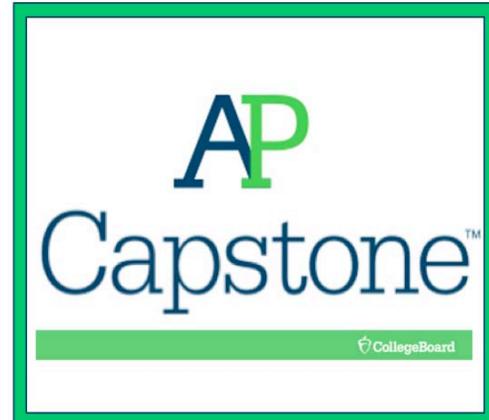


The Lockerby Newsletter

LCS News Update | May 18 - 22, 2020

CONGRATULATIONS TO OUR AP CAPSTONE RESEARCHERS!

Congratulations to Emma, Liam, Roderich, Kaye, Sophia, and Hunter on the submission of their AP Research Papers and the completion of their AP Capstone Programs!



Kudos!

Students in AP Research developed their research questions last spring and have been working diligently over the past year to research their topics, write literature reviews, discover research methods, conduct and analyze their research, and present their findings. During Distance Learning, AP Researchers have met on a weekly basis to touch base, encourage one another, and troubleshoot issues. Ms. Kovala would like to thank each of her students for their enthusiasm and dedication throughout the past two years and for reminding each other that 'we're all in this together!' Best wishes to our AP Capstone students as they venture into post-secondary studies!

LOCKERBY
THE SCHOOL OF SCIENCE AND TECHNOLOGY

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 10).

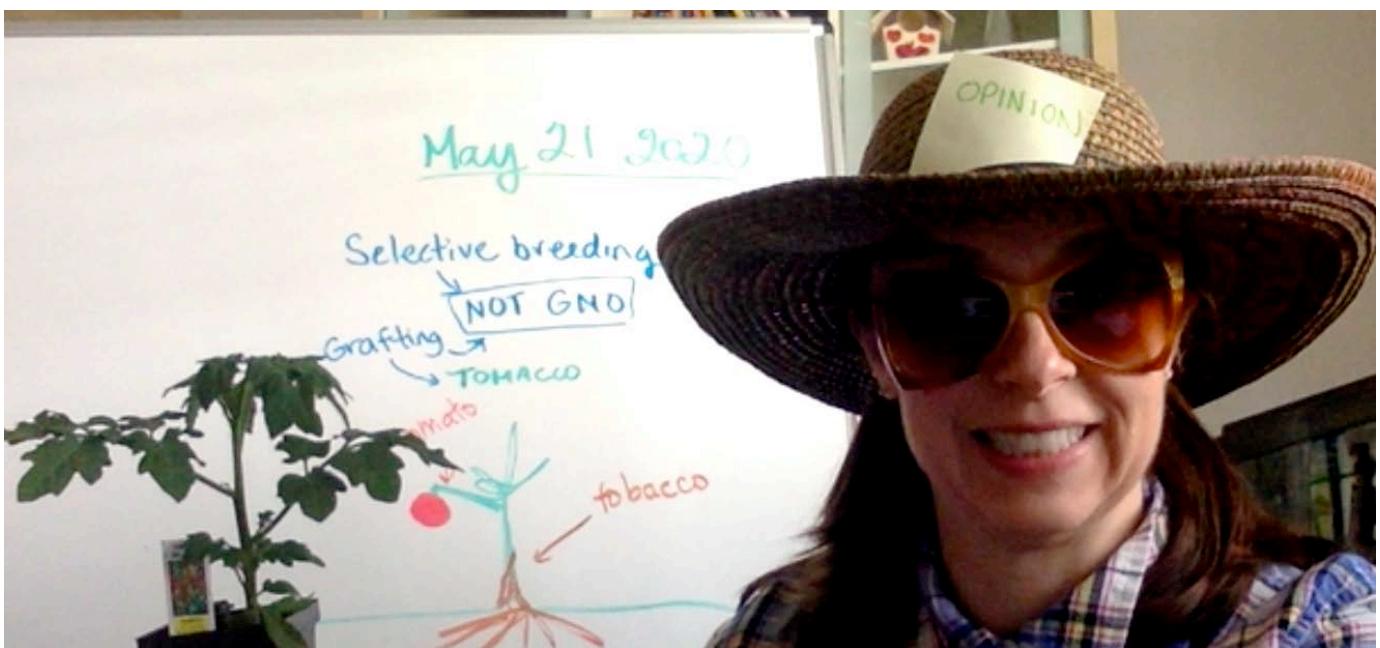
WHAT'S HAPPENING IN OUR ONLINE CLASSES?

