

The Lockerby Newsletter

LCS News Update | April 6 - 9, 2020

DISTANCE LEARNING: WEEK 1...DONE!

Viking staff would like to thank the entire Lockerby Composite School Community for their patience as we continue to navigate these new turbulent waters. We're all very happy to have been able to reconnect with everyone and to be able to support each and every student as we begin to create our new supportive learning environment. We're hoping that after our first week, we've been able to continue to build a sense of belonging in our new virtual space! We know that there will still be many bumps along the way in the coming weeks, but we know we're off to a great start!



**Thank you
Vikings for a
great first
week online!**

**Enjoy the long
weekend**

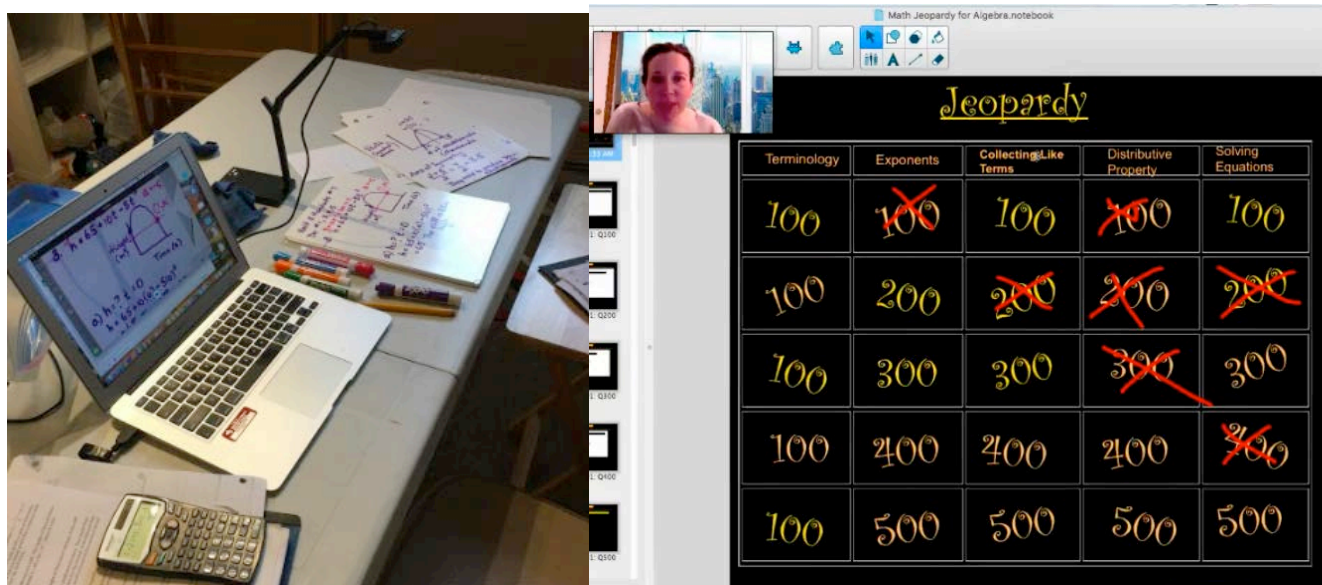


Keep reading this week's Newsletter for further information regarding Rainbow District School Board's Distance Learning Plan (starting on Page 9).

ONLINE LEARNING AT ITS FINEST!

