

# The Lockerby Newsletter

LCS News Update | May 11 - 15, 2020

## HEALTH CARE AND KINESIOLOGY AT LOCKERBY COMPOSITE



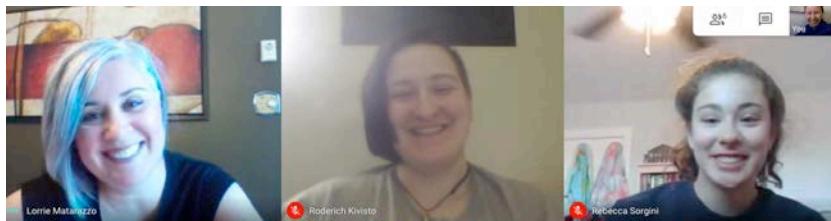
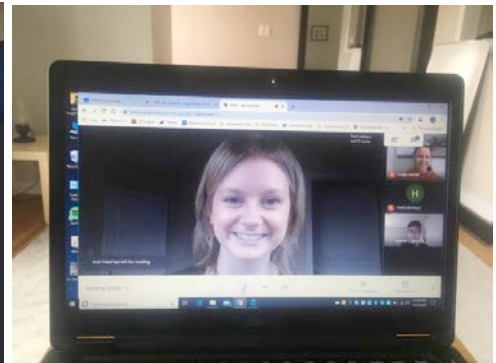
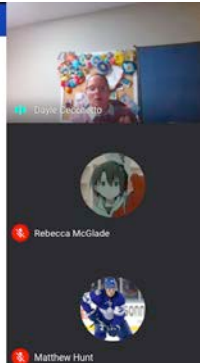
The current physical distancing guidelines haven't stopped our Vikings from learning more about the various careers in health care during this pandemic. Over the past few weeks, our students have been provided with an opportunity to hear from some of our local health care providers. Our Vikings have participated in live Google Meet sessions with Dr. Sogini (Ophthalmologist), Nicole Cameron (Nurse, Acupuncturist, and Two Souls Yoga Instructor), Lorrie Matarazzo (Audiologist), Katherine McMahon (Life Coach and Co-owner of Brady Physiotherapy, and Raven Brooks (Occupational Therapy student and fellow LCS Alumna). A sincere thank you to all of our health care community members from all of our LCS students!

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 11).

## WHAT'S HAPPENING IN OUR ONLINE CLASSES?

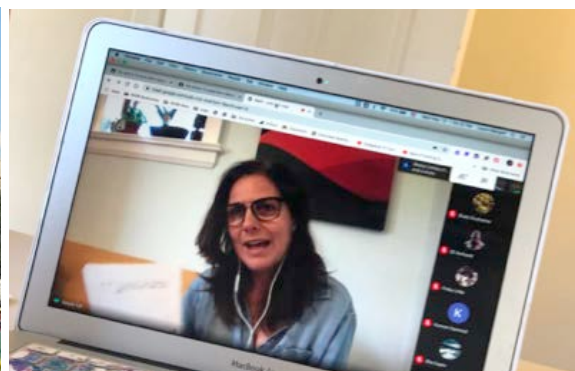
### Health and Wellness SHSM

This week, students in the Health and Wellness SHSM and from our Healthcare classes participated in a Communication Skills certification session. Vikings learned about the different ways we communicate and what makes a good communicator. Additionally, they learned about the importance of using these skills in the workplace. Thank you to Dayle and the team at NORCAT for offering this certification to our students!



### Vie Active

To guide the Grade 10 Vie Active class as they set SMART goals, Dario Beljo and Natalie Tissot dropped by the class' Google Meet this week to share some insights. Dario, a former Viking and elite hockey player in London, ON, spoke about the importance of setting goals (including changing a workout routine in order to see better results). He also talked about how he nourishes his body by eating sensibly and hydrating. Natalie (a Registered Nurse and Yoga Instructor) spoke about the importance of sleep and the relationship it has with muscle growth, neural brain pathways, memory build, fat metabolism, and healing. Our current Vikings now better understand the importance of keeping a regular sleep routine to optimize growth (including a relaxing night time routine *sans* screen time).

