

Newsletter



**Lansdowne
Middle
School**

1765 Lansdowne Road, Victoria, BC, V8P 1A7 Phone: 250-598-3336

November 1, 2011

Calendar Dates



November 9

- PAC Meeting 7 pm Library (cyber-safety presentation)

November 11

- Remembrance Day Holiday

November 21

- Pro-D Day

November 24

- Curriculum Completion session cancelled (regular dismissal times for all)

December 6

- Newsletters go home

December 7

- PAC Meeting 7:00 Library

December 9

- PAC Emporium (see page 4)

December 9

- Report Cards go home

December 13 & 14

- Winter Celebration of Music 9 am & 7pm

December 16

- Last day of school before Winter Break

January 3

- Students return to school (Note there is no school on Monday, January 2)

Principal's Message

For this newsletter, I'd like to draw your attention to the following:

- There are so many **activities, clubs, and athletic programs** at Lansdowne that can enrich your child's school and life experiences beyond the classroom. Check out the **Events & Activities** on page 2, and encourage your child to take advantage of these opportunities.
 - Speaking of Athletics, thank you to Ms. Huston for coaching our **Cross-Country Running** Team, and congratulations to our grade 6 boys and girls who placed 1st and 3rd (respectively) in the South Island finals! We're now into **basketball** season, and check out the opportunity to join our **swim team**.
- **Great Holiday Gifts** (a charitable fundraiser): Our entire school district is launching a campaign this month to support United Way – a charitable organization that supports so many local programs in our community. Check out the opportunities to support United Way at Lansdowne (pages 6, 9, 10, 11) – including the opportunity to **purchase Lansdowne clothing and aboriginal jewelry** (with proceeds to be sent to United Way), **on sale from November 3rd to 18th**, with orders arriving in time for Winter Break!
- Speaking of holiday gifts, please support our PAC's 6th Annual **Holidays Gift Emporium** (details on page 4).
- Also sponsored by our PAC, our November meeting will begin with a **presentation for parents on "Cyber-Safety"** (see page 3 for details).
- Through the collaborative efforts of Lansdowne's faculty, students, and Parent Advisory Council, we have developed a vision and plans to create a **Naturalized Play Area** – an outdoor classroom we've dubbed "Naturescape"! Check out M. Leblond's article (page 8), eloquently sharing his reflections on the value of such a special green space at school. This initiative is a long-term, multi-phase project, with the planting of indigenous trees to begin this month. **We are seeking the donation of the following items from parents or businesses in our community:**
 - Cedar split rails for fencing
 - Shovels and tarps for ongoing maintenanceIf you have such items to donate, please contact me at the school.
- Finally, I wanted to let you know that we're continuing to work on the accomplishment of our 2011-12 **School Goals**.
 - With regard to our **Personal and Social Responsibility Goal**, check out the bulletin board display by Ms. Roberts' class in our main hallway showing students' interpretations of the **5 Practices – Be Present, Be Punctual, Be Prepared, Be Positive, and Be Productive**. We continue to give out "Caught You!" tickets to periodically acknowledge students "caught" demonstrating these constructive behaviours, reinforcing a **positive school culture and life-skills** that extend beyond school into the world at-large.

Cont'd on page 3

Lansdowne Middle School

ACTIVITIES & EVENTS

*A miscellany of co-curricular and extra-curricular activities and events taking place at LMS.
Please encourage your children to get involved! For more information contact the staff member listed.*

