

The Lockerby Newsletter

LCS News Update | February 17 - 21, 2020

STRESS MANAGEMENT AT LOCKERBY COMPOSITE

This past week, Lockerby Composite's Social Worker, Dan Watson, spoke with Ms. Kleinsteuber's Grade 12 English class about stress management. He talked about the physiological reaction the body has to stress, how stress can be both positive and negative, and that stress is a normal part of life that shouldn't be feared, but rather managed. Dan suggested that some helpful tips for stress relief includes meditation, yoga, deep breathing, exercise, journaling, reading, and proper eating and sleeping. Our students will be able to take some of these strategies and apply them to their daily lives. Thank you, Dan!



LOCKERBY

THE SCHOOL OF SCIENCE AND TECHNOLOGY

LOCKERBY ALUMNA: DANA SIMEONI

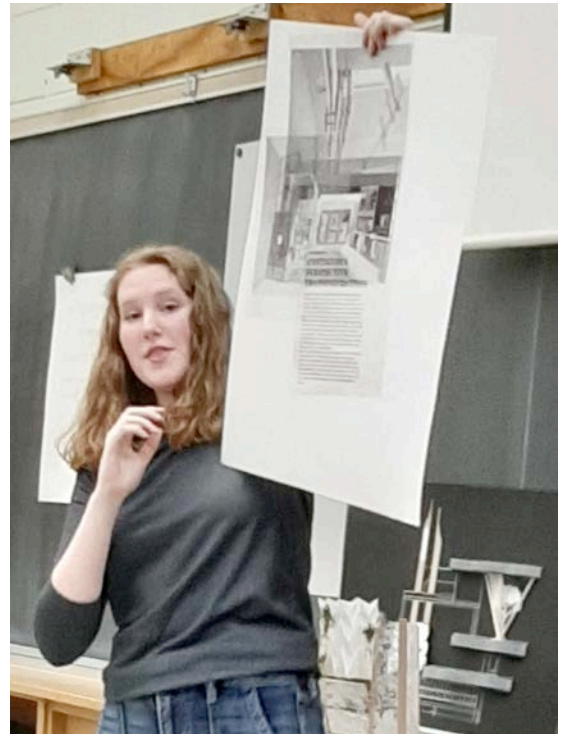
Lockerby's architecture students were treated to a presentation by Dana Simeoni this week!

Dana graduated last year from Lockerby Composite School and is currently enrolled in the Architecture Program at Carleton University.

Dana brought several examples of her work and provided our current Viking students with a clear insight of what life is like in the first year of architectural studies!



**Thank you
Dana!**



CANADIAN COMPUTING COMPETITION

Last week, our Viking students participated in the University of Waterloo's Canadian Computing Competition. For the competition, our students had 3 hours to attempt to solve 5 challenging computing problems. Eleven of our Vikings students participated in both the Junior Competition (Grade 11) and the Senior Competition (Grade 12) and all students had to code in the Java programming language. It was a stress-filled day but fun day for all. Students that were enrolled in the ICT SHSM program also earned an Experiential Learning activity going towards the completion of their SHSM Program.

Impressively, Jessyka P., Justin C., and Connor K. solved 4 out of the 5 Junior problems! Excellent work! Our top performers will be invited to join Lockerby Composite's Coding Team at the Rainbow District School Board Skills Competition that takes place on Wednesday, February 26th, 2020.



**Lockerby
ICT**

MORE FUN WITH FOODS!

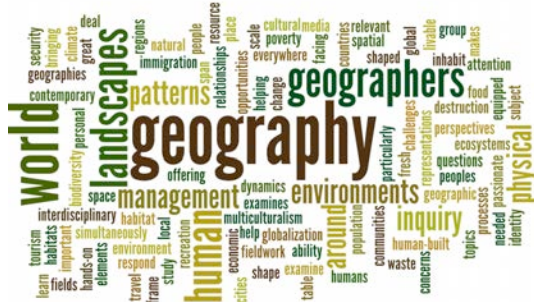
Our Food and Nutrition course was baking up a storm this week! Banana-Avocado muffins were on the menu and while baking, the whole second floor smelled delicious!



**What will be on the menu
next week?**

'MY MAPS' IN GEOGRAPHY

Our Grade 9 Geography students used Google's 'My Maps' feature to combine a conventional map of Canada with research and images. The result was a dynamic glimpse into our great country!



