

The Lockerby Newsletter

LCS News Update | ****SPECIAL EDITION****

DISTANCE LEARNING OFFICIALLY BEGINS MONDAY, APRIL 6TH, 2020

As you already may know, schools in Ontario will remain closed until Monday, May 4th, 2020, and possibly longer, in order to contain the spread of COVID-19. To ensure continuity of learning, the Ministry of Education has launched the second phase of 'Learn at Home.' As such, teacher-led learning will officially begin on Monday, April 6th, 2020.

Our Viking staff has been working diligently in preparing for Monday, April 6th, 2020, to ensure that learning continues as best we can. Our staff has also already reached out to students and have connected with them before learning 'officially restarts.' We know that there will be some bumps along the way. We know that things won't be smooth. We know and we understand that everyone has been challenged by these unprecedented times in different ways. We're hoping that come Monday we can begin to create a supportive learning environment that builds a sense of belonging within our Viking Community! We're ready to do our best!

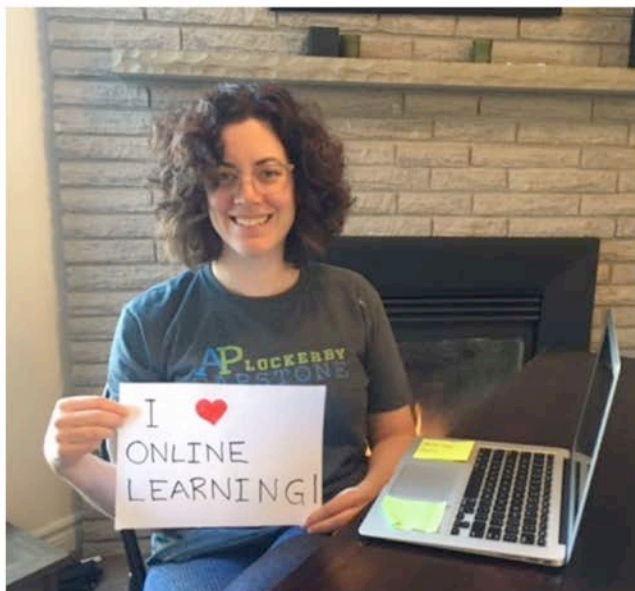


Keep reading this week's Newsletter for further information regarding school closures from the Ministry of Education, Rainbow District School Board's Distance Learning Plan, and a message from Principal Runciman (starting on Page 6).

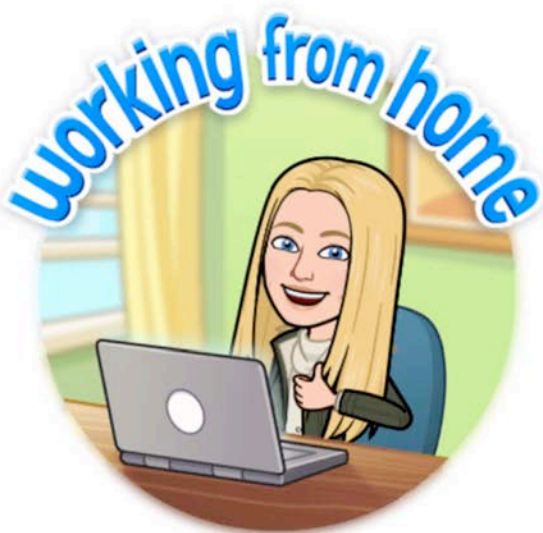
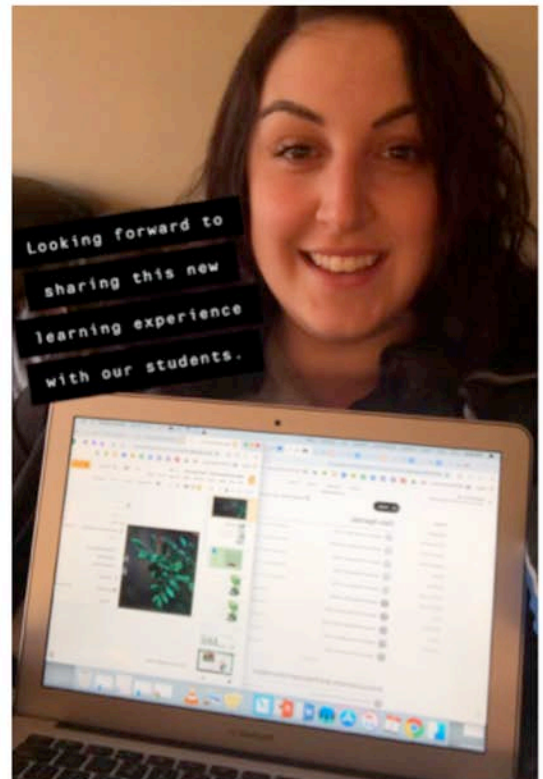
WE'RE READY TO GO!



