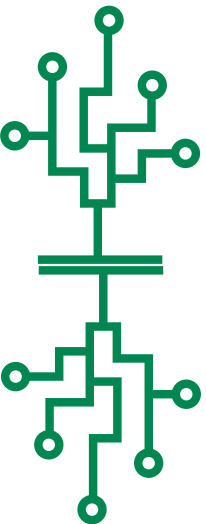
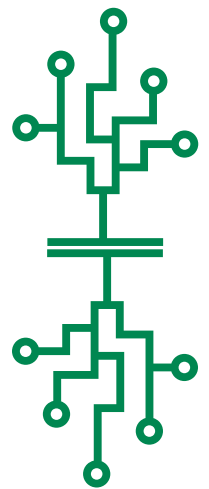
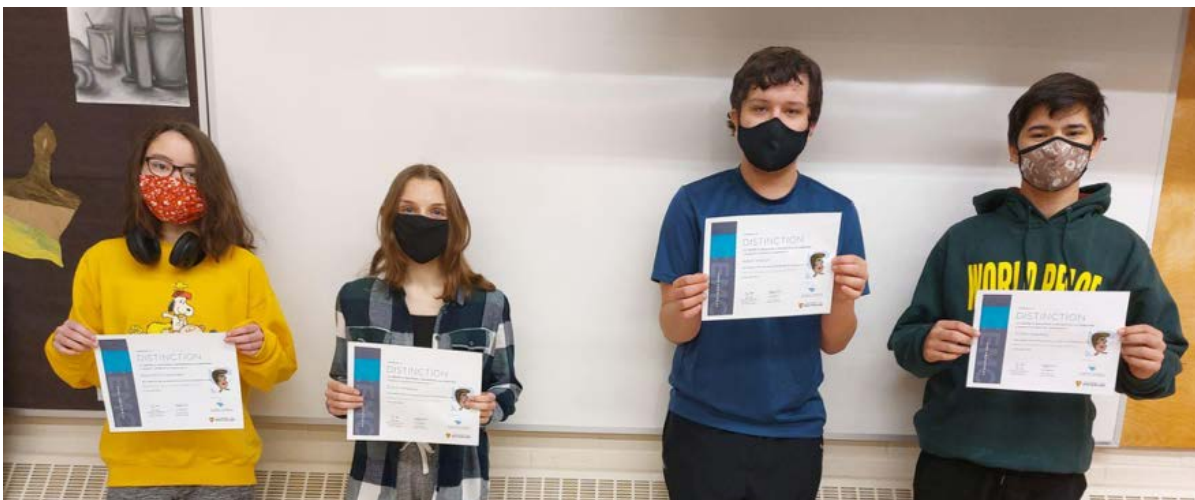


WEEKLY NEWSLETTER

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

BEAVER COMPUTING CHALLENGE RESULTS



The University of Waterloo's Beaver Computing Competition (BCC) results are in. Lockerby had 29 students participate this year; our biggest group ever to compete! Eight of our students (Kayla Emily C., Evelyn H., Adam W., Corbin A., Robert S., Mary T., Alex C., and Aiden B.) placed in the top 25 percentile of all participants earning them a certificate of distinction and several others finished just outside of the top 25%. This is particularly impressive considering that this competition attracts some of the brightest young mathematical minds in the world. Three students tied for the top score in the school: Robert S., Mary T. and Adam W. Well done Vikings!



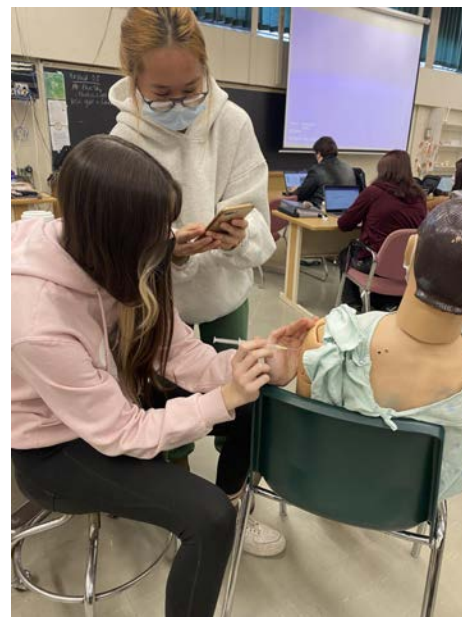
KINESIOLOGY - HUMAN JOINTS

This week, our Grade 12 Kinesiology students shared their knowledge of human joints by using their moveable models to explain articulations, movements, and common sports injuries related to specific joints!



