

Newsletter



**Lansdowne
Middle
School**

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

October 4, 2011

Calendar Dates



October 2 to 7

- Walk/Bike to school week

October 10

- Thanksgiving Holiday

October 12

- PAC Meeting 7:00 Library

October 21

- Pro-D Day

October 25 & 26

Unless the current contract issues are resolved before then, these **Parent-Teacher Meetings** are cancelled and we will be in session regular school hours (no early dismissal). Please feel free to contact your child's teacher(s) directly if you would like to discuss your child's learning needs or get an update on his/her progress.

October 28

- Student Photo Retakes

*WELCOME TO OUR NEW FAMILIES, AND
WELCOME BACK
TO THOSE RETURNING TO LANSDOWNE.*

Our School Goals for 2011–2012 focus on:

1. **Personal & Social Responsibility**, with a particular emphasis on the further implementation of **Positive Behaviour Support (PBS)**– teaching, reinforcing, and supporting the 5 Practices (see below)
2. **Improvement in Mathematics**, with a particular emphasis on applying assessment *for* learning strategies in mathematics as well as further development of computation skills.

We're off to a great start to the 2011-12 School Year.

Check out this newsletter for information about our many great programs and activities.

Wishing you and your children a wonderful school year,

Ken Andrews, Principal

The 5 Practices of Personal & Social Responsibility at Lansdowne

Be Present

Sois Présent/Présente

Be Punctual

Sois Ponctuel/Ponctuelle

Be Prepared

Sois Préparé/Préparée

Be Positive

Sois Positif/Positive

Be Productive

Sois Productif/Productive

iWalk 2011

International Walk/Bike to School Week

October 3 to 7

News From the . . .

Lansdowne PAC

The Lansdowne Parent Advisory Council held its first meeting of the year on September 14th. Thanks to all the parents who attended! The positions of Vice-President, Member-at-Large and School Planning Council representative are still open. Please contact Jennifer Hill at lansdowne.pac@vcpac.ca if you are interested in getting involved. The PAC Executive members for this year are:

PAC Executive Members 2010-2011

President: Jennifer Hill

Vice-President: vacant

Treasurer: Jenny Izard

Co-Secretaries: Connie Antonsen; Linda Frodyma-Beaudet

Members-at-Large: vacant

You can contact any of the executive members at lansdowne.pac@vcpac.ca

Next PAC Meeting: Wednesday, October 12th

Lansdownes Annual PAC Contribution Drive

October is the month for Lansdowne's Annual PAC Contribution Drive. Fundraising activities.

Provincial gaming revenues and parent contributions provide funds to support PAC projects such as class field trips and the SafeTeen program. This year we also continue our work to improve the school's outdoor playground facilities.

Your financial contribution will help achieve this goal and support other PAC projects!

Look for a PAC contribution request letter in your child's backpack, and please consider making a contribution to the PAC. *Any and all* contributions are gratefully accepted. For a contribution of 20\$ or more you will receive a charitable donation tax receipt from School District 61

Lansdowne PAC Fundraising Reminders

Thrifty Foods Smile Cards

We are part of the Thrifty Foods community donation program. Thrifty Foods will donate 5% of every purchase made on a Lansdowne coded Smile Card to our school to a maximum of \$3,000.

Remember to load up your Thrifty Foods smile card the next time you're getting groceries, it is such an easy way to support our school!!

If you don't have a card, please contact the PAC at lansdowne.pac@vcpac.ca and we will arrange to get you one! □

Other Fundraising Opportunities

Just mention Lansdowne School when you make a purchase and a percentage of your purchases goes to Lansdowne!! It is such an easy way to support our school, please remember to mention Lansdowne when you shop at the following stores:

- **Cobbs Bread** (Oak Bay Avenue and Shelbourne locations)
- **M&M Meat Shops**
- **The Soap Exchange**

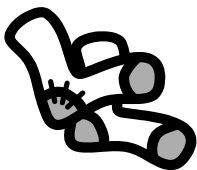


Would you like to be a PAC classroom representative for your child's advisory? If so please contact Kathie Wagner at 250-388-5279 or e-mail her at Katmaneve@telus.net.

