid's Mental Health: Family and Relationship Issues
2:15—2:30	Closing Remarks and Evaluation

ADHD Parent Information Day APPLICATION FORM SJ WILLIS School Auditorium, November 19, 2013

PARENT NAME(S):		
ADDRESS:		
DAYTIME PHONE:	EVENING PHONE:	
REFERRING COUNSELLOR, TEACHER, OR SPECIALIST PHYSICIAN:		
SCHOOL:		

Address: 923 Topaz Avenue. Please use the upper parking lot, accessed from Topaz off Quadra street.

How to register: Please fax this form to 250-952-4282 or email to Laurie.Bobroske@gov.bc.ca

How to cancel: Call 250-952-4707 and ask for Laur Bobroske or Reception. Please let us know if you cannot attend. Another parent can benefit from the opportunity through your courtesy.

Deadline for applications: November 15, 2013

You will be in a group of parents who share a concern about parenting a child with ADHD. By registering you are acknowledging this potential limit to confidentiality.

Thank you for your interest!











Student Leadership







Halloween for the Hungry Food Bank Drive

For the past few weeks, Lansdowne Student Leadership has hosted a food bank drive for the Mustard Seed. Advisory 73 were the first to fill their box with non-perishable food items. All other classes were soon to follow. In total we raised 650 lbs of food! When the Mustard Seed Food Bank crew came to pick up the food on Halloween Day they were surprised to be greeted by many smiling kids in their costumes! Lansdowne Middle School would like to thank all the faculty members, parents and students who had donated for this wonderful cause. We hope next year will be the same!

Halloween Happenings!

Lansdowne staff and students really got into the Halloween spirit this year, with many dressing up in funny, scary and creative costumes! There was a costume contest in the gym at lunch, with lots of noise, music and fun!



Changing the world in small increments – one person, one school, one well at a time.

There is a fundamental shift that is building. It began with one twelve year old boy in Ontario in 1995 and has grown into an international movement that is active in 45 countries.

When Craig Kielburger was just 12 years old, he read a news article about child exploitation in Pakistan's carpet industry. From a group of twelve like-minded school children, Craig and his brother Marc went on to establish Free the Children and Me to We which encourages thousands of children in the world to write letters, raise money, and volunteer to improve the living conditions of children in developing countries, as well as those children and families in our communities who are struggling to put food on their tables.

On October 18, Mr. Andrews and I had the pleasure of accompanying 16 leadership students from Lansdowne to We Day at Rogers Arena in Vancouver. There students heard various speakers talk about issues affecting their generation, such as the ongoing problem of bullying, as well as problems that affect Canadian society as a whole, such as the problem of low rates aboriginal high school graduates in Canada.

Moreover, they got to here Kofi Anan speak about the need to fight preventable diseases in developing countries through better sanitary conditions, access to clean drinking water, and better access to education, especially for girls. He encouraged students to take the learning of history seriously in order to learn from the mistakes of the past, as well as science, as he saw it as the key to solving the many problems that future generations will be faced with, specifically climate change.

I get to witness this fundamental shift in student engagement weekly as our leadership group has swelled in ranks over the years from around 20 students four years ago, to more than 60 this year. More and more students join because they want to affect positive change in their school, in their community, and in the world at large. Over the course of the year we will collect food for the Mustard Seed, donate clothes to Our Place Shelter, raise money through bake sales for building schools and digging wells in developing countries, collect batteries to divert toxic materials from landfills, go silent for 24 hours to raise awareness about child exploitation, collect change, all to change the tide of inequality, exploitation, and suffering face by children and families throughout the world.

Counsellors Corner

The Power of Being a Girl



By Angela Adv. 72

On Thursday October 17th, I participated in "The Power of Being a Girl" workshop. I met new people and made new friends. It was organized great, with many girls from different middle schools around Victoria. In the morning after we got introduced to everyone, we had the key note speaker. She talked about the importance of accepting and loving yourself. She talked about the dangers of how media represents beauty. Then we were divided into smaller workshops that we had pre selected. "Turn a dollar into dreams"-teaching us how to spend money properly. "Yoga" (my favorite) - we learned different techniques. "Navigating relationships"-teaching us to have a healthy/safe relationship with others. Also "Enter, stage left" we played theatre games and exercises. Then after lunch we had a Zumba class-different kinds of dance exercise. After lunch, we had workshop two and last but not least, door prizes. I had a great experience, I learned so much! Thank you to the Y organizers for this awesome event.