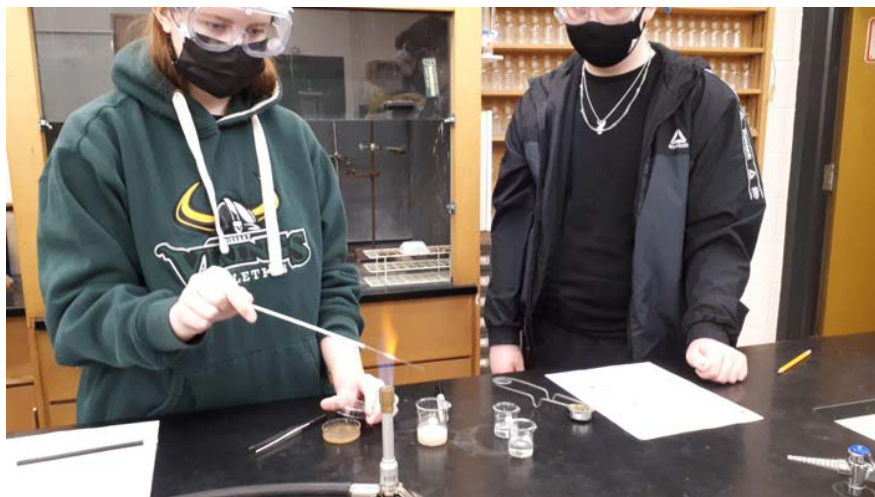
MEDICAL TECHNOLOGIES AT LCS

This week in Ms. Pike's Medical Technologies class, our Vikings practiced IM injections to wrap-up their immunology unit!



MICROBIOLOGY

To complete their microbiology unit over the past several days, our Grade 11 Biology students have been practicing proper aseptic technique to grow microorganisms safely on agar plates!



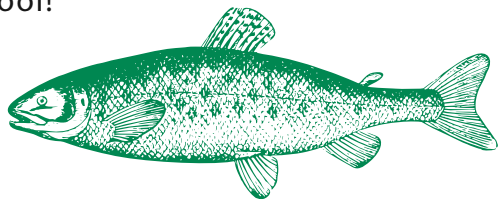
WHO TURNED OUT THE LIGHTS?

Who turned out the lights? Our Grade 9 Science students built electrical circuits this week to investigate how the brightness of bulbs changes when configured in series and in parallel!



WORLD FISHERIES DAY

Lockerby's Environmental Council would like to thank everyone who participated in their World Fisheries Day Instagram Challenge! All of our hidden fish (and accompanying facts) were found around the school!



EDGAR BURTON FOOD DRIVE

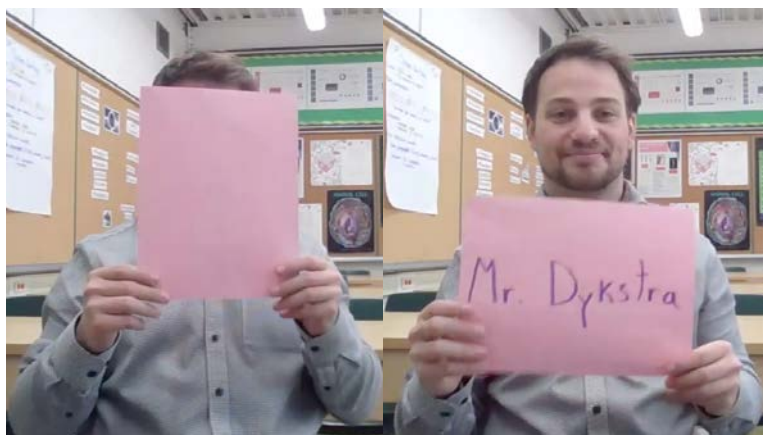
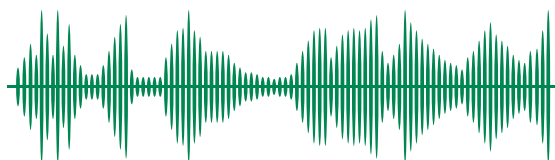
Join the Lockerby Composite School community as we take part in this meaningful fundraiser for our local foodbanks. We encourage parents/guardians, grandparents, and other community members to donate to this worthy cause. The need is even greater in these unprecedented times. For every one dollar donated, six dollars of food can be purchased. The last day to donate is Tuesday, December 14, 2021.

Visit our School Cash Online to make your donation today!