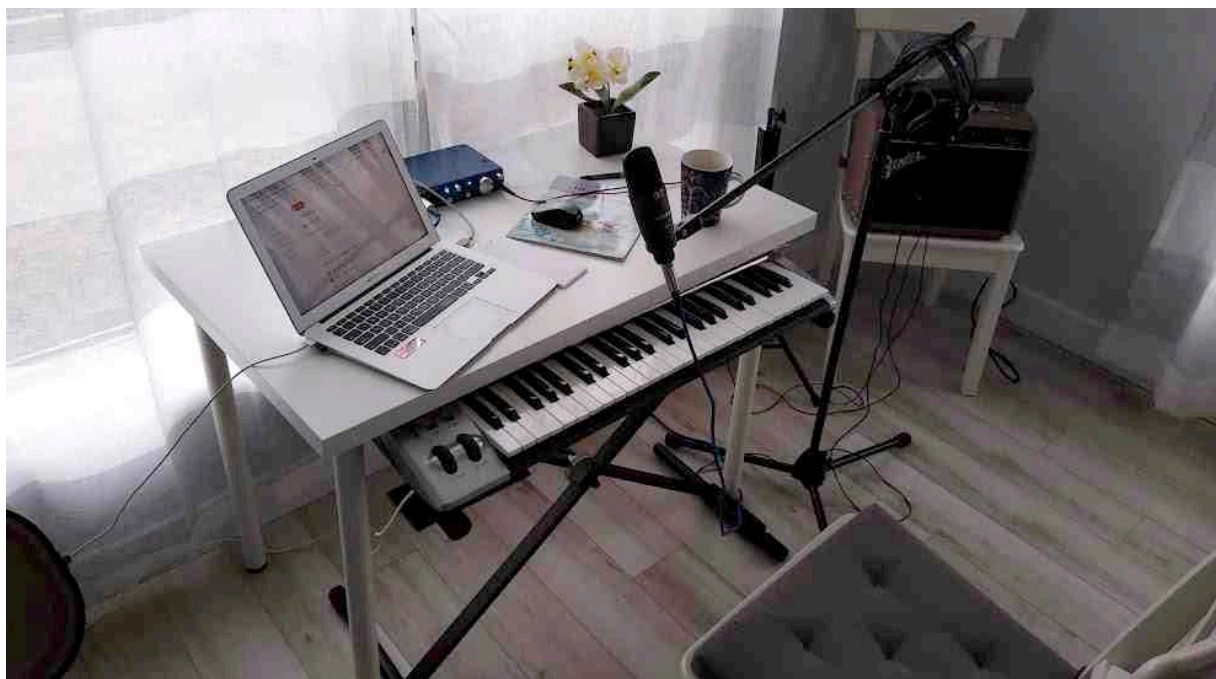
Mathematics

Whether it's Mrs. MacLennan teaching her students about 'Solving Quadratic Word Problems' with the use of a document camera through a live lesson Google Meet, or Ms. Svalina doing a 'Jeopardy Review Game' with her Grade 9 students, math-tastic things are happening virtually!



Music

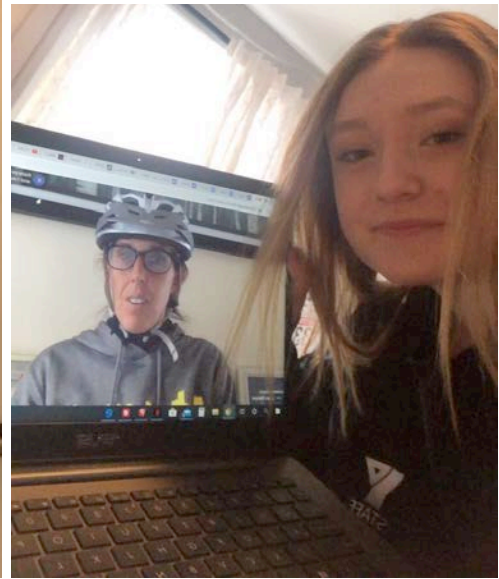
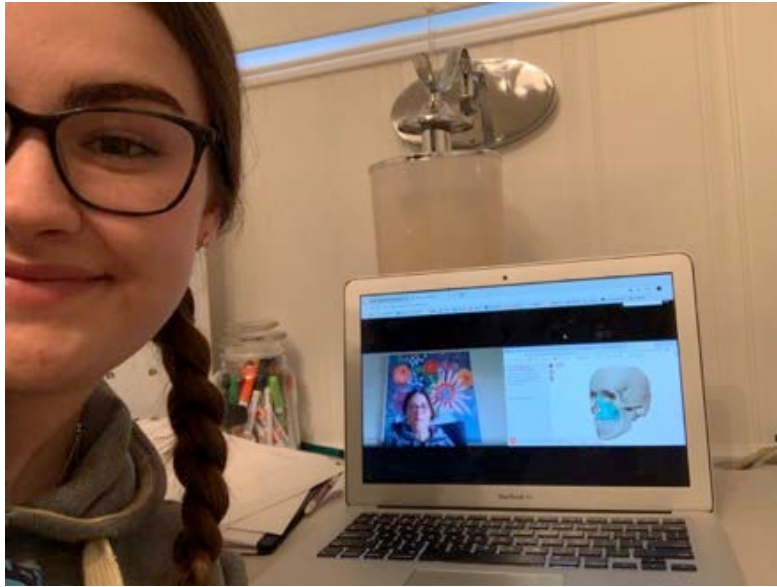
With Mr. Jensen's guidance and support from his 'at-home studio,' Lockerby Composite School band members have been busy creating some musical compositions using a program called 'Soundtrap.'



