

# WEEKLY NEWSLETTER

Lockerby Composite School's weekly news on Viking academics, events, extra-curriculars, and more!



## 62ND ANNUAL HOLIDAY CONCERT

The Music Department has just put the finishing touches on this year's Holiday Concert 2021 YouTube video. The video features the Junior and Senior Bands. It also showcases our newest musicians, the Grade Nine Music Class. And finally, you'll also be treated to the return of the LCS Choir along with some of their members performing solos. We wish you all the best and we hope you enjoy our efforts! You can find the link below and can also click on the pictures above:

[Holiday Concert 2021 - YouTube](#)



## LOCKERBY YOGA

This week in yoga class, students consolidated their Chakra and Asana knowledge by creating yogibread cookies. By rolling, designing and decorating the dough, students certainly unblocked their Chakras!



## CPR AND FIRST AID

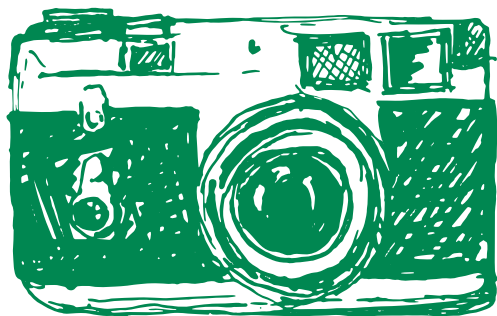
ICT SHSM students participated in a two-day First Aid and CPR training session this past week. They learned how to perform CPR on adults, children and infants. They learned how to deal with choking, breathing and circulatory emergencies. The session also included topics such as using AEDs, bone and joint injuries, burns, eye injuries and dealing with shock.

All participating students earned their certifications. Excellent work Vikings!



## NEW LIGHTING BOX

Thank you Shaun-Emily C. and Adam W. for assembling our new product photography lighting box! It will be used to take quality photos of different products including student projects. This new tool is stored in the STEAM Room and is available for student use. Funding for the lighting box was provided by our Information & Communications Technology (ICT) SHSM Program.



## VIRTUAL COURT

This week our Grade 11 Law class was fortunate to visit with Justice Jessica Wolfe (OCJ) who discussed her passion for social justice and the steps that brought her into this rewarding career. As well, students had the opportunity to attend a court session via Zoom and listen into an actual YCJA case at the Gore Bay Court House.



## HAPPY HOLIDAYS!

**A message from Mr. Runciman and Mr. Lafraniere to all students, parents/guardians, staff, and community members:**

We would like to extend our warmest wishes for a wonderful holiday and a very happy new year to all of our Viking family members.

We hope you have a restful break and we look forward to a great 2022!



## 12 DAYS OF HOLIDAYS COUNTDOWN

Student Council wishes our Viking Community a wonderful holiday. We want to thank everyone for their wonderful school spirit over the 12 Days of Holidays and it was fun to see everyone getting involved. We look forward to more school spirit initiatives in 2022!



## KIDS CARING FOR KIDS CANCER DRIVE - 2022

### A message from your Kids Caring for Kids Cancer Drive Committee:

Your Cancer Drive Committee would like to wish you all very happy holidays and hope everyone has a safe break. In addition, we would like to thank everyone for their patience and participation in our basket raffle that occurred. We are excited to announce that we raised \$576.70 which will all go directly towards the pediatric unit of the Northeast Cancer Centre! Way to go, Vikings! Earlier this week, we also announced our basket raffle winner: Jake Priddle. Congratulations! Once again, we couldn't do any of this without your participation, so thank you for your continued support. Have a great winter break, Vikings. You surely deserve it, and we are excited to see you all in the New Year where we have plenty more fun events for you to partake in. Happy holidays!



## VIKEWEAR

Our first Vikewear order for the year arrived this week and has been distributed to all of our students. We look forward to seeing all of the amazing students in their Vikewear throughout the year! If you missed ordering Vikewear we have x4 Large crewneck sweatshirts available for purchase. These items can be purchased by contacting Mrs. Beaudry (beaudrg@rainbowschools.ca). Each shirt is \$40.00 and is available immediately for pickup and would make a great last minute Christmas gift. Additionally, if you would like to place an order for any of the items: Hoodie \$42.00, Crewneck Sweatshirt \$40.00, or Long sleeve T-shirt \$25.00 please email Mrs. Beaudry for additional details. The next order will be placed on January 14, 2022.