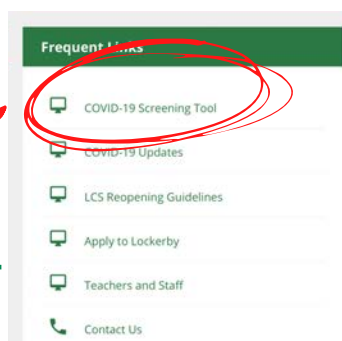
MASKED DJ (WEEK 9)

The seventh reveal of Lockerby's Masked DJ happened this past Monday! Last week's Masked DJ was...Mr. Williamson! This week, we heard songs from the Jerry Cans, Taylor Swift and Electric Light Orchestra! Who could this week's Masked DJ be?



Don't forget to Self-Screen before coming to school!

Visit our website for the Screening Tool



12 DAYS OF HOLIDAYS COUNTDOWN

We began the week with Mother Nature wanting to get in our spirit week and delivered us a white winter wonderland on Monday! Tuesday was Character Day, Wednesday was Candy Cane Day, and Thursday was the ever classic Ugly Sweater Day. The week ended with Cozy Day! Great spirit Vikings - don't forget there are 5 days to go!





KIDS CARING FOR KIDS CANCER DRIVE - 2022

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

Monday, December 13th is the last day to buy tickets for the gift basket raffle, with only 40 tickets remaining! Tickets are being sold for \$2.00 for 1 ticket and \$5.00 for 3 tickets during junior and senior lunches in the Auditorium and Cafeteria. All purchased tickets will be placed in a draw for the chance to win a Lindt Chocolate gift basket worth \$100. The draw will be on Monday, December 13th at 2:30pm, and the winner will be announced on Tuesday, December 14th in the morning announcements. The basket will be delivered to the winner on Tuesday morning in homeroom.



THIS WEEK IN VIKING ATHLETICS...

Nordic Skiing

Our Nordic Ski team is hoping that that the snow will stick around this weekend as they prepare for their first race of the year at the Onaping Falls Nordics Ski Club. Good luck to all of our skiers this coming Thursday!



THIS WEEK IN VIKING ATHLETICS...

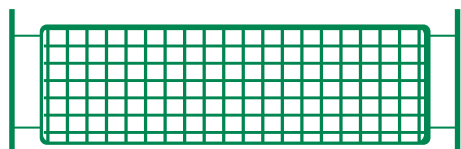
Boys Hockey

This week at the rink and despite their strong play, our Boys Hockey team dropped their two games to Champlain Secondary School and Lo-Ellen Park.



Girls Volleyball

Both our Junior and Senior Volleyball teams were in action this week, playing Lo-Ellen Park. Our Juniors came out on top with a 3-1 win, and despite our Senior team playing well, they weren't able to get the victory.



Basketball

Our Junior Boys Basketball team played another thrilling game this week, beating Hanmer High School by a score of 72-58! Congratulations to Coach Binks and the team! Our Senior Boys Basketball team also scored a victory by defeating Sudbury Secondary School by a score of 50-25!



THIS WEEK IN VIKING ATHLETICS...

Curling

The Viking Curling Team remains undefeated with a record of 3-0! This week the team took on MacDonald Cartier and St. Benedict High Schools. Go Vikings Go!



Intramural Volleyball

Our Volleyball Intramural League was a huge success! A total of 4 Senior teams and 6 Junior teams participated in a round-robin tournament hosted by the Lockerby Athletics Association and Grade 12 Kinesiology students. Taking home first place in the Junior Division was the Kin Team, while Team Beausoleil dominated the Senior Division. Congratulations to all participants! Look for more intramural action in the New Year!



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)

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 and enter school code: LOO. Bookings will be completed on a first come first serve basis.





408 Wembley Drive, Sudbury, Ontario P3E 1P2 | Tel: 705.674.3171 | Toll Free: 1.888.421.2661 | rainbowschools.ca

December 8, 2021

RE: VOLUNTARY WINTER BREAK RAPID ANTIGEN TESTING FOR COVID-19

Dear Parents/Guardians:

The Ministry of Education is providing rapid antigen screening kits to all students in Ontario 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 on January 3, 2021. The testing is another measure to keep everyone safe.

The rapid antigen test kits will be distributed to students in Rainbow Schools on **Friday, December 10, 2021**. Your child's participation in rapid antigen screening is **voluntary**. Students are not required to complete the testing in order to return to the classroom after the winter break. They are also not required to submit results.

If your child is absent on Friday, please call the school if you would like to arrange to pick up a testing kit.

Prior to using the rapid antigen screening kit, please read the information below.

