

The Lockerby Newsletter

LCS News Update | June 1 - 5, 2020

LOCKERBY STAFF BABY PHOTO CHALLENGE!

This past week, our Student Council invited the Viking community to guess which baby photo belonged to some of our staff members! Did you guess right?



MR. RUNCIMAN



MR. COLE



MS. DUMAS



WHO
DA
BABY?

STAFF EDITION



MR. WATSON



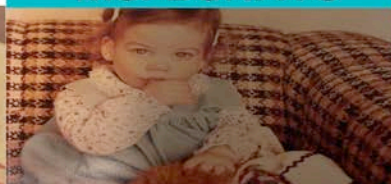
MS. DONATO



MS. MALO



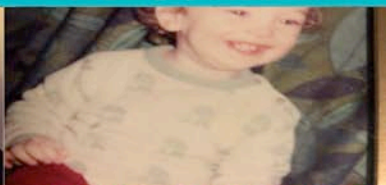
MS. SVALINA



MS. LEVAN



MS. MCNAIR



MME DESBIENS



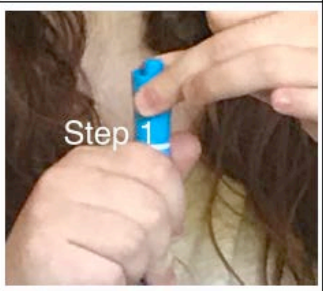
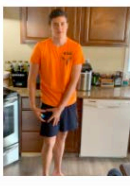
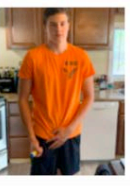
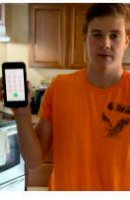
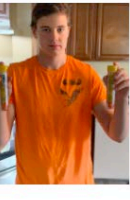
MR. FERRI

Keep reading this week's Newsletter for further information regarding updates about Rainbow District School Board and Lockerby Composite's Distance Learning Plan (starting on Page 12).

WHAT'S HAPPENING IN OUR ONLINE CLASSES?

Kinesiology and Health Care

In our Kinesiology and Health Care classes this week, our Vikings learned about 'Allergy Awareness' and how to properly use an EpiPen. They were then asked to find objects at home or create their own objects that resembled an EpiPen, take pictures of themselves or others following the steps they learned, and place them in tip sheets that could be displayed or used to explain the process to others. The following are select portions of Rhea L.'s and Matt H.'s tip sheets that they created. Great work everyone!

<p>Step#1: Remove the blue safety cap by pulling it straight up with the epi-pen grasped in the right hand.</p>			
<p>Step#2: You will grasp the epi-pen at a distance of 10cm away from the outer thigh. You must point the orange tip towards the outer thigh area.</p>		<p>Step 5: Where to Place the EpiPen Place the EpiPen against the outer middle part of your thigh as to inject directly into the muscle.</p>	<p>Step 6: How to Inject Epinephrine Push the EpiPen firmly against your thigh until you hear the orange injector click. (Hold in place for 5 seconds to allow epinephrine to completely empty.)</p>
			
		<p>Step 7: Call 911 After injecting yourself with the epinephrine, use your phone to dial 911 to receive follow up medical care.</p>	<p>Step 8: Bring Second EpiPen If symptoms do not improve after 5 minutes, administer a second dose by repeating steps 1-6.</p>

