

# The Lockerby Newsletter

LCS News Update | April 27 - May 1, 2020

## VIKINGS AND SELF-CARE!



This week, our Student Council asked our Viking community to share their pictures (or post on their social media accounts) about how they are practicing self-care while distance learning. Above are just some of the submissions that were received! Congratulations to every student who is doing their best to stay positive and healthy during this time! Great job Vikings!

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).

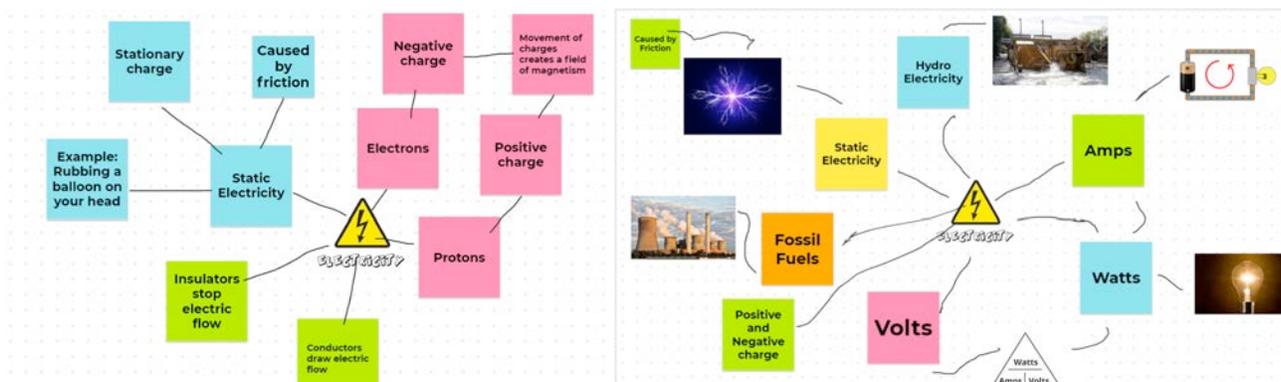
## WHAT'S HAPPENING IN OUR ONLINE CLASSES?

### Science

Students in Grade 9 STEP Science were challenged to complete their own static demonstrations at home to share with their classmates! Below you see Cadence who charged a spoon and used it to separate salt and pepper. The pepper is attracted to the charged spoon. Joshua is showing us how to make your hair stand on end using a balloon, and David charged a knitting needle and then used it to attract an empty aluminum can.



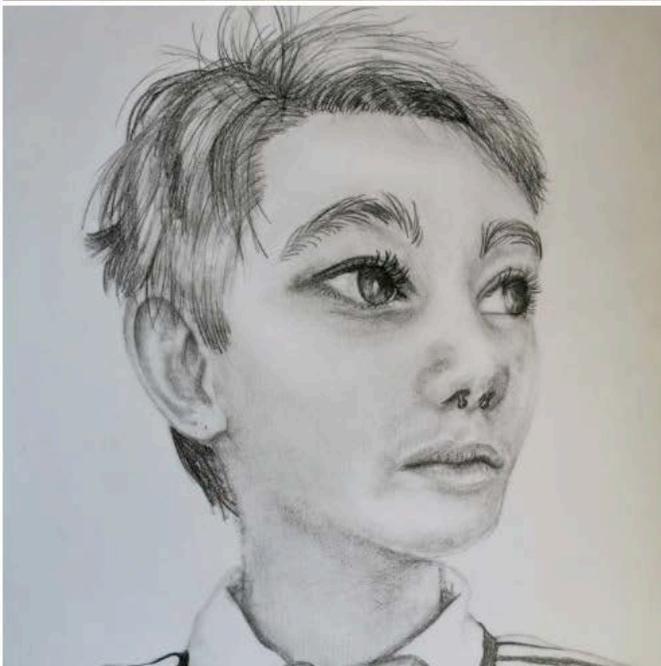
As an introduction to the electricity unit, students also completed a digital brainstorming activity using 'Jamboard.' They each expressed what they knew about electricity and then digitally shared their finished products with the other students in the class. It was a great way to learn a new program, share their knowledge, and assess what they already knew about the subject!