When to Use the Rapid Antigen Screening Kit:

For students who choose to use the rapid antigen screening kit, **it is recommended students conduct the rapid antigen tests every 3 to 4 days over the holiday break, on every Monday and Thursday beginning December 23, until all five tests have been used.**

Rapid antigen screening kits are only to be used when a child is **asymptomatic** (i.e. 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 who is 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.



408 Wembley Drive, Sudbury, Ontario P3E 1P2 | Tel: 705.674.3171 | Toll Free: 1.888.421.2661 | rainbowschools.ca

Using the Take-Home Rapid Antigen Screening Kit:

The 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.

Please follow the instructions provided with this letter.

Important note:

Parents/guardians may choose to administer the test on children who need help.

What to do after your test:

You will know the outcome of the test within 15 minutes. If test results conducted so far are negative, your child may attend school as usual. Even if your child tests negative, they should continue to follow all relevant public health guidance, such as guidance on gathering, distancing, and masking.

A positive result on a rapid antigen screening test is considered a preliminary positive. A child that receives a positive result on a rapid antigen screening test should seek a confirmatory PCR test as soon as possible (ideally within 48 hours) at a [local testing site](#) or pharmacy that offers testing and isolate themselves until the result of that confirmatory PCR test are known.

On behalf of Rainbow Schools, I would like to thank you for your ongoing patience as we continue to work together to keep everyone safe.

Please accept our best wishes for a safe and happy holiday.

Sincerely,

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

Bruce Bourget
Director of Education

****Students without homerooms
can pick-up their box by visiting
the Main Office****



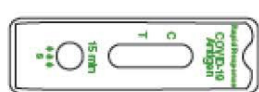
How to test yourself with BTNX Rapid Response™ COVID-19 Rapid Antigen Test At Home

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



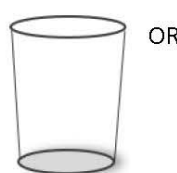
One Liquid Buffer Vial*
(*See Note on page 2)



One New Test
Tube

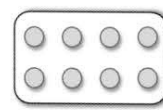


One New
Nozzle Cap
with Filter



Cup
{from home}

OR

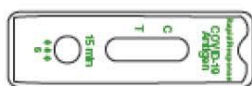


One Tube Rack
{if provided}



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.



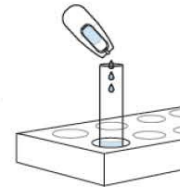
- Place a new empty test tube upright in the tube rack or cup.



- 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

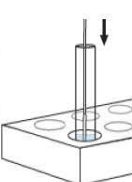
4 Swab both nostrils.

- 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.



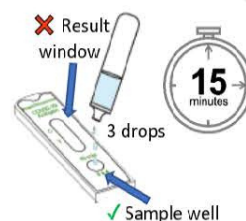
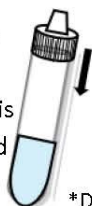
5 Mix the sample with the liquid in the tube.

- 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.

WHAT PARENTS NEED TO KNOW FOR NEXT WEEK...

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

Autumn Lewis, our school Aboriginal Support Worker, will be at Lockerby Composite School next week

- | | |
|--------------------------|---|
| Monday, December 13th | • Socks and Slippers Day |
| Tuesday, December 14th | • Wear Festive Colours Day |
| Wednesday, December 15th | • Flannel Day |
| Thursday, December 16th | • Dress Like A Present Day |
| Friday, December 17th | • Holiday Blooket Day
• ENJOY THE HOLIDAY SEASON! |



Weekdays in Room 223

LET'S CONNECT



<https://lockerby.rainbowschools.ca>



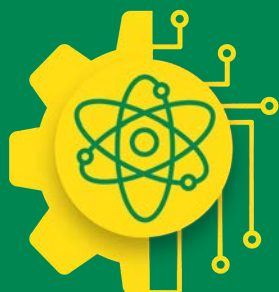
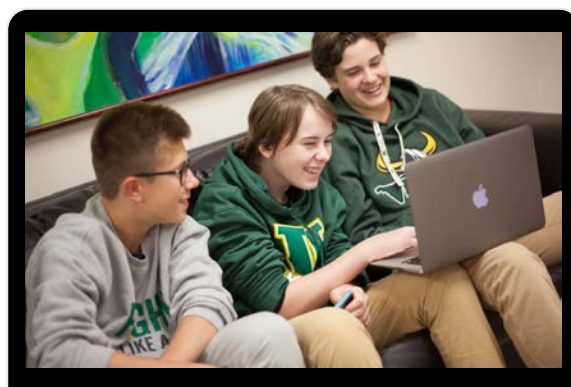
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