Event/Activity	Timeframe	Staff Contact
Student Leadership	Regular meetings Monday at 8:00 a.m. Throughout the school year, with numerous opportunities to participate	Melinda
Crafty Group	On occasions at lunch recess or after school	Mitchel
Eco Action Club	Wednesdays at lunch recess	Mitchel
Backpack Club	Ongoing activities during the year	Mark & Mitchel
CanSpell Spelling Bee	Fall 2011	Mr. Andrews
Caught You & Project X tickets	Ongoing throughout the school year	All
Dance Club	Starting in the new year	Ms. D'Angelo
Games and Chess Club	Tuesdays at lunch recess	Mitchel
Swim Team	Practices Fridays 3:15-4:00pm plus swim meets	Mr. Lienard-Bosijoli Mme. Aristou
Friendship Club—Grade 6	Starts second week of November Open to referral	Melinda Budgell
Jazz Band	Monday lunch, Thursday after school	Mr. Lienard-Boisjoli
Concert Choir	Monday after school, Thursday lunch	Mr. Lienard-Boisjoli
R & B Band and Vocal Jazz	Tues & Wed. after school, Fridays lunch	Mr. Rawson
Restorative Justice	Thursdays, October 27 to December 8 A select group of student leaders will be receiving training in	Melinda Budgell
Seaquarium	Ongoing	Ms. Kilpatrick
Basketball – Grade 6/7 boys	Mid-October to December 1	Mrs. Lidstone.
Basketball – Grade 6/7 girls	Mid-October to the end of November	Mrs. Lidstone
Youth Creating Inclusion	Friday at lunch	Mitchel and Ms. Spies
Me to We	TBA	Mr. Leblond
Homework Club	In the Library (all students welcome), 2:50 to 3:30 Monday to Thursday	Ms. Logan

Principal's Message cont'd from page 1

- To further student engagement in meaningful learning activities to “be productive” through the **effective use of digital technology**, a group of Lansdowne teachers have begun an in-house book club focused on **Bill Ferriter’s book *iGeneration***. For further information on the use of digital technology to enhance learning, check out Ms. Kilpartick’s article from page 3 of last April’s newsletter (located on the Newsletters page of our school website).
- Teachers also continue to engage in collaborative work embedded in our **Math Goal**, through both our **Numeracy Action Research Team** (a district-wide endeavour) as well as our in-house book club – dubbed by participating teachers as **MAGNUM – Math Action Group for Numeracy, Understanding, Mastery** focused on reading, discussing, and experimenting with the ideas and instructional strategies presented in **John Mighton’s *The Myth of Ability***; a sizable group of Lansdowne teachers spent our recent Pro D Day attending the ***JumpMath workshop*** focused on these ideas and strategies.

It’s such a pleasure to see the collaboration (and dare I say, joy!) of Lansdowne teachers working together on furthering instructional practices that support the achievement of our school goals.

Ken Andrews, Principal

News From the . . .

Lansdowne PAC

SPECIAL PRESENTATION for PARENTS
on Cyber Bullying and Cyber Safety
at the start of our upcoming November PAC meeting,
Wednesday, November 9th at 7:00 p.m. in the Lansdowne library

Do you feel like your children know more about online navigation than you ever will?

Are you concerned about safety online?

Child and Youth Care practicum student Julia-Anne and Youth and Family Counsellor Mitchel have developed a presentation to share information and safety strategies for keeping you and your youth aware and safe online. Our discussion will include:

- Types of cyber bullying
- Bullying versus teasing
- Real life consequences
- Types of strategies for parents and youth



6th Annual Holiday Gift Emporium

Items Needed !!

Now is the time to send **gently used** items to stock up for this years' event! The Emporium is a great opportunity for students to buy gifts for their loved ones without breaking the bank. The Gift Emporium will be held during school hours on **Friday December 9th**, with all items for sale from 25 cents to \$2. Include any items that would make nice gifts for siblings, parents, grandparents and friends. Books, CD's, toys, games, jewelry, small household items are a few ideas to get you thinking. **We also need all the saved gift bags, gift wrapping and gift cards we can get!** Please bring your "regifts" to the office during November so we have plenty of time to sort before this fun event. Please nothing dirty or broken. Think of items you donate as gifts you might like to receive!

Questions? Call Linda at (250) 380-0356 or email linben@shaw.ca

Eleventh Annual "The Night Before Late Night Shopping"

Sunday November 27, 2011

Hillside Centre 6:00pm - 9:30pm

Entrance is given to ticket holders only. Tickets are NOT available at the door so tell your friends, parents, siblings, etc.

