



Lansdowne Middle School

This Week @ Lansdowne

Week of December 18 to 22, 2023

CELL PHONE POLICY

This is a reminder that Lansdowne is a device free School.

This means that students are expected to keep their phone in their locker during school hours (including break times).

Students **may** use their phone during instruction times with **permission and guidance from their teacher for brief educational purposes only.**

Please know that all students can be reached quickly by phoning the North (250-598-3336) or South (250-592-2170) campus office. One of the most used student rationales for having to keep their phone is that “my mom/dad always needs to be able to contact me.” Please do not hesitate to call the school office anytime to speak to your child or pass on necessary information.

Thank you for supporting your child with this expectation.

UPCOMING DATES

December 22

- Report Cards Go Home
- Last Day of School

January 8

- Return to School

January 8 to 12

- First Week of Hot Lunches

January 9

- MDI Start - Grade 6

January 11

- Reynolds Flexible Studies: Leadership in Learning Info Night

January 15

- LMPA Meeting 7pm

January 17

- Mount Doug and Esquimalt Challenge Program Info Night

January 24

- PAC Meeting 6pm - South Campus

January 26

- Pro D Day (No School)

Report Cards

We will be communicating Student Learning for the end of term one on Friday, December 22. **Please return report card envelopes so they can be reused for terms 2 and 3.**



LANSDOWNE HOT LUNCHES

A huge thank you to all our Hot Lunch providers:

Monday is White Spot (Quadra and McKenzie)

Tuesday is Mucho Burrito (Tuscany Village)

Wednesday is Panago Pizza (3690 Shelbourne Street)

Thursday is Subway (101-1633 Hillside Avenue)

Friday is K-Town Sushi (1640 Cedar Hill Cross Road)

Please consider supporting these local businesses that do such a great job facilitating our school hot lunch fundraiser.



Reminder - there will be no hot lunches next week. These will start again on Monday, January 8, 2024.

THE MIDDLE YEARS DEVELOPMENT INSTRUMENT (MDI)

Families of Grade 6 Students,

School District 61 has again partnered with the Human Early Learning Partnership (HELP) at the University of British Columbia to measure children's social and emotional development, health, and well-being through the Middle Year Development Instrument (MDI). The MDI is a self-report questionnaire that asks children in middle childhood about their thoughts, feelings and experiences. The MDI is the first survey of its kind to gather information about the lives of children both in school and in the community, from their own perspective. The survey questions align with the BC Ministry of Education's K-12 curriculum, which includes a focus on promoting children's personal and social competencies.

Grade 4 and grade 6 students are invited to complete the MDI during class time between January and early March.

For more information and to view the questionnaires: <http://earlylearning.ubc.ca/mdi/>

If you don't want your child to participate, please contact your child's teacher, fill out the withdrawal form at the end of the parent/guardian informed passive consent letter that will be sent home in early January, or contact the MDI project staff at mdi@help.ubc.ca.



Middle Years
Development
Instrument

Anti-Vaping Resources

The Ministry of Health has informative resources available to help youth, parents and educators learn about the adverse effects of vaping. Information can be found on [The A-Z of Vaping web page](#).

WHAT INGREDIENTS COULD BE IN THAT VAPE?

When you vape, you're breathing in aerosol, but that aerosol (or vapour) isn't just water. Vaping exposes you to chemicals that could harm your health, including nicotine.

If you vape, do it outside to protect people from breathing in your second-hand aerosol.

The number of chemicals in vaping liquids varies.



Between 2017-2019, researchers at Health Canada found an average of **22 chemicals** and roughly **9 flavouring chemicals** in Canadian vaping products.

WHAT ARE THE LAWS?

Vapour products are regulated in the same way as tobacco products.

Just like tobacco products, vapour products cannot be used in public buildings and workplaces, near doorways or air intakes near doorways, air intakes, or open windows of public buildings, or on school property.

All K-12 schools in BC are tobacco and vape-free, 24 hours a day, 7 days a week, even when schools are closed.



VAPING

WHAT'S IN THAT VAPE?

WHAT'S THE BIG DEAL?

WHAT ARE THE LAWS?

WHERE CAN I GET HELP?

THE LEGAL AGE TO BUY AND SELL VAPOUR PRODUCTS IN BC IS 19.



gov.bc.ca/vaping

This resource is referring to commercial tobacco products which is not to be confused with traditional tobacco used by some Indigenous communities in BC.

WHAT'S THE BIG DEAL?

Vaping nicotine can lead to physical dependence and addiction.

Youth may be more sensitive to the effects of nicotine

When inhaled, nicotine is absorbed through the lungs and then moves quickly through the bloodstream, entering the brain and other organs. Nicotine is highly addictive. Youth are especially susceptible to its negative health effects, as it can interfere with healthy teen brain development and can affect the parts of the brain that control attention, learning, mood, and impulse control. It can also lead to physical dependence and/or addiction. Youth may become dependent on nicotine with lower levels of exposure than adults.

Vaping can create new chemicals or byproducts

At high temperatures, propylene glycol and glycerol break apart to form new chemicals called carbonyl compounds, also known as aldehydes (e.g. formaldehyde, acetaldehyde, acrolein, etc.) these chemicals may be carcinogenic (cancer-causing) and have other unknown health risks.

ASK YOURSELF, "Do I depend on vaping?"

- Is it impacting me and/or those around me?
- When I don't or can't vape, do I feel irritable, restless, anxious, sad or tired?
- Can I go for a day without vaping?
- Have I thought about vaping less or quitting?

There are free supports available.

WHERE TO GET HELP

The nicotine in vape juice is the same addictive substance in cigarettes and it can make it hard to cut back or stop vaping.

Consider reaching out for support when you need it, or supporting a friend if they reach out.

VISIT QUITNOW.CA or call 1-877-455-2233 to get support from a Quit Coach.

QuitNow is a free service for those looking to cut back or quit. It is judgement-free, confidential, and personalized to you.

VISIT TALKTOBACCO.CA or call 1-833 998-TALK or text **CHANGE** to 123456.

Talk Tobacco offers free, confidential, culturally appropriate support and information to First Nations, Inuit, Métis and urban Indigenous communities.



DID YOU KNOW?

BC retailers are only allowed to sell vapour products that contain nicotine, nicotine salts or cannabis. It's illegal to sell vapour products that only contain flavours.

Any vapour product without nicotine or cannabis is not regulated and considered "black market".

Getting vapes from friends or online could put you at risk.

If you choose to vape, make sure it's from a legal source.