Biology

This week, and in the spirit of such nature greats as David Attenborough, our Viking biologists summarized their learning about the diversity of life by producing their very own informative nature documentaries! They documented everything from red-winged blackbirds in the trees, to paramecia in the creek, to lichens on trees! Our Biology students agree, nature is neat!



And sometimes we have opinions - even in science! Grade 11 Biology students have also learned that it's important to separate opinions from facts, and what better topic to discuss than by studying GMOs (genetically modified organisms)! Students are preparing educational slideshows to teach citizens about the realities of genetically modified organisms. In the process, our Vikings are evaluating different online resources since GMOs are discussed on every show from Jimmy Kimmel to The Simpsons. Facts matter!



WHAT'S HAPPENING IN OUR ONLINE CLASSES?

Food and Nutrition

This week, Ms. Jorgensen's Food and Nutrition classes have been investigating food choices... including picky-eating! As part of their studies, students have been challenged to make a video of themselves trying a food that they disliked or had never tried before.



Healthy Active Living

Congratulations to the top 5 runners and walkers who completed the 100k May Challenge! With 9 days to go, lets cheer-on the rest of our team who are not far behind! You can do it Ms. Baggs, Ms. Augenstein, Ms Caddel, Ms. Hunda, Logan, Brady, Ella, Jaime, Theo, Charlie, and Konrad!



May 100K Challenge

9 days left

100.80 / 100.0 km



Place 55581 / 213093

Percentile Top 30%

[View Leaderboard](#)

Club		
Leaderboard Challenges Events		
Friends Kilometers This Month		
1		Travis Annett 111.3 km
2		Saleh Alramadan 104.0 km
3		Abby Lanteigne 101.8 km
4		Lisa Lanteigne 101.0 km
5		L Stanyon 100.8 km

WHAT'S HAPPENING IN OUR ONLINE CLASSES?

Geography

This week, students in Grade 9 Geography created Climate Change Champion playing cards to profile leaders in the global fight against climate change and global warming. These same students also created original posters to showcase the realities of global warming.



History (Update)

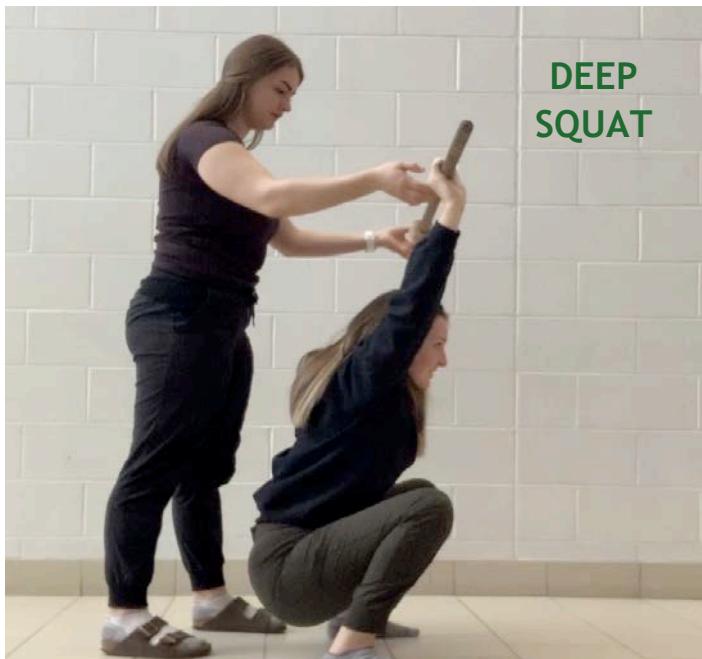
The orange 'Anniversary Tulips,' donated to the school to commemorate the 75th Anniversary of the Liberation of the Netherlands on May 6th, have bloomed! The 90 bulbs were planted last October and the blooms have been highly anticipated by many Lockerby staff and students! See them for yourselves at the front of our school. This commemoration is part of remembering our Canadian soldiers who bravely battled in Europe and were given the important and deadly task of liberating the Netherlands from Nazi occupation in the final months of the Second World War (1945).



