



Lansdowne Middle School  
**This Week @ Lansdowne**  
 Week of September 30 to 4, 2024

## Upcoming Athletics Info

Tuesday, October 1	Rugby Jamboree #3 3pm - Grade 7/8 BBall Practice
Wednesday, October 2	Ultimate Jamoree #3 3pm - Grade 6/7 G BBall (North) 3pm - Grade 8 Boys Comp (SOUTH)
Thursday, October 3	Lunch Gr 7/8 Rec Boys Cross Country #3 3pm Gr 6/7 BBall Practice
Friday, October 4	3pm Gr 7/8 B Comp BBall
Monday, October 7	3pm Soccer Jamboree
Tuesday, October 8	Rugby Jamboree #4
Wednesday, October 9	Ultimate Jamboree #4
Thursday, October 10	Cross Country

### UPCOMING DATES

September 30

- National Day For Truth & Reconciliation - No School

October 7

- Hot Lunches Begin
- LMPA Meeting 7pm

October 14

- Thanksgiving - No School

October 16

- Photo Retakes (Both Campuses)
- PAC Meeting 6pm South Campus

October 17

- The Great BC Shake Out Earthquake Drill 10:20am

October 23 & 24

- Parent Teacher Meetings - Early Dismissal at 1:50pm

October 25

- Pro D Day - No School

November 4

- LMPA Meeting 7pm

November 6

- Grade 6 Immunization Clinic South Campus

November 11

- Remembrance Day—No School



Thank you to Doc Braces for matching our Terry Fox Donations this year. Grand Total to come!



Hello Families!

**Exciting news! Your online gallery from your school photo session is now live!**

Please visit this link to access the gallery: <https://vando.imagequix.com/K9L3W9Z>

- Your webcode to access your images was provided on photo day.
- Any active email address can be used to login.
- **Your order deadline is: October 8, 2024** (after the deadline a late fee is applicable)

**Missing your login code? No problem!**

Visit [mountainwest.ca](http://mountainwest.ca)

1. Click on "Looking for your login code?"
2. Enter the information required.

Your code will be emailed within 1 business day.

**\* For the student number, ask your student for the login that they use for their Google learn account \***

**Retakes:**

- Did you miss the first photo day or are needing a retake?
- If you would like retakes they will be held at the school on:  
**October 16, 2024**

[Click Here](#) to find out more about ordering.

Phone: 1.888.644.4494

Email: [help@mountainwest.ca](mailto:help@mountainwest.ca)



## Health Awareness

As we enter Cold and Flu season I thought it would be a good time to share the latest information from the Ministry regarding Communicable Disease in the K-12 setting. It is important to remind everyone that students should not attend school if sick and unable to participate fully in routine activities. It is important for families to regularly check that their child is not experiencing symptoms of illness that would limit their ability to participate fully in regular activities before coming to school in order to prevent the spread of communicable diseases within the school settings.

Staff, students, or other persons in the school setting who are exhibiting symptoms of illness, such as respiratory illness, should stay home until they are well enough to participate in regular activities or otherwise advised by a healthcare provider. Those experiencing certain illnesses, such as gastrointestinal illness caused by norovirus, may be advised to stay home for longer. Staff, children, or other persons can attend school if their symptoms are consistent with a previously diagnosed health condition (e.g., seasonal allergies) or symptoms have improved, and they feel well enough to return to regular activities or otherwise advised by a healthcare provider. If you are unsure or concerned about your symptoms, connect with your health care provider or call 8-1-1.

If a staff member, student, or other person develops symptoms of illness at school and is unable to participate in regular activities, they will be supported to go home until their symptoms have improved or otherwise advised by a healthcare provider.

Included is the link to the Safe and Healthy Schools website for further information regarding Communicable Disease Guidelines. [Safe and Healthy Schools web page.](#)

Thank you all for your support and cooperation with this matter.

Sincerely,

Gill Braun  
Principal

Currently, pertussis is increasing in Canada as part of the expected cyclical peak of the disease (occurring every 2-5 years). Pertussis, or whooping cough, is a very contagious (easy to catch) disease of the respiratory tract. It is caused by a bacterium (germ) found in the mouth, nose and throat of a person who is infected. In Aug 2024, BC saw 72 cases of pertussis, 16 of which were on Vancouver Island and the majority of the 16 cases were unimmunized or under immunized. Cases of pertussis are expected to increase this fall/school year.

**The best way to protect your child against pertussis is to get them immunized.** In British Columbia, the pertussis vaccine is part of the routine childhood immunization program, and is given at 2 months, 4 months, 6 months, and 18 months old, and again at age 4 to 6 years (before kindergarten). A pertussis vaccine is also given to teens at 14 to 16 years of age (Grade 9). Children who are currently in Grade 6 or 9 will be offered all immunizations they are due for through school-based immunization clinics. Information and consent forms will be distributed through the school this fall or early 2025.

The [ImmunizeBC Vaccination Status Indicator](https://immunizebc.ca/vaccination-status-indicator) (<https://immunizebc.ca/vaccination-status-indicator>) can also be used to find out if your child's immunization records are in the Provincial Immunization Registry. If your child was immunized at a public health unit, community health centre, school, or pharmacy, their record should already be in the registry. If your child was immunized at a First Nations community health centre, doctor's office, or outside BC, their record might not be in the registry yet.

- If the Vaccination Status Indicator shows that your child's vaccination status is **complete**, you do not need to do anything.
- If the Vaccination Status Indicator shows that your child's vaccination status is **incomplete**, please drop off a copy of your child's immunization record at your local public health unit, upload a copy to <https://www.immunizationrecord.gov.bc.ca/> (records must be in English or French or a certified translation), or call your local public health unit for support.

**If your child is not up to date for their routine immunizations or if you have questions about their immunization status, please contact your [local public health unit](#) (<https://www.islandhealth.ca/our-locations/health-unit-locations>) to schedule an appointment or speak to a Public Health Nurse.**

For additional immunization information you can also refer to <https://immunizebc.ca/> or <https://www.islandhealth.ca/learn-about-health/immunizations>



Science Fun  
Teamwork  
Design Robotics  
Communication



**CHALLENGE**



- Teams of kids, guided by adult coaches,
- build and program LEGO robots
  - find innovative solutions to real-world problems
  - attend tournaments

**Come join one of our teams!**  
**Some adult involvement is needed.**

**Online info meeting for parents/guardians and kids  
on Thursday October 3 at 7:30 pm**

via Zoom, meeting link

<https://us06web.zoom.us/j/82977373225?pwd=BiI2LPFzHfr9ASmacvd2kNLyN8kODY.1>



Meeting ID: 829 7737 3225  
Passcode: 082700

You can also contact Uschi at  
[Uschi.Leslie@shaw.ca](mailto:Uschi.Leslie@shaw.ca)

FIRST LEGO League is a world-wide STEM program.  
<https://www.firstlegoleague.org/about>

**FREE!**  
Ages 18-30

**Find your answers.**

**Find your balance.**

**Find your self.**



**Join us at Y Mind**

A FREE mental wellness group that helps you cope with stress and anxiety.

[vancouverislandy.com/program-services/community-health/mental-wellness](https://vancouverislandy.com/program-services/community-health/mental-wellness)



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