

# Newsletter



**Lansdowne  
Middle  
School**

*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

March 4, 2014



## March 5 & 6

- Sounds of Spring Music Concerts 9 am & 7pm

## March 7

- School-wide Spirit Afternoon
- Report Cards go home
- Last day of school before Spring Break

## March 9

- Daylight Savings Begins

## March 24

- Students return to school

## March 24-April 1

- Secondary Student Late Transfer Process

## March 26

- PAC Meeting 7pm Library

## April 3 to 4

- Grade 7 Band Trip to Port Alberni

## April 7

- LMPA Meeting 7pm

## April 8

- Newsletter sent out

## April 18

- Good Friday (no school)

## April 21

- Easter Monday (no school)

## April 23

- PAC Meeting 7pm Library

## April 23

- Class Photo Day

“The strength of the group is the strength of the leaders.”

*Vince Lombardi*

## *Lansdowne Athletics*

We have enjoyed a wonderful and abundant student representation in all our sports at Lansdowne Middle School this second term. It has been a fun time encouraging and organizing young people that are eager in their athletic participation. In all our teams we have been captured as both players /spectators in tactful and intense competition whether, X-country, Soccer, Basketball, Volleyball and Swimming at all Grade levels. We look forward to the Lansdowne Flyers TC 10K/1.5k Team having a fantastic day this coming April. The spirit of this success in Athletics is possible because of the mentorship and coaching provided by our teacher coaches/sponsors and parent coaches. A huge thank you to the following teacher coaches, sponsors and parent coaches for your continued dedication and time:

*Mr. Todd Schroeder*

*Mr. Aaron Bailey*

*Ms. Katie Lutes*

*Mr. Ian Lindseth*

*Ms. Madeleine Challies*

*Mr. Dean Fortin*

*Ms. Kayli Wilkinson*

*Ms. Shelley Andrews*

*Ms. Rajene Chaytors*

*Ms. Kelsey Racansky*

*Mr. Mike Baker*

*Ms. Jackie Cummings*

*Ms. Isabel Mengual*

*Ms. Kelly Edwards*

*Ms. Brittany Trogi*

*Mr. Jason Coomber*

*Ms. Amei Mai*

*Ms. Gwyn West*

*Ms. Tracey Noseworthy*

*Ms. Victoria Cummings*

*Ms. Amber Masinuk*

*Mr. Miles Takacs*

## *Volleyball*

Our Lansdowne Volleyball teams had a tremendous 2013/14 season with a total of 8 teams established with over 100 players participating on our competitive and recreation levels. Lansdowne volleyball players were poised and demonstrated team spirit with integrity and perseverance on the courts. Boys and girls alike through Grades six, seven and eight were mentored and coached by our highly experienced team of coaches. Thank you for your commitment to our Lansdowne Flyers and high expectations for the sport. Congratulations are extended to all our volleyball players, coaches and sponsors for a tremendous season.

## *Swimming*

Congratulations are extended to our Lansdowne Swim Team on their results this February 24<sup>th</sup>. The following students have made it to the competitive Final Championship meet that occurred this past March 2<sup>nd</sup>:

Mia Erickson

Evie Arber

Julia Charlie

Sam Knight

Alexander Shevchuk

Ian Oliphant

Bethany Babecy

Angel Talon

Nick Lund

Cont'd on page 3

## *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	Georgesesen
R & B Band and Vocal Jazz	Tuesday lunch / Thursday after school	Rawson & Georgesesen
Seaquarium	Ongoing	Kilpatrick
Hip-Hop Dance Club	Wednesdays at lunch recess	D'Angelo
Rugby	End of March to end of May	Stevenson
Field Hockey	Early April to mid-May	S. Andrews
Badminton	Early April to end of May	Lindseth
Track & Field	End of April to Early June	West
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 recess Mon to Fri	Logan

We are seeking parent and community coaches for Rugby and Track & Field taking place later this Spring. **If you are interested, please contact Mr. Stevenson at [pstevenson@sd61.bc.ca](mailto:pstevenson@sd61.bc.ca).**

## *Lansdowne Athletics (Cont'd from page 1)*



**Grade 6/7 Recreation  
Basketball Team**

Well Done Boys!



