



# The Lockerby Newsletter

## **LCS News Update (May 7-May 11)**

### Lockerby Student Off to Nationals in Skills

This week, Kayleigh Jeanveau took home the gold medal in the Prepared Speech category at the Ontario Skills Competition in Toronto! She represented the Rainbow Board after winning the district competition in March. Competitors from across the province spoke on the topic:

We are all responsible for our piece in the puzzles of family, community, and society. What role can the skilled trades and technologies play in weaving the fabric of Canada's communication at home and internationally; and how can they support us in being more socially responsible?

Kayleigh now qualifies to compete in the national competition in Edmonton, Alberta. Well done, Kayleigh and good luck!



### Hygge Conference

This week Lockerby celebrated Education Week and Mental Health Week with the Lockerby Hygge Conference. Hygge (hue-gah) is the Norwegian word for well-being and was a very fitting title for us Vikings. Grade 10 student leaders Raksheen and Rayaq helped facilitate this event and were integral to making this day a huge success.

The conference took place on Thursday, May, 10 and all Lockerby students were able to listen to keynote speaker Wail Shah. He shared his inspirational message through spoken word poetry to everyone.

Lockerby also hosted Grade 7 students from Alexander, MacLeod, Princess Anne, Copper Cliff and Lo- Ellen Park Elementary for an afternoon of workshops revolving around finding your passion, resiliency, yoga, music, and art. These sessions were hosted by Lockerby staff and alumni, RDSB staff, and nurses from the Public Health Sudbury & Districts who volunteered their time to help make this an amazing event. This day was made possible with help from Wolves-United and Speak Up grants.



Explore NOSM Event by Matt, Isaac, Abhi, and Cole

Six students from Grade 12 were able to visit the Northern Ontario School of Medicine (NOSM) this past Tuesday. They had the opportunity to take part in various activities, as well as learn about the admissions process. The activities that students participated in were performing simple interrupted suturing and reflex tests. They also learned how to take blood pressure from patients and to examine a real human heart and lungs. The experience was greatly appreciated and allowed us to expand our knowledge of the medical field. The main highlight for us was learning how the admission process works at NOSM. The staff and medical school learners were open to explaining their points of view and their challenges of becoming a doctor.



## Stand Up Speak Out Conference



Lockerby students had a chance to attend the Stand Up Speak Out conference held at Cambrian College and put on by the RDSB and the Student Senate. They learned about overcoming obstacles, building positive relationships and environments and how they can be positive role models and leaders in their school and lives. Students participated in many team building activities and listened to several inspirational speakers such as Connor LaRocque, who is featured in the photo. Special thanks go to our Lockerby Student Senate representatives, Mia Jensen and Sophie Tomlin for all their hard work during the conference.

## Game Night

Another fun night of games in the Library! Lots of excitement and laughter! We played fun games like Settlers of Catan, Kingdomino, Munchkin and 500 Rummy. Thanks Mr. Campeau for sharing your games with us!

I believe Mrs. Plourde was undefeated! Come join us at our next Game Night!



## Lockerby Composite Commencement (Monday, June 4th)

Preparations for Lockerby's Commencement ceremony are well underway. The ceremony takes place on Monday, June 4th in the Cambrian College gym beginning at 6:30 p.m. Please see the important

information below for graduating students under the “Student Services” section. There are no restrictions on the number of guests each graduate can bring (see attached letter).

## **Student Services**

### **Grade 12s**

#### Program for Commencement

Guidance has posted the names of students who will be identified in the Commencement Program and will be recognized for achieving special certificates. The names will focus on those students who, according to school records, have completed all the requirements for their STEP Certificate, Specialist High Skills Major in Health Care, Specialist High Skills Major in Mining, French Immersion Certificate, as well as Extended French Certificate. It is crucial for students to check this list to ensure there are no disappointments.