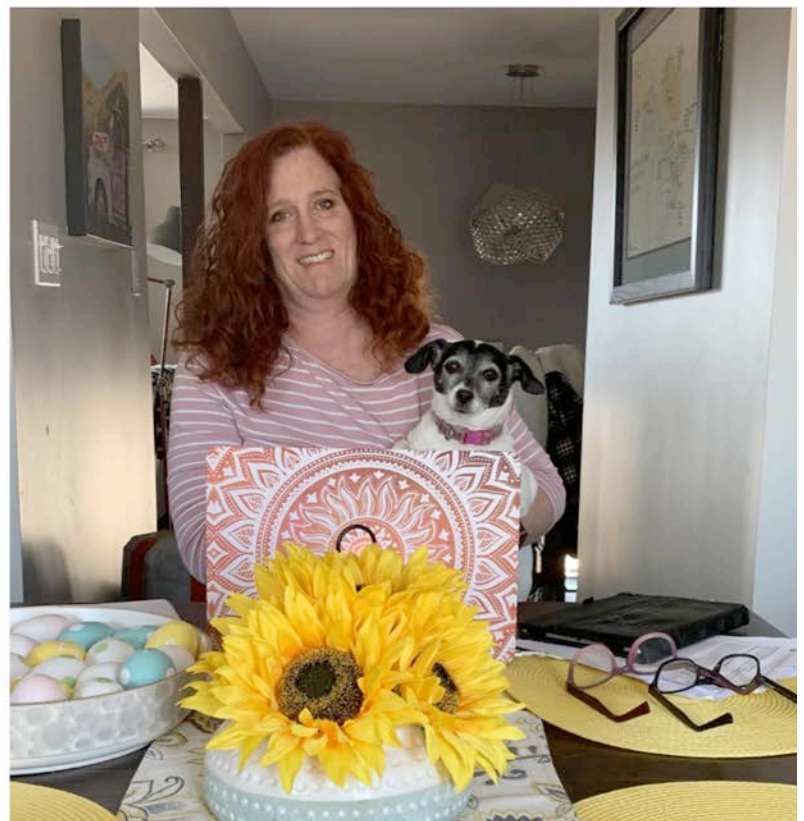
Mathematics may
not teach us to
add love or
subtract hate, but
it gives us hope that
every problem
has a solution.
-Anonymous



WE'RE READY TO GO!



Ms. Baggs
is ready
to teach!