**Lansdowne X-country Runners**  
Congratulations on your Fabulous Run and Results!

### **TC 10K Run Day (Sunday, April 27<sup>th</sup>, 2014)**

Since January 13<sup>th</sup> Coach Madeleine Challies, Coach Rajene Chaytors and Coach Amei Mai, students have been training with resilience for the Times Colonist 10K and 1.5K run/walk. The team has been meeting regularly at lunch to run together. Additionally, we are acutely aware of the further training that has been occurring on weekends and the high level of commitment and self-discipline demonstrated by the team. The race is Canada's second largest 10K run and 25<sup>th</sup> Anniversary. The day of the race will take place on **Sunday, April 27<sup>th</sup>**. Come out and cheer us on!!!

Thank you to all our parents that have given their time to be volunteer drivers for all our away games. Athletics continues to be a team effort in all areas of our Lansdowne School Community. We look forward to an exhilarating Track and Field Season and play in Rugby, Badminton, Field Hockey, Ultimate and great times for our TC 10K runners.

Paul Stevenson  
Vice Principal/Athletic Director

# *News From the . . .*

## **Lansdowne PAC**

### **March 26 PAC Meeting**

The next Parents' Advisory Council (PAC) meeting at Lansdowne Middle School will be Wednesday, March 26 at 7 PM in the school library. All parents and guardians are welcome and encouraged to attend. This month's short feature presentation is on supporting students with anxiety, lead by our school counsellor Melinda Budgell. Come out to share ideas, hear updates from school Principal Ken Andrews, ask questions, and help shape the PAC's work.

### **Earthquake Container: Request for Hands and Tools**

This is a second call for help with installing shelving in the large earthquake bin that the school purchased last year with PAC funds. Do you enjoy working with your hands? Do you have power tools that you could bring along? Please contact parent Neil McDonald who will work with interested parents to set a date and time to get this work done. Thanks to generous parent support, we have funds in our budget this year to stock up those shelves with emergency supplies.

You can reach Neil at [neil@ecobean.ca](mailto:neil@ecobean.ca) or 250-592-6004 May 28 PAC Annual General Meeting: First Notice

### **Highlights from the Vancouver Island Parent Conference**

On February 1st, three Lansdowne parents and Principal Ken Andrews attended the day-long Vancouver Island Parent Conference. A few highlights from a parent's perspective are shared here.

Capturing the highlights has not been an easy task, as the entire day was filled with learning. Mark Albany led a spirited and interactive discussion on "Moving Schools Away from Institutionalized Discrimination". Mark's talent was in creating a space in which individuals could safely express their own experiences, while developing new insights. Gordon Neufeld's presentation on "Helping Children Flourish" reinforced the value of "play" in all of our lives, but particularly in the lives of our children ~ if we have expected "outcomes" it is *not* play, it is work! Gordon also noted that "more tears equal more adaptive brains". The lesson I took from the captivating Alvin Law ("There's No Such Word as Can't") is epitomized in the image of Alvin as a child, falling face first onto the ice rink as he attempts to learn to skate for the first time. Alvin was born with no arms. Judie Waldie, a Principal in our district, and several of her colleagues, ("Self Regulation and Cultural Change") presented on techniques they are using in the classroom to help children regulate their response to daily stressors – with a view to improving students' ability to participate in classroom activities. This approach respects the differing ways that individual students respond to circumstances, and helps students find ways to regulate themselves. This builds on our school district's participation in the neuroscience research into self-regulation as a First Wave Team in the Canadian Self-Regulation Initiative. Parents at the conference were given access to a reading list compiled by Island Sexual Health. The link is here in case it is of interest to other parents. <http://beyondthetalk.ca/resources/parents/reading-list/>

Parents are encouraged to watch for notices for next year's conference (<http://www.vipc.ca>). Each school is provided two free tickets, and in addition, the Lansdowne PAC has a modest budget to assist parents to attend sessions like these.

## News From the . . .

# Lansdowne PAC (cont'd)

The Lansdowne PAC's Annual General Meeting will be held Wednesday, May 28 at 7:00PM in the school library. Please plan to attend. You'll have the opportunity to participate in the election of the incoming PAC executive, and to have your say in the PAC's proposed budget for 2014-2015.

