



Lansdowne Middle School

This Week @ Lansdowne

Week of May 11 to 15, 2026

GRADE 8 TRANSITION AFTERNOON

Thursday, May 14 is district transition afternoon. All current grade 8 students will be going to their high school for an orientation assembly and tour of the school. Students will attend presentations, be led on a tour and have an opportunity to learn more about the school and its programs.

Grade 8 students will be **dismissed early (at 11:40)** to allow students time to travel to their 2026-27 high school. All grade 8's are expected to visit their intended 2026-27 high school for the afternoon. Most schools are asking that students arrive by 12:45. (An email will be sent by secondary schools.) At the end of the afternoon, students will be dismissed directly from the high school they are visiting around 2:45pm and they are not expected to return to Lansdowne.

If your child is on the waitlist for a transfer, they should go to the school they are currently scheduled to attend.

Students are responsible for making their own way to their respective high schools after our 11:40pm dismissal as well as making their own way home from the high school after they are dismissed—please discuss with your child how they will return home (i.e. Parent pick up, bus, walk, etc.).

We hope they have a great afternoon.



UPCOMING DATES

May 11

- Start of Rainbow Week

May 12

- LMPA Plant Pickup
(South Campus, 3 to 6pm)

May 14

- District Transition Afternoon

May 15

- Pro D Day (No School)

May 18

- Victoria Day (No School)

May 26

- Last Teriyaki Bowl Hot Lunch
- CC Afternoon Letter Goes Home

May 27

- PAC Meeting, 6pm, North

May 28

- Grade 6 Follow-Up Immunization Clinic (South Campus)

May 29

- Grade 8 Survivor

GRADE 6 & 7 TRANSITION AFTERNOON

While our grade 8s head off to their respective high schools, our grade 6 and 7 students will have an opportunity to experience a little transition time themselves. Grade 7 students will be spending the afternoon with our grade 8 staff, and our grade 6s will have some time to head up to the North campus and spend some time with our grade 7 staff. For our grade 6 students in particular, this will be a great time to tour the building, make some new connections with staff and students, and enjoy some fun activities. During this time, our grade 6 staff will be busy welcoming our grade 5 students to our South campus who will get their first little taste of middle school life. It will be an exciting day for everyone!

Grade 6 students will be dismissed from the South campus at the end of the day as per usual.

Mental Health and Wellness: Learning and Practice at South Campus



With the support of a grant from School District 61, all Grade 6 students will be participating this month in learning experiences focused on mental health, wellness, and protective factors that support overall well-being.

Through the grant funding, a school district counsellor has led a lesson with each Grade 6 class exploring the meaning of mental health and wellness, as well as the protective factors that can positively influence mental health. Students are discussing the connection between physical and mental health and learning about protective factors that are within their control, such as getting adequate sleep, spending time outdoors, and engaging in regular physical activity.

Following the classroom lesson, students will have opportunities to experience and practice some of these protective factors firsthand. Each class will participate in a yoga session focused on calming strategies and self-regulation. In addition, during library time, students will spend time outdoors at Kings Park, where they will explore the positive impact that nature and outdoor activity can have on mental health and wellness.

Throughout these experiences, students will be encouraged to reflect on and discuss how these activities affect their mood, stress levels, and overall sense of well-being.



We hope that each Grade 6 student gains meaningful knowledge and practical experiences that will continue to support their mental health and wellness in the future.

Dear Lansdowne Families

During Rainbow Week, everyday will consist of a different learning focus and a different activity.

On Wednesday, May 13—Wear **rainbow**! Dress in your best rainbow colours!

Monday, May 11	Tuesday, May 12	Wednesday, May 13	Thursday, May 14
Theme: Terms	Theme: History	Wear rainbow today! Theme: Our Stories & experiences	Theme: Two Spirit Identities

IMAGINING

UVIC 2026

SUMMER MATH CAMP

**August
4-7**



Scan the QR code to
visit our website and
apply by May 17!

Open to girls
entering grade 9 or
10 in September

We welcome non-
binary, two-spirit, trans,
and genderqueer
individuals

Featuring:

- interactive problem-solving sessions
- an amazing race challenge
- an escape room
... and more!

TRY ULTIMATE FRISBEE



Ultimate is a fast-moving, non-contact sport that's incredibly fun. It's open to all ages and experience levels, whether you are brand new or have played for years. Come get active, learn the game, and join a welcoming community built around running, throwing, and having a great time together.

Programs available year-round

- Leagues and casual pickup
- Skills and development training
- Summer camps, Pro-D day programs, and special events
- Competitive junior club program (Horizon Junior Ultimate)
- Programs in Victoria & Westshore

School leagues:

- Middle School (Sept-Oct)
- High School (Feb-May)



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