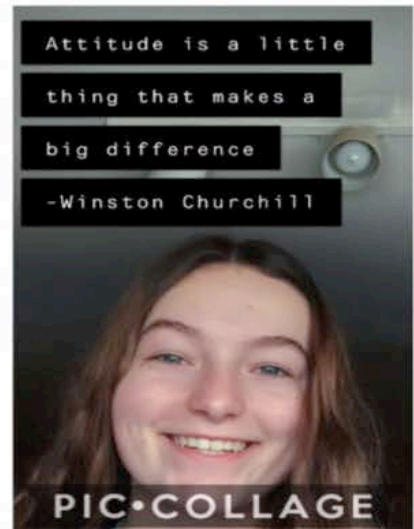
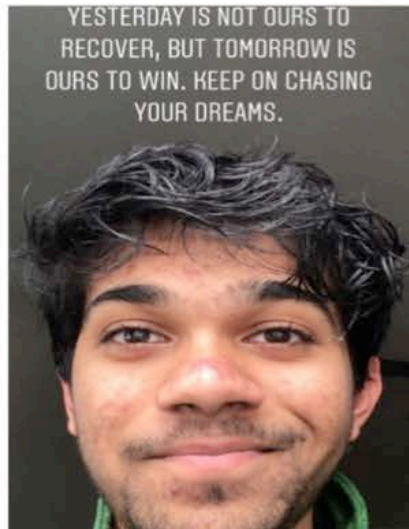
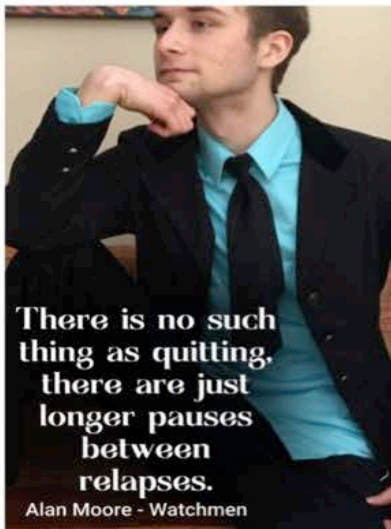
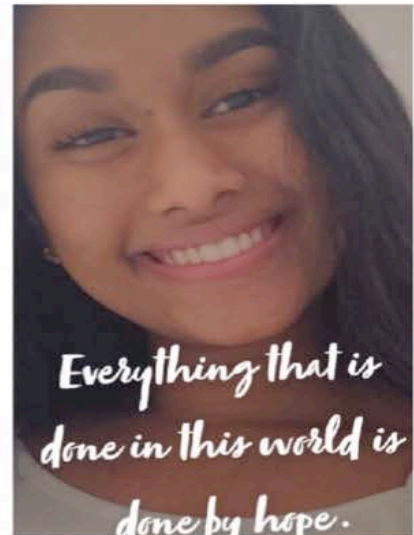


WE'RE READY TO GO!

**Life is like riding a
bicycle. To keep your
balance, you must
keep moving.**

-Albert Einstein

POSITIVITY MESSAGES FROM YOUR STUDENT COUNCIL!



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 3, 2020

Dear Viking Community:



We hope all is well with you and your family during these unprecedented times. We recognize that all families are facing many challenges.

As many of you are aware, all schools in Ontario will be remaining closed until Monday, May 4th, 2020, and possibly longer, in order to contain the spread of COVID-19. To ensure continuity of learning, the Ministry of Education has launched the second phase of 'Learn at Home,' and subsequently, Rainbow District School Board has developed a Distance Learning Plan for all of their students within the Greater Sudbury Area, Espanola, and Manitoulin Island. Ultimately, teacher-led learning will begin on Monday, April 6th, 2020.

We understand the needs of our Viking Community and we are doing our best to answer any challenges related to the implementation of this new provincial and local framework. Lockerby Composite School has been exploring creative means, with all of its staff members, to make at-home learning a positive experience. Our overarching goal over the next several weeks in supporting our Vikings students is 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 is a fluid document. At this time, please know that within the Google Platform at Lockerby Composite School (and otherwise):

- students will be following their Semester 2 timetables each day (Day 1 is an 'odd day' and Day 2 is an 'even day');
- staff will be available to connect with students during their period of instruction (and otherwise) as part of their timetables;
- attendance for classes will be taken;
- our delivery of classes will be a combination of 'synchronous' (eg. live lessons) and 'asynchronous' (eg. pre-recorded lessons and/or information posted online) delivery;
- each Viking student will be expected to complete/participate in their online learning for (at a minimum) three hours (work assigned) per course per week;
- staff will provide ongoing assessment of student learning within each of their courses, based on their curriculum and course content delivery;
- final report cards will be issued to students at the end of the semester and as per Ministry of Education directives, Grade 12s will be receiving a Midterm Report Card;
- our staff will continue to monitor and reach out to students who have accessibility issues with respect to technology and internet services;
- instructions will be provided to our Viking students with respect to expectations within the virtual learning environment (over the next few weeks).

Rainbow District School Board continues to encourage all parents/guardians to visit 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 embark on this new journey together.

Sincerely,
LOCKERBY COMPOSITE SCHOOL
Per:

CRAIG RUNCIMAN
Principal



rainbowschools.ca

A MESSAGE FROM DIRECTOR BLASEG



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

April 1, 2020

RAINBOW SCHOOLS CLOSED UNTIL MAY 4, 2020 AT THE EARLIEST

Dear Parents/Guardians:

Schools in Ontario will remain closed until Monday, May 4, 2020, and possibly longer, in order to contain the spread of COVID-19.