6th Annual Holiday Emporium

This December, the PAC will be organizing our annual Emporium – it is a popular event that gives a chance for the children to buy gifts for their loved ones without breaking the bank!

So before you donate gently used items to your favourite charity this fall, think about saving them for our big event. We'll be asking you bring your donations to the school starting in November.



SOCKS AND GLOVES WANTED

Does your family have a 'sock bag' you know the place to put all the single socks who have lost their mate? Lansdowne is getting earthquake prepared and would love sock/glove donations from our students. Please bring all socks and gloves to school this month. A donation box will be in the foyer.

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	TBA	Mitchel an
Eco Action Club	Wed at recess and as needed	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
Games Group (including chess)	TBA	Mitchel
Cross Country Running	October	Ms. Huston
Jazz Band	Mon lunch, Thurs after school	Mr. Lienard-Boisjoli
Concert Choir	Mon after school, Thurs lunch	Mr. Lienard-Boisjoli
R & B Band and Vocal Jazz	Tues & Wed. after school, Fridays lunch	Mr. Rawson
Seaquarium	Ongoing	Ms. Kilpatrick
Basketball – Gr 6/7 boys	Mid-October to December	Coach Required—please contact Mrs. Lidstone.
Basketball – Gr 6/7 girls	Mid-October to December	Coach Required—please contact Mrs. Lidstone
Basketball – Gr 7/8 girls	Mid-October to December	Coach Required—please contact Mrs. Lidstone
Youth Creating Inclusion	Friday at lunch	Mitchel and Ms. Spies
Me to We	TBA	Mr. Leblond
Homework Club See Page 8	In the Library (all students welcome), 2:50 to 3:30 Monday to Thursday	Mrs. Logan

**FREE MONEY! Parents of Music Students:**

The purchase of Fairway gift certificates can earn your band student and or the Lansdowne Music Program CASH. With a minimum purchase of \$100 in Fairway gift certificates from Lansdowne Music Parents Association (LMPA), 7% goes directly to your child's music account. So \$100 in groceries for you equals \$7 towards your band student's next music trip, school instrument rental, or Lansdowne music t-shirts. Certificates are available in denominations of \$10, \$20 and \$50.

COACHES NEEDED - Lansdowne is in need of basketball coaches for a grade 6/7 Girls or Boys team and a Grade 7/8 Girls team. If you are available to coach after school, please contact Marianne Lidstone at 250-598-3336 or by e-mail at mlidstone@sd61.bc.ca. Basketball sea-

**News from the Library.**

On September 30, Eric Walters, an award winning Canadian author, gave a presentation to the grade 6 and 7 English classes. His engaging talk kept the students laughing, entertained, and ready to read his books. Check back in the library soon for some new Eric Walters books.

Upcoming library/literacy dates.

October is Canadian Library Month

Monday, October 24th Drop Everything and Read (DEAR)

Please check the library blog for more details and updates.

<http://www.lansdownelibrary.blogspot.com/>

Ms Spies
Teacher-Librarian

TRAFFIC SAFETY AT LANSDOWNE

As our school is located at the intersection of two main roads (Lansdowne & Richmond), we are constantly working on reducing the associated risks. In that regard, a big THANK YOU to parent Neil Arason and our PAC, Eric Diebert from the District of Saanich Engineering Department, and the Saanich Police Department, who have been working with us to address some of our safety concerns. The following goals have now been achieved:

1. A pick-up/drop-off zone along Richmond Road – no parking there from 8:00 to 9:00 a.m. and 2:30 to 3:30 p.m. (please see further information in “Getting TO and FROM Lansdowne” article)
2. A pedestrian controlled lighted crosswalk on Richmond Road
3. A 30 km per hour school speed zone along Richmond Road

Two further goals we’ll be continuing to work toward:

1. A 30 km per hour school speed zone along Lansdowne Road
2. Safety features (perhaps a railing or some other separation between bus-riders and the curb of the busy street) at the Lansdowne bus stop across the street from the school. (If your child rides the bus to and from Lansdowne, please see the following “Bus Stop Safety” article)

My hope is that, working together as a community, we can continue to reduce the risks.