## WHAT'S HAPPENING IN OUR ONLINE CLASSES?

### Visual Arts

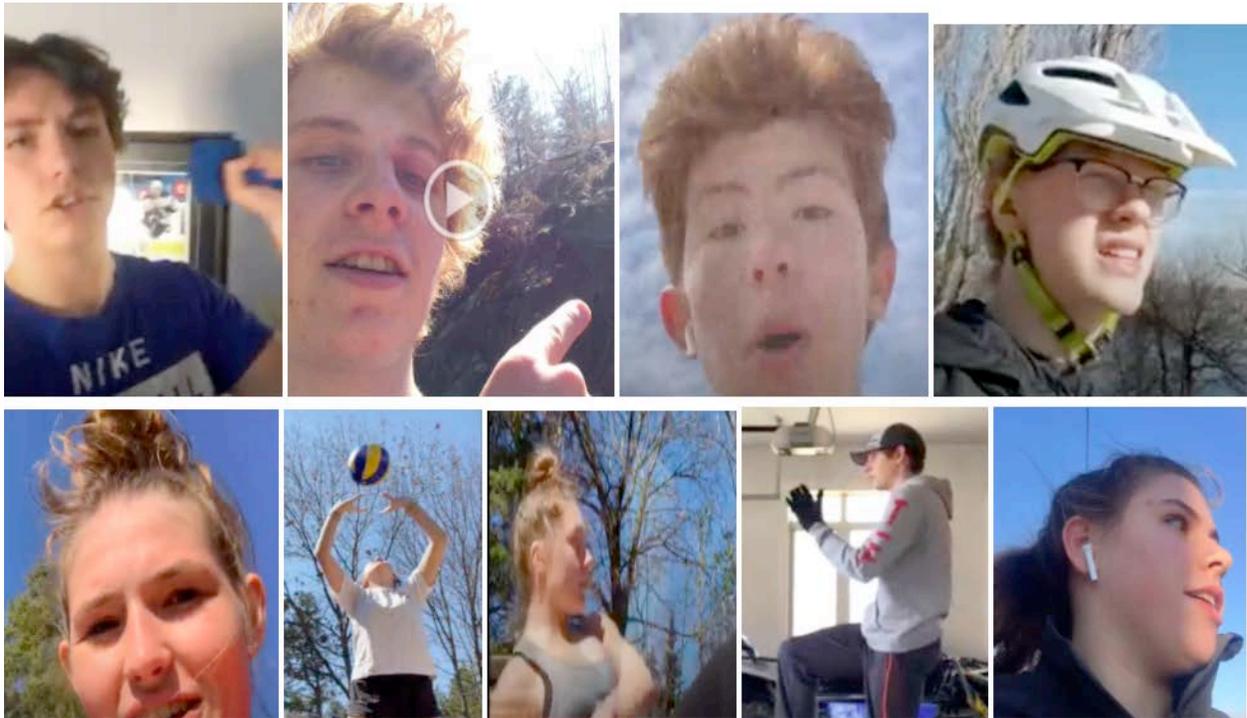
This week past week, our Grade 10 students wrapped-up their a portrait unit. Our Vikings started last week with individual sketches of the eyes, nose, mouth, and ears and they put it all together in an artwork. Completed portraits are being submitted on Friday. Here's a sneak peak of the great work our young artists are doing while they are in isolation. Great work Vikings!



## WHAT'S HAPPENING IN OUR ONLINE CLASSES?

### Physical Education

Our Vie Active students continued to move energetically while vlogging their daily, creative movements. Students shared a variety of exercises and described the durations, the repetitions and their perceived exertion. Some of the described exercises included garage workouts, rock climbing, cycling, hiking, walking, running, and guided core workouts. Shana and her dad built a volleyball rebound device while Brady constructed his own hurdles for his jump training. The class admits that staying active is crucial to their well being!



### Technological Studies

Our Grade 10 Vikings had some fun with photography this week, as they explored a variety of photography strategies. There were many amazing submissions! Thank you to Ava, Beverly, and Bryanna for sharing a sample of their work this week.



## THIS WEEK IN VIKINGS ATHLETICS . . .

### Message from the Lockerby Athletics Association (LAA)

Hi Vikings! Unfortunately, our sports season has been cut short due to the unseen circumstances of COVID-19, but we're doing our best as your LAA to recognize all of our athletes from this year in order to keep our athletes engaged and ready to go for the 2020 - 2021 season. In the next few weeks, we will be highlighting the MVP's of all of the 2019 - 2020 sports teams selected by their coaches. Each Monday, we will introduce one of the sport's teams and their highlights from this year. In the week following (Tuesday - Friday), we will feature the MVPs for the following categories: novice, junior, and senior boys and girls. Every Friday, there will be a recap in the Weekly Newsletter of the sports teams we covered that week, so keep your eyes peeled! Starting this Monday, May 3<sup>rd</sup>, 2020, we'll be featuring our first sport: Flag Football. Thank you for your continued interest.