Law

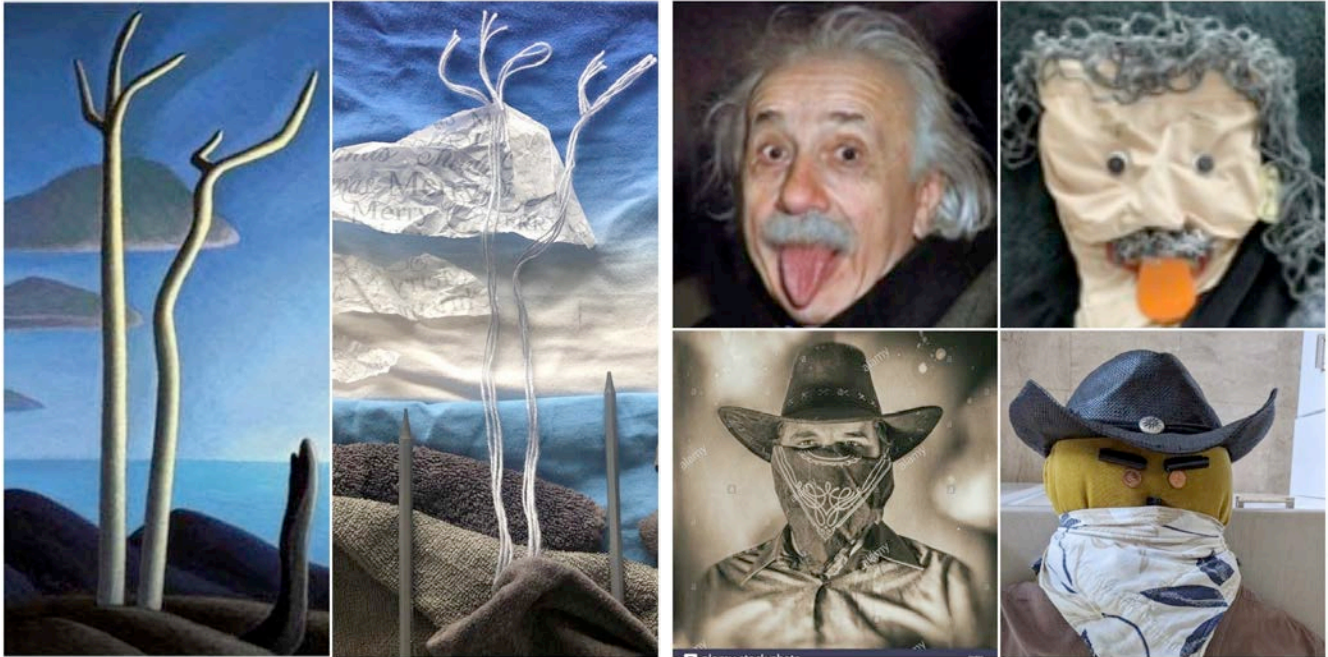
This past Wednesday, Lawyer James Carpino (former Lockerby Graduate), joined our Viking law students in one of their Google Meets. James currently practices family law with Desmarais, Keenan LLP. James discussed the process for becoming a lawyer and what the daily schedule is like. He also answered some student questions pertaining to specific legal issues!



WHAT'S HAPPENING IN OUR ONLINE CLASSES?