Call for Nominations: all positions on the PAC executive are one year positions, and are up for election at the May 28 AGM. Participating on the PAC Executive is a great way to get involved in your child's school, learn about the education system in our school district, work with a group of fun and committed parents, and share your enthusiasm and ideas. It's not onerous, but it's well worth your time. Positions are:

President	Vice-President
Secretary	Treasurer
and up to five Executive Members at Large	

If interested or you have any questions about the work of the PAC executive, please write to us at [Lansdowne.pac@vcpac.ca](mailto:Lansdowne.pac@vcpac.ca).

## Student Class Placement for 2014-15

Lansdowne Middle School staff will soon be working on tentative placements of students for next year. If you have any information you would like to share or requests you would like to make regarding the placement of your son or daughter, please submit this in writing (letter or e-mail) to Mr. Andrews – [kandrews@sd61.bc.ca](mailto:kandrews@sd61.bc.ca) – by April 30, 2014. We will attempt to incorporate your suggestions into our plans. Your letter or email should outline educational reasons, not just teacher preference. There will be situations where it will not be possible to accommodate all requests because of the many factors involved in trying to build the best possible educational experience for all students. Among the factors we consider are: peer relationships; the child's social, emotional, physical, and intellectual needs; balancing the number of boys and girls in a class; providing enriched opportunities and remedial support; balancing numbers of students between classes; and trying to create the most advantageous overall educational setting possible for all students. We try to accommodate all requests received by April 30<sup>th</sup>. It is much more difficult to accommodate any requests received once the class-building process has begun. We will begin class building in May, but all lists will be considered temporary until later in September when we can confirm numbers and staffing.



# LMPA



Our Sounds of Spring Concerts will take place in the gym  
on March 5 & 6 at 7 PM.

We will be holding a 50/50 draw,  
a bake sale and will have Fernwood Coffee  
& Fairway Gift Certificates for Purchase.



Hope to see you there!

To get more information on all Lansdowne Music events, parents can go to  
the website at <http://lmpa.edublogs.org/>.



## Found Lansdowne Yearbooks / Annuals



Did you or someone you know attend Lansdowne years ago, but did not receive a Yearbook?  
Our Librarian has uncovered several boxes of Yearbooks that Lansdowne would like to give away to those  
interested. Below is a list of the Yearbooks we have on hand and the number of copies. If you are interested  
in obtaining one of these books, please call the office and ask for Louise, (250) 598-3336.  
All Yearbooks will need to be picked up before Spring Break.

Year	No. of Copies
1955	2
1956	1
1957	1
1958	5
1959	1
1960	1
1961	3
1963	1
1964	1
1969/70	1
1971	2

Year	No. of Copies
1973	4
1974	2
1974/75	3
1975/76	2
1980/81	1
1982	5
1984	11
1985	7
1986/87	2
1987/88	10
1988/89	4

Year	No. of copies
1989/90	11
1990/91	9
1991/92	5
1992/93	7
1994/95	7
1996/97	4
1997/98	3
1998/99	1
1999/2000	2
2000/01	4
2001/02	4

## Counsellors Corner

# Pink Shirt Day at Lansdowne



Pink Shirt Day was once again recognized and honored at Lansdowne Middle School. Student leadership took on the initiative and encouraged all students and staff to wear pink in support of a bully free school and community. 52 Student leaders also went to Hillside Center and Sang the song 'True Colors' and gave out 'Bullying Stops Here' bracelets to patrons as they had lunch and relaxed in the food court. The students sang beautifully and made us proud.

On Monday, March 3rd I attended an Erase Bullying training session with many other school counselors, administrators, and teachers in the district. It was a very valuable workshop. Creating safe and inclusive schools is something our district takes very seriously. Much of the training in this particular session dealt with cyber bullying and the dangers of unsupervised, unrestricted internet access. One quote that stuck with me was "Technology is a true gift for cowards who bully. They don't have to look at their victims, and they don't have to deal with the immediate negative reactions from bystanders". It is critical that staff and parents educate themselves and our children and youth of the dangers of technology, as well as the advantages and proper use. Another point made in the training that resonated with me was ensuring we distinguish between mean behavior, criminal behavior and bullying. All three forms of negative behavior are unhealthy and need to be addressed. However, the severity of the response will vary depending on the offense.

