



Lansdowne Middle School

This week @ Lansdowne

Week of September 28 to October 2, 2026

HOT LUNCH ORDERS

The deadline to order Lansdowne Lunches is Tuesday, September 29th. **Please don't delay - we are unable to accept orders after the September 29th deadline.**

Click this link <https://sd61.schoolcashonline.com/> to register online, see your choices and order. If you are unable to order online, please have your student pop into the office for a paper form.

Please note: If a student is absent on a Lunch Day, or does not pick up their Lunch, they will not receive a refund for that day.

Please let us know if your student has any food allergies!



UPCOMING DATES

September 29

- Hot Lunch Order Deadline
- PAC Meeting 6pm North Campus

September 30

- National Truth & Reconciliation Day - No School

October 5

- LMPA Meeting 7pm

October 12

- Thanksgiving - No School

October 13

- Hot Lunches Begin

October 15

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

October 20

- Photo Retakes (Both Campuses)

October 21 and 22

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

October 23

- Pro D Day - No School

October 26

- DEAR - Drop Everything And Read

Thanks to all the families that attended the Meet the Teacher night Wednesday evening. It was great to see everyone return to the school and fill the halls with energy and excitement.

If you weren't able to make it don't hesitate to connect with your child's teacher. Have a great weekend.

Gillian, Micha and Suzanne
(Your Admin Team)

FROM YOUR LANSDOWNE PAC

The Lansdowne PAC invites ANY AND ALL PARENTS to the inaugural meeting at the North campus library Tuesday, September 29 at 6:00 p.m.

PAC meets on alternating campuses on the last Tuesday of each month.

For more information about PAC, check out the PAC page <https://lansdowne.sd61.bc.ca/parent-info/pac-overview/> or contact us by email at LansdownePAC1@gmail.com

Don't forget to "like" and follow our PAC facebook page: <https://www.facebook.com/LansdownePAC/>

STUDENT ATTENDANCE

We wish to be sure that all our students are safely accounted for on a daily basis, so please contact the school office – (250) 592-2170 for Grade 6 and (250) 598-3336 for Grade 7 & 8 – if you know that your child will be absent or late. Regular and timely attendance are also key factors for educational success. If your child is frequently absent and/or late to school, we will be contacting you to discuss these matters.

Working together, we hope to ensure that all of our students attend regularly and on-time so that they can fully reach their potential.

Please support our Lansdowne South Library! This is the only fundraising for the South library this year. We are hoping to buy some chess boards and crochet supplies for our library clubs as well as new books. Lots of prizes and incentives for students to sell books to people they know. Books will come home with grade 6 students the week of September 21st and will go until October 2nd.

Thanks for your support, Lorraine Powell

Greater
Victoria
& Surrounding
Areas

SCAN ME
TO VIEW A SAMPLE!



COMMUNITY VALUES

COUPONS THAT
BRING US TOGETHER

OVER \$8,000
\$40
IN SAVINGS!



OVER
\$8,000
IN SAVINGS!

24
NEW
BUSINESSES!

NEW!
TRAVEL
SECTION

EXPLORE MORE
FOR LESS!



SHOP • DINE • SAVE • EXPLORE
FEATURING LOCAL & REGIONAL BUSINESSES!

SOME OF THE NEW BUSINESSES INCLUDE:

- BarBurrito
- Local Pizza
- Deerland Children's Museum of Victoria
- Ferris' Burger & Oyster Bar
- Forged Axe Throwing
- Fry Guy's Bistro
- Glitch Bar & Games Room
- Irish Times Pub
- Bard & Banker
- Swans Pub
- Lido Waterfront Bistro
- Perro Negro

- Ono Poke
- Ottavio Italian Bakery & Deli
- Penny Farthing Public House
- Vis-a-Vis
- Ukee Poke
- Sidney Scones
- Shaw Centre for the Salish Sea
- Aerth Saunas
- The Boulders Climbing Gym
- The Outpost Board Game Cafe
- Tommy Gun's Original Barbershop
- Varsity Performance Karate

SUPPORT
OUR SCHOOL &
COMMUNITY!



A SMALL INVESTMENT MAKES A BIG IMPACT!

Greater Victoria
Together

PAC Meeting & Parent Learning Series

First Meeting of the 2026-27 School Year

DATE

Tuesday, September 29, 2026

TIME

6:00-7:30 p.m.

LOCATION

North Campus Library | Video call link:
<https://meet.google.com/yqt-wiuo-sjo>

MEETING PURPOSE

To complete essential PAC business and begin a welcoming parent learning and discussion series focused on building community, navigating middle-school transitions, and identifying priorities for the year.