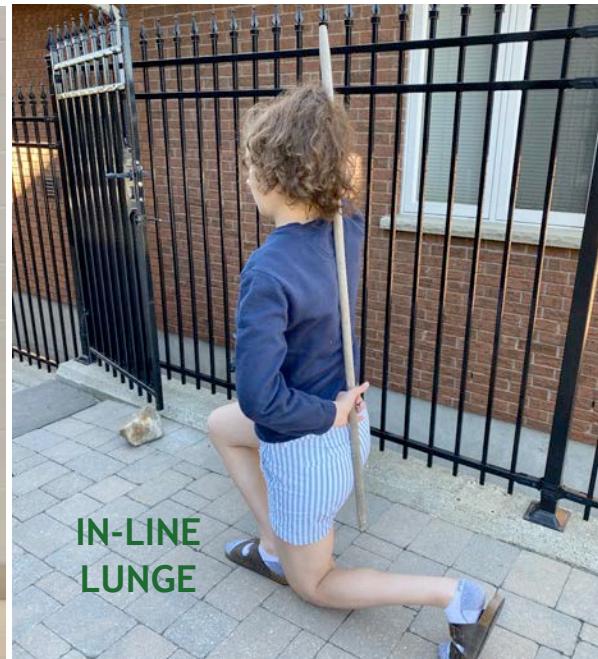
WHAT'S HAPPENING IN OUR ONLINE CLASSES?

Kinesiology

Students from Ms. Augenstein's Grade 12 Kinesiology class spent time learning about the Functional Movement Screen, which is a tool used to evaluate seven fundamental movement patterns in individuals. This screening process helps identify muscular imbalances, reduced flexibility, core stability weakness, neuromuscular control, and balance problems. Such problems can eventually lead to pain, breakdown of tissues, and chronic overuse injuries. Students were then given the tasks of performing these movement tests on individuals within their home and recording the results - which will be analyzed next week.



DEEP SQUAT



IN-LINE LUNGE

Health Care

This week, students from the Kinesiology and HealthCare classes were invited to participate in a session delivered by Sudbury's own Marika Moskalyk (who is currently completing the Queen's Accelerated Route to Medical School (QuARMS) Program). Marika provided information and invited students to participate in the Rural Outreach Mentorship Initiative (ROMI), which is offered through the Society of Rural Physicians of Canada and pairs 1 medical student with 1 high school student to learn all about applying to medical school, what it's like to be a medical student, resume building, studying tips, and so much more!

A bit about me...



BIRDING CHALLENGE!

Between now and Friday, June 5th, 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'...not sure how to bird? Ms. Donato has you covered! Watch her 'Birding 101' Video [HERE](#). From students, to teachers, to future Vikings, and even former Vikings, we've identified 16 different species of bird so far!



THIS WEEK IN VIKINGS ATHLETICS . . .

Message from the Lockerby Athletics Association (LAA)

This week, our LAA featured our cross-country running team! Cross-country running is not easy, but it can be very rewarding! Our athletes, led by captains Logan D. and Emily B. attended 10 weeks of daily practices and 7 competitions. This year, our Vikings competed and trained in weather from blue sky temperatures reaching close to 30°C to snow and ice with temperatures well below 0°C. Our roster for SDSSAA and NOSSA was an impressive 34 runners and 9 of our athletes competed at OFSAA in Sudbury! Mme Stanyon and Mr. Abols have agreed that this year's team was one of the most dedicated to practice, which led to some fabulous results and a fabulous season!