Ken Andrews, Principal

BUS STOP SAFETY

For Lansdowne students who take the bus, **safety is critical**. Crowding and jostling at the bus stop across the street from the school on Lansdowne Road is a cause for real concern, as traffic on this road is **very** heavy. As our seasons change, and the weather becomes wetter and darker, students must be attuned to the elements, heavy traffic and other riders. If your child takes the bus, please emphasize the importance of not engaging in the following unsafe or inappropriate behaviors while waiting for and riding the bus:

- throwing objects (food, shoes) into traffic
- students darting into traffic to retrieve items tossed or kicked into the road
- students running and pushing to catch the first bus or the bus first
- too many students at one stop
- waiting on private property
- inappropriate language
- skateboarding on sidewalk past students/other riders at the bus stop
- foul language, food throwing, and roughhousing on the bus (upstairs on the double decker)

Students who catch either the #4, the #8 or the #23 bus have been encouraged to emphasize appropriate bus behavior in terms of getting to the stop appropriately, waiting patiently, and behaving appropriately once on the bus. Our students are aware that if identified as behaving in an unsafe manner at the bus stop or on the bus, they may have to wait at school and catch a later bus.

As well, **all students who catch the #8 bus should do so on Richmond Road** where, although there is no crossing guard, the crosswalk itself is lit, the speed limit is 30 kmh, and the stop site is roomier. Students who catch the #8 on Richmond Road will alleviate some over-crowding at the Lansdowne stop.

Jennifer MacDonald, Vice Principal



Getting TO and FROM Lansdowne: Transport, Drop Zones, and Parking Info

Whenever possible, we encourage students to walk, cycle, or bus to school, both for the fresh air and exercise as well as to reduce our carbon footprint on the environment. In fact, **October 3rd to 7th is International Walk/Bike to School and Work Week**. If at all possible, during this week, we encourage students to challenge themselves to walk or bike to school if they're not doing so already, and then try to turn this week's "challenge" into a longer term healthy lifestyle choice.

Nevertheless, we know that, for some families, using a car to drop and pick up your child is a necessity. To help reduce traffic congestion, Lansdowne Middle School has two drop off and pick up locations – the Lansdowne Road parking lot and the Richmond Road pull off drop/pick up zone.

The Lansdowne Road parking lot is designed for parents/guardians to move smoothly through the parking lot while allowing some vehicles to park and wait. This parking lot has two lanes; one is a drive thru lane and the other is a drop off lane. The inside/drop off lane allows parents the ability to drive to the front of the lane, stop, and drop off students toward the field side so they do not walk in front of moving vehicles. The outside/through lane is for vehicles to drive through and out of the parking lot to reduce congestion. Once parents have dropped off their children, they can either continue out the drop off lane if traffic permits or pull into the through lane to exit the parking lot. There are also parking stalls available for staff and guests to park, and to drop off and pick up students at the end of the day. If you usually come to the school to pick up your children, please pull into the parking stalls and turn off your engines while you wait for your children. This will allow less congestion and more vehicle movement.



The Richmond Road drop off/pick up pull off zone is there for that purpose only. Please pull off to the side of Richmond Road in the marked locations, ensure your children exit the vehicle to the curb side for safety reasons, and then exit the drop zone yielding to traffic. This zone can also be used as additional parking from 9:00am – 2:00pm or after 3:30pm; however, at the start and end of the school day, there is no parking along this stretch of Richmond Road and Saanich Police are monitoring this zone to ensure its availability to our parents during the drop off and pick up times.

Please note that the Richmond Parking Lot (by the band annex) is for staff parking only. It is *not* a pick-up/drop-off zone. Also, please do *not* park in the parking lots of neighbouring organizations (such as GAP or Knox Church) as they use their lots for their own purposes.

INTERNATIONAL



International Walk to School Week (iWalk 2011)

Lansdowne Middle School will be participating in the **International Walk to School Week** program during the school week of October 3-7. The Eco Club students will be helping during this exciting week handing out stickers and encouraging students to stay active!

A total of 230 schools with 90,000 students are set to participate in this event to promote and celebrate the many benefits of walking and cycling. Students who walk (or bike) to school can improve their health, promote community safety, enhance community building, and reduce environmental impacts to the community.