PART 1 | PAC BUSINESS MEETING

6:00-6:35 p.m. | Open to all

Time	Item	Details / purpose
6:00-6:05	Welcome and formal opening	Territorial acknowledgement, welcome, introductions, and brief Chair opening. <ul style="list-style-type: none"> Meeting approach: build on what works while creating more opportunities for parent connection, learning, and participation.
6:05-6:10	Approvals	Additions to and approval of the agenda. <ul style="list-style-type: none"> Approval of the previous PAC meeting / AGM minutes.
6:10-6:20	Treasurer report and 2026-27 budget	Current Gaming and General/Donation account balances. <ul style="list-style-type: none"> Review and approval of the proposed annual budget, including forecast revenue, committed items, available funds, and carry-forward. Identify any figures or account-control questions requiring reconciliation before approval.
6:20-6:28	School administration update	Concise start-of-year update, key dates, school priorities, and matters requiring parent awareness or input. <ul style="list-style-type: none"> Brief questions for clarification.
6:28-6:33	Chair, VCPAC and BCCPAC update	Relevant district and provincial information, consultation opportunities, and upcoming dates. <ul style="list-style-type: none"> Confirm VCPAC liaison / representation and invite manageable volunteer participation.
6:33-6:35	Business wrap-up	Confirm motions, action owners, and any items deferred for additional information.

FUNDING DISCUSSION PRINCIPLE

Administration is invited to provide operational context and identify possible school or district funding alternatives. PAC members retain responsibility for PAC priorities, motions, account selection, and expenditure decisions. Funding requests should identify purpose, amount, expected student benefit, proposed funding source, equity considerations, and any ongoing costs.

PART 2 | PARENT LEARNING & DISCUSSION

6:35-7:30 p.m. | Open to all families

September theme: Building Community and Navigating Middle-School Transitions

The start of the year is an opportunity to welcome families across both campuses, understand the experiences of Grades 6, 7, and 8, and identify what would make parent participation useful and welcoming.

Time	Item	Details / purpose
6:35-6:40	Welcome to the series	Introducing the purpose of the Parent Learning & Discussion Series The discussion will focus on shared themes rather than individual students, families, or employees. Proposal attached.
6:40-6:50	School and community context	Short information segment on middle-school transitions, family connection, available supports, or the school survey of family interests. <ul style="list-style-type: none">• Possible contributor: school counsellor, transition team, or administration.
6:50-7:15	Facilitated parent discussion	What helps students and families feel connected at Lansdowne? <ul style="list-style-type: none">• What changes in parent involvement are most noticeable during middle school?• What information, resources, or connections would help families this year?
7:15-7:23	Priorities for the year	Inviting topic suggestions for future sessions, including safety and belonging, digital citizenship, mental health, inclusive education, district budgeting, student voice, and high-school transition. <ul style="list-style-type: none">• Identify community resources or parent expertise that could inform future conversations.
7:23-7:30	Synthesis, next steps and close	Summarizing themes without attributing personal comments. <ul style="list-style-type: none">• Confirm one or two practical next steps and manageable volunteer opportunities.• Next meeting: Tuesday, October 27, 2026, 6:00-7:30 p.m. Proposed topic: Student Safety, Belonging and Peer Relationships.• Adjourn.

Conversation Commitments

- Speak from personal experience and make room for different perspectives.
- Protect privacy. Do not identify or discuss individual students, families, or employees.
- Focus on themes, information needs, resources, and possible improvements.
- Record shared themes and agreed actions, not attributed personal comments unless permission is given.
- Identify the appropriate pathway for follow-up: PAC, school administration, VCPAC, the district, or another service.

Items to Circulate with the Agenda

- Previous meeting / AGM minutes
- Treasurer report and proposed 2026-27 budget
- Funding requests requiring a decision, submitted with supporting details
- Brief written Chair, VCPAC, BCCPAC, and liaison updates where available
- Link to the parent topic / volunteer interest form

RECOMMENDED PRACTICE

Written reports should be circulated in advance and verbal updates should focus on matters requiring awareness, feedback, participation, or a decision. The Parent Learning & Discussion portion should be protected from displacement unless urgent PAC business requires additional time.



Julie-Anne Richards
Clinical Counsellor
Speaker & Trainer

How can families support healthy development in a world of smartphones, social media, and AI? This engaging session shares current research and practical, evidence-based strategies to help foster wellness, resilience, balance, and digital wellbeing.

Arbutus Global Middle School PAC is pleased to host this presentation for interested parents/caregivers from all 10 Middle Schools in the Greater Victoria School District

Supporting Adolescent Mental Health in a Digital World

with Registered Clinical Counsellor

Julie-Anne Richards

M.A., R.C.C., C.C.C., www.JulieAnneRichards.com



Julie-Anne Richards, M.A., R.C.C., C.C.C., is a seasoned clinical counsellor, educator, and dynamic speaker with more than 25 years of experience in mental health and education. She brings extensive experience working with children, adolescents, parents, and schools, translating psychological research into practical strategies for supporting young people's mental health. Known for her warmth, humour, and engaging style, Julie-Anne helps audiences understand the challenges young people face in an increasingly digital and connected world.

Arbutus Global Middle School

in the Cafeteria

2306 Edgelow St, Victoria

Tuesday, October 6, 2026

6:30 to 8:30 pm

No charge, but pre-registration on a first-come first-serve basis is required.
To register, click [**October 2026 Parent Education REGISTRATION LINK**](#)