XC COUNTRY RUNNING SEASON RECAP AND MVPS





2019/2020 XC Running Novice Girls MVP

Bio

Name: Kaja Beljo

Division: Novice

Favourite Course: SSM Nossa

Pre Race Meal: Fruit

Go to Shoes: Blue Nike's

2019 Season PB: Nossa 4K in 18 mins



2019/2020 XC Running Novice Boys MVP

Bio

Name: Aiden Lippert-Murdoch

Division: Novice

Favourite Course: Kivi Park

Pre Race Meal: Granola bar and water

Go to Shoes: Nike Kyrie 2's

2019 Season PB: Wednesday, October 16 at Kivi Park



2019/2020 XC Running Junior Girls MVP

Bio

Name: Abby Lanteigne

Division: Junior

Favourite Course: Kivi Park

Pre Race Meal: Some of Ella's cliff bar

Go to Shoes: Nike Pegasus

2019 Season PB: 2nd place, 24:04 LU Rumble on the Rocks



2019/2020 XC Running Junior Boys MVP

Bio

Name: Konrad Schulte-Hostedde

Division: Junior

Favourite Course: Kivi Park

Pre Race Meal: Water

Go to Shoes: Nike runners

2019 Season PB: 27:07 at Kivi



2019/2020 XC Running Senior Girls MVP

Bio

Name: Emily Binks

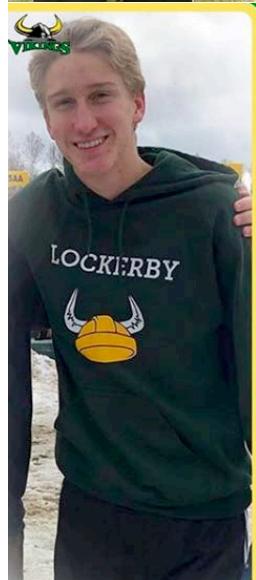
Division: Senior

Favourite Course: Anywhere but Kivi

Pre Race Meal: Cucumber salad

Go to Shoes: Nike Zoom

2019 Season PB: Nossa 6.2km at 4.19mins/Km



2019/2020 XC Running Senior Boys MVP

Bio

Name: Logan Drane

Division: Senior

Favourite Course: Laurentian

Pre Race Meal: Banana and anything else I can find

Go to Shoes: Nike Pegasus

2019 Season PB: 6.2km in 21:45 @ Nossa in Sault Ste. Marie

STUDENT COUNCIL APPLICATIONS (2020 - 2021)

Do you have school spirit? Do you want to be a leader in our school? If so, then apply to be on the 2020 - 2021 Lockerby Student Council! Don't forget to submit your application, together with your reference, by Friday, May 29th, 2020.

**-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**
- Rayaq: sidd2192@rscloud.ca**
- Nethra: wick7431@rscloud.ca**

ATTENTION GRADE 12 STUDENTS AND VIKING COMMUNITY

Our current Student Council is planning to create a picture slideshow for our 2020 Viking Graduates. The Council is looking for pictures of our Grade 12s' favourite school memories over the last 4 years. Parents/guardians can also send baby photos (please attach the student's name to file) to baggsm@rscloud.ca. Pictures are due Friday, June 5th, 2020.



CLICK!

CLASS OF 2020

Gr 12s DM @lockerbystudentscouncil or email post3132@rscloud.ca pictures of your favourite high school memories by June 5th.

-baby photo	-sports teams
-clubs	-field trips
-dances	-pep rallies
-Cancer Drive	-Viking Scholar

STUDENT SERVICES

Timetabling

Current Grade 9 - 11 Students

Timetabling for the 2020 - 2021 school year started last week. Students with conflicts will be contacted by Guidance to review their courses over the next several 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. Mrs. Beaudry and Ms. Baggs would like to thank all of the Viking community for their continued support!

Grade 12 Students

Response from University - Wednesday, May 27th, 2020

This is an important week for students planning to attend an Ontario university in September. As of May 27th, 2020, every student who applied to a university program will have received a response from an Ontario university. A response will be 1) an offer; 2) a refusal; or 3) a deferral pending the receipt of specific additional information. If you have any concerns about this process please contact Mrs. Beaudry or Ms. Baggs.