The Eco-Action Team Report October 2013



The Eco Action team has provided several demonstrations and workshops on how to make origami compost liners for our classroom composters. This fun and useful and we hope that students are sharing their knowledge with the people in their homes too. If you want more info on how to make an origami compost liner, please check out this you tube video: http://www.youtube.com/watch?v=BfEX85V9n8w

This year's action projects include our Naturescape and the impact on the Bowker Creek water shed as well as looking at ways in which we use and waste water in our school and in our communities. Stay tuned for more info as we start to conduct some research with the support of Wild BC facilitator Kelly Nordin.

We would also like to congratulate our compassionate and supportive student leader, Leah Smith who won an Amazing Kid Award!
Way to go, Leah * https://review.bellmedia.ca/view/804192787

With deep respect, Mitchel du Plessis

Youth Creating Inclusion Crew

Our Youth Creating Inclusion Crew (YCI) involves students who participate in building community, sharing experiences and wisdom and becoming allies through social justice initiatives throughout the year. Students agree that inclusion means acceptance of everyone, regardless of our identity, race, ethnicity, ability, gender, sexual orientation, faith or religion. They have created the following YCI vision statement:

We will increase awareness, share knowledge, and create inclusion!

Students share the following thoughts and questions...We want to create equality...How do we do this? We want our schools to be free of harassment and teasing, bullying and taunting. How do we do this? Students have shared that they are really excited about making statements about inclusion and diversity, "I think that it is really important to speak clearly about speaking our truth, advocating to the really important things that we all need to say... like youth creating inclusion".

Students meet weekly to brainstorm ideas and plan for events in our schools. They can also attend other meetings throughout the year including the School District 61 Gay-Straight Alliance advisory committee, Students of Colour Collective and Pride Collective up at UVIC.

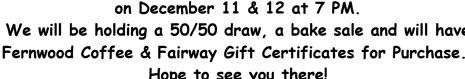
In September, several students attended the Truth and Reconciliation event in Vancouver, BC with other students in our school district- Thanks to the dedication and perseverance of Paola Bell and the support of Nella Nelson and our Principal Ken Andrews.

These are some of the comments made after that day:

- I knew awful things had happened before but had no idea to what extent
- I found it interesting to be around people of all races and as a non-aboriginal student I was glad and sad to learn about residential schools
- I didn't know that any of this had happened and I was surprised and moved I needed to read more
 about this and learn more and tell other people about it. I was very shocked.
- I thought it was interesting that there were many people from different cultures and I listened to people tell their stories. It affected me and yet I felt inspired to make people more aware.
- I think that being forced to adopt someone else's language is horrible
- I can't believe that children were taken into residential schools where they lost their culture, their language and sometimes their families.

Thank you to the students who attended this powerful event...as tears were shed, we were able to commit to sharing this information back at our school and in our communities. Our Danish practicum student, Christina has begun to share the information back in her home country of Denmark. We will be bringing several activities including the Project of Heart and the Blanket Exercise into the classrooms and our school at large.

Our YCl crew is open to anyone attending at anytime...feel free to drop in on one of our Friday lunch time meetings and meet this insightful group of youth! ~ mitchel du Plessis, YFC





Dour Winter Concerts will take place in the gym on December 11 & 12 at 7 PM.

We will be holding a 50/50 draw, a bake sale and will have Fernwood Coffee & Fairway 6ift Certificates for Purchase. Hope to see you there!

Poinsettia Fundraiser

Once again LMPA is offering beautiful poinsettias for the holiday season. These plants are available in 3 different colors and will make a lovely addition to your home or as a gift for family, friends or neighbours. A portion of the sale of each plant goes directly into the band account of each participating student. Forms have already gone home with your band student. Order date will be Monday, November 18, with delivery date to be Saturday, November 30, 10am to 12 hoon at the Band Annex. For those who do not have a child in band but would like to purchase a plant there will be extra forms available.