#### Community Service Hours

To date, 90% of our Grade 12 students have completed their community service hours. Graduates are reminded that this is a graduation requirement! These hours must be completed before the end of the school year or post-secondary plans are in jeopardy. Please be aware that on a regular basis Guidance staff have ensured student volunteer hours are posted; announcements are made promoting volunteer opportunities. Students have also received individual reminder slips as well as letters letting them know the exact number of community service hours still owing to reach their minimum 40 hours. It is now in the hands of students and their parents/guardians to ensure this crucial diploma requirement is completed.

#### Ontario Student Assistance Program - OSAP

The Ontario Student Assistance Program (OSAP) provides a number of grants, which are accessible to students who are moving on to post-secondary. Applying for OSAP does not mean a student has to accept a financial aid package, but it does entitle a student to many unique opportunities, such as sponsored job opportunities on campus. OSAP determines eligibility and amounts for grants and loans based on both student and parent information. Students can complete the OSAP application form found at <https://osap.gov.on.ca>.

## **Scholarships**

### Credit Union

Sudbury Credit Union is pleased to be offering seven \$500 bursaries to students who will be entering their first year of post-secondary education in September 2018. The bursaries will be awarded by random draw.

Students must meet the following criteria in order to be eligible:

1. The student, their parent/guardian or grandparent must be a member of Sudbury Credit Union.
2. The student must be entering their first year of post-secondary education in September 2018 and must provide a copy of their acceptance letter from the post-secondary institution they will be attending.

Applications can be found at [www.sudburycu.com/Bursary](http://www.sudburycu.com/Bursary) and, once completed, can be dropped off at any branch or submitted by email.

For more information, contact Christina Falcioni (Marketing & Communications Specialist) at Sudbury Credit Union (705)-682-0641 x4231

## **Grades 9 -12**

### **Enrichment**

#### Northern Ontario School of Medicine Summer Camp

The Northern Ontario School of Medicine's Camp Med Program is still accepting applications from interested secondary school students. Please click on the link for more information about the program and to apply <https://nosm.ca/campmed/>

### **Volunteer Opportunity**

#### Writing Opportunity with Youth Centres Canada

YCC is looking for youth who would like to collaborate with them on writing the next issues of their magazine. Youth ages 15-25 can join the writing team and will be provided with volunteer hours for any work they do. They also provide credit to the youth on the team!

#### Some possible - article topics include:

- Culture-Based Programs
- Youth Issues/Info for Youth
- Special Programs/Events
- Youth Initiatives/Recruitment for committees, etc.

Check out [www.youthcentrescanada.com/youth-writers](http://www.youthcentrescanada.com/youth-writers) to learn more.

If you know of students interested in joining the writing team, they can email [magazine@youthcentrescanada.com](mailto:magazine@youthcentrescanada.com). They can also contact the Magazine Editor, Whitney Roberts, at 1-800-429-6615.

#### iCanShine iCanBike - July 23th-27th, 2018

The vast majority of people with disabilities never have the experience of independently riding a conventional two-wheel bicycle during their lifetime. Research shows that over 80% of people with Down Syndrome never experience this thrill. Defying these odds is why iCanBike was established. iCanBike is a one-week program organized in association with Health Sciences North to provide a specialized program that allows children with disabilities to develop the skills necessary to ride a two-wheel bicycle independently. Volunteer to give the joy of independence to a child this summer. For more information, visit the organization's website - <http://icanshine.org/ican-bike-sudbury-on/> or contact Nicole Graham at [ngraham@hsnsudbury.ca](mailto:ngraham@hsnsudbury.ca) or call 705-523-7337 ext. 1461.

## Northern Lights Festival Boreal - July 5th-8th, 2018

Be an important part of the Northern Lights Festival Boreal. Join the team of over 250 volunteers, 20 areas to choose from. Apply online today at [www.nlfbsudbury.com/volunteers](http://www.nlfbsudbury.com/volunteers) or call 705-614-5512 for more information.