Sincerely,  
Kennedy W. and Stacie K.  
Lockerbys Athletic Association



**You may be Lockerby's next MVP!**

### Challenge Accepted!?

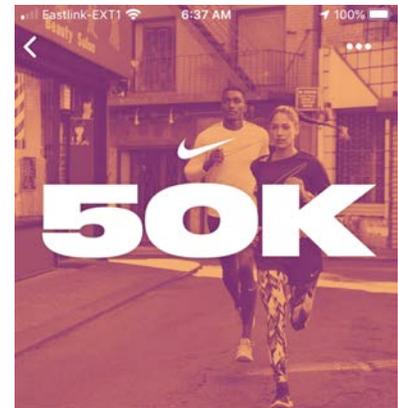
Join Ella, Abby, Theo, Emily, Logan and Ms. Stanyon on the Nike App 50km or 100km May walk or run challenge! The App is free and the students above agree that the April 50km challenge was a clever way to keep them motivated throughout the month! This time they are looking for more friends. If you would like to join the group, download the App, and look for your friends. The students will keep you motivated via the @lockerbysports Instagram page weekly as well!



30 days left  
**May 100K Challenge**  
Run 100 kilometres this month.

Are you ready for a 100K Challenge? Run  
100 kilometres this month.

Join Challenge



30 days left  
**May 50K Challenge**  
Run 50 kilometres this month.

Time for a 50K Challenge! Run 50  
kilometres this month.

Join Challenge

## STUDENT SERVICES

### Grade 12 Students

#### Important Post Secondary Dates

As of Wednesday, May 27<sup>th</sup>, 2020 every student who has applied to a university program will have received a response from an Ontario university. A response will be either (1) an offer, (2) a refusal, or (3) a deferral pending the receipt of specific additional information. By Monday, June 1<sup>st</sup>, 2020, Ontario universities require a response to an offer and most likely a financial commitment (e.g., registration deposit, residence deposit, etc.). Note that all other admissions-related elements including scholarships, student assistance or financial incentives, and residence are part of the offer of admission.

Students must also log into their OUAC accounts to accept their offers; this is a multi-step process. Students will receive a confirmation number once all of the steps in the process are completed. A video tutorial for online responses is available on the OUAC website. This video demonstrates the steps required to respond to a university offer of admission. (<https://www.ouac.on.ca/ugrad-tutorials/#respond>)

Students are encouraged to complete the following steps very carefully- it is a multi-step process:

1. Go to <https://www.ouac.on.ca/>
2. Log in to your application using your OUAC profile username and password
3. Select the Choices/offers button to view your offer(s) of admission
4. Select the Offer or Alternate offer link to respond to your offer
5. Select the button to accept the offer, then select Save and continue
6. When ready to submit all changes, select Review and submit to complete the process
7. Review and verify your application information
8. Carefully read the Applicant's declaration and select I verify and agree
9. If successfully submitted, you will receive a confirmation number on the last screen of the submission process
10. Print the page for reference

After students submit your response to a university offer of admission, they will be locked out of their online application for one business day. Need Help? Students can contact Applicant Services at 519-823-1063 every Monday, Wednesday, and Friday from 9:30am - 4:15pm and Thursday from 10:00am - 4:15pm.

#### Ontario Student Assistance Program

OSAP The Ontario Student Assistance Program (OSAP) provides a number of grants, which are accessible to students who are moving on to post-secondary. Applying for OSAP does not mean a student has to accept a financial aid package, but it does entitle a student to many unique opportunities, such as sponsored job opportunities on campus. OSAP determines eligibility and amounts for grants and loans based on both student and parent information. Students can complete the OSAP application form found at <https://osap.gov.on.ca>.