Accept Your Offer of Admission - Monday, June 1st, 2020

By Monday, June 1st, 2020, Ontario universities require a response to an offer and most likely a financial commitment (e.g., registration deposit, residence deposit, etc.). Please 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 log into their OUAC accounts to accept their offers and it is a multi-step process. Students will receive a confirmation number once all of the steps in the process are completed. Responses are indicated on the Applicant Status Report under the 'Program Confirmed' column. It is important to understand the steps required to properly submit your response to the OUAC. A video tutorial for online responses is available on the OUAC website and this video demonstrates the steps required to respond to a university offer of admission. Need additional help? Students can contact Applicant Services at 519-823-1063 (weekdays).

Ultimately, a student must login to their online application, and select 'Choices/Offers' to view their offers of admission. They then must click 'Accept' to accept the offer of their choosing (or 'Decline' for any other options). Once a student has successfully completed the Submissions Process, they receive a confirmation number online. Students are asked to please keep this number for their records and if they do not immediately receive a confirmation number students must re-submit their response.

OSAP Applications OSAP - (<https://osap.gov.on.ca>)

Once students have decided on the post-secondary college or university they want to attend, they can then apply for OSAP (if desired). This year, the application form is considered to be more user-friendly! Students with questions linked to OSAP are encouraged to contact the Financial Aid Office of the post-secondary institution they plan to attend.

LCS DISTANCE LEARNING MESSAGES/UPDATES (AS OF MAY 21ST, 2020)

- All students in Grades 9 - 12 should now have received a copy of their 'Mark Summary Report' (for all of their classes) by mail. If a copy of this report has not yet been received, please email Mr. Lafraniere at lafranr@rscloud.ca
- A reminder that Final Report Cards will be distributed at the end of the semester for all students.
- In light of the recent school closures announcement (please see Pages 11 to 15 of this Newsletter for more information), plans are underway for students and families to collect personal belongings from the school. Next steps will be shared once plans have been finalized between Rainbow District School Board and Public Health Sudbury.
- 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. Please stay tuned.
- A reminder that all secondary school examinations have been replaced with culminating activities for this semester. Once we receive final evaluation details from Rainbow District School Board (over the next few weeks), we will be sharing them with our school community.
- Regrettably, though predictably, the SDSSAA Executive Council has cancelled all remaining spring sport activities scheduled this year. The decision falls in line with similar decisions made by NOSSA and OFSAA.
- 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.



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

May 21, 2020

Dear Viking Community:

APCapstone

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

As we proceed through our seventh week of distance learning, we hope that everyone in our community continues to do well during these unique times, as all families continue to face many new challenges. As many of you are already aware, the Minister of Education has announced that all schools in Ontario will remain closed until the end of the school year (June 26th, 2020), in order to contain the spread of COVID-19 and to keep everyone safe. Although this is a necessary collective step forward, we are saddened by not being able to see our Vikings in our building's hallways to conclude the school year.

In addition to the Ministry of Education's announcement earlier this week, Director Blasig has also reiterated that our secondary school examinations have been replaced with culminating activities and that all students from Kindergarten to Grade 12 will be receiving report cards at year-end. Likewise, it has also been announced that later this summer, the provincial government will be releasing a plan to help strengthen learning and safety protocols to enable staff and students to return to in-class instruction for the 2020 – 2021 school year. That plan will also be bolstered by an enhanced province-wide virtual learning program, and an expanded summer learning program. At this time, we know that some students and families are eager to collect personal belongings that remain in our school. Please be assured that plans are underway to determine how this can be done safely. We are working with Public Health Sudbury on next steps and will share the plan as soon as it is finalized.

From now until the end of the year, Lockerby Composite School will continue to implement creative means, with all of its staff members, to make at-home learning a positive experience. We have heard that students have been enjoying their interactions with their teachers and peers, as well as the connection and engagement it offers. As always, an overarching goal in supporting our Viking 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. At this time, a reminder that:

The Ministry of Education and Rainbow District School Board have indicated that the final marks for all students (elementary and secondary) will be based on work completed prior to school closures on March 13th, 2020. Marks can be improved with work completed and graded from April 6th, 2020 to the end of the school year with teacher-led distance learning. **It is critical that students have a solid foundation of the key learning expectations in order to prepare for the next year of learning. The goal is to continue with assessment and provide opportunities to develop necessary skills that will build foundational knowledge.** Attendance for classes will still be taken every day, and it is important for students to communicate proactively with their teacher(s) if they require additional support. Likewise, it is both the Ministry of Education and Rainbow District School Board's expectations that students continue to complete assigned work (with integrity and academic honesty) and do their best to meet timelines, commitments, and due dates.

