

# The Lockerby Newsletter

LCS News Update | April 20 - 24, 2020

## VIKINGS RISE TO THE CHALLENGE!

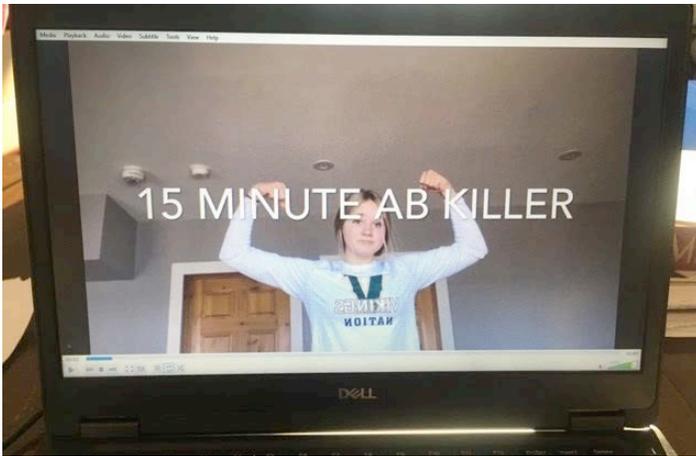


Lockerby Composite students are rising to the challenge of virtual learning! Here are just a few of the many faces who log on to our virtual classrooms daily and complete their learning tasks on time. For all of us, this period of isolation is a test of our resolve to persevere and take ownership of our education. Both inside and outside the classroom, Vikings are learning things they never thought possible. It is inspiring for all of our staff to see such a high level of participation and communication with our virtual classes. Congratulations to every student who is doing their best to stay positive and healthy during this time! 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 8).

## WHAT'S HAPPENING IN OUR ONLINE CLASSES?

### Healthy Active Living

Students in our Grade 9 Physical Education classes are busy preparing '15-minute fitness blasts,' which will be shared with their class. Joining us next week from Moose Factory is one of our student teachers, Mr. E. He is currently enrolled at Laurentian University and is completing his final teacher placement at Lockerby Composite School!



### Architecture

Our Grade 12 Architecture students were asked to choose a space within their home and reproduce it to scale using specified software. From there, they had free reign to remodel the space to suit their own taste and style! Sophia took on her own kitchen and dining room for her project and her changes produced excellent results!