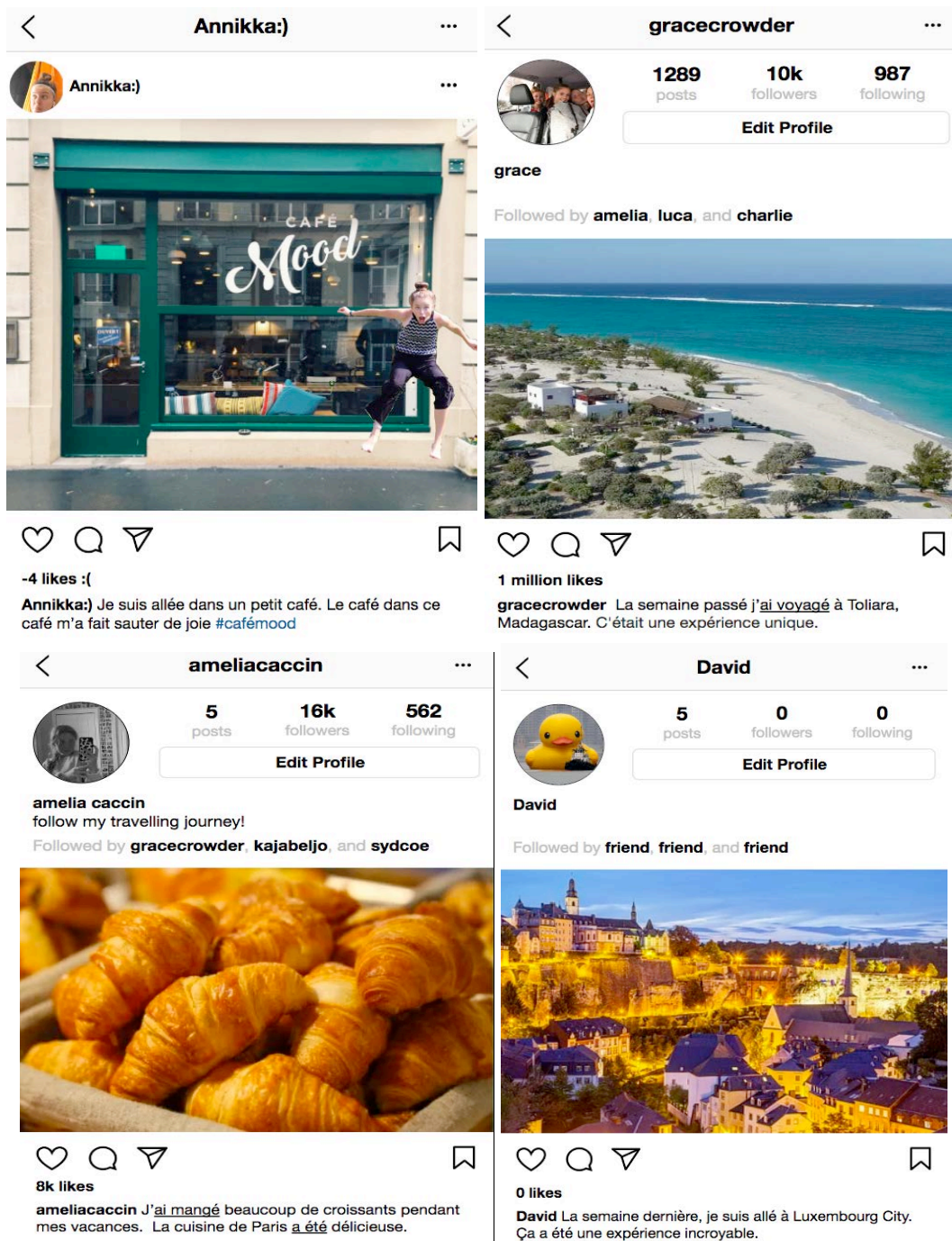




## WHAT'S HAPPENING IN OUR ONLINE CLASSES?

Français

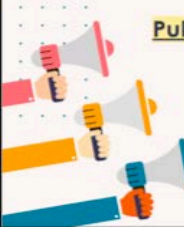

Les classes de Mme Stanyon voyagent autour du monde! Despite travel restrictions, students from the Grade 9 French class experienced French culture from around the globe this week. See below as Annika, Grace, Amelia, and David share their experiences via their Instagram pages while visiting a variety of French cities and expressing themselves in the past. Most students admit that the food, the architecture, the climate, and the attractions are reasons they would want to visit these extraordinary destinations in the future.