We will continue to share any and all new information and next steps (with respect to the above and otherwise) with the Viking community as soon as it becomes available. Of course, our goal is always to continue to help support every learner as best we can and 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:

C. Runciman

CRAIG RUNCIMAN
Principal

A MESSAGE FROM DIRECTOR BLASEG



Rainbow
District School Board

Centre for Education

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

May 20, 2020

Schools remain closed for the rest of the school year

Dear Parents/Guardians:

Guided by health and safety, the Premier of Ontario and Minister of Education have announced that schools in Ontario will remain closed for the rest of the school year.

With the extension of school closures, we have now reached the mid-point of our journey. We have completed six weeks of teacher-led distance learning and have six weeks to go.

We have the technology, the team, the talent and the tenacity to maintain the momentum. We will work diligently to ensure students gain critical knowledge and skills for success. We invite students and families to, once again, take a deep breath and stay the course.

Teacher-led distance learning will continue until June 26, 2020, the last day of school. To maximize learning, secondary exams have been replaced with culminating activities. All students, from Kindergarten to Grade 12, will receive report cards at year end.

For the Class of 2020 whose destination is graduation, please remember that we will celebrate this milestone with you, your family and friends when it is safe to do so.

The Province of Ontario has already confirmed that schools will reopen in September. Protocols will be implemented to protect the health and safety of students and staff. We will share more information with you as plans progress - always with safety first.

In the interim, we are currently developing protocols with Public Health to allow for the safe collection and distribution of student personal belongings at school, such as items in lockers. Schools will communicate directly with students and families to facilitate this process.

Families juggle many demands and this new way of living and learning has been a tremendous transition. The school team nurses at Public Health Sudbury & Districts have compiled a list of resources to support skill building and mental health for families, staff, children and youth. Resources are available at rainbowschools.ca under mental health.

Keep well, stay active, keep learning and stay safe,

Norm Blaseg
Director of Education

A MESSAGE FROM THE MINISTRY OF EDUCATION

Ministry of Education

Minister

315 Front Street West
Toronto ON M7A 0B6

Ministère de l'Éducation

Ministre

315, rue Front Ouest
Toronto ON M7A 0B6



May 19, 2020

Dear Parents—

Today, I announced our government's decision that schools will remain closed until the end of June.

This decision was based on protecting the health and safety of your child, your family, and your community. When I last wrote to you on April 28, I promised that your child would not return to school if we are not able to definitively answer "yes" to the following question: does this promote the health, safety, and well-being of our children and students? Given the current developments in the COVID-19 outbreak and the congregate nature of schools, we cannot answer yes to that question just yet.

For the last few months, you and your children have taken extraordinary steps and shown great flexibility to continue your children's learning journey. Our government has also been working to make sure you and your children have access to the tools, resources, and predictability that we have all sought during these times.

As we continue to work around-the-clock to plan for the summer and the 2020-21 school year, I believe it is more important than ever to listen to you and hear your ideas.

We have heard clearly from parents that they expect dynamic live education for their children. The connection between a student, their peers, and their teacher is more important than ever. Two weeks ago, I wrote to school boards and other education sector partners to express my expectation that teachers utilize live teaching—sometimes called 'synchronous learning'—for entire classes, smaller group settings, or one-on-one interactions.

While this is by no means a normal time in your child's education, it is critically important to allow your child to have access to a school community, support network, and learning experience that is as close to normal as possible. I will continue to advocate for this, as we must strive to do more to serve our children in these extraordinary and tough times.

We have also heard from many parents who are concerned about how to access technology in order for students to fully benefit from this live learning. One of the first things we did after suspending in-person classes was to support school boards in distributing existing technology to students who needed it. Over 200,000 devices have been distributed to students across the province.