ONLINE LEARNING AT ITS FINEST!

Kinesiology, Healthy Active Living, and Outdoor Education

This week, Ms. Augenstein's Grade 12 Kinesiology class used the *Visible Body* online website and app to identify the unique features of the bones of the skeletal system. Mme. Stanyon's Physical Education class also had the opportunity to learn about how to be active from home!



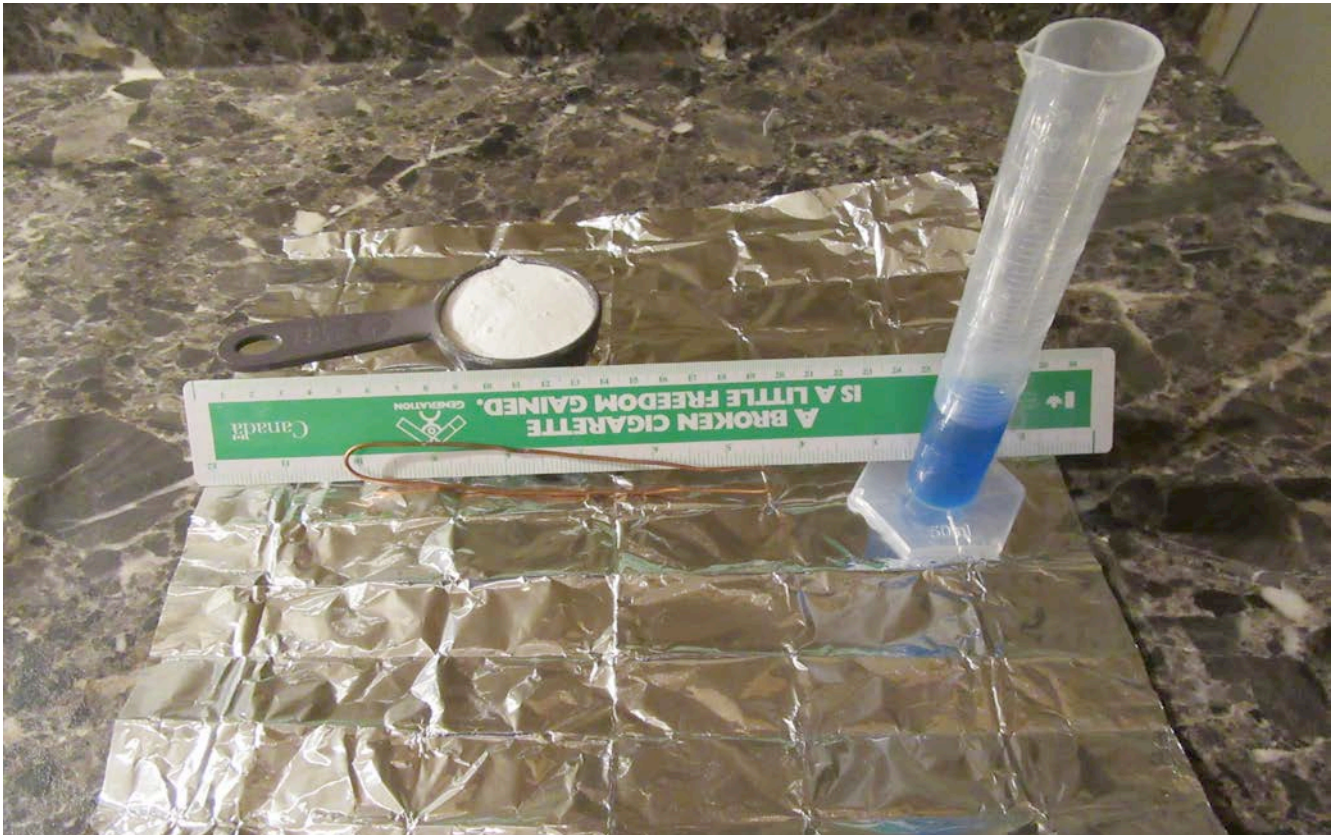
The Outdoor Activities Class ventured outside (into their yards) this past week and collected natural materials that could be used to start a fire in the wilderness! They also demonstrated that they could properly sort and organize the materials in order to build a fire that would light easily and provide sustained warmth. Of course, they did not light the fires as they also learned the importance of and rules concerning restricted fire zones!