The entire \$5 ticket price goes to LMS PAC to enhance the school, and provides admittance into Hillside Centre's special evening. This includes great in-store bargains, tasty treats, live entertainment and the chance to win many great prizes including a family vacation for 4 to Disneyland!

Please fill out the order form below and return it to the school office before
November 15th, 2011

Order soon while supplies last!

For more information please contact Connie Antonsen conehead1@shaw.ca

____ Yes, I would like ____ tickets to "The Night Before Late Night Shopping" at Hillside Centre on Sunday November 27, 2011.

____ I have enclosed \$5.00 for **each** ticket. Please make cheques payable to Lansdowne Middle School PAC.

My child's name is _____

Div. # _____ Teacher _____

Tickets will be given to students whose orders are received while supplies last.
Please return to the school office before Tuesday November 15, 2011.

Poinsettia Fundraiser

Once again LMPA is offering beautiful poinsettias for the holiday season. These plants are available in 3 different colors and will make a lovely addition to your home or as a gift for family, friends or neighbours. A portion of the sale of each plant goes directly into the band account of each participating student. Watch for forms to come home with your band student in the next week. Order date will be by November 18, with delivery date to be December 3 at the Band Annex. For those who do not have a child in band, but would like to purchase a plant, there will be extra forms available.



Questions? Ruth Swinton 250-595-6375 or danielnadeau@telus.net.



Wanted: Children to see their brains in action!

Dr. Holroyd and colleagues at the University of Victoria Department of Psychology are currently looking for children between the ages 8-13 with **OR** without Attention Deficit Hyperactivity Disorder to participate in a study of ADHD.

Participants will engage in game-like computer activities, paper and pencil tasks, And “brainwave” experiments where we will record the electrical activity of the brain! This procedure is entirely safe, non-invasive, and most children enjoy being involved in a scientific experiment! Scheduling is flexible and there is a small monetary compensation. Thank you for your participation!

For more information, please contact Akina @
250-853-3837 or uvic.adhd@gmail.com



Student Leadership



Halloween for the hungry Food Bank Drive

For the past few weeks, Lansdowne Middle School has hosted a food bank drive for the Mustard Seed. All the classes filled up their boxes to the limit with non-perishable food items. When the Mustard Seed Food Bank crew came to pick up the food on Halloween Day they were surprised to be greeted by many smiling kids in their costumes! Lansdowne Middle School would like to thank all the faculty members, parents and students who had donated for this wonderful cause. We hope next year will be the same!

What Great Memories

Wow. Halloween was such a blasé. But this Halloween flew by! I remember so clearly how much fun the costume parade and contest were. So many people dressed up, some in crazy costumes! Parading around the school. And then the contest. All the students split into three separate categories, cutest, best group/pair, most unidentifiable, scariest, most Canadian, funniest, most creative, most elaborate, best homemade and best teacher. What great memories.



WE SUPPORT



United Way

A TOONIE AN INCH CONTEST



Have you ever wanted to cut your teacher's tie? Well, now you can do that and support **United Way** too! On **Wednesday, November 16th** many of our teachers will be wearing their best ties and for just a TOONIE you will get to cut an inch off the tie of your choice. At the end of the day, the teacher with the shortest tie will win a prize. As well, the student with the most "inches" will also win a prize. But the best part is, (except for the cutting of the ties), **ALL** toonies from this day will be a part of our campaign to support **UNITED WAY!**

Way too much fun!!!! Come on Lansdowne, **SNIP, SNIP SNIP!**



This year Lansdowne is having a United Way fundraising campaign and selling school clothing and Jewelry. \$5 from all clothing and \$10 from all Jewelry sold (already included in price) will go to the United Way.

See pages 9 & 10 (jewelry) & 11 (school clothing) for more information and order forms.

PHOTO ID CARD

We have distributed a photo ID card today to every student who had their photograph taken on September 21st. These cards are intended to be carried by parents as a safety precaution. Please ask your student to make sure that they bring it home to you. Students who had their photo taken on re-take day will receive this card at a later date.