## STUDENT SERVICES

### Scholarships

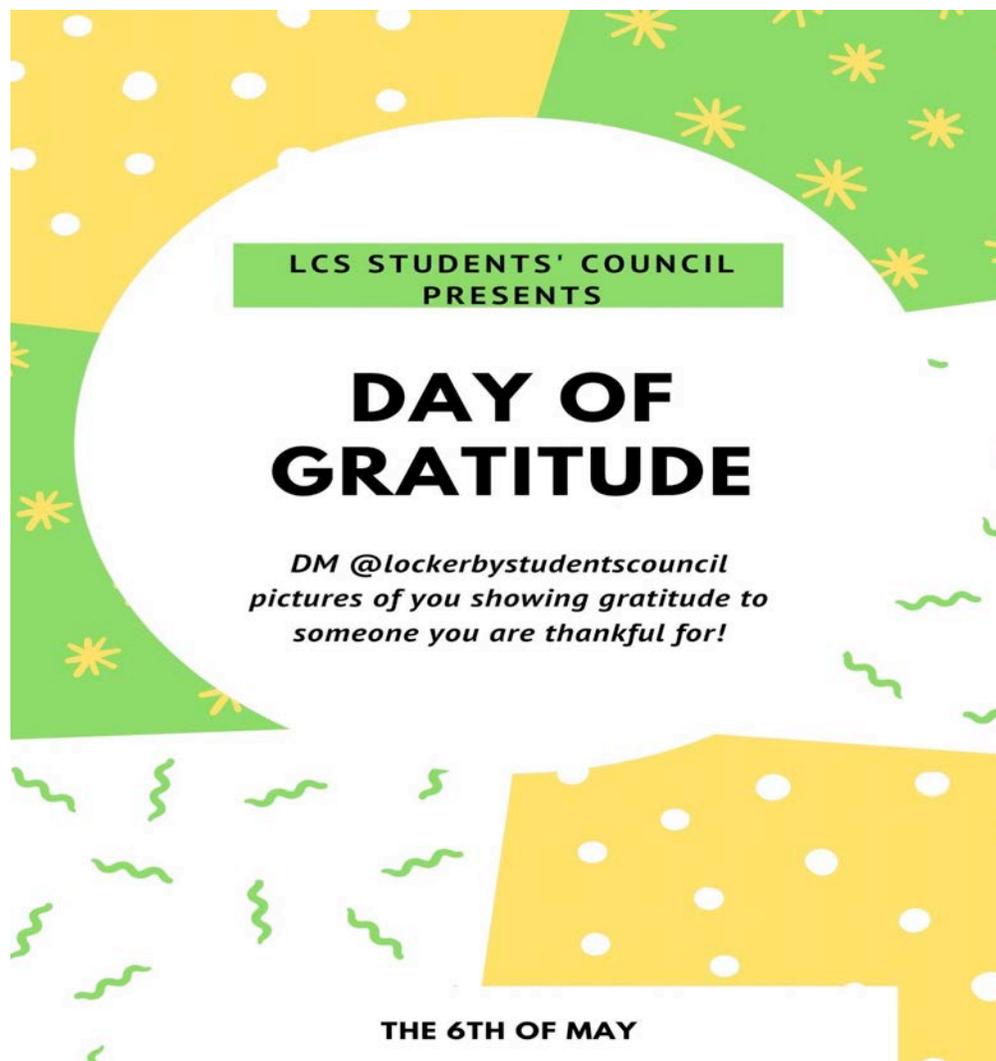
#### OJEN's 2020 Student Bursary Program

Are you a Grade 12 student pursuing post-secondary studies that lead to a career in the justice sector? OJEN administers 22 bursaries province-wide that range from \$500 - \$1000 for students who are entering their first year of post-secondary studies in the fall. For more information and to apply, please visit: <http://bit.ly/OJENBursaries>. Students are asked to submit applications by Monday, May 25<sup>th</sup>, 2020 at 5:00pm

### Returning Grade 12 Students

#### 2020 - 2021 Academic Year

Grade 12 students who would like to return next year are asked to contact Mrs. Beaudry ([beaudrg@rscloud.ca](mailto:beaudrg@rscloud.ca)) so a timetable can be created for the 2020 - 2021 academic year.



## LCS DISTANCE LEARNING MESSAGES/UPDATES (AS OF APRIL 30<sup>TH</sup>, 2020)

- The Ministry of Education announced on April 26<sup>th</sup>, 2020 that schools in Ontario will remain closed until May 31<sup>st</sup>, 2020 and possibly longer. At that time, the Ministry of Education also announced that the remaining Professional Activity Days and examination days in the 2019 - 2020 school year will become instructional time in order to maximize teacher-led distance learning.
- Please stay tuned for any further information (regarding above) that will update the current situation and next steps moving forward.
- As of April 27<sup>th</sup>, 2020, Rainbow District School Board will be reviewing and modifying its summer learning program with a focus on credit recovery, supports for vulnerable students, and course upgrading.
- AP students will be beginning their online examinations the week of May 11<sup>th</sup>, 2020. Final AP College Board information from our school will also be forwarded to those students early next week. Good luck!
- If students, parents/guardians have questions about mental health and well-being, please contact a member of the Rainbow District School mental health team by calling 705-665-3339 or 705-669-7732 between 10:00am and 3:00pm, Monday to Friday.
- 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.'
- We continue to take daily attendance. A reminder to all students to please sign-in to all of their classes each day.