On April 17, we also announced a partnership with Rogers and Apple that enables school boards to provide portable tablets with free Rogers LTE wireless data, pre-loaded with critical education tools and resources. To date, tens of thousands of these devices have been distributed and delivered to students in the province. It is partnerships like this that represent the best of the spirit of Ontario.

Through the Ontario Together initiative, we have been able to procure competitive packages for broadband internet that families can access immediately. We have provided these options to our school boards, and I encourage you to contact your local board to determine if this might be the right fit for you.

A MESSAGE FROM THE MINISTRY OF EDUCATION

- 2 -

We have heard from parents that there is a need to provide bridge programming and other gap-closing initiatives during the fast-approaching summer period. We know that the learning loss that takes place every year over the summer can be a challenge to students when school resumes in September. This year, the risk of summer learning loss is more pronounced.

That is why we are providing new opportunities for students to continue learning over the summer. We also have announced Ontario's Summer Learning Plan, which is a robust plan for summer learning opportunities, including new programs and initiatives. I encourage you to discuss these options with your child, to determine if there are opportunities to continue their learning over the summer.

Some of these initiatives include:

- New upgrading courses, which will allow Grade 9-12 students to upgrade a full credit course they passed during the school year in 55 hours, rather than the normal 110 hours;
- Specific learning supports for students with special education needs and mental health needs, including access to Education Assistants, a new two-week program in skills development, learning, and routine establishment, and a summer extension of after-school programming for students with autism;
- Working with our cross-government team, we will be providing virtual opportunities for students to volunteer during the summer, which can be counted toward the community service graduation requirement.

These programs and resources were designed with your child in mind, and we have more than doubled the funding available during the summer period for this continued programming. As we roll out Ontario's Summer Learning Plan, new virtual components will be available and strict protocols will be unveiled for in-class summer learning should emergency measures be lifted. We are also creating an organized and safe process to allow families to retrieve items in schools, led by local school boards.

Looking ahead to the Fall, when schools reopen, we know that school may not look or feel the same. While we have seen other provinces suggest what their classrooms may look like in September, we know that each part of our country is impacted and responding differently to the COVID-19 outbreak.

Our government is in regular contact with Ontario's Chief Medical Officer of Health, Dr. David Williams, and the education system remains a top priority for the COVID-19 Command Table. I have also spoken with the leadership of the Hospital for Sick Children, who have provided important counsel in how we continue to support students' health and safety at school.

While we are working aggressively to make sure Ontario's schools and classrooms represent the safest learning environments possible, we will provide our plan for resumption of class in September in short order which will include strict safety protocols and public health measures.

As our province moves further along the recovery path, we should be proud of our collective efforts that are now showing signs of hope and optimism. Despite this, we appreciate that students and children may struggle to make sense of this pandemic. We are all doing our best to stay strong and positive during this period, and you may be having difficult and emotional discussions with your children during this time.

A MESSAGE FROM THE MINISTRY OF EDUCATION

- 3 -

You and your children are not alone. At the onset of the school closure period, I encouraged school boards to immediately ensure that their mental health workers and professional staff are available to engage in safe and secure conversations with students who feel the need to talk. Our government has also provided emergency funding of up to \$12 million to immediately expand online and virtual mental health supports, many of which are directly tailored for youth.

There are many organizations that provide critical support for children who face mental health concerns or distress. A great example is Kids Help Phone, which 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. School Mental Health Ontario also has a number of great resources for students, parents and families on their website at www.smho-smso.ca. In addition, child and youth mental health agencies across the province continue to provide services.

Our government has been consistently clear. The health and well-being of your child guides every decision we make. We will get through this together, and in doing so will always work in the best interest of your child, your family, and your community.

I know that together, we will all continue to rise to the challenge.

Sincerely,



The Honourable Stephen Lecce, M.P.P.
Minister of Education



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.

Be flexible. 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. 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 Rubik's 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 25th

Tuesday, May 26th

Wednesday, May 27th

- Pawsome Day

Thursday, May 28th

Friday, May 29th

- Student Council Applications due

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

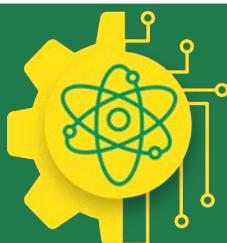


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