ONLINE LEARNING AT ITS FINEST!

Science

In Mr. Abols' Grade 11 Chemistry class, students were able to discover the mole concept, while using household items (baking soda, copper wire, aluminum foil, and water) to investigate and determine a substance's mass, moles, and particles!



Technological Studies

While not all of the units in the Exploring Technologies course can carry on as usual, the design sketching unit is one that adapts fairly well to students staying at home - as Julia H.'s excellent perspective sketch attests!



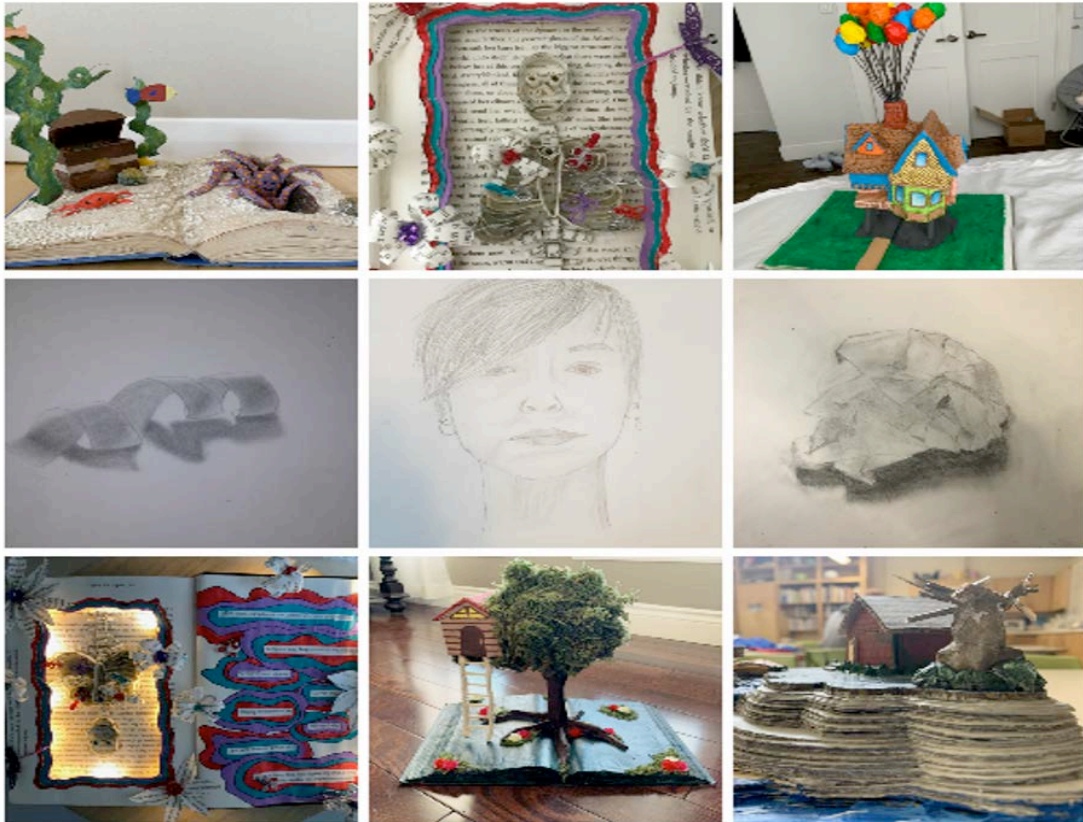
Fantastic!