**Rainbow District School Board invites everyone to visit their website for additional Distance Learning information:**

<https://www.rainbowschools.ca/parents/coronavirus/>

## A MESSAGE FROM DIRECTOR BLASEG



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

April 27, 2020

### **RAINBOW SCHOOLS CLOSED UNTIL AT LEAST MAY 31, 2020**

Dear Parents/Guardians:

Schools in Ontario will remain closed until May 31, 2020, and possibly longer, in order to limit the spread of COVID-19 and keep everyone safe.

Health and safety is the first and foremost priority.

The Ministry of Education has also announced that the remaining Professional Activity Days and examination days in the 2019-2020 school year will become instructional time in order to maximize teacher-led distance learning.

Rainbow District School Board will be reviewing and modifying its summer learning program with a focus on credit recovery, supports for vulnerable students, and course upgrading. We will share details with students and parents/guardians as plans unfold.

Visit [rainbowschools.ca](http://rainbowschools.ca) to access learning resources to supplement teacher-led learning. There is also information on distance learning K to 12, mental health and COVID-19.

Please continue to practice physical distancing, stay at home, and wash your hands. And take care of your well-being, including social connection, physical activity and fresh air.

Distance learning is bringing us together while keeping us safely apart.

Thank you for embarking on this journey with an open mind and an open heart.

Keep well,

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



April 28, 2020

Dear Parents—

I sincerely hope that you, your children, and your families are staying safe and healthy during this unprecedented time.

Over these past weeks, our government has been inspired by you and your children's eagerness and flexibility in transitioning toward remote learning. We know that this has not been easy, especially with the profound impact COVID-19 has had on your lives and livelihood. The ability to keep our students engaged in their learning journey has been remarkable.

As the Ontario Minister of Education, I am committed to keeping you informed about new developments regarding the impacts of COVID-19, especially when it comes to child care, early learning programs and the status of the current school year. Our government will continue to support you and your children during this difficult period.

Our government's foremost priority is the safety and well-being of every child and every student, and those who nurture and support them. In considering any options for welcoming students back to an in-class model of learning, our decisions will be based on safety, consistency and the guidance of public health officials. We have been clear and unwavering in our commitment to ensure every measure is taken to protect students' health and safety before re-entering a classroom.

With that principle in mind, our government has ordered that all public schools in the province will remain closed to students until at least May 31, 2020.

The expert advice of Ontario's Chief Medical Officer of Health and the COVID-19 Command Table informed our decision. While the modelling that public health experts recently presented shows we are making progress, we are not at a stage in our fight against COVID-19 where students can safely and confidently return to their classrooms.

I know this news is frustrating for many of you. The compassion and commitment of Ontario's parents have been constant. Since we first announced the suspension of in-person learning on March 12, we have heard from parents across the province on how they are doing their best to encourage continued learning with their children. Parents and families have been an incredible source of comfort as children react uniquely to this global outbreak.

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## A MESSAGE FROM THE MINISTRY OF EDUCATION

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Since the beginning of school closures, our plan for the continuity of learning has evolved significantly and successfully. Most recently, we reintroduced teacher-led learning in the province and students are now being assigned work and resources for continuing their education.

As part of this plan, we have outlined expectations for student work-time in a given week based on learning materials and work assigned by your child's teacher. I want to emphasize that no student will have their graduation jeopardized by the current outbreak.

Our government has set out the following minimum suggested standard for instruction:

- Kindergarten to Grade 3: Five hours of work per student per week, with a focus on literacy and math;
- Grades 4 to 6: Five hours of work per week, with a focus on literacy, math, science, and social studies;
- Grades 7 to 8: 10 hours of work per week, with a focus on math, literacy, science and social studies; and,
- Grades 9 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.