For more information, visit <http://www.dashbc.org/> or <http://www.hastebc.org/>

STUDENT LEADERSHIP

Student Leadership for all grade levels begins on Monday, October 3rd at 8:00 a.m. in room 105. We will meet each Monday morning to train, plan and develop as student leaders. Stay tuned for some exciting training opportunities at all grade levels. See you on Monday mornings.

Welcome Solana and Julia-Anne

The counselling team is excited to welcome two University of Victoria School of Child and Youth Care Practicum students- Julia-Anne Cameron and Solana Ott. They will be learning and supporting students throughout the school year... stay tuned for more information in the upcoming months!

HOMEWORK CLUB is starting up again this week.

Located in our school library, Lansdowne's Homework Club operates four days a week after school (every weekday except Friday), offering academic support in both English and French for 40 minutes immediately following the school day until 3:30 p.m. During this time, an educational assistant provides a quiet and structured environment for students to complete their homework and get additional support in their learning. No registration is necessary; your child simply needs to show up in the library after school with schoolwork to complete. You may want to instruct your child to get his/her Student Agenda signed each day by the Homework Club supervisor (to indicate his/her attendance at Homework Club) so that you can follow up accordingly at home. Used appropriately, our Homework Club may provide just what your child needs to further support his/her academic success. Depending on your child's work habits and learning needs, you may want to encourage (or even require) your child to attend our after-school Homework Club.

Ten Tips for Parents of Middle School Aged Kids



1. If you and your child have fallen out of your bedtime routine this summer, get back into a solid routine! A week before the first day of school is a good time frame in which to begin.
2. Plan and shop for [healthy breakfasts and lunches](#) a week in advance. This will save you precious time and prevent much stress in the long run!
3. Go back to school shopping together. Most middle school teachers will provide specific lists of supplies for their classes. Your area's office supply store may also have local school lists on hand. Shopping from a teacher-supplied list will ensure your child has the right supplies, and could save you a ton of money and time.
4. Starting middle school can mean a new building, lockers, and possibly moving from classroom to classroom for each subject. Pay a visit to your child's new school the Saturday before opening day. A tour around the new campus can be a simple way to ease the first day jitters. Encourage your child to keep a small notebook with her where she can jot down reminders such as her locker combination or lunch time.
5. As much as you may dislike it, middle school is usually the time when fashion becomes important to kids. If you're not already familiar with your school's dress code, check your school's website for a list of dos and don'ts. Take this opportunity to set clear guidelines about the type of clothes your pre-teens are permitted to wear, whether or not makeup is allowed, and talk about personal hygiene. Set clear standards with your child about her clothing allowance.
6. A move to middle or junior high school means more responsibilities. If you find that your child needs help managing his new middle school schedule, set up a daily assignment checklist to keep at home and review daily.
7. At this age kids may pull away and not talk to you as much. This type of middle school behavior can sometimes be influenced by peers or life changes—such as attending a new school. Continue to ask questions and be engaged with your kid. He needs you!
8. Around ages 11, 12, and 13, shifts occur in kids' thinking. Keep them engaged in school and learning. Encourage their curiosity. Many are strongly influenced by friends; so if they have friends who only want to socialize and not learn, emphasize the importance of having friends and working hard to learn.
9. Because kids this age have strong emotions, they tend to either “love” school or “hate” it. If your child happens to “hate” school, help her identify parts that are more enjoyable—even if they are recess, gym, and lunch.
10. Most kids at this age think there is too much homework in middle school. Emphasize how homework helps kids learn. Do homework with them. Make it fun. Applaud their learning and new knowledge.

BOYS AND GIRLS CLUB SERVICE OF GREATER VICTORIA**PARENTING PROGRAMS**

Fall Sessions 2011

INFORMATION SHEET**UPCOMING EDUCATIONAL & GROUP SUPPORT PROGRAMS****Parenting Without Power Struggles**

- For parents of preteens (8-12 years)
- Provides an overview of how families may be affected as children change/develop from preteen to teen
- Offers support, understanding, problem solving ideas, and skill development
- 10 week program held in a location close to you!

