

#### **Lansdowne Middle School**

### This Week @ Lansdowne

Week of November 4 to 8, 2024

#### **DAYLIGHT SAVINGS ENDS**

Remember to turn your clocks back on Sunday, November 3<sup>rd</sup>!

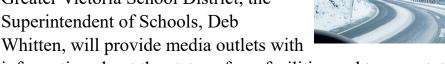


### INCLEMENT WEATHER SCHOOL CLOSURE INFORMATION

We are now in the season when inclement weather may affect the safety and welfare of students. In particular, snowy weather has the potential to cause school closure or some School District 61 services to be suspended.

During inclement weather, information about schools will be

updated continuously on the Greater Victoria School District 61 website at <a href="http://www.sd61.bc.ca/">http://www.sd61.bc.ca/</a>. Within the Greater Victoria School District, the Superintendent of Schools, Deb



information about the status of our facilities and transportation services by 6:30 a.m.

#### UPCOMING DATES

November 3

· Daylight Savings Ends

November 4

· LMPA Meeting 7pm

November 7

· Grade 6 Immunization Clinic South Campus

November 8

· Remembrance Day Assembly

November 11

· Remembrance Day — No School

November 22

· Pro D Day — No School

November 25

· CC Afternoon - No Hot Lunch

November 27

· PAC Meeting 6pm North Campus

December 2

· LMPA Meeting 7pm

December 9 to 13

· Last Week of Hot Lunches

#### DRESSING APPROPRIATELY FOR THE WEATHER

Victoria is fortunate to have a relatively mild climate, so even in these winter months we like to get our students outside for some play-time in the fresh air during their breaks. We only call an "inside recess" when the weather is particularly wet and/or cold, so please be sure your child dresses appropriately (warm clothing, rain jacket, etc.) to be comfortable spending most recesses outside.



#### **LANSDOWNE ATHLETICS**

Information about games and practices are now on our Lansdowne website. Click on this link <a href="https://lansdowne.sd61.bc.ca/news-events/calendar/athletics-calendar/">https://lansdowne.sd61.bc.ca/news-events/calendar/athletics-calendar/</a> to see when teams are playing and/or practicing.

# ATHEMANCE

Missing a day of school here and there may not seem like much, but absences add up!

## When a student misses amonth.

They will miss 20 DAYS a year.

They will miss 30 HOURS of math over the school year.

They will miss
60 HOURS of
reading & writing
over the school year.

They will miss over 1 YEAR of school by graduation.

## When a student misses days a month...

They will miss 40 DAYS a year.

They will miss 60 HOURS of math over the school year.

They will miss

120 HOURS of reading & writing over the school year.

They will miss over 2 YEARS of school by graduation.

### FROM THE LMPA Purdys Chocolate Fundraiser has started!

The Lansdowne Music Program is once again fundraising with Purdys Chocolatier, just in time for the holiday season! This is the perfect time to buy stocking stuffers, holiday gifts for clients, family members, school teachers, music teachers, sports coaches, neighbours or just for yourself!

The order deadline is Wednesday, November 20th and order pick up is in early December.

If you'd like to order some delicious chocolates please click the link: <a href="https://fundraising.purdys.com/1974538-119986">https://fundraising.purdys.com/1974538-119986</a>. Feel free to share the link with family and friends so they can support our amazing student musicians too!

(Note: To ensure that your support is directed to your child's music account, please enter their full name in the 'additional notes' section or order using their name. If your child is not in the music program you can support a friend, or specify 'general account' to support the whole program.)

<u>Click here</u> for step by step instructions on how to order.

Any questions, please email <a href="mailto:lansdownemusicpurdys@gmail.com">lansdownemusicpurdys@gmail.com</a>

## 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.

### Obsessive Compulsive Disorder: It's More Than Overwashing Your Hands

Living with OCD can present unique challenges that affect both our kids and us as families. For those living with it, simple tasks become overwhelming and disrupt daily life. Join us to discover ways to strengthen our understanding and support our kids living with OCD.

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





Wednesday, November 6th, 6:30pm-8:00pm (PST)
Wednesday, November 13th, 12:00pm-1:30pm (PST)
Thursday, November 28th, 6:30pm-8:00pm (PST)

Registration required: www.familysmart.ca/events







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### Supporting Safety at Home When Your Child Has a Mental Health Crisis

When our child or youth has had a mental health crisis, knowing how to keep them safe can be overwhelming. Our concerns can include suicidal thoughts, self-harming and aggression. Listen to this discussion about some ways that can help us talk to our kids about their safety at home.

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

Cost: Free of Charge Date(s):

Thursday, November 7th, 6:30pm-8:00pm (PST) Tuesday, November 26th, 6:30pm-8:00pm (PST)

Registration required: www.familysmart.ca/events







### Triple Threat Performing Arts Society



## Les Misérables school edition



November 21st-24th, 2024 The Dave Dunnet Community Theatre

November 21st 7pm

November 22nd 7pm

November 23rd 7pm

November 24th 7pm

OR code for tickets