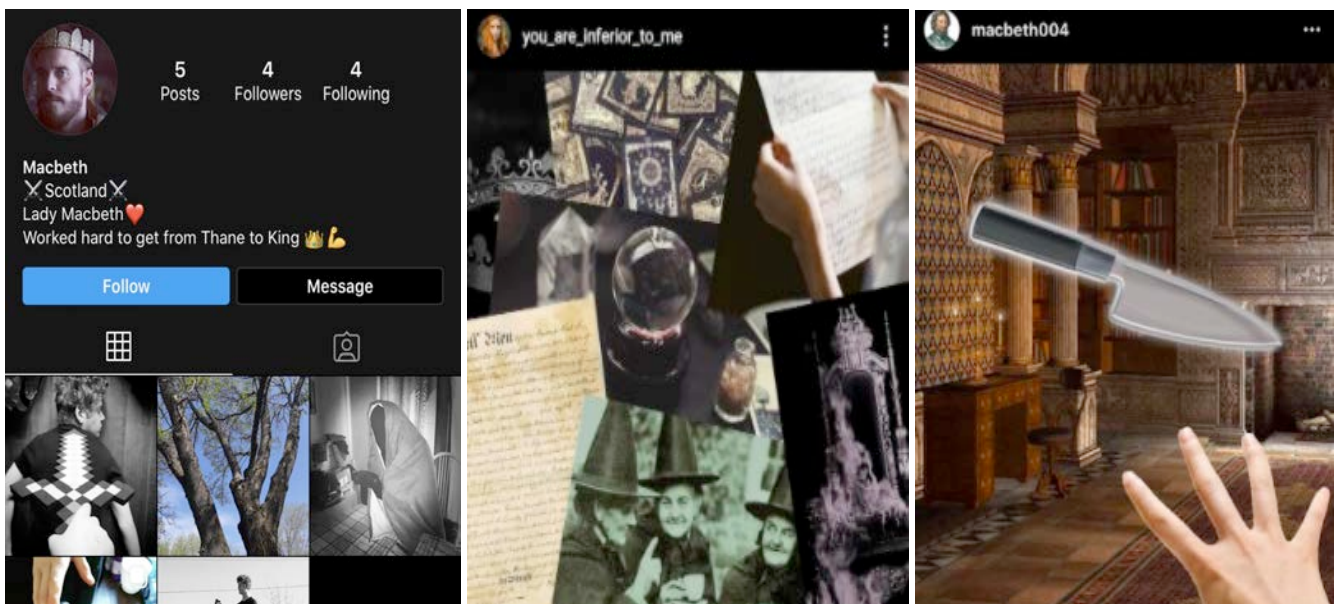
Visual Arts

No challenge is too big for our Lockerby artists! No paint? No problem- we've got scarves and towels and tissue paper! One of last week's challenges was to make 'found art' with objects around the house. Using a reference picture from a personal collection or a famous artist, students were challenged to recreate an artwork using every-day objects in their home. The results were incredible!



English

Last week, our Grade 11 English students worked tirelessly to come up with the answer to the age old question: "What if Macbeth had Instagram?"



ATTENTION VIKING COMMUNITY

Further to our announcement earlier this week, a reminder that a student or parent/guardian can still access the school to retrieve personal belongings. As per Public Health Sudbury, everyone entering the building will be required to sign-up for an appointment. Please know that COVID-19 screening protocols will be in place and a maximum of 15 minutes will be allowed for entry and emptying of locker. We are asking that all students please ensure that textbooks, library books, and other borrowed items are returned the day of their appointment. The entry to the school is at the side of the building by our Guidance Offices.

<https://www.signupgenius.com/go/904054FAAAF28ABFD0-locker>



ATTENTION GRADUATES

As many of you are aware (and due to COVID-19 restrictions), Director Blaseg announced that all graduation ceremonies would be held at a later date in the fall (and when it is safe to do so). As such, our annual face-to-face convocation will be postponed. Currently, all secondary schools are exploring opportunities to host a fall convocation and currently, the details have yet to be finalized. In moving forward, we have also postponed our graduation gown order to align with this new tentative fall date. At this time, graduation gown fees will be held and put towards the same gown rentals for the fall ceremony.

Know, that once all details have been finalized and completed for our fall convocation (over the summer months and into September), we will be contacting everyone using the 'Graduates Google Classroom,' through rscloud.ca email accounts (which will remain active through to December), through phone calls, and via our website and social media accounts. If you have any questions or concerns, in the interim, please do not hesitate to contact Ms. Beaudry or Ms. Baggs.

CLASS OF
2020

THIS WEEK IN VIKINGS ATHLETICS . . .