## WHAT'S HAPPENING IN OUR ONLINE CLASSES?

### Geography

This week, students in Grade 9 Geography created Public Service Announcements to remind people just how important it is to complete the Census. Of course, the challenge was to ensure their PSA rhymed!

 <p><b>Public Service Announcement</b></p> <p>You will create a short Public Service Announcement (PSA) to let people know just how important the Census is!</p>	<p><b>The Importance of the Census</b></p> <p>By: John.M</p> <p>The census is important people seem to forget. It helps people out regarding their health. And many other things that may include wealth. It determines other things to help you live your life. Like education, housing, and even transportation. Your census helps your government improve your life. They ask things like if you have a husband or maybe a wife. The census is here just to help you people seem to forget. So worry not as this test is not a threat. No theres no catch theres no need to sweat as The census is very important now you won't forget.</p>	
<p><b>Census - Public Service Announcement</b></p> <p>Rafiah</p> <p>The census is very important you see It's easy to fill out for you and me.</p> <p>Every five years the government will send A form with questions for you to fill out and resend.</p> <p>The questions are super simple, easy and clear State your name, age, gender and whoever lives here.</p> <p>It helps determine seats in Parliament and money So it's really quite essential and not very funny</p> <p>The research is needed to plan for future years Like hospitals, schools, industries and people's careers</p> <p>So when the census is delivered to you Help everyone out and finish it through!</p>	<p><b>Why the Census is important</b></p> <p>(Rhymed while listening to the song Mambo No. 5) (<a href="https://www.youtube.com/watch?v=bu7h_md33So">https://www.youtube.com/watch?v=bu7h_md33So</a>)</p> <p>Ladies and Gentlemen, this is Census number five. One, two, three, four, five, everybody to the door it's arrived! Now, come on, get your things around the corner. The boys say they need pen and paper, but instead we're gonna show them. Dearest remember last week? I must stay here cause talk is cheap. I need an Eraser, a pencil, and don't forget the paper. And as I continue, you know they're getting eager. So what can we do? I really beg you my Lord. To me this Census is like a sport. Anything fly? It's all good, let me dump it. This is a cinch like playing the trumpet.</p>	<p><b>Census PSA</b></p> <p>Why should I fill out the census you may ask Some may think it's an overtask But it's to get general information And it's a government expectation It's to find the canadian population We know it might cause some frustration It's to help vital planning in the community around you So please, help us help you</p>

### Technological Studies

In Grade 10 technology class, students used their photography skills in combination with their recently acquired photo-editing skills to create magazine covers. All of the photos are original and each student created a custom layout. From beautiful landscape photos to clever titles like 'Food Digest,' the results were very impressive!