## Thank You!

Lockerby Composite School would like to thank our Viking Community for their generous donations this holiday season to the Edgar Burton Food Drive. Our school raised nearly \$1,500!



## THIS WEEK IN VIKING ATHLETICS...

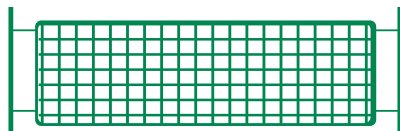
### Boys Hockey

This week at the rink our Boys Hockey defeated Champlain Secondary School by a score of 2-0! Our goals were scored by Connor H. and Callum B. Josh S. earned the shutout!



### Girls Volleyball

All three of our Girls Volleyball teams were action this past week. Despite playing well, our Novice Girls came up short to Horizon Secondary School. Our Junior and Seniors Girls both defeated Lively Secondary School by scores of 3-0 and 3-1 respectively. Congratulations to all teams!



### Basketball

Our Boys Basketball teams can add two more wins to their records this week! Our Junior Boys team defeated St. Charles College, while our Senior Boys team defeated Lively Secondary School, 43-41!



## THIS WEEK IN VIKING ATHLETICS...

### Nordic Skiing

As a result of the unseasonably warm weather this week, the Nordic Ski Team's first Preliminary Race was cancelled. However, the ski team will continue to train over the holiday break (practices times via the Google Classroom) so that they will be in race ready condition upon our return for the January 5th race!



### Alpine Skiing and Snowboarding

It's time to hit the slopes, Vikings! The Alpine Ski/Snowboard team will begin training in the new year! Interested students can join the Google Classroom using the following code: 56atdcm

#### Important Dates:

Wednesday, February 9th - SDSSAA Alpine Ski Championships (giant slalom) (Adanac)

Thursday, February 10th - SDSSAA Alpine Ski Championships (slalom) (Adanac)

Wednesday, February 16th - NOSSA Alpine Ski Championships (Adanac)

Wednesday, February 23rd - SDSSAA/NOSSA Snowboarding Championship (Adanac)

OFSAA Alpine Skiing at Osler Bluff (February 28th - March 1st)

OFSAA Snowboarding at Markdale (March 2nd)

You can email Ms. Augenstein at [augensk@rainbowschools.ca](mailto:augensk@rainbowschools.ca) if you have any questions.



## THIS WEEK IN VIKING ATHLETICS...



Happy Holidays from the Physical Education Department; Ms. Stanyon, Ms. Augenstein, Mr. Beausoleil and student teachers, Ms. Prevost, Ms. Ashby, and Ms. Babcock.

## STUDENT SERVICES

### Post Secondary Applications

#### Post-Secondary Applications

Many of our students have completed and paid for their applications to post-secondary institutions; however, there are still a number of students who still need to complete this process. It is important to ensure that application deadlines are met in order to be considered for a students' chosen program. It is also important to note that the institutions will not receive any information until applications have been paid.

#### Post-Secondary Application Deadlines

University: Thursday, January 13th, 2021 (\$150.00 fee for 3 programs)

College: Tuesday, February 1st, 2021 (\$95.00 fee for 5 programs)

Students can research various university programs throughout Ontario as well as complete their applications at - <http://www.ouac.on.ca>. Students can also research various colleges programs throughout Ontario as well as complete their applications at - <https://www.ontariocolleges.ca/en/>

#### Book Your Graduation Pictures Session

Edge Photography will be returning to our school to complete a final round of graduation pictures on Wednesday, February 9th and 10th, 2022. Book your session online at [www.bookmygrad.ca](http://www.bookmygrad.ca) and enter school code: LOO. Bookings will be completed on a first come first serve basis.

### Grades 9 - 11

#### Course Selection (2022 - 2023)

Student Services will begin course selection with our students in the new year. To prepare for this process students are asked to ensure they are able to log into the software and begin to look at options for the upcoming 2022 - 2023 academic year. If your student is having trouble accessing the software they are asked to come to the Student Services department for assistance.





