



Lansdowne Middle School
This Week @ Lansdowne
 Week of December 4 to 8, 2023

HOT LUNCH FORMS

The deadline to order Lansdowne Lunches is Monday, December 4th. Click this link <https://sd61.schoolcashonline.com/> to register online, see your choices and order.

Please note: If a student is absent on a Lunch Day, or does not pick up their Lunch, they will not receive a refund for that day.

Please let us know if your student has any food allergies!



UPCOMING DATES

December 4

- Deadline to Order Hot Lunches
- LMPA Meeting 7pm

December 11 to 15

- Last Week of Hot Lunches

December 12 to 15

- Russell Book Fair - North Campus Library

December 13

- Winter Celebration of Music 10:30am and 7pm

December 14

- Winter Celebration of Music 7pm

December 15

- Lansdowne School Clothing Ready to Pick Up

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

If your child is grieving this holiday season, Learning through Loss is offering some events and on going programs that could help.



LEARNING THROUGH LOSS
 hope | healing | community

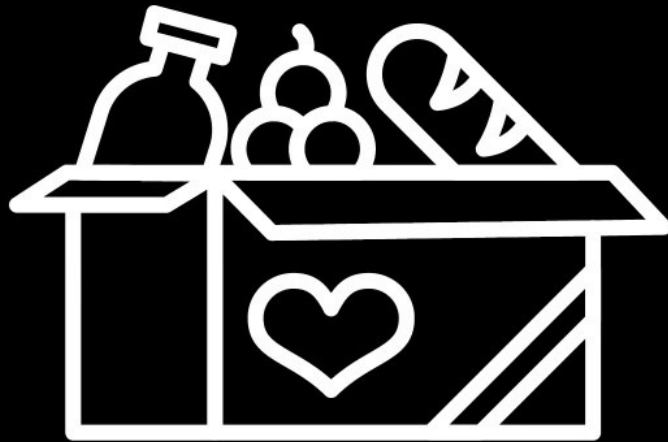
Please see their website for more information: <https://www.learningthroughloss.org/events>.

Please email Brianna at bhalstead@sd61.bc.ca for more information.

PARTNERED BY

THE GRIND

X



HOLIDAY HAMPER

for families

COLLECTING DONATIONS FROM DEC 1 - DEC 20

**WE'RE ACCEPTING NON PERISHABLE ITEMS,
GENTLY WORN CLOTHING AND HYGIENE PRODUCTS**

SEND ITEMS TO:

**LANSDOWNE MIDDLE SCHOOL
1765 LANSDOWNE ROAD
VICTORIA, BC V8P 1A7**

**FOR MORE INFORMATION,
CONTACT LANSDOWNE@SD61.BC.CA OR INFO@THEGRINDBASKETBALL.COM**

Advisories 83 and 84 are raffling two quilted Christmas runners to raise funds for their classes to take part in the Salish Sea Experience field trip in February.

Starting on Tuesday, November 21st students in advisories 83 and 84 will begin selling tickets for \$2.00 out in the community. If you wish to purchase a ticket, you can stop by and see Ms. Louise Pope in the office 8:30am to 3:30pm Monday to Friday.

Only 2,000 tickets will be printed.

The winning tickets will be drawn on Monday, December 18th at 12.00pm

The Quilts are machine stitched by Prince Rupert quilter Jenny McLean who has been making hand and machine stitched quilts for over 50 years.

Quilted runners measure 70cm X 117cm.

Please check out the LMS website for more information <https://lansdowne.sd61.bc.ca/news-events/news/quilted-christmas-runner-raffle/>



SPACE IS LIMITED. REGISTER TODAY!






Supporting Youth Through Loss & Grief During the Holidays



The Holiday Season is a particularly difficult time for young people who are experiencing loss and grief. Everyone around seems full of joy while their hearts feel empty and broken. As parents and loved ones, all we want to do, is somehow make it better.

Join us online 7:00 - 8:30 PM, Sunday, December 10, 2023 for this by donation workshop for parents and caring adults who want to know how they can support a grieving youth.

During this uplifting and interactive workshop you'll discover...

-  The unique ways that teens and young adults are impacted by grief
-  The myths of grief that can make healing more difficult
-  What you can do and say that helps and what may inadvertently cause harm
-  Coping strategies for you and your family that can bring you closer and make the
-  Holidays less difficult, while finding ways to honour your loss in uplifting and healthy ways.



Help a Young Person Find **Light in the Dark of Grief
this Holiday Season**

SCAN QR CODE TO GET YOUR BY DONATION E-TICKET



Gingerbread & Light

A Learning Through Loss **Light** in the **Dark** Youth Social

(For Teens: Grade 9-12)



Find **light** in the dark. Join us for a **festive** and **heartwarming** gathering.

Wednesday, December 13th from 6:00-8:00 PM

Oaklands Community Centre, 2827 Belmont Avenue. Victoria

This is a FREE event!

At Gingerbread & Light, we're creating a safe and inclusive space to connect and learn from one another. We will explore how loss affects us during the holidays, coping strategies, and how to be a good friend to someone experiencing grief.

You'll also get a chance to help shape our programs for 2024.

Tell us what you think and how you'd like to be involved in supporting your friends and a more caring school community, [earning volunteer hours along the way.](#)

Expect a **fun-filled evening** with **pizza**, **gingerbread baking** and **uplifting conversations**. **Meet new friends** who get it and **find comfort** in a **supportive community**.

Don't miss out on this Holiday special event with a focus on healing.

We can't wait to see you there!



SCAN TO GET YOUR FREE E-TICKET

'intheknow'

Connect and Learn

For families and caring adults who
are parenting a child or youth with
mental health and/or substance
use challenges.

EVERY MONTH, WE HOST EVENTS FOR FAMILIES CALLED 'IN THE KNOW'.
WE WATCH A VIDEO AND SHARE EXPERIENCES AND STRATEGIES THAT
HELP IN THE HARD MOMENTS. WE HELP FOCUS ON STRENGTHENING OUR
UNDERSTANDING AND CONNECTION WITH OUR KIDS.

ADHD - The Real Deal

Join us as we listen to Dr. Don Duncan dispel the many myths surrounding ADHD by presenting up to date scientific facts about cause, prevalence, diagnosis and treatment. He will explain how and why the ADHD brain works the way it does.

Come together with other families to watch this one hour video presentation followed by a 30 minute facilitated discussion by a FamilySmart Parent Peer Support Worker.

Cost: Free of Charge

Date(s):

Tuesday, December 5, 2023, 6:30pm (PST)
Wednesday, December 6, 2023, 6:00pm (PST)
Thursday, December 7, 2023, 12:00pm (PST)
Tuesday, December 12, 2023, 6:30pm (PST)
Thursday, December 14, 2023, 6:00pm (PST)



Registration required:

www.familysmart.ca/events