Perhaps the most poignant message I left with focused on the best way to combat bullying. It isn't necessarily through an anti bullying program, but rather by creating a positive school climate through activities that empower students to make good choices and feel good about themselves. Our music program, athletics, student leadership, YCI, Police Liaison visits, champion program, games groups, fine arts, library program, learning support and counseling services are but a few ways outside of academics that we foster positive and healthy development. A school where every student feels connected with at least one caring adult and where topics of inclusion are addressed is key. At Lansdowne we foster being allies, standing up and speaking out to acts of mean behavior, aggression and bullying. We know that people who hurt, hurt others. We need to help the bully, the bullied and the bystander.





## Grade 7 Parent Satisfaction Surveys

At this time of year, grade 7 students and their parents throughout the Province of British Columbia will be participating in the Ministry of Education's Satisfaction Survey. **The Satisfaction Survey can be completed in just 5 to 10 minutes by grade 7 parents online via the internet**, providing immediate results to the school and the district.

A letter has been sent to parents of grade 7 students with step-by-step instructions as well as an individualized password. If you received that letter and have not done so already, please take a moment to complete this anonymous, online survey. If you are a parent of a grade 7 student and have *not* received that letter, please drop by the school office or contact Sandra Price at (250) 598-3336 for instructions and a password so you can complete the Satisfaction Survey.

Note that this survey is for the parent/guardian *only*; grade 7 students and staff will be completing separate satisfaction surveys at the school. To those parents who already completed the survey, thank you for providing us with your perspectives. Satisfaction Survey information is used as part of our planning processes as we strive for ongoing improvement to our school.

## Homework Club



As Term 2 ends, please give serious consideration to using our after-school Homework Club to support your child in the final term. Our Homework Club provides a quiet and supervised location with educational assistance for students to complete their schoolwork after school in the library everyday except Fridays.



The Victoria Junior Field Hockey Association offers a Spring Field Hockey League for players aged 5 to 18.

10 week season, starting April 5, 2014

Divisions for boys and girls, all skill levels welcome

Come Try the Game Free Days! UVIC Turf Fields near McKinnon Gym

- Sunday, March 2, 2014

- Sunday, March 9, 2014

For more information, please visit [www.victoriajuniorfieldhockey.ca](http://www.victoriajuniorfieldhockey.ca) or email [info@victoriajuniorfieldhockey.ca](mailto:info@victoriajuniorfieldhockey.ca) League registration is now open on our website!





## LTL GROUP PROGRAM

**Facilitator: David Segal MA, RCC**

**Time: 6:30pm - 8:00pm \***

**Dates: March 19<sup>th</sup>, 2014 – April 30<sup>th</sup>, 2014 (Wednesdays)**

**Location: Burnside Gorge Community Center (471 Cecelia Road, Victoria, BC)**

(\* The session on April 23<sup>rd</sup> will be a 3.5-hour outdoor session from 4:30-8:00 with Power To Be Adventure Therapy Society)

The **Learning Through Loss** is offering a free support group for youth aged 13–18 experiencing loss including:

- Death or loss of a family member, friend or pet
- Moving to a new home or community
- Divorce
- Illness
- Bullying

**Referrals can be made by anyone.** Our Registered Clinical Counsellor receives all referrals and will contact the prospective youth to complete the screening and intake process. A maximum of twelve participants meet for sessions in a confidential and supportive setting to learn about healthy grieving and healing. If one group is full, interested youth will be put on a waitlist.

**Requirements and responsibilities for acceptance into the program:**

- Youth aged 13–18 who reside within School Districts 61, 62, and 63.
- Voluntary participation and commitment to attending the entire duration of the program.
- Participants are responsible for transportation to and from each session.
- Participants are to not be under the influence of alcohol and other drugs.

**Past participants have said:**

*It's an awesome place to share with people your own age, who understand what you are dealing with.*

**For further information contact: David Segal 250. 588. 7214 [dsegal@uvic.ca](mailto:dsegal@uvic.ca)**