

# 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

April 8, 2014



## April 18

- Good Friday (No School)

## April 21

- Easter Monday (No School)

## April 23

- Class Photos
- PAC Meeting 7 pm Library

## April 25

- Grade 6 Music Tour

## April 30 to May 3

- Grade 8 Band Trip

## May 5

- LMPA Spring General Meeting  
7pm in the music portable (see  
page 6)

## May 6

- Newsletter sent out

## May 7

- Celebration of Learning Evening,  
4:30 to 7:30pm Note date change  
from May 1

## May 15

- District Transition Afternoon

## May 16

- Pro-D Day (Classes not in session)

## May 19

- Victoria Day (No School)

## May 28

- PAC AGM 7pm Library  
(see page 5)

## Lansdowne Middle School's Celebration of Learning and Student-Led Conferences

Wednesday, May 7<sup>th</sup>, 2014 \*

4:30 to 7:30pm

(Please note classes will be dismissed at lunch)

Open House Format

(More information coming soon)

Hot dogs and soft drinks  
will be available for purchase

*Join us as we showcase student  
learning in our academic and  
exploratory programs!*

\* Please note date change from our original school calendar.

## *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

Lansdowne's Swim Team finished the season with 2 meets: the Island Swim Association championships on February 24, and the FAST swim meet on March 2. Lansdowne students placed in the top 8 in many relay and individual events, in the ISA championships, leading to first and second place finishes in 200 meter freestyle for our school. Well done, everyone! Thanks to all swim team members for their dedication and effort.

## Counsellor's Corner

### By Melinda: School Counsellor



Spring has sprung and the counseling department has been hopping with activity. **Katie Lutes** has finished her practicum under my supervision and is now ready to find her own counselling position. In the meantime, she is an EA substitute so we expect to see her around the school. Thank you to Katie for all of the support given to our students. In addition to counselling support, Katie coached Volleyball and Basketball and supported students in Math. Katie is a qualified school teacher who is available for tutoring Math, Science, English and Social Studies as well as ESL. If anybody would like her services she can be reached at 250-589-0917.

Many of you will know **Catherine Beaulac**. She is one of our French Immersion Teachers. What most of you will not know is that she has completed all of her course work in the Master of Counseling Program at UVic. She has only her practicum hours to complete. She will be working with me this spring to complete those hours. Catherine's specialty is Nature Therapy and working to support children and youth with Anxiety.

Mitchel our YFC is away on medical leave. She will be missed and we wish her well as she takes this time to heal. While she is away, **Gerry Karagianis** is covering for her. He will be providing support, guidance and counselling services to students normally seen by Mitchel. Gerry has 32 years of experience working with children and youth in British Columbia. Gerry specializes in the use of art and music in supporting his clients. Welcome to Lansdowne Gerry!



### Notes from presentation to PAC on Helping children and youth cope with Anxiety

Anxious children tend to over-estimate how likely an unpleasant event will actually happen and how bad the consequences will be.

**When is anxiety a problem?** - Doesn't go away - Causes distress - Is excessive or out of proportion - Is inappropriate for age - Stops child from engaging in activities - The child has a hard time setting back to normal state.

**The Number One goal is to help the child face his/her fears in order to overcome those fears / Fighting the Fear by Facing the Fear**

#### **Tips to help your anxious child:**

Regular meal times and healthy, nutritious snacks.

Limit sugar-rich or caffeine-rich foods

Exercise as a means for relieving stress, improving energy and reducing worry.

Sleep... we are all much more emotionally reactive when tired!

Regular bedtime and bedtime routines.

Review positive events/ Maintain a calm and relaxed environment.

Facilitate social interactions...Play Dates! Encourage non-competitive games

Prepare child for changes in routine and practice new routines.

Don't be emotionally reactive and Don't be late!

Be mindful of subtle avoidance or distractions

Limit and monitor screen time

Acknowledge Feelings: "I remember that you felt worried last time but then you did it and that feeling went away" etc.

Avoid giving excessive reassurance because it feeds the anxiety.

You want to encourage the child to feel empowered...that they can do it! If they are over-controlled or protected, it gives them the message that the world is a scary and dangerous place and that they are not capable of coping.

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

## **APRIL 23 PAC MEETING**

The next Parents' Advisory Council (PAC) meeting at Lansdowne Middle School will be Wednesday, April 23 at 7 PM in the school library. All parents and guardians are welcome and encouraged to attend. This month's short feature presentation is by Sarah McLaughlin, Lansdowne's teacher/librarian, on the work she does with our kids to foster literacy as well as tips for parents to support literacy at home. One goal for the April PAC meeting is to set a draft 2014/15 budget for approval at the May PAC Annual General Meeting. Come out to share ideas, hear updates from school Principal Ken Andrews, ask questions, and help shape the PAC's work.

