



Lansdowne Middle School

This week @ Lansdowne

Week of October 5 to 9, 2026

BASKETBALL COACHES NEEDED

Basketball season is coming! If you are interested in helping with one of our teams, **please contact Mr. Schroder - tschroeder@sd61.bc.ca**

Attention Basketball Players:

Next week will be the first week of tryouts and practices for the basketball teams at Lansdowne. For the first week, team selections and practices will be after school at Lansdowne North (3-4:30 pm) on the following days' (**students will need to pay attention to morning announcements for details of any changes or additional sessions**).

Tuesday - 6/7 Girls

Wednesday - 7/8 Boys

Thursday - 6/7 Boys

Friday - 7/8 Girls

UPCOMING DATES

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

October 27

- PAC Meeting 6pm, South Campus

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.



**WAY TO GO
CROSS COUNTRY
ATHLETES!**



PUMP UP THE PANTRY FOOD DRIVE

UNTIL OCT. 31, 2026

**HELPING OVER 2,000 ADULTS & 1,000 CHILDREN
IN OUR COMMUNITY.**

TOP 5 MOST NEEDED PANTRY ITEMS



**CANNED
PLAIN BEANS**



**CANNED
TOMATOES**



**CANNED
PROTEINS
(TUNA, FISH, BEEF ETC.)**



**PASTA
SAUCE**



**TOILET
PAPER**

**DONATIONS CAN BE DROPPED OFF AT
THE SHELBOURNE COMMUNITY KITCHEN
101 - 3787 CEDAR HILL RD**

**TUESDAYS 4PM - 7PM
WEDNESDAY & THURSDAYS 10AM - 1PM**



**SCAN FOR MAP OF
OTHER DROP OFF
LOCATIONS**

Thank You for you support!

WWW.SHELBOURNECOMMUNITYKITCHEN.CA

Hello Lansdowne 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>

- The login code to access your images was provided on photo day. Please check with them.
- Any active email address can be used to login.
- **Your order deadline is: October 16, 2026**
- All orders will be shipped to the school. **If you miss the deadline, your order will be shipped with your school's Catch Up Photo Day orders at no extra cost, however this will take 3-5 weeks.**

Missing your login code? No problem!

1. Visit <https://www.mountainwest.ca/support-for-families>
2. Enter the information required.
3. 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 ***

Catch Up Photo Day:

- Did you miss the first photo day or are needing a retake? Retakes are offered for expression, poor posture, or head tilt; not for personal style changes (ie: change of clothing or hair). Please note all glass glare is removed on final prints.
- If you would like your photo taken, we will be at your school on: **October 20, 2026**
- [Lansdowne North Campus Retakes CLICK HERE](#) to sign up.
The cutoff to sign up is October 18, 2026.

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

Phone: 1.888.644.4494

Email: help@mountainwest.ca





Triple Threat
BASKETBALL ACADEMY

Skill Development for Girls in Victoria

We measure success by
how often our players smile.



Girls • Grades 3–8

All experience levels welcome • No tryouts



Winter: Sundays, October 25 – February 28
\$195 for 15.5 hours



Spring: Wednesdays, April – June
Registration opens January



Late registration welcome



Scan to learn more

Also offering U11–U14 Travel Teams



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, November 3, 2026

6:30 to 8:30 pm

No charge, but pre-registration on a first-come first-serve basis is required.
To register, click [Nov 3rd Parent Education Event](#)