ONLINE LEARNING AT ITS FINEST!

Visual Art

Although learning and teaching remotely offers a range of challenges, Visual Arts students have embraced all challenges and have come up with some incredible work! Grade 9s just started their value drawing unit, while Grade 10s are working on self-portraits. Check out the finished photos of our senior student's altered books. Way to go Vikings!



Français

Je me douche . . . je me rase . . .

Nos étudiants francophiles savent conjuguer les verbes réfléchis!



Très Bien!



ONLINE LEARNING AT ITS FINEST!

English

The English Department was hard at work this week! From attending Google Meet live classes, to responding to emails, to working on assignments, and to writing positive and kind messages to teachers and your classmates, students showed the true Viking spirit of resilience, compassion, and determination. In particular, Ms. Rodriguez would like to thank all of her students for their participation, patience, and understanding during the transition to Distance Learning this week (and to wish them a very Happy Easter)! Ms. Rodriguez and her daughter are certainly excited to be doing their own schoolwork again and enjoying their new and improved classroom work space (they setup last weekend)!



Student Services

Ms. Baggs was hard at work making videos to help support all Vikings with tips and tricks about self-care during these times!



Continue Practicing!



LOCKERBY COMPOSITE SCHOOL'S 25TH ANNUAL CANCER DRIVE

On behalf of the Lockerby's Kids Caring for Kids Cancer Drive Committee, we hope you all are doing well and staying safe during these uncharted times. As hard and confusing as they may be, we have chosen to not let it dampen our spirits! As Lockerby's 25th Cancer Drive draws near, our committee has been working harder than ever to make this year the best one yet, proving once again how resilient Lockerby students are!

At this time, we would like to introduce and welcome our six *new members*:

Caston A.
Sophia L.
Summer L.
Alison S.
Mariam S.
Darren T.



We would like to thank all of our returning members for their commitment:

Co-chairs:

Vanessa C. and Rebecca S.

Returning members:

Dulain A.
Ava B.
Kaitlyn B.
Avery C.
Sophie D.
Staysha K.
Jordan M.
Abigail O.
Nethra W.



Our committee is only a small reflection of Lockerby's spirit and determination to continue to support pediatric cancer care in the north. We hope all of you are getting as excited about Cancer Drive as we are! Be sure to put the following dates in your calendar so you don't forget:

Cancer Drive Night:

Thursday, October 29th, 2020

Lockerby's 25th Cancer Drive celebration at Northern Cancer Foundation (NCF):

Sunday, November 1st, 2020

A MESSAGE FROM RAINBOW DISTRICT SCHOOL BOARD

On Wednesday, April 8th, 2020, Rainbow District School Board provided updated information regarding their Distance Learning Plan. The entire document can be found on their website at www.rainbowschools.ca. In addition to the information that has already been shared in our Newsletter this week and last, student Google Classrooms, and on the Rainbow District School Board website, please see below for some additional/updated highlights:

Privacy

Technology offers many opportunities to keep connected and will be the primary means of communication with students and families during the school closure period. Rainbow District School Board's Administrative Procedures continue to apply while students learn at home.

Teacher Responsibilities

Rainbow District School Board remains committed to enabling students to reach their potential and to succeed. Teachers are central to ensuring this occurs and to meeting this challenge, always with the well-being of students first and foremost.

Student Responsibilities

In some cases, students without access to the Internet will not be able to participate in an online environment. Rainbow District School Board continues to work on an alternative plan to support these families. Along with the Ministry of Education, it is Rainbow District School Board's expectation that students complete assigned work. As always, students and families should connect with their teachers if they have questions or concerns. During distance learning, students will be required to adapt to new learning environments.