Message from the Lockerby Athletics Association (LAA)

This week, your LAA highlights our volleyball teams! This year, we had some pretty awesome highlights! Our Junior Boys kicked-off the season with a strong start - they finished 4th overall in Division I. This success earned them a spot at NOSSA, where they defeated Horizon S.S. in the final game, winning and bringing back the Champion A banner for our school! Wow! Our Junior Girls kept-up the lead finishing 5th overall in Division I and a total of 5 wins to finish-off their season. Our Senior Girls finished the year by defeating Macdonald Cartier in their final league game, and continued to advance their skills and incorporate new sets and plays into their gameplay. All of our teams are ready to bring the thunder for next year and we can't wait to be able to watch more games next season!



2019-2020 ROSTER JUNIOR GIRLS

HALLE B	KALLIE J
KAJA B	VERNA J
GABBY C	HAILEY L
SHANA C	CECILIA M
SYDNEY C	GILLIAN O
KAJJA G	DAVINA S
ABBY H	AVA Z
CHARLIE H	



2019/2020 Volleyball Junior Girls MVP

Bio
Name: Kaija Grubber
Position: Outside hitter & middle
Height: 5'8"
Favourite Drill: Hot box
Most Memorable Play: Serving 10 in a row against CND

2019-2020 ROSTER JUNIOR BOYS

JACK A	MATTHEW H
TRAVIS A	BRANDON L
ALEX F	WILL L
ELI G	TATUM O
LUCA G	ANDREW S
CONNOR H	JOSH S



2019/2020 Volleyball Junior Boys MVP

Bio
Name: Matthew Hunt
Position: Outside hitter / weak side hitter
Height: 6'2"
Favourite Drill: Wash drill
Most Memorable Play: Game winning NOSSA point

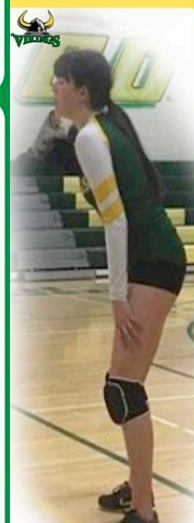
2019-2020 ROSTER SENIOR GIRLS

BECCA B	HAILEY M
FELICIA B	HALEY M
DANIKA B-W	HEIDI M
NYLA B-W	KENNEDY M
KRISTA K	KENNEDY W
STACIE K	



2019/2020 Volleyball Senior Girls MVP

Bio
Name: Stacie Kohan
Position: Setter
Height: 5'3"
Favourite Drill: Crosscourt pepper
Most Memorable Play: Setting Krista's quick against Confed



2019/2020 Volleyball Senior Girls MVP

Bio
Name: Krista Korzeniecki
Position: Middle
Height: 5'9"
Favourite Drill: Scrimmages
Most Memorable Play: First quick with Stacie

UPCOMING 'ONLINE EVENTS AND CHALLENGES'



@lockerbystudentscouncil
will be hosting ANOTHER
trivia week beginning
Monday, June 8th and
ending Friday the 12th!

Join our Instagram page each day to play!

On Monday, June 8th, get ready for

World Oceans Day!

Find creative ways to reuse plastics and send us a picture!

Pick up 5 pieces of garbage around your neighborhood, then send us a photo or video!

We will be making a documentary to support World Oceans Day with your pictures and videos

Vikes 4 Life Challenge

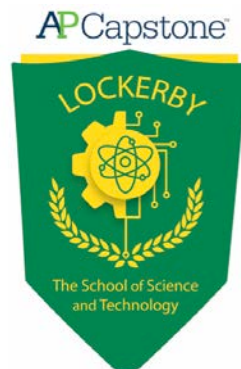
The Vikes 4 Life challenge continues through June 30th and everyone is invited to choose one of our custom built challenges, in the form of either the 'Vikes for Life Green 75km' or the 'Vikes 4 Life Gold 150km.' To be a part of the action, download the Nike Run Club App - search L Stanyon and request a friendship. From there, you will be sent an invitation to this private challenge (shortly thereafter). Remember, this is for all levels of walkers, joggers, and runners.



