



Lansdowne Middle School  
**This Week @ Lansdowne**  
Week of April 8 to 12, 2024

## 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 250-592-2170 for Grade 6 and 250-598-3336 for Grade 7 to let us know. Planning is already underway for next year and having accurate student numbers is important in making preparations.



## UPCOMING DATES

### April 8

- First White Spot Day
- LMPA Meeting , 7pm

### April 9

- First Burrito Day

### April 16 to 19

- Earth Week

### April 24

- PAC Meeting 6pm,  
South Campus

### April 29 to May 3

- Scholastic Book Fair - South

### April 30 to May 3

- Russell Book Fair - North

# Times Colonist 10km

If your student is interested in joining the TC 10km Lansdowne Team, please go to:

<https://raceroster.com/events/2024/80972/35th-annual-tc10k-powered-by-runsport/pledge/team/604925>

to join our team. The race is on Sunday, April 28th. We also have a run club to help staff and students prepare for the event; we meet each Monday at 3pm at the South Campus. Please ensure you have signed the permission form, available at North and South offices, to give your child permission to train on Mondays.



'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.**

## Supporting, Understanding and Connecting with a Teen With a Depression

Mood rollercoasters are a part of normal development for our teens, but sometimes something more is going on with their mental health. How can we tell the difference? At what point should we intervene, and how can we go about it? If you as a caregiver and feel lost about how to best support your teen struggling with Depression, you are not alone. Join Victoria Keddiss, a parent with lived experience and Karen Peters, a mental health therapist who supports children, teens and families, for a discussion about understanding how depression shows up in teens and ways of journeying with them through it.

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

Cost: Free of Charge

Date(s):

Wednesday, April 3, 2024, 12:00pm (PDT)

Thursday, April 4, 2024, 6:00pm (PDT)

Thursday, April 11, 2024, 6:30pm (PDT)

Tuesday, April 23, 2024, 6:00pm (PDT)

Thursday, April 25, 2024, 6:30pm (PDT)

Registration required:

[www.familysmart.ca/events](http://www.familysmart.ca/events)



COME &  
LEARN  
WITH US!



## CONNECTING WITH OUR KIDS WHEN ANXIETY LEADS TO SOCIAL ISOLATION

### In Person Event for Parents and Caregivers

**DATE:** Wednesday, April 17th

**TIME:** 6:00pm

**LOCATION:** 2610 Rosebank Rd, Colwood

**COST:** Free

**RSVP at:** [lisa.tate@familysmart.ca](mailto:lisa.tate@familysmart.ca)

Parenting when our kid's anxiety leads to social isolation is hard for everyone. A parent and counsellor talk about what anxiety and social isolation are, what it can look like and feel like for our kids and at home, strategies families can try, and how important it is to connect with our children before doing the hard work of trying new things.

Join us as we come together with other families to watch this video followed by a facilitated discussion

This event is being hosted by Esquimalt Military Family Resource Centre