Graduating Students

Midterm marks will be entered for graduating students by April 20th, 2020 to meet the deadline to report grades to both universities and colleges. The graduation requirement to complete 40 hours of community involvement has been suspended for this school year.

Assessment/Evaluation/Reporting

Rainbow District School Board and the Ministry of Education's expectation is that students will do their best to complete all assigned work. Final marks will be entered in June, and will be based on work completed until March 13th, 2020, as well as work from April 6th, to the end of the school year.

Mental Health Supports

Students have been emailed to let them know their Social Worker is available. Those students have been given a phone number for their Social Worker. If there are any questions about mental health and well-being, students and parents/guardians are asked to please contact a member of the Rainbow District School Board's mental health team by calling 705-665-3339 or 705-669-7732 between 10:00am and 3:00pm, Monday to Friday. Please note that these telephone numbers are not crisis lines and they will not be monitored outside of designated hours.

A MESSAGE FROM RAINBOW DISTRICT SCHOOL BOARD

Parent/Guardian Responsibilities

The transition to distance learning may not be simple or easy for everyone. In the coming weeks, we know parents/guardians will continue to provide incredible support to your student(s), while managing a number of stressors. Rainbow District School Board wants you to know that they do not intend to place an additional burden on families. Rainbow District School Board knows that many parents/guardians are caring for elderly parents and young children, and many are still working during the day. Learning activities will be assigned to students with careful consideration of grade level, and accommodations that may be required for students. As Rainbow District School Board moves forward with distance learning, they ask for your continued support as they explore innovative ways to engage parents/guardians at home.



Guidelines for parents/guardians to support distance learning at home

We know the move to distance learning may not be easy for every family. Rainbow District School Board is sharing guidelines to help ease the transition.

Establish routines and expectations wherever possible

The absence of routine may make it difficult for some children to adjust. Try setting regular hours for your children's school work and keeping normal bedtime routines. Children should move regularly and take periodic breaks as they study.

Create a physical study space

Families are encouraged to establish a space/location where their children will learn most of the time. To help your child stay on task, try establishing a space where you are able to monitor your child's learning. Connect with your child's teacher for support and suggestions in this area.

Monitor communications from your child's teachers

Teachers may communicate with families through email, online learning platforms (such as Seesaw and Google Classroom) and/or by telephone. Encourage your child to explain the learning tools that are being used. Many of these online tools also have parent communication for your reference.

Check-in at the start and end of each day

Some children struggle with too much independence or lack of structure. By starting and finishing each day with a simple check-in, children can better process the instructions they've received from their teachers, organize themselves and set priorities. Secondary students may not want to have these check-ins, but we recommend they do nevertheless.

Play an active role in your child's learning

While some of the regular school day social interactions will be re-created on virtual platforms, others will not. Regularly circle back and engage with your child about what they're learning. It's important, however, that your child owns their work. Don't complete assignments for them, even when they are experiencing difficulties.

Establish times for quiet and reflection

Each family's circumstances are unique and will require families to not only adapt but to also do what's best based on their situation. Consider using headphones to create a quieter space to complete work. If your living arrangements allow, try finding different times or rooms for siblings to complete work to avoid distractions. Establish these parameters from the beginning to build habits of success.

Encourage physical activity and/or exercise

Remind your child to move and exercise. Research shows that increased physical activity links with positive changes in cognitive functioning, health, well-being and learning. Consider an online physical challenge and/or exercise class.

Be mindful of your child's feelings

Try to help children manage the worry, anxiety and range of emotions they may experience. Physical distancing can be seen as an opportunity to learn with your kids and increased family time. Stay connected through social media, phone or video calling with family and friends. You can also access [mental health resources](#) for support.

Monitor time spent online

Monitor the length of time your child is spending online. Communication is key and teachers will require your feedback in order to find the necessary balance.

Stay social, but set parameters for social media

Monitor your child's use of social media and the platforms they use. Remind your child/teen to be polite, respectful and appropriate in their online communications, and to represent your family's values in their interactions with others. Online interactions should continue to align with the school and board's [Acceptable Use](#) procedures.