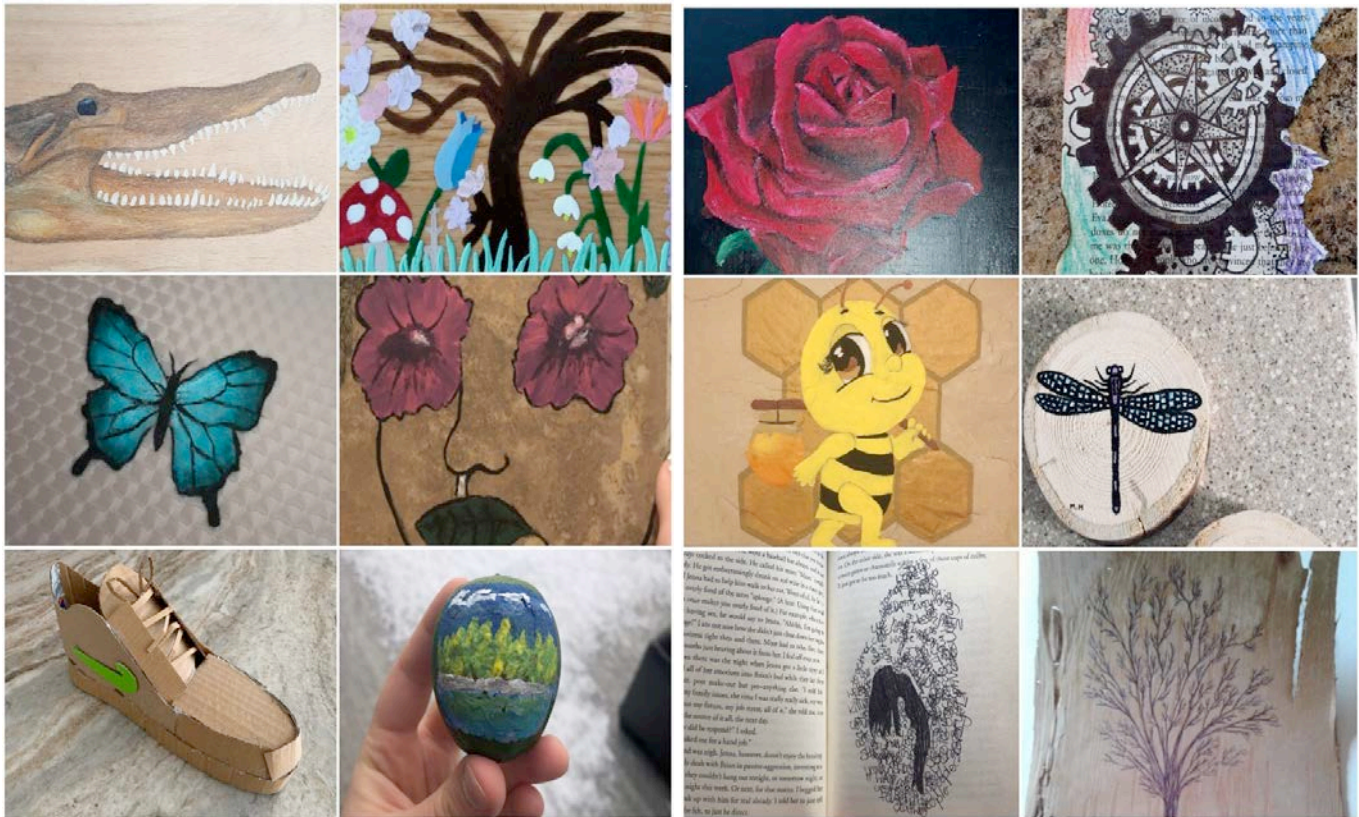




## WHAT'S HAPPENING IN OUR ONLINE CLASSES?

### Visual Arts

Unusual times call for unusual measures. Last week, Lockerby artists were challenged to make art on an unusual surface or use non-traditional materials to produce an artwork. With students at home, art supplies are varied, and sometimes scarce. A challenge for some, but not for Lockerby's Vikings! Check out some more of these creative works. There are drawings on everything from books to a Shopper's Drug Mart flyer. A painting on a lime and the back of a mirror! Anything goes. We are so proud of you Vikings for your commitment and your creativity! Keep up the great work.



## AP EXAMINATIONS: GOOD LUCK!

The Viking Community would like to once again wish all of our AP students good luck on their upcoming final examinations! AP Biology, AP English and Language Composition, AP Environmental Science, and AP French Language students will be showcasing their knowledge this week to the College Board, while our AP Capstone students - in Seminar and Research courses - will be submitting their course portfolios!



## THIS WEEK IN VIKINGS ATHLETICS . . .

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

Hey Vikings! We're kicking off our second week of our 'Season Recaps' and MVPs. We're excited to announce-FORE...our Golf Team! Lockerby's Golf Team participated in the City Championships on Thursday, September 19<sup>th</sup>, 2019 at the Lively Golf and Country Club. Our Grade 9 girls got off to a great start and hats off to Gillian O. who stayed strong until the end. Owen A. led our boys to an overall 6<sup>th</sup> place finish to wrap-up the championships as well. What a great season!