### **What's Happening in Classes This Week?**

#### Health and Wellness SHSM (Specialist High Skills Major) by Emily L.

Students ventured to Hamilton and Toronto on Wednesday and Thursday for training and to see a Blue Jays game. The first training course was taught at McMaster University where the students learned about ethical decision-making. The group was also given a chance to explore the McMaster University campus. That evening, the students went to a Jays game. The group cheered the Blue Jays to a victory as they danced with enthusiasm during the seventh inning, which earned them the honour of being featured on the Blue Jays Jumbo Tron. The next day consisted of an I.C.E. (Innovation, Create, Entrepreneurship) training. The students took a nature walk at the Albion Hills conservation area where they absorbed the scenery and experienced the importance of mindfulness. In the Albion Hills classroom, students separated into small groups and were asked to consider this question: How can conservation areas engage youth to spend more time outdoors instead of using technology? Each group created and provided their own ideas about how to solve this problem. At the end of the training, each idea was presented, allowing everyone to showcase their creativity and to learn from their peers. The Health and Wellness trip was one to remember. It was a creative way to incorporate fun, make new friends, and share good times, all while learning new information. Go Jays go!



### Grade 12 Health Care by Becca and Alana

We continued our project with our community partner Ashley Doucette-Tamane, who is a dietician at Grove's Your Independent Grocer. On Monday, she came to Lockerby and met with the Grade 12 med tech students. She presented a food demonstration, showing our class healthy lunch options and snacks. We were taught healthy choices that are both simple to make and inexpensive....and yummy!



### Healthy Active Living

Mr. Abols and his outdoor education students took the opportunity to test their leadership skills, team work and courage by participating in the Challenge Course at Laurentian University last week. Students had to climb a variety of high ropes courses followed by the thrill of riding the giant swing.



Eighty-four Grade 9 students took part in an afternoon of fun and physical activity on Thursday, May 3, during our 5<sup>th</sup> annual track and field day. Students had the opportunity to try out a variety of events which included long jump, triple jump, hurdles, high jump, pole vault, shot put, and relays. Interested student athletes are reminded that track and field sign up will take place on Monday, Tuesday, and Wednesday at lunch. See Ms. Augenstein and Ms. Stanyon for permission forms.



### Grade 9 Science

Grade 9 Science students attended Space Day at Science North and met an astronaut! Colonel Jeremy Hansen spoke to students about his journey to become an astronaut as well as the importance of space travel. Students then designed and built their own rocket and lander.



## **This Week in Athletics**

### Soccer

Girls' soccer defeated Macdonald-Cartier

### Track and Field

Track and field practice continues every day after school. Athletes interested should see Ms. Augenstein or Ms. Stanyon in the phys ed office.

### Tennis

Important dates for athletes on the tennis team:

- Preliminaries Tuesday, May 15th (all events except for Boys' Doubles)
- Wednesday, May 16th (Rain Day for Outdoor Events + Boys' Doubles)
- Boys' Singles James Jerome (Lily Creek)
- Girls' Singles Lo-Ellen
- Girls' Doubles Laurentian University
- Mixed Doubles Sudbury Indoor Tennis Centre (this event will run on May 15th regardless of weather and will be run through to completion)
- Boys' Doubles Sudbury Indoor Tennis Centre (this event will run on May 16th)
- **City Finals Thursday, May 17th**
- All events Sudbury Indoor Tennis Centre – 9:00 a.m. warm ups, 9:30 a.m. start
- **NOSSA Thursday, May 24th**
- NORTH SHORE (TBA)

Please make sure that your players are available for preliminaries, city finals, and NOSSA.

## **What Parents/Guardians Need to Know for Next Week**

Dan Watson, our social worker, is in the school on Thursday and Friday.

Monday, May 14: AP Biology exam

Tuesday, May 15: AP Computer Science exam

Wednesday, May 16: Students' Council Bake Sale

Thursday, May 17: Art Gallery of Ontario (AGO) trip; Coding Quest Arcade in the gym (elementary computer science)

Friday, May 18:

Have a terrific weekend and happy Mother's Day!

## Let's Connect



<https://www.instagram.com/lockerbycomposite/>

<https://twitter.com/lockerbynet>

<https://www.facebook.com/lockerbyvikings/>

<https://lockerby.rainbowschools.ca/>