CULMINATING ACTIVITIES AND YEAR END

Students and parents/guardians are encouraged to review the attached copy of our culminating activities schedule for semester 2 courses (delivered via distance learning). It is critical that all Vikings remain engaged in their learning throughout the rest of the semester, as they will be required to complete all of their course culminating activities in order to demonstrate an understanding of overall expectations.

Please note that the last instructional day of classes in June 18th, 2020, with June 19th, 2020 being a newly designated PA Day. Likewise, please be aware that teachers may be contacting students and a parent/guardian the week of June 22nd to conference with regarding next steps for our next school year.



Lockerby Composite School Culminating Activities Schedule

June 2020

Instructions and Information for Students

- It is your responsibility to read this schedule carefully and submit your culminating activities on-time.
- It is critical that you remain engaged in your learning throughout the rest of the semester, as you will be required to complete all of your course culminating activities in order to demonstrate an understanding of overall expectations.
- Please be aware that your teachers may be contacting you and a parent/guardian the week of June 22nd to conference with you regarding your next steps for our next school year.

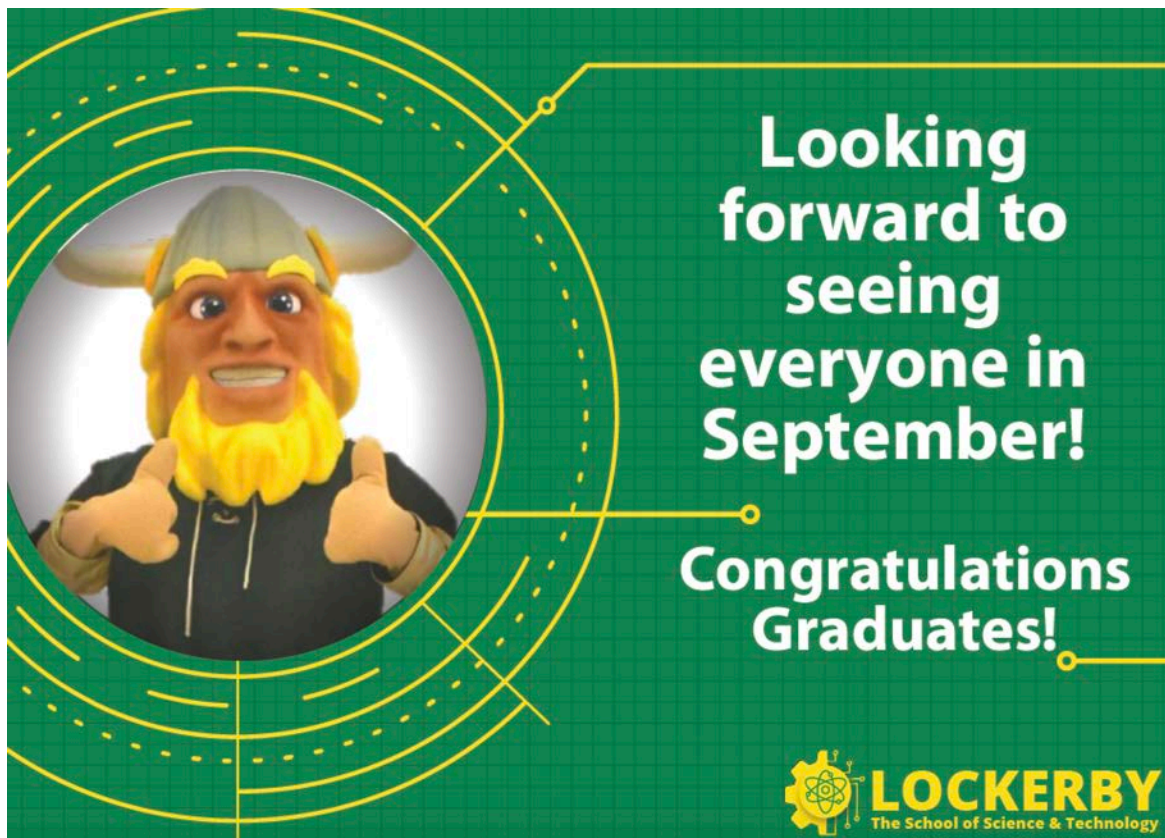
Grade 9 Course Codes			
Course	Teacher	Start Date	Due Date
AMI10B-01	Jensen	May 22	June 8
AMU100-02	Jensen	June 1	June 19
AVI100-02	Benton	June 2	June 18
CGC1D0-01	Dumas	May 28	June 18 (3 parts)
CGC1DT/L-02	Dumas	May 28	June 18 (3 parts)
CGC1DL-03	McNair	May 28	June 18 (3 parts)
CGC1DI-01	Desbiens	May 28	June 18 (3 parts)
CGC1P0-01	Williamson	May 28	June 19
ENG1D0/T/L-02	Kovala	June 1	June 18 (2 parts)
ENG1D0/T/L-04	Rodriguez	June 1	June 17 (2 parts)
ENG1DL-05	McNair	June 1	June 18 (2 parts)
ENG1P0-01	Rodriguez	June 8	June 12 (2 parts)
FSF1D0-01	Stanyon	June 1	June 19 (3 parts)
FSF1DT-02	Stanyon	June 1	June 19 (3 parts)
FSF1DT-03	McNair	June 1	June 18 (3 parts)
GLE100-02/04/06/08	Resource	June 1	June 17
HFN100-01/02	Jorgensen	May 26	June 19 (2 parts)
MPM1D0/T/L-02	Svalina	June 3	June 18 (3 parts)
MPM1D0/T/L-03	Heffern	June 12	June 18 (2 parts)
MFM1P0-01	Graham	June 15	June 19
PPL1OL-02	Beausoleil	June 1	June 19
PPL1OL-03	Beausoleil	June 1	June 19
PPL1OL-04	Augenstein	June 1	June 19
SNC1DT/L-02	Donato	May 26	June 18 (3 parts)
SNC1DT/L-03	Lessard	May 26	June 18 (3 parts)
SNC1DT/L-04	Potvin	May 26	June 18 (3 parts)
TIJOT/L-02	Smith	May 21	June 17
TIJ1OI-01	Cole	May 21	June 18