# G O L F

**2019-2020 ROSTER** 

**OWEN A**

**KAJA B**

**GRACE C**

**SYDNEY C**

**CALEB D**

**AJ F**

**JOSHUA L**

**GILLIAN O**

**HUNTER S**

**SEASON RECAP AND MVPs**





#### 2019/2020 **Golf** MVP

##### **Bio**

**Name:** Gillian Obradovich

**Grade:** 9

**Years played:** 1

**Years played as a Viking:** 1

**Home course:** 6th Avenue

**Favourite golf club:** Nike SQ  
Driver



#### 2019/2020 **Golf** MVP

##### **Bio**

**Name:** Owen Allard

**Grade:** 11

**Years played:** 10

**Years played as a Viking:** 1

**Home course:** Silver Styx GC

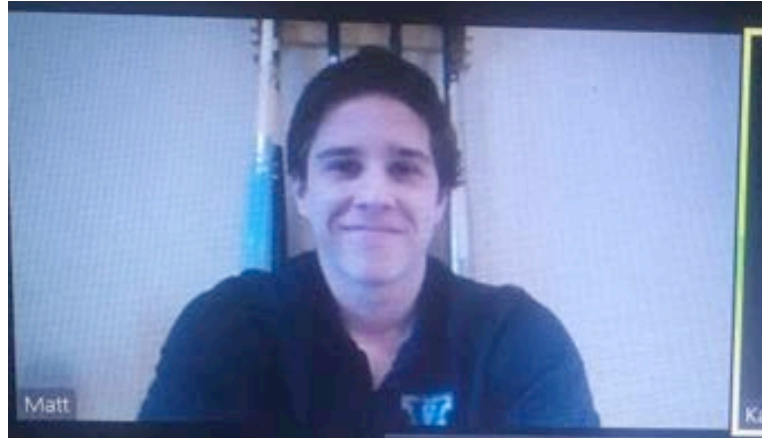
**Favourite golf club:**  
Taylormade milled Grind 60°  
wedge



## THIS WEEK IN VIKINGS ATHLETICS . . .

### Voyageurs Baseball 2020

From Viking to Voyageur! Congratulations to Matt O. who signed with the Laurentian University Baseball Team for September 2020. Matt's coach describes him as an impact player who has worked extremely hard. Matt plans to combine his baseball training with the administration of sport at the post-secondary level. Way to go, Matt!



### Lockerby Composite's May 100km Challenge

With 16 days left in our May 100km Run or Walk Challenge, let's cheer on our members!

Lisa L.  
Abby L.  
Travis A.  
Salah A.  
Ms. Baggs  
Ms. Augenstein  
Brady D.  
Charlie H.  
Ella C.  
Logan D.  
Jaime L.  
Ms. Caddel  
James B.  
Theo P.



#### May 100K Challenge

16 days left

80.91 / 100.0 km



Place 37794 / 190615

Percentile Top 20%

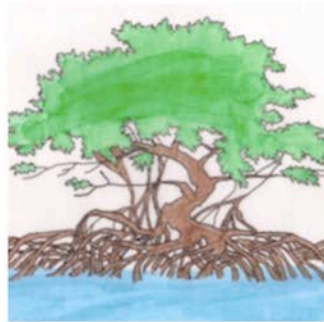
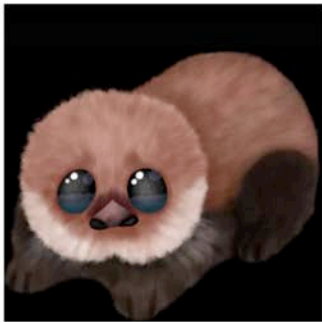
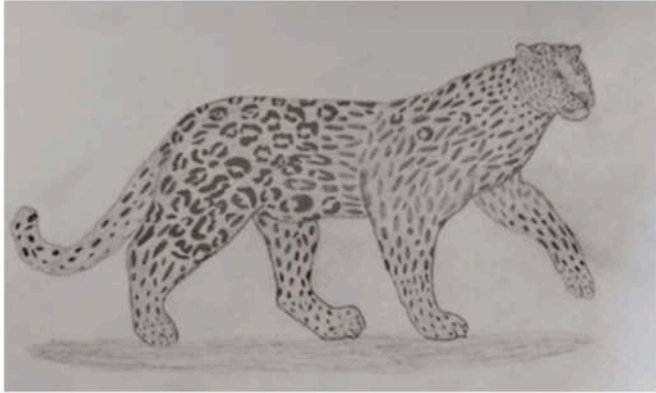
[View Leaderboard](#) >

If there are other LCS community members participating in the challenge please friend Ms. Stanyon on the Nike app!