Program Dates: Program begins first week of October! 6:30-8:30pm

Free Child-minding Available

Participant Fees: \$30/person, \$45/couple and \$20 for program manual»- Subsidies Available

Must pre-register as class size is limited

Parents Together

- For parents of teens (13-19 years)
- Offers opportunities to strengthen your relationship with your teen, and honour their growth toward adulthood
- Suggests different ways of looking at your situation, presents additional skills to solve problems at your own rate, and supports and encourages you to follow through on your plans for change
- 11-12 week+ program (participants are welcome to attend until their needs are met).
- Held in a location close to you!

Program Dates: Programs begin the first week of October! 6:30-8:45pm

New participants are welcome to join on an ongoing basis.

Participant Fees: \$30/person, \$45/couple and \$15 for program book - Subsidies Available.

Must pre-register as class size is limited

These programs have been designed to help support parents in the most important task of all - raising their families!

For more information call Jan Townsend at 250-384-9133, Ext. 222. A full description of both programs can be found on our Website.

www.bgcvic.org

Transitions can be difficult, whether it's moving to a new school, moving to a different town or for an adult, starting a new job. In the following article, one of our students courageously shares some of his challenges and the coping strategies learned while transitioning to Middle School.

Transitioning to Middle School



When I transitioned to Middle School, it was exciting, but hard!
Here's my story:

When I first went to Lansdowne I thought it would be exciting but more work. It was exciting for the first few weeks, and then when I got into a routine, the home sickness started.

There are a lot of new things in Middle School. Some of these things affect some students more than others. The things that affected me the most was the change of schools. Some challenges are the new people and where the rooms are located. In Lansdowne's case, it is much much bigger than my old school Quadra.

Some advantages of Middle School are that you have more independence and different classes so you don't have to sit around in the same class all day like in elementary.

Some ways to cope with these changes are deep breathing to help you relax. Also knowing that your emotions don't have to control you and your thoughts don't have to control you either. You can control them! Your thoughts can also help you if you make them positive. Instead of "Oh no 20 more minutes" you can think, "Yes, only 20 more minutes".

Middle School is a privilege so you can either savor it or dislike it; either way, you still have to go!

By Josh Beaver



HEAD LICE AWARENESS



Outbreaks of head lice are common throughout the school year. Although head lice are a nuisance, **head lice are not a health risk.**

Head lice spread quickly by close, head-to-head contact. Lice cannot live on furniture or carpet, and they cannot jump or fly. There may be few or no symptoms, but itching may occur.

You can help by:

- Checking your child's head with the wet-combing method of detection once a week throughout the school year.
- Encouraging your child to wear their hair tied back, and avoid touching heads with other students.
- Using the wet-combing method of treatment if you notice lice on your child's head.
- Telling the classroom teacher if your child has head lice, so other parents can be notified.

For more information contact:

- Your local Health Unit
- Review the pamphlet "Wet Combing – How to Get Rid of Head Lice" available at your school and health unit

Health Units:

Esquimalt	250-360-5600	Victoria	250-388-2200
Saanich	250-519-5100	Sooke	250-642-5464

MedicAlert's No Child Without Program is at Our School

The *No Child Without* program offers a free MedicAlert membership to students who attend our school and are between the ages of 4 up to their 14th birthday. If your child has a medical condition, allergy or is required to take medication on a regular basis then you should consider a MedicAlert membership through this program. MedicAlert is your child's voice in an emergency,

MedicAlert membership;

- Gives emergency first responders immediate access to a your child's medical information on their Medic Alert bracelet or necklet
- Enables first responders to quickly obtain up to date medical information by means of the child's Electronic Health Record through the **24 Hour Emergency Hotline.**
- Communicates with the parent or emergency contact upon activation of the **Hotline**
- Allows free updates of the child's medical record as needed

MedicAlert identification can alert school staff, friends, coaches and others about your child's medical condition should an emergency occur.

For further information come to the office for a brochure or go to www.nochildout.ca.

To register your child you will need a *No Child Without* brochure from the office.

If your child is already part of the *No Child Without* program and there have been changes to their medical condition, medications or emergency contact information, call MedicAlert at 1-866-679-3220 Ext 1 to update your child's file.