GOOD LUCK VIKINGS!

Grade 10 Course Codes			
Course	Teacher	Start Date	Due Date
AMI1OB-01	Jensen	May 22	June 8
AVI2O0-01	Benton	June 2	June 18
CHC2D0-01	Kleinstauber	June 1	June 15
CHC2DL-02	Williamson	June 1	June 19
CHC2DI-01	Desbiens	June 1	June 18 (3 parts)
CHC2P0-01	Caddel	June 1	June 19
ENG2D0/T/L-02	Levan	June 3	June 15 (2 parts)
ENG2D0/T/L-02	Levan	June 3	June 15 (2 parts)
ENG2D0/T/L-05	Rodriguez	June 3	June 15 (2 parts)
ENG2P0-01	Kovala	June 1	June 18 (2 parts)
FSF2DT-01	Stanyon	June 1	June 19
GLE2O0-02/04/06/08	Resource	June 1	June 17
HFN2O0-01/02	Jorgensen	May 26	June 19 (2 parts)
MPM2DL-02	MacLennan	June 12	June 18 (2 parts)
MPM2DL-03	Heffern	June 12	June 18 (2 parts)
MPM2DL-04	MacLennan	June 12	June 18 (2 parts)
PPL2OL-01	Beausoleil	June 1	June 19
PPL2OI-01	Stanyon	June 1	June 19
SNC2D0-01	Czerniak	May 26	June 18
SNC2DT/L-02	Lessard	June 9	June 19 (3 parts)
SNC2DT/L-03	Abols	June 9	June 19 (3 parts)
SNC2DT/L-04	Lessard	June 9	June 19 (3 parts)
SNC2P0-01	Czerniak	May 26	June 18
TDJ2OL-02	Smith	June 4	June 17
TDJ2OI-02	Campeau	June 3	June 17
TEJ2O0-01	Campeau	June 3	June 17