## ENDANGERED SPECIES DAY 2020

This past Friday, Lockerby Composite's Environmental Council brought awareness to Endangered Species Day. Our Viking community was asked to submit a piece of artwork of an endangered species, make a 'plastic pledge,' and listen to an original Environmental Council composition entitled, 'Ode to Endangered Species.' Thank you to all that participated in the day's events.



## BIRDING CHALLENGE!

Unfortunately, since the 2<sup>nd</sup> Annual Lockerby Birding Expedition has been postponed, our Environmental Council has initiated a school-wide birding challenge! Between now and Friday, June 5<sup>th</sup>, 2020, whenever a member of our Viking community sees a bird, they are asked to take a picture and add it to our school's 'Bird Sightings List' (with location and best attempt at identification). Let's try and identify/observe all 275 species of birds in the Sudbury area (there may be a prize for the person who identifies/observes the most birds)! Not sure how to bird? Ms. Donato has you covered! Watch her 'Birding 101' Video [HERE](#). Stay tuned for more information early next week!





## STUDENT COUNCIL APPLICATIONS (2020 - 2021)

Lockerby Student Council is a student-run committee that represents the student body and organizes events for our Viking community. Student Council members set an example for the entire school by being positive role models and by demonstrating positive and inclusive leadership in our school community. Our Student Council plans a huge variety of events within our school throughout the year (including: dances, spirit weeks, holiday-themed events, Grade Nine Day, Gotcha!, etc.) and we are always looking for new ideas to help improve the Viking experience. Our Student Council has weekly meetings at 7:30am on Tuesday mornings as well as other 'outside of school hours,' commitments.

The Google Link to the application process has been shared in Lockerby Composite's virtual Google Homerooms. Applications are due Friday, May 29<sup>th</sup>, 2020. If you're thinking of applying to be a part of Student Council next year, and/or have any questions, please do not hesitate to email any of the Teacher Representatives (Ms. Beaudry, Ms. Baggs, or Mr. Ferri) or contact any of our current Students' Council members!

We hope you'll considering applying - it's a lot of fun!



**-DO YOU WANT TO MAKE A DIFFERENCE?  
-ARE YOU A LEADER?  
LOCKERBY STUDENTS' COUNCIL  
WANTS YOU!  
APPLY TO JOIN THE 2020-2021 TEAM.**

- Look for the application link in your Google classroom homeroom on May 15th.
- Applications are due Friday, May 29th.

**IF you have any questions contact:**  
**Raksheen: [khan8189@rscloud.ca](mailto:khan8189@rscloud.ca)**  
**Rayaq: [sidd2192@rscloud.ca](mailto:sidd2192@rscloud.ca)**  
**Nethra: [wick7431@rscloud.ca](mailto:wick7431@rscloud.ca)**

## STUDENT SERVICES

### Timetabling

#### Current Grade 9 - 11 Students

The second phase of timetabling started this week. Students with conflicts will be contacted by Guidance to review their courses over the next few weeks. Students are asked to please remember to check their RSCloud accounts for messages. Given the current circumstances we are asking that students who might want timetable changes to wait until this process is completed before contacting the Guidance Team. Our Guidance Department will be notifying students when they will begin the final phase of timetabling for next year. At that point students will be able to address all other timetable inquiries. Ms. Baggs and Mrs. Beaudry would like to thank all of the Viking community for their continued support!

### Scholarships

#### Ontario Public School Boards' Association - Friday, May 29<sup>th</sup>, 2020

On behalf of the Ontario Public School Boards' Association (OPSBA) Northern Regional Chair Mark Mannisto, OPSBA is pleased to announce the creation of a new scholarship for graduating secondary students, The Public Property Assessment Network Scholarship. This scholarship will be awarded in the amount of \$1,000 to one recipient in the OPSBA Northern Region.

#### The Ontario Justice Education Network (OJEN) Bursary - Monday, May 25<sup>th</sup>, 2020

The OJEN bursaries have been created to assist students who demonstrate academic excellence and commitment to their studies and who are in financial need. Bursaries are available to Grade 12 students in Ontario, pursuing post-secondary studies related to the many careers in the justice system at an Ontario University or College.