Thank you to Melinda Budgell, Lansdowne School Counsellor, for talking with parents at our March PAC meeting on helping students manage anxiety. She provided an overview of anxiety issues, and noted that it's natural for everyone to experience anxiety from time to time. The key is to recognize when a child's anxiety is unduly interfering with his or her life such that intervention of some kind is warranted. Melinda noted that anxiety issues are well researched, and that there are a range of effective resources available, many of which Melinda has access to, and can share with parents and students. She also recommended that interested parents visit this site: [anxietybc.com](http://anxietybc.com)

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## **PAC AGM May 28**

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.

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## **CALL FOR NOMINATIONS**

All positions on the PAC executive are one year positions, and all 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  
Secretary  
and up to five Executive Members at Large

Vice-President  
Treasurer

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).

## ARE YOU CONCERNED ABOUT YOUR CHILD'S ANXIETY?



Dr. Magali Brulot, a Victoria based registered psychologist, will present an informative two-hour seminar on Anxiety Disorders in Children at SJD. Dr. Brulot's presentation will provide valuable information about supporting children and youth with anxiety with a focus on helping children learn tools to manage their symptoms and realize their resilience.

THURSDAY, APRIL 10  
7:00 - 9:00 P.M.  
SJD GYM  
ADMISSION IS FREE  
PARENTS & CAREGIVERS ONLY PLEASE—  
CHILD CARE WILL NOT BE PROVIDED

Please RSVP and let us know how many people will be attending at <https://docs.google.com/forms/d/1sGJKJBtTzYRpe-dva-L7xWvvG8NEilX9u-3waTI6l-8/viewform>  
by **Tuesday, April 8**

Sponsored by the SJD Parent Advisory Council



## 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.

## LMS Students Compete in Skills Canada Competition

Three teams of grade 8 students were proud to represent Lansdowne at the Skills Canada Competition at Camosun College Interurban Campus.

Out of twenty teams, only four teams created spaghetti bridges that were able to hold a 1 kg weight for 60 seconds. Most bridges blew up right away - but ours didn't. I'm proud to announce that the second, third, and fourth place teams were the 3 Lansdowne teams. The first place team created a lighter bridge, which was why they won the official competition. But just for fun, we added more weight, and when it came to holding 1.5 kg, their bridge broke, while none of the Lansdowne bridges did. All three Lansdowne teams created bridges which held the 1.5 kg weight for a full minute – and they were the only teams to do this. Amazing!

I feel proud of these grade 8 students and was impressed by their teamwork.

Mark deLeeuw  
Woodshop Teacher

Team Done Bridge  
– Second place in 1 kg category

- Jacob M
- Cole K
- Kellan O
- Daniel D

Team Raj  
– Third Place

- Brooklyn M
- Brooke P
- Cam H
- Raj K

Team Big Joe  
– Fourth Place

- Carl P
- Haydon H

## ARE YOU MOVING?

If your child will NOT be returning to Lansdowne Middle School next September (other than our current grade 8's), please phone the school office at 250-598-3336 to let us know. Planning is already underway for next year and having accurate student numbers is important in making preparations.

## Volunteer Drivers - Criminal Record Check will be Required by September, 2014

Volunteers are an important part of our school community. By generously donating time and expertise to our school, volunteer drivers support the learning environment for our students, especially transporting students for class fieldtrips and extracurricular sports.

Our school district is committed to ensuring student safety. **With this in mind, drivers who are volunteering to drive any child other than their own will be required to complete a Criminal Record Check (CRC) and Driver's Abstract beginning in the fall of 2014.**

If you can help:

- Complete our school's "Volunteer Driver Form" and provide a copy of your Driver's License and insurance.
- Phone ICBC to get a copy of your Driver's Abstract. Go to the following link to get the phone number for the ICBC office near you: <http://icbc.com/driver-licensing/driving-record>. Once you receive your Driver's Abstract in the mail, please bring it to the school office.
- Apply online for a Criminal Record Check at <https://justice.gov.bc.ca/eCRC/home.htm>. Use our school's access code: **06161036**.\* Your Criminal Record Check will be sent directly to the school.

Criminal Record Check applicants who do not have a credit history of at least six months or have not been living in Canada for at least two years will need to get a Volunteer Driver Letter from the school office to take it to your municipal police department.