Questions? Ruth Swinton 250-595-6375 or reswinton@telus.net.

Some Important LMPA Dates to Remember:

November 13 - LMPA Purdys fundraiser orders due
November 13 - LMPA Poinsettias fundraiser orders due
November 30 - Purdys & Poinsettias pick up, Band Annex, 10am to 2pm
December 9 - LMPA meeting at 7:00 pm in the Band Annex.

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 12, 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

Curriculum Completion Days

All ten middle schools in the Greater Victoria School District schedule 1.4 Curriculum Completion Days during each school year. These days are intended to provide additional time and opportunity for students with overdue or unsatisfactory school assignments to successfully complete their school work prior to each report card.

Lansdowne's Curriculum Completion sessions will run from 11:40 a.m. to 2:50 p.m. on:

Thursday, November 14 Wednesday, February 19 Monday, June 9

Please mark these dates on your calendar. A letter will be sent home with each student in advance of these curriculum completion sessions. For the November 15th session, advisory teachers will be **sending home a letter on Thursday, November 7th** informing families whether a child is required or *not* required to attend the CC session. Should this requirement change prior to November 15th, you will receive a phone call from your child's advisory teacher.

On these CC days, all students are expected to come to school in the morning as usual. Beginning at 11:40 a.m., students required to attend will be organized into various locations to complete overdue or unsatisfactory assignments under the supervision of teachers and educational assistants. Students who are *not* required to stay for the CC session will be dismissed at 11:40 a.m. unless we hear from you that you would like your child to stay at school even though current requirements are being met; in that case, s/he will be provided with a quiet and supervised location to read and/or work quietly. More detailed information will be provided in the letter sent home in advance of each CC session.



See pages 11 & 12 (jewelry) & 13 (school clothing) for more information and order forms.

Lansdowne First Nations Silver Jewelry Order Form

Custom designed and made by John Lancaster

Total
Total
ch ¹ / ₂ " \$ 85.00 each
ch 2" \$310.00 each
Total
Total
t is ready for pick up:

PLEASE MAKE CHEQUES PAYABLE TO LANSDOWNE MIDDLE SCHOOL

Please return order forms with payment by Thursday, November 21st



Check out the jewelry designs on page 11



Lansdowne Middle School 2013 United Way Jewelry Sale Custom designed and crafted by John Lancaster

Pin / Pendant $1\frac{3}{4}$ " \$ 65.00









Moon Pin Pendant

Sun Pin Pendant

Eagle Pin Pendant

Hummingbird Pin Pendant

Bracelet 1/4" \$ 55. each 3/8" \$ 65. each 1/2" \$ 85. 1" \$160. each 1-1/2" \$235. each 2" \$310.









Orca Bracelet

Eagle Bracelet

Raven Bracelet

Hummingbird Bracelet

Earrings \$ 30.00 pair









Moon Earrings

Eagle Earrings

Raven Earrings

Hummingbird Earrings





SCHOOL CLOTHING ORDER FORM

NAME:	Advisor	У

All orders must be in the office with payment by Thursday, November 21st Please make cheques payable to: LANSDOWNE MIDDLE SCHOOL

Indicate if this is a gift: YES

SIZE	ITEM NAME	PRICE	QTY	TOTAL
One Size	LMS Plastic Water Bottle	\$ 4.00		
Mens S M L XL Ladies S M L XL	"LANSDOWNE" V-Neck T-Shirt White shirt / black design Black shirt / white design	\$15.00		
Youth: L XL Adult: S M L XL	Sweat pants with "LANSDOWNE" on back Navy Grey	\$32.00		
One Size	Royal Blue Lansdowne Lanyard	\$ 3.00		
Youth: L XL Adult: S M L XL	Hoodie with "LANSDOWNE" on front Navy Grey	\$39.00		
Adult: S M L XL	I LMS T-Shirt White Black Purple Blue	\$15.00		
	TOTAL COST			\$

Please call when gift is ready		
For pick up: Name	Phone	