For additional scholarship details please see Lockerby's Scholarship Webpage:

*<https://lockerby.rainbowschools.ca/student-services/financial-aid/current-scholarships/>*

### Enrichment

#### Laurentian University - Passport to Post Secondary

The proposed event will be a presentation aimed at parents of Grade 11 students, to assist them in the transition process of their student/young adult to Grade 12. This will cover an overview of ensuring course selection does not limit students' goals, questions to ask through the upcoming post-secondary process, and an overview of the year ahead: May to June of Grade 11 all the way to the September of their first year in University in 2021.

Laurentian University will be offering the presentation digitally over the easily accessible platform, Zoom. The presentation will be about 45 minutes followed by questions. The presentation dates are as follows: Thursday, May 21<sup>st</sup>, 2020 at 1:00pm and at 5:00pm.



## LCS DISTANCE LEARNING MESSAGES/UPDATES (AS OF MAY 14<sup>TH</sup>, 2020)

- Grade 11 and 12 students should have received a copy of their 'Mark Summary Report' (for all of their classes) dated May 8<sup>th</sup>, 2020 in the mail this past week.
- Grade 9 and 10 students will be receiving a copy of their 'Mark Summary Report' (for all of their classes) in the mail over the course of next week.
- AP students will be continuing their online examinations the week of May 18<sup>th</sup>, 2020. Good luck!
- Director Blaseg has announced that all graduation ceremonies will be held at a later date when it is safe to do so. All Rainbow Schools will be sharing information as plans continue to evolve.
- 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.



**Learning together  
while safely apart**

**To families:**

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



**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)

May 15, 2020

### **Distance Learning: On reflections, relationships, resilience and rest**

Dear Parents/Guardians:

As I reflect on how far we have come in a short period of time, I am most grateful for the guidance from Public Health, the leadership of trustees and school administrators, the efforts of teachers and support staff, and the response from students and families.

We have worked in partnership to make the best of learning together while safely apart and can be proud of how much we have accomplished since the extension of school closures. We safely distributed over 2,000 devices from chromebooks to laptops and continue to provide paper-based assignments for some 300 students to ensure continuity of learning.

Teachers and support staff are connecting with students daily for reading, writing, math, physical activity, creativity, subject-based learning and wellness check-ins to say hello and see how everyone is doing. Health and safety remains our first and foremost priority.

Students have been engaged with their teachers in real time learning through livestreaming, two-way dialogue, and applications like Seesaw, Google docs, slides, and read and write. Pre-recorded video lessons and online assignments are also being provided with ongoing teacher feedback. Collaboration and communication are the foundation for student success.

Distance learning has given parents/guardians a unique opportunity to observe their children's progress and, more importantly, to support their learning at home. But we also know this transition has not been easy for everyone. No student will be adversely affected due to school closures. We are here to help in any way we can. Please continue to reach out to school administrators, teachers and support staff if your child requires assistance.

While we will not be able to host graduations this spring as we have in the past, please be assured that graduation ceremonies will be held at a later date when it is safe to do so. These celebrations are important to students and families, and they are important to us. Elementary and secondary schools will share more information with you as plans evolve.

Take time for relaxation and recreation this long weekend. Enjoy a well-deserved break.

Stay safe,

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

Norm Blaseg  
Director of Education



## WHAT PARENTS NEED TO KNOW FOR OUR 'ONLINE' CLASSES NEXT WEEK . . .

Monday, May 18<sup>th</sup>

- **VICTORIA DAY**
- AP Biology Examination at 2:00pm
- AP Environmental Examination at 4:00pm

Tuesday, May 19<sup>th</sup>

Wednesday, May 20<sup>th</sup>

- AP English Language Examination at 2:00pm

Thursday, May 21<sup>st</sup>

- AP French Language Examination at 12:00pm

Friday, May 22<sup>nd</sup>

- AP Seminar and Research Portfolio Submissions

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

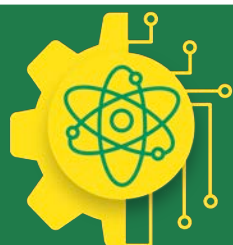


<https://www.instagram.com/lockerbycomposite/>

<https://twitter.com/lockerbynet>

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

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



Science and Technology Education Program

APCapstone™