*If you will possibly be volunteering as a driver for school fieldtrips, extracurricular sports, or other school-related activities next year, we strongly encourage you to complete this process now so you are able to be a driver for our students by this fall. We greatly appreciate all of our volunteer drivers taking the time to complete this process. For further information, please contact the school office.*

\* The Criminal Record Review Program verifies identities through an Electronic Identity Verification (EIV) process. It is important to know that the Criminal Records Review Program is not running a credit report; it is only using the EIV to verify the applicant's identity and to make sure the personal information contained in the criminal record check form is accurate. No information from this process is retained or stored by the Criminal Record Check Program.

## 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.

## Concours d'art oratoire

Félicitations! Congratulations to all of the courageous students who participated in this year's Concours d'art oratoire, the French Immersion Public Speaking Competition (school level), that was held at Lansdowne on Tuesday, March 4<sup>th</sup>. It was an inspiring event that brought all of the French Immersion classes together. All students had written and presented their own speech in front of their own class as a class project. Students volunteered to compete in the school competition in order to be one of the three students chosen in each category to attend the district competition. The district competition will be held at Victoria High School on Wednesday, April 9<sup>th</sup>.

'Teachers and parents have been organizing Concours for over 25 years, and for many students, it's now part of the curriculum. Last year, more than 10,000 students in grades six through 12 participated in the Concours in communities throughout BC, almost 300 students participated in the Provincial Concours, and 4 students participated in the National Concours in Ottawa. The CPF Concours d'art oratoire offers hundreds of prizes to participants: university scholarships, trips to Ottawa, books, medals, merchandise, cash and more.'

In no particular order, the winners are:

**Grade 6 Early:** Zach Charlesworth, Sophia Martinez, Sam Walmsley-Byrne

**Grade 7 Early:** Alisa Lyensa, Leah Smith

**Grade 7 Late:** Ben Portal, Alex Schevchuk, Rachel Li

**Grade 8 Early:** Karen Chan, Liam Clark, Camryn Nadeau



# Want to go to New York City?



Lansdowne Middle School's trip to France was a wonderful success this past Spring Break. Five students from grade 7 and 8 had an opportunity to travel to a different country, learn from a different culture and language, eat local food, visit monuments and sites that they have only before seen in pictures and make memories together that will last a lifetime.

## **This year's school trip destination is New York City!!!**

Expected departure and return March 9<sup>th</sup> to March 12<sup>th</sup> 2015 (Spring Break)

Explore the very best of the Big Apple, from the bustle of Times Square to the stunning skyline view from the Empire State Building. Get back in touch with nature in Central park and also visit the National September 11 Memorial. See a Broadway show as well as the Statue of Liberty up close and learn the rich history behind one of the world's most exciting cities!

**An information meeting will be held on Wednesday May 21<sup>st</sup> in the Lansdowne school library at 7pm. Registration will open May 21<sup>st</sup> at 9pm and will be on a first come first serve basis. This opportunity is open only to students who consistently demonstrate high levels of social responsibility and adherence to Lansdowne's Code of Conduct**

**If you are unable to attend the meeting please contact Mme Beaulac for more information**

**cbeaulac@sd61.bc.ca**

# LMPA

**Grade 8 Student Band Accounts:** Please read below for information from our by-laws on how to access the remaining funds in your student's band account. Expenses for reimbursement may include: purchase of reeds, slide or valve oil, band music books, band instrument lessons, instrument rental, etc. Note, the deadline is **June 13th**. Please provide a receipt and contact Paula Leahy at [Impamusicstudents@gmail.com](mailto:Impamusicstudents@gmail.com)

- 10.9 All monies raised for individual accounts:
- a) shall be used for expenses incurred by a family for LMS trips or other costs relating to LMS (may include rental for a instrument used for school – receipts for said instrument must be provided to the treasurer;)
  - b) may be kept in trust for future siblings – the treasurer must be notified in writing by June 15<sup>th</sup> of the current school year if monies left in individual accounts are to be kept in trust.
  - c) any monies remaining and not kept in trust will be used for the enhancement and enrichment of the music program.

## End of Year Choir Concert

A joint performance of choirs from Lansdowne, Cedar Hill and Reynolds schools will be held at First Met Church on May 28. This will be an amazing concert with a stunning mass ensemble piece as well as performances by the individual choirs. Details coming soon.

## LMPA Executive Election

The LMPA will be electing the President, Treasurer and Secretary for next year at the May 5 meeting in preparation for next year. Please consider getting involved. Meeting begins at 7:00pm in the music portable.

**Our Jubilation in June Concerts will take place in the gym on June 11 & 12 at 7 PM.**



**We will be holding a 50/50 draw, have a bake sale and a silent auction.**

**We will also have Fernwood Coffee & Fairway Gift Certificates for Purchase.**



**Hope to see you there!**