While it is understandable that there are going to be differences in educational experience during this period, my expectation is that all students will be supported and engaged by their teachers and other education workers. We want to thank educators who have embraced these unusual circumstances to ensure their students continue having every opportunity to excel and achieve their potential. If you have concerns related to the sufficiency of the assigned work or the need for enhanced contact, you are encouraged to reach out to your principal or school board. We want to do everything we can during this outbreak to ensure our students receive a quality learning experience.

To maximize the instructional time for your children, we are converting remaining Professional Activity (PA) and examination days into instructional time. This would ensure that your children remain engaged and learning for the greatest number of days possible during this school year. Perhaps now more than ever, every bit of instructional time matters even if it means just one or two days.

While we try to facilitate instructional time during the school closure period, one of the challenges many families experience is that, even in our digitally-connected age, some students do not have access to the Internet or the technology to access [Learn at Home](#).

I'm pleased to inform you that the Government of Ontario is working with Rogers Communications and Apple to help meet the educational needs of students and families during the COVID-19 outbreak. To date, over 21,000 iPad devices, pre-equipped with free Rogers LTE wireless data have been purchased and distributed to families in need by

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## A MESSAGE FROM THE MINISTRY OF EDUCATION

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school boards, with the over \$75 million provided by the provincial government through the Grants for Student Needs. In addition, Apple is providing on-going support in French and English to teachers, parents and students, with a collection of resources to support learning and working from home. These 21,000 delivered devices are in addition to the over 200,000 computers and tablets that school boards have provided to students in need during this period.

Rogers is also working with Ontario school boards to provide high-speed, low-cost Internet to subsidized tenants and members of housing partners across Ontario through its [Connected for Success](#) program, as well as the Government of Canada [Connecting Families](#) initiative.

Partnerships like this – between school boards and tech firms like Rogers Communications and Apple – truly showcase the spirit of Ontario.

While we remain committed to meeting students' needs in the current school year, our government has already started planning for the 2020-2021 school year. While this school year was certainly unlike anything we have seen before, we need to prepare ourselves for the fact that school may not look or feel the same come September.

With the safety and well-being of your children as our guiding principle, let me assure you that schools, child care centres, and school buses will be required to undergo thorough deep cleaning before being ready to welcome students and early learners back into their physical spaces. Despite the extremely minimal contact risk posed after this length of closure, we want to allow every student to feel safe and confident as they return to school.

In terms of instruction, we will be unveiling our proposed plan for an expanded summer learning program that will enable students to continue their learning through the summer, if desired. While over 100,000 students typically participate in summer learning, we know that many more students may wish to continue their teacher-led learning after this school year formally ends. This proposed plan for expanded summer learning would focus on credit recovery, a new option to upgrade courses, and a focus on gap-closing programs and supports for vulnerable students.

Our government understands that the COVID-19 outbreak has resulted in unsettling times for children. We must continue to pay close attention to the emotional and mental health needs of all students, even if there are no immediate signs of distress.

To that end, our government has directed school boards to ensure mental health workers and professional staff engage with students immediately, as needed, in a secure and safe conversation. We want you to know there are many organizations that provide critical 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](tel:1-800-668-6868), or text CONNECT to 686868.

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## A MESSAGE FROM THE MINISTRY OF EDUCATION

-4-

Child care centres and EarlyON Child and Family Programs continue to be closed until at least May 6, 2020. I can assure you the health and safety of your children will be paramount as we make decisions about re-opening and we support Ontario's outbreak response and recovery plan.

I want to express my appreciation to the teachers and education workers who have been adapting to these new circumstances and doing their best to deliver learning and supports for our students. While we cannot guarantee what the "new normal" will look like in our child care and education systems, I promise you; no decision will be made that does not answer "yes" to the following question: does this promote the health, safety, and well-being of our children and students?

There is simply no question — and no answer —more important.

Stay safe,



The Honourable Stephen Lecce  
Minister of Education

**Ontario**   
**Learn at home**

## 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, May 4<sup>th</sup>

- LAA feature: Flag Football

Tuesday, May 5<sup>th</sup>

Wednesday, May 6<sup>th</sup>

- Student Council: Day of Gratitude

Thursday, May 7<sup>th</sup>

Friday, May 8<sup>th</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

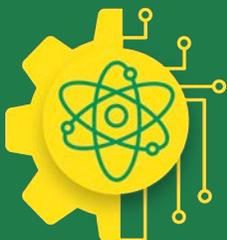


<https://www.instagram.com/lockerbycomposite/>

<https://twitter.com/lockerbynet>

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

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



**Science and Technology Education Program**

**AP Capstone**