“Dear Parents and Students:

Saanich Water Polo School would like to once again invite all Lansdowne Middle School students to come and play water polo in the upcoming Victoria Middle School League. Program runs from now on right through to December 14th, Mondays and



Wednesday nights 7-8:30pm at Commonwealth Place. Forms can be downloaded from the Saanich Water Polo School web site www.waterpoloschool.com, or picked up at the pool on any practice night. Any student with confidence in the deep water can participate. No experience necessary, and all equipment is provided by the club. ALL students will be trained and receive opportunity to play on a team. For more information please contact Gabriella Vindisch league coordinator at 778-426-1331 or by email to: waterpoloschool@shaw.ca.”

The grade Eight students will be receiving a presentation from the volunteers from the Suicide Awareness for Youth this month. Volunteers will be visiting each classroom for an hour to led a small group discussion on suicide awareness. Presentations will be taking place on November 8th, 9th and 15th.

The Red Team

1000 by 5 Book Project



If, by age 5, a child reads a **thousand** stories, they're much more likely to be successful in school! This is the belief of the **1000 by 5 Book Project**. At Lansdowne, we are asking families to donate gently used books for children up to 5 years old. Picture books for babies and preschoolers are at the top of the wish list. This project will run until Winter Break, so in advance, **thank you for sharing** some of your favorite stories. **Please drop your books off at the Lansdowne office.**

School Gardens heal individuals and build stronger communities

By M. D. Leblond, French Immersion Teacher

In the book *Last Child in the Woods*, Richard Louv writes that "kids today are aware of global threats to the environment - but their physical contact, their intimacy with nature is fading." Like the author, it is the exact opposite of what my worldview and experiences were as a child. I was not aware of the impending collapse of the earth's ecosystems, or the eradication and extinction of plant and animal species worldwide. My world was filled with hope, filled with wonder, and full of possibility. My worldview mirrored what I observed in nature.

Although we were not farmers, my family had a very close relationship with nature. We got our hands dirty cultivating two vegetable gardens every year and usually harvested enough cucumbers, corn, potatoes, beans, and squash to get us through the fall, and sometimes most of the winter. From my father I also learned how to identify trees, use a chainsaw, read the grain of wood for selecting lumber, how to tap maple trees and boil the sap to make maple syrup.

Much of this knowledge I have forgotten. However, I strongly believe that my interactions with nature as a child and young adult helped to make me a better person. I can qualify this statement further by saying that my interactions with nature helped me become a more patient, more observant, perhaps even a wiser adult.

What does this all have to do with school gardens?

We are increasingly becoming a world where nature is observed through glass, such as a car window, or a television and a computer screen. Nature is increasingly something that we are divorced from, that happens somewhere else, is apart from us rather than a part of us. This nature deficit has been linked to many of the physical, social, spiritual, and psychological issues that children and youth face today.

Moreover, much of these problems stem from what is referred to as *overload and arousal* (Ulrich and Parson, 1992). Children and youth are frequently bombarded by noise, movement, and complexity that can be physiologically and psychologically overwhelming and stressful. Conversely, in an article entitled *Human issues in Horticulture*, Diane Relf explains that more natural environments such as gardens have been shown to reduce feelings of stress and anxiety.

When students develop and cultivate gardens it gives them a chance to interact with the natural world. Students benefit from school

gardening programs through greater ecological and environmental awareness, access to fresh food, an increased awareness of good nutrition, additional exercise, and the added benefit of creating aesthetically pleasing landscapes. Studies have shown that "garden-based learning programs result in increased higher learning achievements, and increased life skills for our students." (Cornell University, Garden Based Learning, 2011)

Furthermore, Relf goes on to argue that gardening has an important role to play in creating a stronger sense of community. When people come together and interact around shared values, the goals or values might set them apart from other groups. She states that:

Plants play a role in the development of healthy communities in three distinct ways:

- by providing a physical condition or appearance that makes people proud to be considered part of the community and by enhancing the economic and social condition of the community;
- by providing opportunities for sharing of values, interests and commitments that open the door to friendly association and lead to further cooperation which has the impact of demonstrating the individual's ability to have control and responsibility for changes in the community;
- by providing a surrounding that is more comfortable physically in which to live and work.