#### Original:



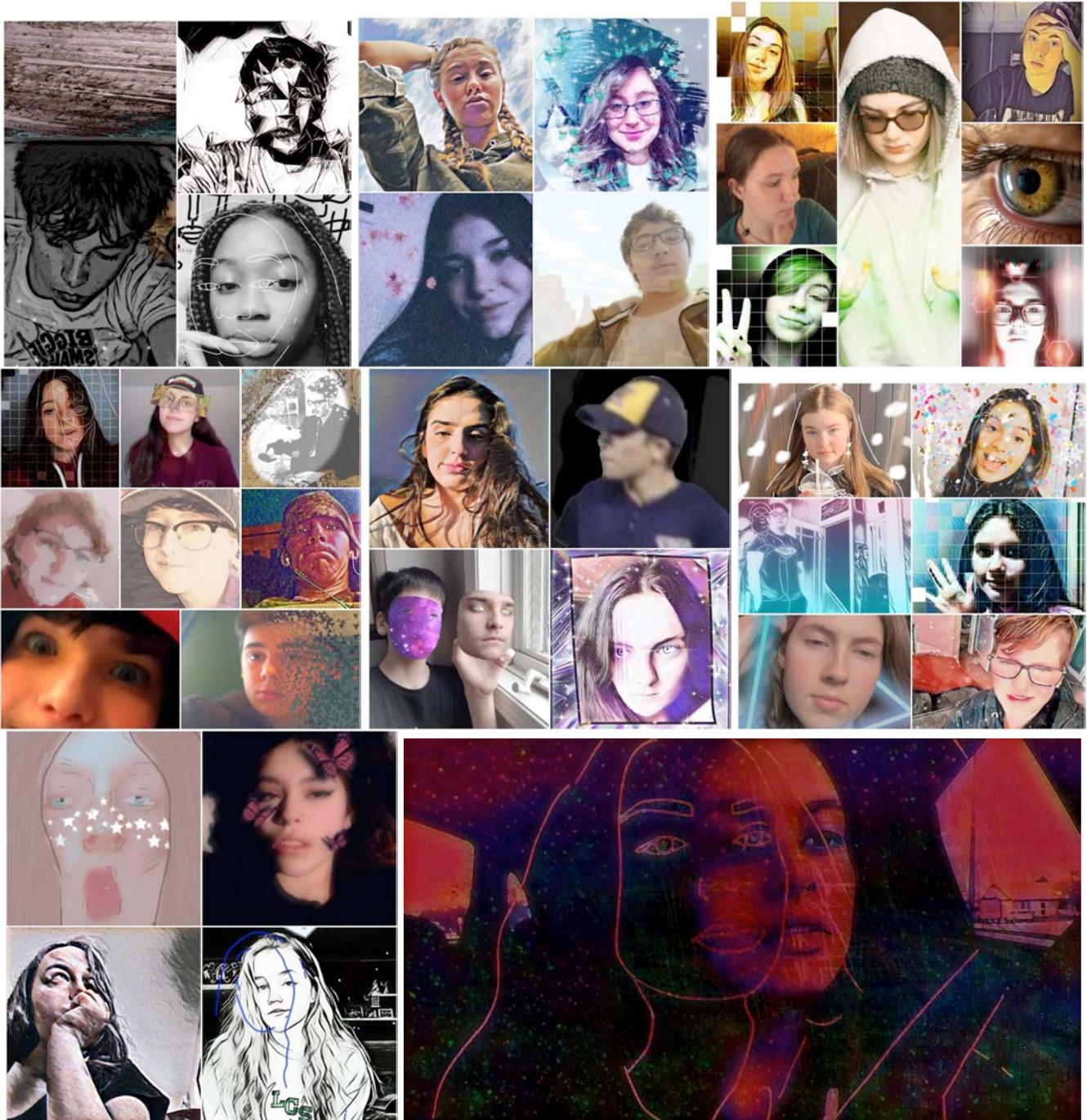
#### Final Design:



## WHAT'S HAPPENING IN OUR ONLINE CLASSES?

### Visual Arts

This week in visual art students are highlighting the digital portraits done by our Vikings in grades 9 and 10. Check out the creative efforts of these young artists. How many Vikings do you recognize today?



## WHAT'S HAPPENING IN OUR ONLINE CLASSES?

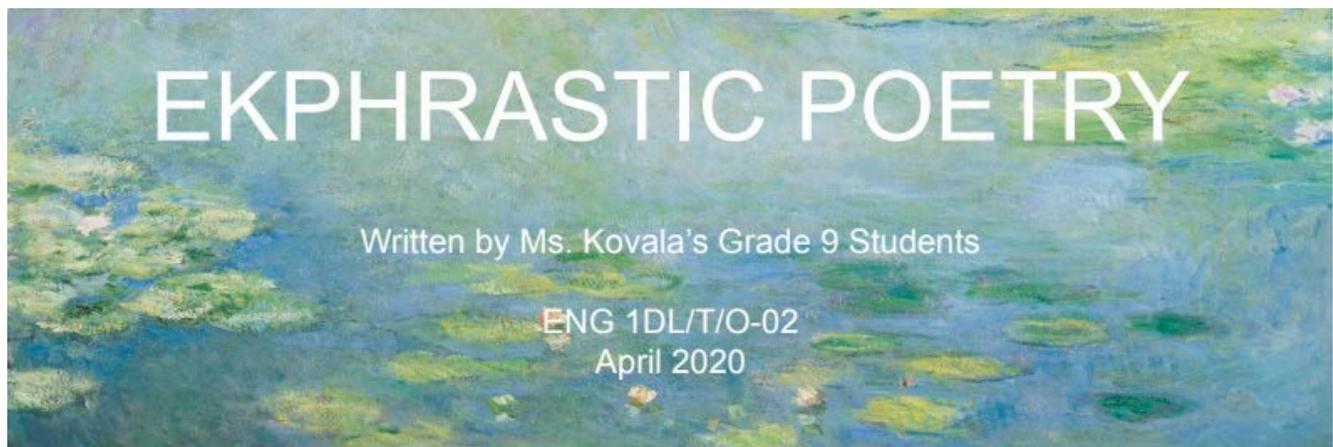
### Science

Students have been learning about ionic and molecular compounds over the past week. Our Vikings continued to scour their homes for ionic substances, and discovered that they are found in almost every household item! Students also made some molecules using items around their homes, and managed to create cool compounds. Seen here - water made from legos!