408 Wembley Drive, Sudbury, Ontario P3E 1P2 | Tel: 705.674.3171 | Toll Free: 1.888.421.2661 | [rainbowschools.ca](http://rainbowschools.ca)

December 15, 2021

## RE: PLANNING FOR ALL SCENARIOS

Dear parents/guardians:

Based on the information that we have at this time, in-person learning will resume on Monday, January 3, 2022, as scheduled.

Given that the situation with COVID-19 and the new variant of concern is very fluid, however, we want to ensure that we are prepared for any possible changes.

We ask that students please bring home any personal belongings and learning materials so they are ready for remote learning, if needed. This will also ensure that students who are required to self-isolate following the break are prepared to participate in classes from home.

With enhanced Public Health measures, voluntary rapid antigen testing for students, vaccinations for children ages 5 to 11, and the availability of boosters for adults, we remain hopeful that case counts in our community will decrease.

If case counts increase over the holidays, the Ministry of Education and/or Public Health Sudbury & Districts could impose a delay to in-person learning. **It's important to note that no decision has been made at this time.**

Should a return to in-person learning be delayed, staff in schools will reach out to families on January 3 and 4, 2022 to arrange for the safe distribution of technology.

Students who do not have immediate access to technology will complete work on their own until they are able to connect. If remote learning is mandated for all students, please be assured we will make the transition as smooth as possible.

As we get set to start the holidays and enjoy a well-deserved break, I would like to thank our dedicated administrators, educators, support staff, students and parents/guardians for going the extra mile to limit the spread of COVID-19.

Remember to follow the critical ongoing COVID-19 prevention measures:

- Wash your hands often with soap and water or alcohol-based hand sanitizer.
- Sneeze and cough into your sleeve.
- Avoid touching your eyes, nose, or mouth.
- Stay home and [isolate](#) if symptoms appear.
- Practise two-metre physical distancing.
- **Wear a mask** at all times in indoor public spaces.



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Also remember to screen for COVID-19 daily. Continue to use the **COVID-19 Screening Tool for Children in School and Child Care** <https://covid-19.ontario.ca/school-screening/> to monitor for symptoms and follow the direction provided. **Stay home and seek testing at the first sign of a COVID-19 symptom, even a mild one.**

The Ministry of Education has provided rapid antigen screening kits to in-person learners to use during the winter break. The goal is to detect any potential cases of COVID-19 in asymptomatic students, regardless of vaccination status, before they return to in-person learning when classes resume.

Your child's participation in rapid antigen screening is voluntary. Students are not required to complete the testing to return to the classroom. They are also not required to submit results.

For those who do wish to participate, **it is recommended students conduct the rapid antigen tests every Monday and Thursday beginning December 23, until all tests have been used. The test on Monday, January 3, 2021 should be done PRIOR to coming to school.**

Rapid antigen screening kits are only to be used when a child does not have any symptoms of COVID-19 and has not had any exposure to a confirmed case of COVID-19.

Anyone with symptoms or identified as a close contact of a case should still get PCR testing. Rapid antigen screening tests should not be used as a substitute for PCR tests for people with symptoms or for people who are close contacts of cases.

Thank you for your ongoing patience, support and kindness.  
Thank you for working together to keep everyone safe.

When we limit the spread of COVID-19, we protect in-person learning. When we protect in-person learning, we give students an opportunity to experience school life as it was meant to be.

Best wishes for a safe and happy holiday.

Sincerely,

A handwritten signature in blue ink that reads "B. Bourget".

Bruce Bourget  
Director of Education



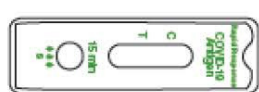
## How to test yourself with BTNX Rapid Response™ COVID-19 Rapid Antigen Test At Home

This handout explains how to use the BTNX Rapid Response™ COVID-19 rapid antigen test kit on yourself. Before you start:

- If you have ANY COVID-19 symptoms or if you have been exposed to someone with COVID-19, **do NOT** use this test kit, and instead get tested at a designated testing location or community lab ([COVID-19 testing locations \(ontario.ca\)](https://www.ontario.ca/covid-19-testing-locations)).
- Make sure your kit has all components needed (see Step 2) and that none of the materials are expired or damaged.
- **BTNX Rapid Response™ can be performed using anterior nasal swabbing** (per the package insert, as approved by Health Canada) **or using deep nasal swabbing** (as recommended by Public Health Ontario in this document, given higher sensitivity compared to anterior nasal swabbing). **Both types of specimen collection can be performed using the NP swab provided with the kit.**
- For information on how to use the BTNX with an **anterior nasal specimen**, users can refer to the product insert and/or a video produced by the manufacturer (noting that this video does not depict self-swabbing): <https://www.youtube.com/watch?v=F7m8L6Tq498>.
- A general instructional video on how to perform self-screening at home can also be viewed here: <https://www.youtube.com/watch?v=XP3aqwO5rJo>.
- Store the kit and its content at room temperature (not in the fridge or freezer) and away from direct sunlight.
- Find a clean area free of foods, drinks, or clutter, and easy to clean in the event of a spill.
- During the test do not eat, drink, smoke, vape, put in contact lenses, put on make-up, or touch your face in any way.
- This test is for your own use only, unless you are a parent/guardian whose child is being tested. The Ministry of Health has endorsed the use of these tests by guardians for their children at home, and these instructions can help a parent to assist their child. For any further questions, please contact your local public health unit.

### 1 Blow your nose and then wash your hands for at least 20 seconds.

### 2 Assemble the materials in the kit for your test. This includes:



One Test Strip/  
Test Device



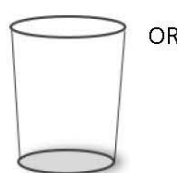
One Liquid Buffer Vial\*  
(\*See Note on page 2)



One New Test  
Tube

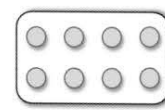


One New  
Nozzle Cap  
with Filter



Cup  
{from home}

OR

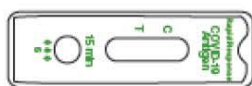


One Tube Rack  
{if provided}



One Swab

### 3 Set up your testing area.



- Remove the test strip from its package and place it face up on a clean and flat surface.



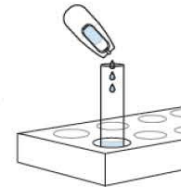
- Place a new empty test tube upright in the tube rack or cup.



- Gently shake the unopened vial to stir its content before use.



- Remove the top of the vial by twisting it at the breakpoint line.



- Gently empty all the liquid from the vial into the test tube.



# How to test yourself with BTNX Rapid Response™ COVID-19 Rapid Antigen Test At Home

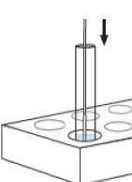
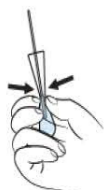
## 4 Swab both nostrils.

- Remove the swab from its package, keeping the swab tip away from your hands or any other surfaces.
- Tilt your head back and insert the swab straight back (not up) into one nostril. Stop when you meet resistance or when you reach 2.5 cm (distance is shorter in children < 12 years old).
- Turn the swab against the inside of your nose 5-10 times.
- Remove the swab and repeat same steps in the other nostril.



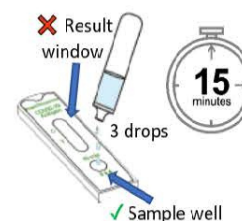
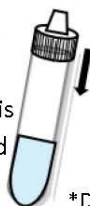
## 5 Mix the sample with the liquid in the tube.

- Completely submerge the swab tip and gently swirl to mix. Avoid splashes.
- Leaving the swab in the tube, press the tube walls against the swab tip about 10-15 times.
- Leaving the swab in the tube, place the tube back in its rack or cup and let the reaction stand for 2 minutes.
- Pinch the tube using a single hand and pull the swab out of the tube with the other.
- Discard the swab in the garbage.



## 6 Perform the test and wait 15 minutes before reading your results.

- Firmly attach nozzle cap to the test tube. Make sure the nozzle cap is attached correctly to avoid leakage.
- Turn the tube upside down over the circle sample well on the test strip and gently squeeze the tube to put 3 drops into the sample well (**DO NOT** put drops in the result window)
- Set a timer for 15 minutes.\*



\*Do NOT read results before 15 minutes or after 20 minutes as it may give inaccurate results.

## 7 Read your results. It does not matter which line appeared first or how faint the lines look.

- If only the control line (C) is present, the result is **negative**.

- If both control line (C) and test line (T) are present, the result is **positive**.

or

- If the control line (C) is not present, result is **not valid** (i.e., the test is not working).