Source: Peel District School Board

RAINBOW SCHOOLS MENTAL HEALTH AND WELLNESS TIPS

Mental Health and Wellness Tips for Families

Stick to a routine. Go to bed and wake up at the same time. Create a schedule that is varied and includes time for learning, work and self-care.

Hygiene is important. Shower or bathe every day. Wash your face and brush your teeth. Wear bright colors to enhance your mood.

Go outside. Try to spend at least 30 minutes outside every day. Concerned about contact? Try first thing in the morning or later in the evening, and avoid traveled streets and avenues. If you are high-risk or are living with someone that is, open the windows and blast the fan. Fresh air can have a positive impact on feelings.

Move your body. If you aren't comfortable going outside, search YouTube for free movement videos, or turn up the volume and have a dance party!

Reach out. Connect with others for support. Don't forget to do this for your children - they miss their friends too. Setup daily virtual play-dates with friends using technology.

Stay hydrated and eat well. Drink plenty of water, eat nutritious foods, and challenge yourself to learn how to cook something new. This is an activity the whole family can enjoy.

Play. Children often communicate how they are feeling through play. You may see themes of illness, doctor visits and isolation. Play is healthy for children and adults, helping to problem-solve and process the world around them.

Give space and time. This time without a traditional routine can be difficult. We must try to move with empathy and understanding through the challenging moments. Remind yourself that everyone is doing the best they can.

Create a private or quiet place for each family member. It is important that everyone has a separate space for work and relaxation. Help children identify a place to retreat when they need downtime. Together, create a cozy space using blankets, pillows, cushions, scarves, beanbags, tents and handmade forts.

Lower expectations. In our new situation, there is no road map. Be kind and take time to adjust.

Be gentle. We are all struggling with disruption in routine, especially children, who rely on them for safety and security. Expect increased anxiety, worries, fears, nightmares, difficulty separating or sleeping, testing limits and meltdowns. Do not introduce behavioral plans or consequences at this time. Instead, find ways to build on your emotional connection.

Focus on safety and family connection. Try to remember that these are scary and unpredictable times for us all. Focus on strengthening your connection through time spent together, play, books, and verbal reassurances that you are there for them.

Limit COVID conversation, particularly around children. Information is readily available and changes rapidly, leaving some of us scared and overwhelmed. Find a couple of trusted sources that you can check regularly, limiting the times per day and time spent researching. Always remember that children see and hear everything, and do not have the ability to process and place information into context. They need to know that you are able to continue to care for them and keep them safe.

Notice the good in the world - the helpers. There are great stories of people sacrificing, donating, and supporting one another. Try reading some positive information to balance the sadness.

Help others. Find ways, whether big or small, to give to others. Helping others can give you a sense of purpose when things seem out of our control.

Find a project and have some fun. Try a puzzle, start a game of Risk, paint a picture, read a Harry Potter book, binge watch a show, crochet a blanket or solve a Rubix cube. Stay busy and engaged as a distraction from the outside world.

Find lightness and humour in each day. Balance the worry you may be feeling with some humour and comedic relief.

Remember: This is temporary. It can be challenging to think of the road ahead. Remind yourself that although this is scary and difficult, it will pass. Soon you will feel free, safe, busy, and connected again.

**As always, be kind to yourself and others.
We are all in this together.**

WHAT PARENTS NEED TO KNOW FOR OUR 'ONLINE' CLASSES NET WEEK . . .

Monday, April 13th

- HOLIDAY

Tuesday, April 14th

Wednesday, April 15th

Thursday, April 16th

Friday, April 17th

Our Newsletter is back each week from now until the end of the year. We will be doing our best to get information to our Viking Community over the next several week. Our Newsletter will be our main means of communication for all of our families moving forward. Thank you for your patience!

Let's Connect

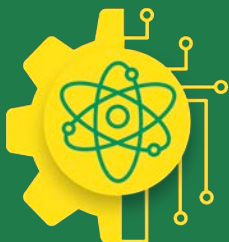


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