CAMBRIAN COLLEGE VISIT

On Friday, February 14th, 2020, students from our Mining SHSM and from the Information & Communications Technology (ICT) SHSM visited Cambrian College. Students learned about the Graphics Design Program, the Mobile App Development program and the new Mechatronics program! Students also participated in activities that involved user interface design and Arduino wiring.



THIS WEEK IN VIKINGS ATHLETICS . . .

Snowboarding and Alpine Skiing

The Snowboarding City Championship SDSSAA banner has finally arrived - right before team members depart for the OFSSA Championships! Good luck to snowboarders Jessica S., Naomi M., and Emma C. and to alpine skiers Matt O. and Kennedy W., as they compete in the provincial championships this coming week!



Curling

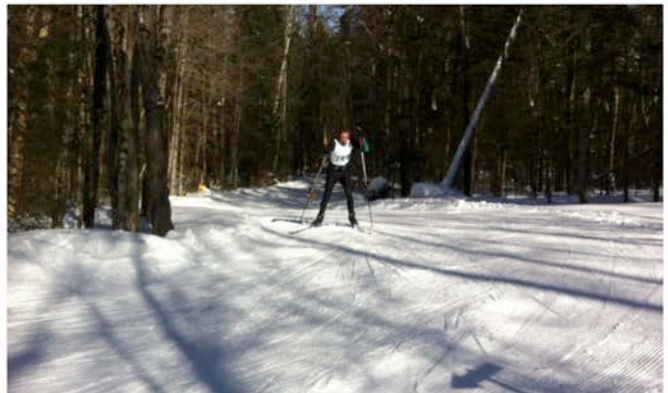
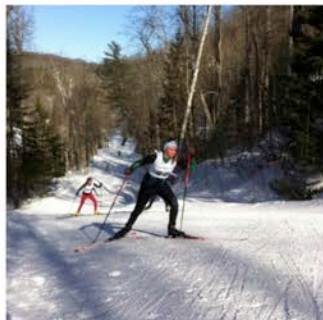
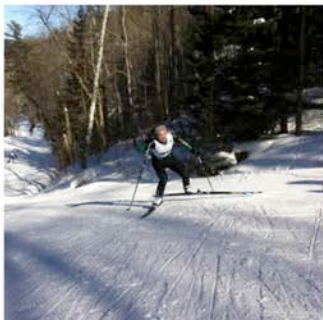
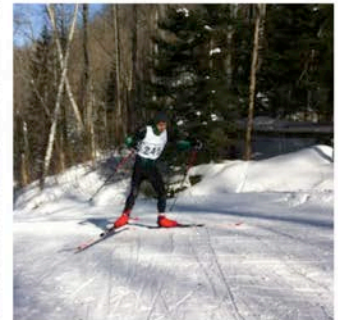
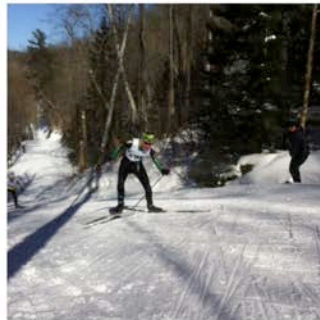
Congratulations to our Boys and Girls Curling Teams for their outstanding efforts this season. Special thanks to Coach Daren Kirkwood and Lockerby Alumni, Abby Deschene for sharing their curling knowledge and expertise with the team!



THIS WEEK IN VIKINGS ATHLETICS . . .

Nordic Skiing

On Wednesday and Thursday, under cool but beautiful sunny skies, our Lockerby Nordic skiers took to the trails of Arrowhead Provincial Park in Huntsville (along with hundreds of other high school athletes from across the province) for the OFSAA Nordic Skiing Championship. Ella C. and Abby L. had strong races placing 35th and 52nd respectively in the Junior Girls High School 6km Race. The Junior Boys Team skied with ambitious determination as Travis A., Aiden L.-M., and Konrad S.-H. finished 9th, 26th, and 31st respectively in their 7km Race. Theodore .s pushed as hard as he could for 9km, grinding-out a 30th place finish in the Senior Boys High School Race. All of the skiers had outstanding results and represented the school admirably!



