



Lansdowne Middle School
This Week @ Lansdowne
Week of October 6 to 10, 2025

Grade 6 Immunizations

For our grade six families, a letter was emailed to you on Wednesday, October 1st regarding our upcoming immunization clinic being held at Lansdowne South Campus on Thursday, November 6th.

If you did not receive this information, please contact Susan Beckett at sbeckett@sd61.bc.ca or (250) 592-6170 as it contains information that needs a response from you by October 7th.

Hot Lunches Begin on Monday, October 6

Occasionally we have a few extra hot lunches available so if you missed the hot lunch deadline, you can send money with your child. At the lunch bell they can go to the Lunch Room next to the Office at the South Campus or Room 109 at the North Campus to purchase one. As there are very limited extras, please ensure that they have a lunch from home as well.



UPCOMING DATES

October 6

- Hot Lunches Begin
- LMPA Meeting 7pm

October 13

- Thanksgiving - No School

October 15

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

October 16

- The Great BC Shake Out
Earthquake Drill 10:17am

October 20

- DEAR (Drop Everything
And Read) 11am

October 22 & 23

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

October 24

- Pro D Day - No School

November 3

- LMPA Meeting 7pm

November 6

- Grade 6 Immunization Clinic
South Campus

November 11

- Remembrance Day—No School

November 21

- Pro D Day - No School



**WAY TO GO
CROSS COUNTRY
ATHLETES!**

MOMENTUM BY THE VTC

ABOUT

This program is designed for athletes ages 12–15 with competitive swimming experience who will be introduced to biking and running in a supportive and structured environment. With a maximum of 8 athletes per coach, the program provides high quality instruction and individualized feedback.

Athletes will be introduced to the sport of triathlon while engaging in overall development and building connections to the Victoria Triathlon Collective training group, and Triathlon BC.

This program emphasizes both athletic growth and personal development. Each athlete is supported at their current stage and journey in triathlon with an emphasis on developing sport-specific skills, building values that extend beyond sport, and of course— fun!

The program runs with a goal of training towards the Victoria Youth Triathlon and Triathlon of Compassion in June, and the BC SuperSeries.



WHEN

Tuesday & Thursday starting at 4:15.
Saturday starting at 3:00.
Practices are 75 minutes.

WHERE

Training sessions will meet at
Saanich Commonwealth
Place.

COST

\$175/month

FOCUS

Fall: Focus on running

Winter: One weekly session on a bike trainer

Spring: Transition to outdoor riding 1-2 times per week as the weather improves.

Training volume will ramp up slightly in the Spring/Summer as the weather improves.

PROGRAM

94 Forward supports triathletes in the Victoria Triathlon Collective (VTC) who are pursuing excellence at the national and international level. Kelly Guest, BC Provincial & VTC coach, serves as a guide for the program, which is coached by Jamie Harker. Jamie is a member of the VTC, and a 2022 Canada Summer Games Triathlete.

DATES

Orientation: Thursday, October 7,
online, 6pm

Start Date: Thursday, October 9

Fall registration is 15% off!



REGISTER HERE



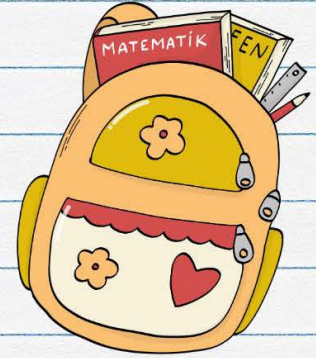
IslandSavings
COMMUNITY ENDOWMENT



Greater
VICTORIA
School District



HOMEWORK CLUB



Homework Club is a fun
and welcoming
environment for newcomer,
immigrant and refugee
students grades 1-7. There
will be volunteers to help
with homework and fun
activities.



STARTING OCTOBER 7TH, 2025

TUESDAYS 3:30-5:00 PM
VICTORIA IMMIGRANT AND REFUGEE CENTRE SOCIETY
1004 NORTH PARK STREET

TO REGISTER, EMAIL:
[KIMIA@VIRCS.BC.CA](mailto:kimia@vircs.bc.ca)



United Way
Southern
Vancouver Island



TELUS Friendly
Future Foundation



Youth Night



Youth Night will be starting October 2nd from 4:00 PM to 6:00 PM **every Thursday at the NLC.**



Come Join Us!

Mark your calendars! We have a lineup of events planned for everyone. All newcomer immigrant and refugee students in grades 8-12 registered in School District 61 are welcome to join us at the NLC (located at Victoria High School).



If you enjoy arts and crafts, games, and other fun activities planned by VIRCS staff and volunteers please contact enable@vircs.bc.ca for any questions.



VICTORIA
FOUNDATION



United Way
Southern
Vancouver Island

Government
of Canada

Gouvernement
du Canada

Canada



FIRSTWEST
FOUNDATION

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 6, 2025** (after the deadline a late fee is applicable)

Missing your login code? No problem!

Visit 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 15, 2025

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

Phone: 1.888.644.4494

Email: help@mountainwest.ca



Join Us for a Community Screening
Oak Bay High School is Presenting...

SCREENAGERS

GROWING UP IN THE DIGITAL AGE

Now updated for 2025 with the latest science, research, and expert insights, Screenagers is an award-winning documentary that dives into the challenges families face in this digital age.

LEARN MORE



🕒 **07:00 PM**
📅 **16–October–2025**
📍 **Dave Dunnett
Theatre**

**Oak Bay PAC
Lansdowne PAC**