(Relf, Human Issues
in Horticulture, 1992)

By building a school garden, students, teachers, and community members have the opportunity to come together around a wide range of shared goals and values.

Lastly, though the creation of a garden, the planting of seeds, and caring for plants, students learn that nature can't be rushed. They learn responsibility by fostering plant growth through watering, weeding, fertilizing, and pruning. They can also experience hope, wonder, and the satisfaction of working hard to achieve something positive such as a harvest, or creating a great space to socialize with their friends. They can also be disappointed and learn from their mistakes, as well as gain a bit of wisdom through the realization that even when we do everything right, other factors beyond our control often have a hand in the success and failure of a garden.

Lansdowne First Nations Silver Jewelry Order Form

Custom designed and made by John Lancaster

Name: _____ Phone: _____

Pin / Pendant 1 $\frac{3}{4}$ " \$ 65.00 each

Design	Quantity	Price	Total
Hummingbird	_____	_____	_____
Moon	_____	_____	_____
Sun	_____	_____	_____
Eagle	_____	_____	_____

Bracelet 1/4" \$ 55.00 each 3/8" \$ 65.00 each 1/2" \$ 85.00 each

Design	Quantity	Price	Total
Eagle	_____	_____	_____
Hummingbird	_____	_____	_____
Raven	_____	_____	_____
Orca	_____	_____	_____

Earrings \$ 30.00 pair

Design	Quantity	Price	Total
Eagle	_____	_____	_____
Hummingbird	_____	_____	_____
Raven	_____	_____	_____
Moon	_____	_____	_____

Indicate if this is a gift: YES Please call when gift is ready for pick up:

Name: _____ Phone Number: _____

PLEASE MAKE CHEQUES PAYABLE TO LANSDOWNE MIDDLE SCHOOL

Please return order forms with payment by Friday, November 18th



Check out the jewelry designs on our school website

www.sd61.bc.ca/school/lansdowne

or on page 10

Also, sample jewelry will be on display in the school foyer from November 3rd to 18th.



Lansdowne Middle School
2011 United Way Jewelry Sale
Custom designed and crafted by
John Lancaster

Pin / Pendant 1 $\frac{3}{4}$ "

\$ 65.00



Moon Pin Pendant



Eagle Pin Pendant



Sun Pin Pendant



Hummingbird Pin Pendant

Bracelet 1/4" \$ 55.00 each 3/8" \$ 65.00 each 1/2" \$ 85.00



Orca Bracelet



Eagle Bracelet



Raven Bracelet



Hummingbird Bracelet

Earrings \$ 30.00 pair



Moon Earrings



Eagle Earrings



Raven Earrings



Hummingbird Earrings



SCHOOL CLOTHING ORDER FORM

(see page 6)


NAME: _____

Advisory _____

All orders must be in the office with payment by Friday, November 18th
Please make cheques payable to: LANSDOWNE MIDDLE SCHOOL

Indicate if this is a gift: **YES**

TOTAL COST _____

SIZE	ITEM NAME	PRICE	QTY	TOTAL
Adult: XS S M L XL	Zip Hoodie with "LMS" on left chest Basic Sea Slate Deep Black Blue Grey Pink	\$42.00		
One Size	Blue Silicone Lansdowne Wristband	\$ 3.00		
Youth: L XL Adult: S M L XL	Sweat pants with "Flyers" on back Navy Grey Black	\$32.00		
One Size	Royal Blue Lansdowne Lanyard	\$ 3.00		
Youth: L XL Adult: S M L XL	Hoodie with "LMS" across front Navy Grey Black	\$39.00		
Adult: S M L XL	I  LMS T-Shirt White Black	\$15.00		

Please call when gift is ready

For pick up: Name _____ Phone _____

Sample clothing will be on display in the school foyer from November 3rd to 18th.