Grade 11 Course Codes			
Course	Teacher	Start Date	Due Date
AMI3MB-01	Jensen	May 22	June 8
AMU3M0-01	Jensen	June 1	June 19
AVI3M0-01	Benton	June 2	June 18
CGG3O0-01	Caddel	April 21	June 18
ENG3UL-02	Dumas	June 1	June 18 (2 parts)
ENG4UY-01	Levan	June 1	June 15
FIF3UI-01	Desbiens	May 22	June 18 (2 parts)
GLE3O0-02/04/06/08	Resource	June 1	June 17
MBF3C0-01	Svalina	June 5	June 18 (5 parts)
MCF3M0-01	Czerniak	June 15	June 19
MCR3U0-02	Graham	June 15	June 19
PAD3O0-01	Abols	June 4	June 19 (3 parts)
SBI3C0-01	Donato	May 26	June 18 (3 parts)
SBI3UZ-01	Donato	May 26	June 18 (3 parts)
SBI3UZ-02	Potvin	May 26	June 18 (3 parts)
SCH3U0/T/L-02	Abols	June 10	June 19 (3 parts)
SPH3U0/T/L-02	Williamson	June 5	June 19
TCJ3C0-01	Cole	May 21	June 18
TDA3M0-01	Smith	May 27	June 17
TDJ3MT-01	Coulas	May 21	June 18
TDV3MT-01	Cole	May 21	June 18
TGJ3M0-01	Campeau	June 3	June 17
TPJ3MT-01	Hunda	June 12	June 19
TPJ3MT-02	Hunda	June 12	June 19

Grade 12 Course Codes			
Course	Teacher	Start Date	Due Date
AMI4MB-01	Jensen	May 22	June 8
AMU4M0-01	Jensen	June 1	June 19
AVI4M0-01	Benton	June 2	June 18
AWM4M0-01	Benton	June 2	June 18
CLN4U0-01	Caddel	March 12	June 19
ENG4C0-01	Kleinsteuber	June 1	June 15
ENG4U0/L-02	Kleinsteuber	June 1	June 17
GLE4O0-02/04/06/08	Resource	June 1	June 17
HSB4U9-01	Jorgensen	February 4	June 19
MCV4U0-01	MacLennan	June 12	June 18 (2 parts)
MCV4U0-02	Heffern	June 12	June 18 (2 parts)
MCV4UY-01	Graham	June 15	June 19
MDM4U0-01	Svalina	May 1	June 18 (5 parts)
PSK4U0-01	Augenstein	June 4	June 18
SCH4U0/T/L-02	Potvin	June 11	June 18
SPH4U0/T/L-02	Coulas	June 12	June 18
TCJ4C0-01	Cole	May 21	June 18
TDA4M0-01	Smith	May 27	June 17
TGJ4M0-01	Campeau	June 4	June 17
TPJ4MT-01	Hunda	June 12	June 19
TPJ4MT-02	Hunda	June 12	June 19



STUDENT SERVICES

Timetabling

Current Grade 9 - 11 Students

Timetabling for the 2020 - 2021 school year is still underway. Students with conflicts are continuing to be contacted by Guidance to review their courses. Students are asked to please remember to check their rscloud.ca accounts for messages.

Grade 12 Students

Post-Secondary Opportunities

The Ontario University Application Centre (OUAC) will be opening their Admission Information Service the second week of June, to provide access to possible openings at Ontario Universities. Students who have still not received an offer of admission will be able to use the website to find out which universities still have openings. Visit the OUAC website and search Open Programs for additional details.