To ensure continuity of learning, the Ministry of Education has launched the second phase of Learn at Home. Teacher-led learning will begin on Monday, April 6, 2020.

Please be assured that we are committed to your child's education, from Kindergarten to Grade 12, and will explore creative means to make at-home learning a positive experience.

The principal of your school understands the needs of your community and will do their utmost to answer any challenges related to the implementation of the provincial framework.

Schools will work with your family to determine the best way to connect with students. Teachers will share more information with you directly so you know what to expect.

We also recognize that families are facing many challenges during these uncertain times. In collaboration with principals and teachers, support staff will follow up with students who require additional help and guidance, where needed.

Please visit rainbowschools.ca often, as learning resources are being updated. We have also posted links to information on mental health and COVID-19.

Also continue to practice physical distancing, stay at home, and wash your hands. As always, the health and safety of students and staff is our first and foremost priority.

Thank you for your patience as we embark on this new journey.

Distance learning will bring us together while keeping us safely apart.

Sincerely,

A handwritten signature in black ink, appearing to read "Norm Blaseg".

Norm Blaseg
Director of Education

A MESSAGE FROM THE MINISTRY OF EDUCATION

Ministry of Education

Minister

315 Front Street West
Toronto ON M7A 0B8**Ministère de l'Éducation**

Ministre

315, rue Front Ouest
Toronto ON M7A 0B8

Dear Parents,

I am writing to you today exactly two weeks since our government declared a State of Emergency in the province.

I know this period has not been easy for you or your children, especially as the impacts of the COVID-19 outbreak begin to have increasing effects on your day-to-day lives and livelihoods.

The battle against COVID-19 has not been easy, but I continue to be incredibly inspired by the bravery and steadfastness you and your children have demonstrated in our efforts to stop the spread of this outbreak. Since Cabinet made the decision to close the public-school system on March 12, we have seen cascading steps taken by the public and private sectors to protect our most vulnerable.

I want to assure you that, as Minister of Education, the health and safety of your children remains our government's utmost priority; there is simply no priority more critical. Every decision we make is rooted in the fundamental commitment to safeguard your children's well-being. We are incredibly grateful for the considerable understanding and flexibility you and your children have shown during this period of school closure.

With that commitment in mind, today our government decided to extend the closure of public schools in the province to May 4, along with child care centres and private schools until April 13. In ordinary times, this would be a difficult decision. However, given that Ontario's Chief Medical Officer of Health concurs that this is in the best interest of you and your children's health, this decision was clear and obvious.

While this announcement is consistent with public health policy, I know that this will raise questions about what your children will be doing over the coming weeks with regards to their education, as in-school instruction will not be taking place.

Today, I was proud to announce our government's plan for the next phase of Learn at Home and how we are supporting students, families, and educators during this period.

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A MESSAGE FROM THE MINISTRY OF EDUCATION

-2-

To start, we have instructed school boards that, by Monday, April 6, teacher-led learning will resume across the province. Students will begin receiving communication from their teachers and school board staff this week to determine the best way your child can continue learning during this period. For our youngest learners, especially, I am asking you to lend a helping-hand in facilitating these initial conversations with educators when they begin reaching out. This early communication will help ensure all students can participate actively and fully in the rich online learning strategy. We have designed the strategy based on the technology and resources that currently exist at home.

I also know many families in the province may not have access to the technology and broadband connection needed to participate fully in online learning. To remedy this situation, our government has instructed local school boards to offer their existing inventory of computers and devices to students who do not have in-home access. Boards will work with the Ministry to develop a plan to expand the technology to those who need it. I also want to recognize that boards have explored alternative options for students' access to technology, including engaging in regular conversations with telecommunications providers to determine what options exist to allow families to access Ontario's world-leading online learning resources.

This is especially necessary for rural and remote communities where connections might not be optimal. I will update you as these conversations regarding technology and broadband options continue to evolve.