### English

April is poetry month and Ms. Kovala's Grade 9 students spent some time this week to create ekphrastic poetry. To download and read a copy of their creations, please click [here](#). Kudos to all of those students who submitted their fantastic poems!



### Technological Studies

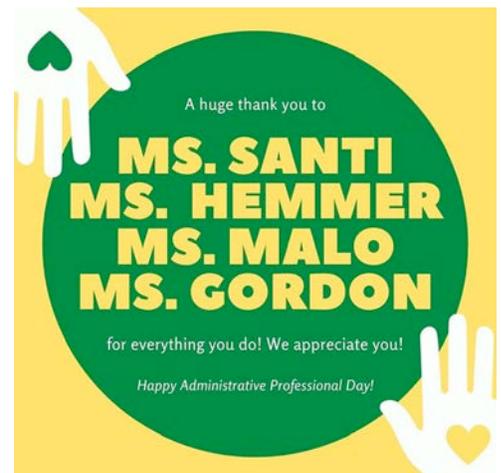
Using 3D modeling software, our Grade 10 technology students designed some awesome toys this week! In many cases, students bridged the social distancing gap by sharing their components online so their partner(s) could design and model the complementary parts to go into the final assembly. According to Jenna and Hannah, "even though we weren't able to be with each other, we still managed to create our structure through other means. We used social media to communicate with each other by texting back and forth about specific measurements and assembly. We were able to share files with each other via email, as we would have done if we were in class. Although we were not physically together, the use of technology made our separation less difficult. We learned that we still have the means to do everything we were able to do before!"



## CELEBRATING OUR ADMINISTRATIVE ASSISTANTS!

A message from our Student Council President, Raksheen K. to Ms. Hemmer, Ms. Malo, Ms. Stani, and Ms. Gordon:

We hope you are doing well amongst all of the craziness! On behalf of the Students' Council and the student body we would like to extend a large thank you to you for all that you do for the school. While we may not be physically there right now, every single task is appreciated and does not go unnoticed. You play such a critical role in the student experience here at Lockerby Composite School. Happy Administrative Assistants Day (Wednesday, April 22<sup>nd</sup>, 2020)!

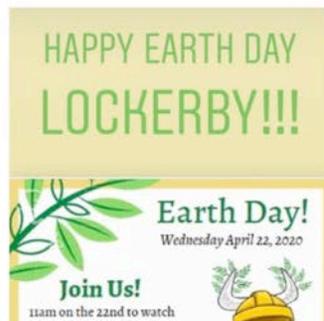


## VIKEWEAR DAY AND EARTH DAY CELEBRATIONS!

This past Wednesday, our Student Council hosted a Vikewear Day from home. Students and staff were encouraged to wear their Vikewear (or green attire) and post/send/tag their pictures to Lockerby Composite School social media accounts. Also on Wednesday, our Environmental Council celebrated Earth Day with our student body and hosted a viewing of the original Lorax movie online! Thank you to all who participated in these events on social media and online!



## VIKEWEAR DAY AND EARTH DAY CELEBRATIONS!



## A MESSAGE FROM MS. GORDON

Read the book titles from top to bottom!



## GRADE 12 MIDTERM MARKS

All graduating students' marks have been submitted to post-secondary school. In the OUAC (university) and OCAS (college) application portals, graduating students are asked to please review what has been transmitted carefully to ensure that all details are accurate. Special attention should be taken with regards to course codes and midterm marks. If there are any errors or questions please email Ms. Beaudry (beaudrg@rscloud.ca).



## WELLNESS WEDNESDAYS

Calling all Vikings! Send in (DM) pictures of yourselves to the @lockerbystudentscouncil Instagram account showing how you have been practicing your positive self-care! Make sure you send them in before next Wednesday night for the chance to be featured on the account!



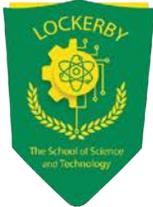
# Don't forget!