OSAP Applications OSAP - (<https://osap.gov.on.ca>)

Once students have decided on the post-secondary college or university they want to attend, they can then apply for OSAP (if desired). This year, the application form is considered to be more user-friendly! Students with questions linked to OSAP are encouraged to contact the Financial Aid Office of the post-secondary institution they plan to attend.

Virtual Open House - Cambrian College

Thinking about starting college this fall? Get an in-depth preview of all of Cambrian College's programs at their Virtual Open House taking place from June 8th - 11th, 2020. Each day of the event will feature a general information session along with program-specific sessions that will give students the chance to meet professors and get all of their questions answered. Some of the information covered will include how professors are using the latest technology to deliver interactive online classes, hands-on learning experiences, first days of classes, the online Cambrian Community, and financial supports. Students are encouraged to attend as many sessions as they'd like! Cambrian College is inviting students to visit their website for full details and to register: cambriancollege.ca. If students register by Sunday, June 7th, 2020, they will be entered in a draw to win a \$250 Visa Gift Card!

Scholarships

Laurentian University - University of Sudbury

The University of Sudbury is providing new bursaries for postsecondary studies in French as a Second Language (FSL) programming, which will also allow one of its students to benefit from a \$3,000 bursary, for the 2020 - 2021 school year. Administered by the Association des collèges et universités de la francophonie canadienne (ACUFC), and funded by the Department of Canadian Heritage, this program aims at encouraging a greater number of young English-speaking Canadians to become bilingual, while studying in their field of interest, and reaping all the benefits that come from bilingualism. Visit Lockerby Composite's scholarship page or the University of Sudbury's website to learn more about this exciting opportunity.

LCS DISTANCE LEARNING MESSAGES/UPDATES (AS OF JUNE 4TH, 2020)

- A schedule as been released for this year's culminating activities. A schedule for all classes can be found on Pages 8 - 10 of this week's newsletter.
- The last instructional day of classes is June 18th, 2020.
- June 19th, 2020 has been designated a PA Day.
- Please be aware that teachers may be contacting students and a parent/guardian the week of June 22nd to conference with regarding next steps for our next school year.
- A reminder that Final Report Cards will be distributed at the end of the semester for all students.
- Students or a parent/guardian can access the school to collect personal belongings. Please see Page 4 of this week's newsletter for more information.
- Director Blaseg has announced that all graduation ceremonies will be held at a later date when it is safe to do so. Please see Page 4 of this week's newsletter for more information.
- If students, parents/guardians have questions about mental health and well-being, please contact a member of the Rainbow District School mental health team by calling 705-665-3339 or 705-669-7732 between 10:00am and 3:00pm, Monday to Friday.
- A reminder that morning announcements will be posted in homeroom Google Classrooms each school day. These announcements contain important day-to-day information for students. Our morning announcements are also posted on our website under 'Frequent Links.'
- We continue to take daily attendance. A reminder to all students to please sign-in to all of their classes each day.



**Rainbow District School Board invites everyone
to visit their website for additional
Distance Learning information:**

<https://www.rainbowschools.ca/parents/coronavirus/>

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.

Be flexible. 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. 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 Rubik's 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 NEXT WEEK . . .

Monday, June 8th

- Student Council Trivia Contest begins
- Environmental Council World Ocean's Day

Tuesday, June 9th

Wednesday, June 10th

Thursday, June 11th

Friday, June 12th

We continue to do our best to get information to our Viking Community. Our Newsletter will be our main means of communication for all of our families, as we continue distance learning. Thank you for your continued patience!

Let's Connect

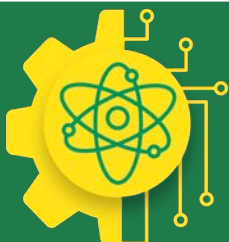


<https://www.instagram.com/lockerbycomposite/>

<https://twitter.com/lockerbynet>

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

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



Science and Technology Education Program

AP Capstone[™]