## 8 Act on your result quickly.

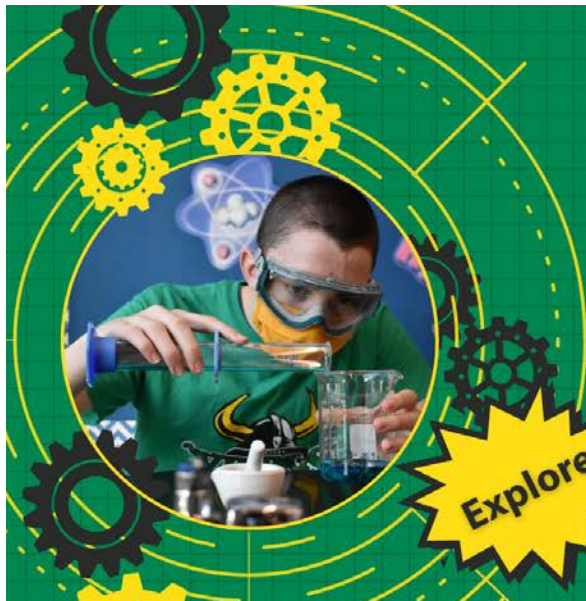
- If your result is **negative**, it is less likely that you have COVID-19. You may resume your daily activities while continuing to follow all public health advice.
- If your result is **positive**, you may have COVID-19 and should get a laboratory test at an assessment centre or community lab as soon as possible to confirm your result. Immediately self-isolate until you receive your laboratory test result.
- If your test is **not valid**, repeat the test using a new swab and test strip. You will need to swab your nose again according to the instructions.

## 9 Dispose of test materials in the garbage and wash your hands. Do not reuse materials (except for the tube rack).

### Additional Resources

- [COVID-19 Self-Assessment Tool](#)
- [Self-tests: COVID-19 test and testing location information](#)
- [Testing Yourself for COVID-19](#)

\*Note: All products distributed have Health Canada's approval, and when used according to directions, it does not pose a risk to the health of Ontarians. If not used properly (e.g., if the buffer gets in your eyes or mouth), rinse with plenty of water for 15 minutes and contact your healthcare provider or the Ontario Poison Centre at 1-800-268-9017 or 416-813-5900. If the buffer accidentally touches your skin, wash area with plenty of water. The buffer comes in a pre-portioned, sealed vial that minimizes the requirement to handle the buffer and the risk of incorrect buffer use.



# LOCKERBY

The School of Science & Technology

## VIRTUAL OPEN HOUSE

[lockerbyopenhouse.ca](http://lockerbyopenhouse.ca)

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Mrs. Beaudry (Student Services)  
[beaudrg@rainbowschools.ca](mailto:beaudrg@rainbowschools.ca) (705) 522-1750 ext. 6514

## WHAT PARENTS NEED TO KNOW FOR OUR NEXT WEEK BACK...

Dan Watson, our school Social Worker, will be at Lockerby Composite School our next week back.

Autumn Lewis, our school Aboriginal Support Worker, will be at Lockerby Composite School on Wednesday, January 5th.

Monday, January 3rd

Tuesday, January 4th

Wednesday, January 5th

Thursday, January 6th

Friday, January 7th



## Weekdays in Room 223

## LET'S CONNECT



<https://lockerby.rainbowschools.ca>



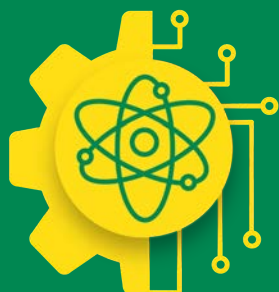
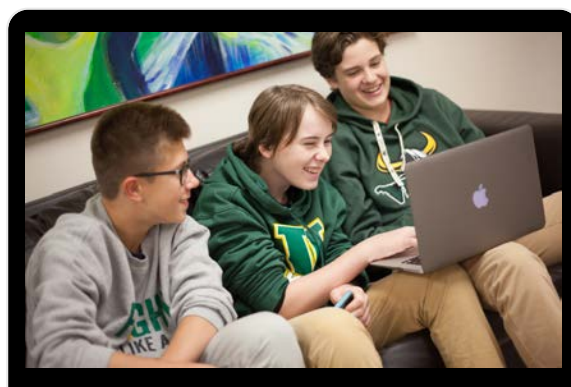
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