## LCS DISTANCE LEARNING MESSAGES/UPDATES (AS OF APRIL 23<sup>RD</sup>, 2020)

- 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.'
- Students wishing to return next year are asked to contact Ms. Baggs or Ms. Beaudry by email in order to have discussions about building a timetable for courses.
- Rainbow District School Board staff have developed a Special Education Resource that specifically addresses how parents/guardians can support students with IEPs at home during distance learning. More information can be found on the Rainbow District School Board website.
- A reminder that each week we will provide information and updates about Distance Learning at Lockerby Composite in this section of our Newsletter.



## A MESSAGE FROM PRINCIPAL RUNCIMAN



### Lockerby Composite School

1391 Ramsey View Court, Sudbury, Ontario P3E 5T4 | Tel: 705.522.1750 | Fax: 705.522.0658

Craig Runciman, HBA, MA, BEd, MEd  
Principal

Ryan Lafraniere, BSc (Hons), BEd, MEd  
Vice-Principal

April 24, 2020

Dear Viking Community:

We hope that everyone in our community is doing well during these unusual times, as all families continue to face many challenges.

As you are aware, all schools in Ontario will be remaining closed until Monday, May 4<sup>th</sup>, 2020, and possibly longer, in order to contain the spread of COVID-19. As we move forward, and distance learning becomes our current 'norm,' we continue to do our best to answer any challenges related to the implementation of the provincial and local distance learning framework. Lockerby Composite School has been implementing creative means, with all of its staff members, to make at-home learning a positive experience. An overarching goal in supporting our Vikings students has been to provide opportunities for them to demonstrate overall expectations in their Semester 2 classes and to achieve credits, while creating a supportive learning environment and building a sense of belonging for each of our students.

The Rainbow District School Board Distance Learning Plan continues to be a fluid document. At this time, please know that within the Google Platform at Lockerby Composite School (and otherwise):

- staff continue to be available to connect with students during their period of instruction (and otherwise) as part of their timetables;
- attendance for classes (in both our synchronous and asynchronous environments) is taken every day, and it is important for students to communicate proactively with their teacher(s) if they require additional support;
- each Viking student is expected to complete/participate in their online learning for (at a minimum) three hours (work assigned) per course per week;
- it is both the Ministry of Education and Rainbow District School Board's expectations that students complete assigned work (with integrity and academic honesty) and do their best to meet timelines, commitments, and due dates;
- final report cards will be issued to students at the end of the semester as per Ministry of Education directives, and marks will be based on work done until March 13<sup>th</sup>, 2020 and after April 6<sup>th</sup>, 2020;
- each Viking student should be continuing to monitor communications with their teacher(s) and be checking for daily school and class announcements and feedback;
- our staff is continuing to monitor and reach out to students who have accessibility issues with respect to technology and internet services;
- video recorded instructions regarding distance learning have been provided to our Viking students with respect to expectations within the virtual learning environment;
- our goal is to continue to help support every learner as best we can.

Rainbow District School Board continues to encourage all parents/guardians to visit [rainbowschools.ca](http://rainbowschools.ca) often, as learning resources are being updated. Therein, Rainbow District School Board also has posted links to information on mental health and COVID-19. As always, the health and safety of students and staff is our first and foremost priority. Thank you for your patience as we continue this new journey together.

Sincerely,  
**LOCKERBY COMPOSITE SCHOOL**  
Per:

**CRAIG RUNCIMAN**  
Principal



*Home to the  
Science  
Technology  
Education  
Program  
(STEP)  
est. 1984*

## 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 NEXT WEEK . . .

Monday, April 27<sup>th</sup>

Tuesday, April 28<sup>th</sup>

Wednesday, April 29<sup>th</sup>

Thursday, April 30<sup>th</sup>

Friday, May 1<sup>st</sup>

**Our Newsletter is back each week from now until the end of the year. 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

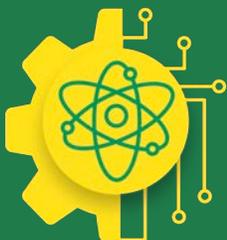


<https://www.instagram.com/lockerbycomposite/>

<https://twitter.com/lockerbynet>

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

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



**Science and Technology Education Program**

**AP Capstone**