As part of this plan for online learning, our government has outlined the minimum expectations for student work-time in a given week based on learning materials and work assigned by your student's teacher. These expectations, for each teacher, include:

- Kindergarten to grade three: Five hours of work per student per week, with a focus on literacy and math;
- Grades four to six: Five hours of work per week, with a focus on literacy, math, science, and social studies;
- Grades seven to eight: 10 hours of work per week, with a focus on math, literacy, science and social studies; and,
- Grades nine to 12: Three hours of work per course per week for semestered students, and 1.5 hours of work per course per week for non-semestered students, with a focus on credit accumulation and graduation.

Based on these expectations, this second phase of [LearnAtHome](#) will require students to adopt academic discipline and commitment to ensure that they can experience continued academic growth and achievement. I know our students are up to the task.

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A MESSAGE FROM THE MINISTRY OF EDUCATION

-3-

While these are unprecedented times, I encourage you to support and enable your children to fully commit to the strong learning program we have created for this period of school closure. Your support, inspiration, and motivation will continue to prepare your children to succeed in their learning journey.

I know this period is concerning for parents of students in a graduating cohort. I have said before, and I want to reiterate: no student will have their graduation jeopardized by the developments of COVID-19. I am working closely with the Honourable Ross Romano, Minister of Colleges and Universities, and the post-secondary sector. Our government will ensure students, who plan on entering college or university in September 2020, have our full support to accomplish this goal.

As students continue to accumulate credits during this closure period, we will provide further information about how students can align with the post-secondary application process in the coming weeks.

I understand parents with children who may have special education needs, have concerns about at-home learning and the physical absence of educational support staff and resources during this period. I am firmly and unequivocally committed to ensuring that all students continue to have access to the wrap-around supports that promote continued learning and development.

Our government has instructed boards to enable immediate restoration of communication between students and educational assistants, paraprofessionals, and other education workers to reintroduce the continuity of professional support to students. We will not allow any student to fall through the cracks during this unprecedented time. My Ministry is equipping educators with the tools and supports they need to maximize the opportunities and achievements of all learners in the province in an online setting.

While much of the discourse around COVID-19 focuses on the impacts on physical health, I want to acknowledge the significant effects this outbreak may be having on the mental health of Ontarians. Particularly, our youngest learners may be struggling to fully understand and process what it means to their lives, families, friends, and communities. This may very well be a time of fear and anxiety for your child, even if it is not readily apparent.

While you and your children may have many questions about what the future holds, I want to express my heartfelt hope that all children know there are a variety of supports to help process and overcome the multitude of emotions and reactions they may be facing during this period. Our government has directed school boards to ensure mental health workers and professional staff are ready to engage with students immediately in a secure and safe conversation. We continue to support the incredible work being done to provide wrap-around counselling and resources to students across the province.

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A MESSAGE FROM THE MINISTRY OF EDUCATION

-4-

We have numerous organizations providing critical and professional support for children facing mental health concerns or distress. For example, [Kids Help Phone](#) offers 24/7 counselling and referral services across the province. To use this free resource, children can call 1-800-668-6868, or text CONNECT to 686868.

As we move forward in the next phase of school closure, the expectations of parents, guardians, students, educators, and my Ministry will continue to rise. Having already met countless driven and determined students, educators, and educational workers across the province, I know that we are ready to meet the challenges ahead.

To you, and your child, I want to extend my sincere and unwavering commitment to ensuring every student in the province can continue learning in Ontario's world-class education system. Our collective commitment to inspiring, supporting, and uplifting our future leaders during this time is unwavering.

Sincerely,



The Honourable Stephen Lecce
Minister of Education

LOCKERBY

THE SCHOOL OF SCIENCE AND TECHNOLOGY

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' WEEK BACK . . .

Monday, April 6th

Tuesday, April 7th

Wednesday, April 8th

Thursday, April 9th

Friday, April 10th

- HOLIDAY

Our Newsletter will be back each week from now until the end of the year. We will be doing our best to get information to our Viking Community as best we can over the next several week. Our Newsletter will be our main means of communication for all of our families moving forward. Thank you for your patience!

Let's Connect

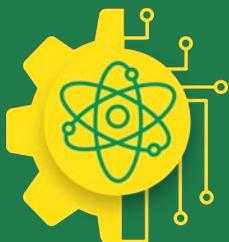


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