ATHLETICS

THIS WEEK IN VIKINGS ATHLETICS . . .

Intramural Floor Hockey

This week in intramural floor hockey action, the Chatham-Kent Flying Elbows beat Gabe Westy and the Nutty Bunch 10-6 in a nail-bitter! Stay tuned for more updates next week!



SDSSAA Athletes of the Week

Sydney C.



Sydney is a Grade 9 student who is making quite an impact early in her high school athletic career. She immediately displayed excellent leadership skills and good sportsmanship when she first hit the court with the Junior Girls Basketball team. Sydney's outstanding athletic ability and competitive nature continued to shine on the Volleyball court with her aggressive attacks and power serves. Her speed and technical skill on the slopes placed her amongst the very best at both the SDSSAA and NOSSA Alpine Skiing Championships. We look forward to seeing Sydney on the track in the spring!

Travis A.




Travis recently placed 2nd in the Junior Boys High School 5km race at the 2020 NOSSA Nordic Skiing Championship. This outstanding result also qualified Travis for the OFSAA Nordic Skiing championship, where he placed 9th in the province. Before the skiing season had begun, (but not before snow had hit the ground), Travis also competed at OFSAA Cross Country and was a NOSSA champion in Volleyball as well. Travis is looking forward to Track and Field in the spring.

FITNESS FUN!

Our Grade 12 Kinesiology students introduced a variety of fitness assessments to Mr. Beausoleil's Grade 9 Healthy Active Living class this week. The students were given a demonstration followed by the opportunity to perform a fitness test to help them assess their own fitness level and to create goals to help improve their results by the end of the semester.



Lockerby Composite
Environmental Council

 **POLAR BEAR DAY**

Monday, February 27th, 2020

We will be turning down the heat, bring a sweater, and wear white!

Don't forget to bring your favorite mug, as we will be serving hot chocolate!

We'd like you to dim the lights to conserve energy!

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SPREAD THE WORD!

LOCKERBY
The School of Science & Technology

**APPLY TO
LOCKERBY**

Science & Technology Education Program Advanced Placement (AP) French Immersion

Applications are due
Friday,
February 28th, 2020

Become a Viking!

STUDENT SERVICES

Grade 12 Reminders

Post-Secondary Applications

Marks have been sent to Ontario colleges and universities. Students are asked to check their OCAS and OUAC accounts to ensure that all of their courses and marks have been transferred. Students should also be checking their individual post-secondary portals (e.g., Cambrian College and/or Laurentian University).

Many of the schools have been providing details regarding additional requirements, incomplete applications, etc. Students must ensure that all of the necessary details for their application are complete.

School Visit

Carleton University - Monday, February 24th, 2020

Carleton University will be at our school on Monday, February 24th, 2020 from 9:45am - 10:45am. The presentation will take place in our Library's Board Room. If students have any questions or concerns, they are asked to please see a Guidance Counsellor.

Open House

Laurentian University - Saturday, March 14th, 2020

Laurentian University will be hosting the annual spring Open House on Saturday, March 14th, 2020. Visit the university to find out what it's like to be a Laurentian student. Spend some time on campus, and take a guided tour to visit classrooms, library, residences, our state-of-the-art sports facilities, and more! Please pre-register at <https://laurentian.ca/open-house>.

Grades 9 - 11

Course Selection

The Guidance Team continued to complete course selection with students this week. At this time, we have completed approximately 99% of the school's population. Once students have completed their selection, they will receive a hard copy of their choices to review with their parents/guardians. Parents/guardians are asked to please review and sign their student's Course Selection Sign-Off Document. We require the signed document in order to finalize students' courses for the 2020 - 2021 academic year. If there are any changes that need to be made, please indicate the changes in pen within the document.



WHAT PARENTS NEED TO KNOW FOR NEXT WEEK . . .

Dan Watson, our Social Worker is in the school next week.

Monday, February 24th

Tuesday, February 25th

Wednesday, February 26th

- Rainbow Schools Skills Competition

Thursday, February 27th

- Polar Bear Day

Friday, February 28th

Let's Connect

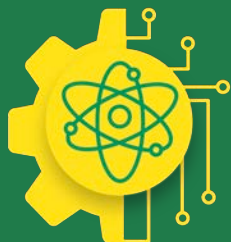


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Science and Technology Education Program

APCapstone™