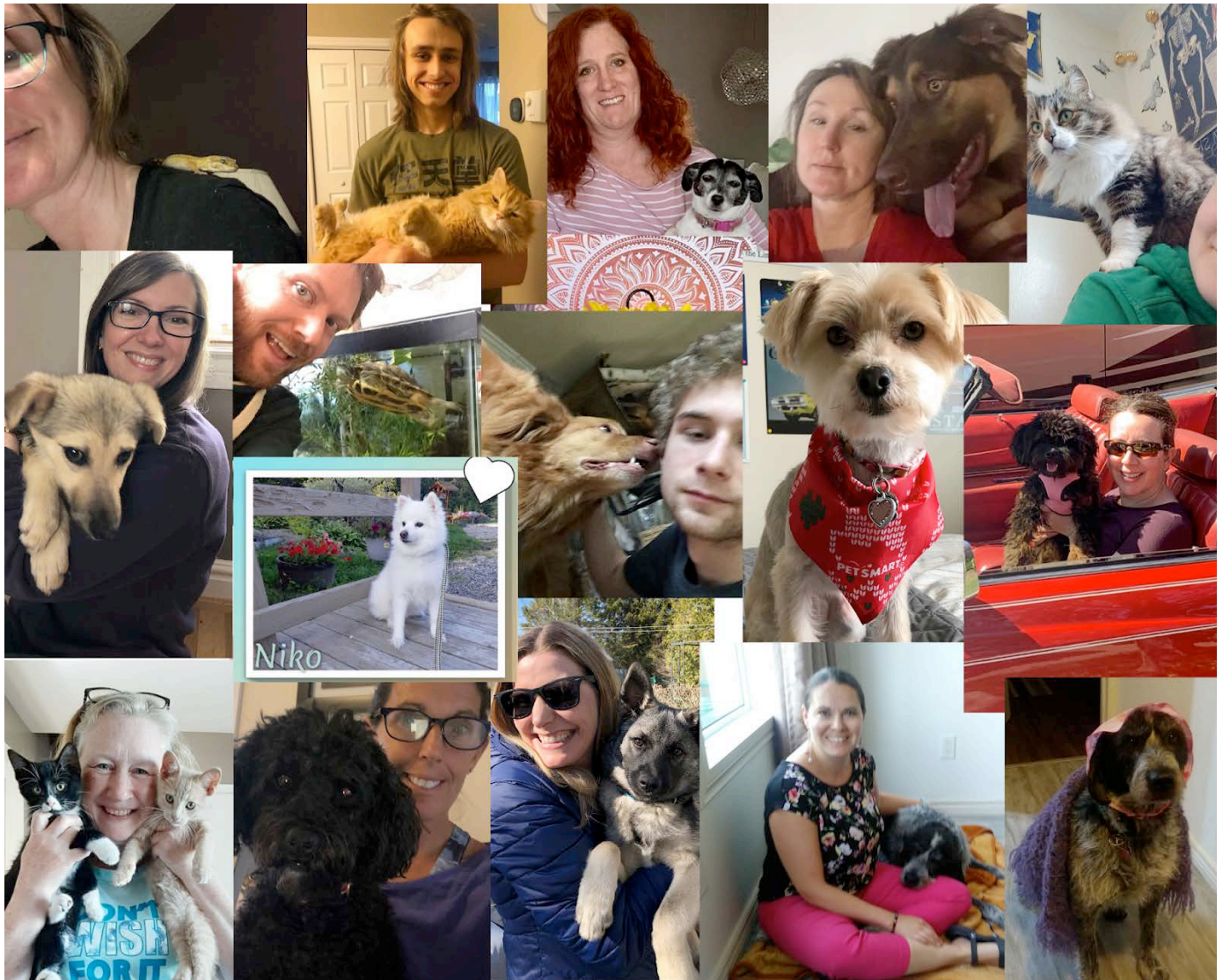


The Lockerby Newsletter

LCS News Update | May 25 - 29, 2020

'PAW'SOME DAY AT LOCKERBY COMPOSITE

It was a purr-fect day on Wednesday, as Lockerby staff and students celebrated 'PAW'some Day by taking a selfie with their pet! Thank you to all those who participated!

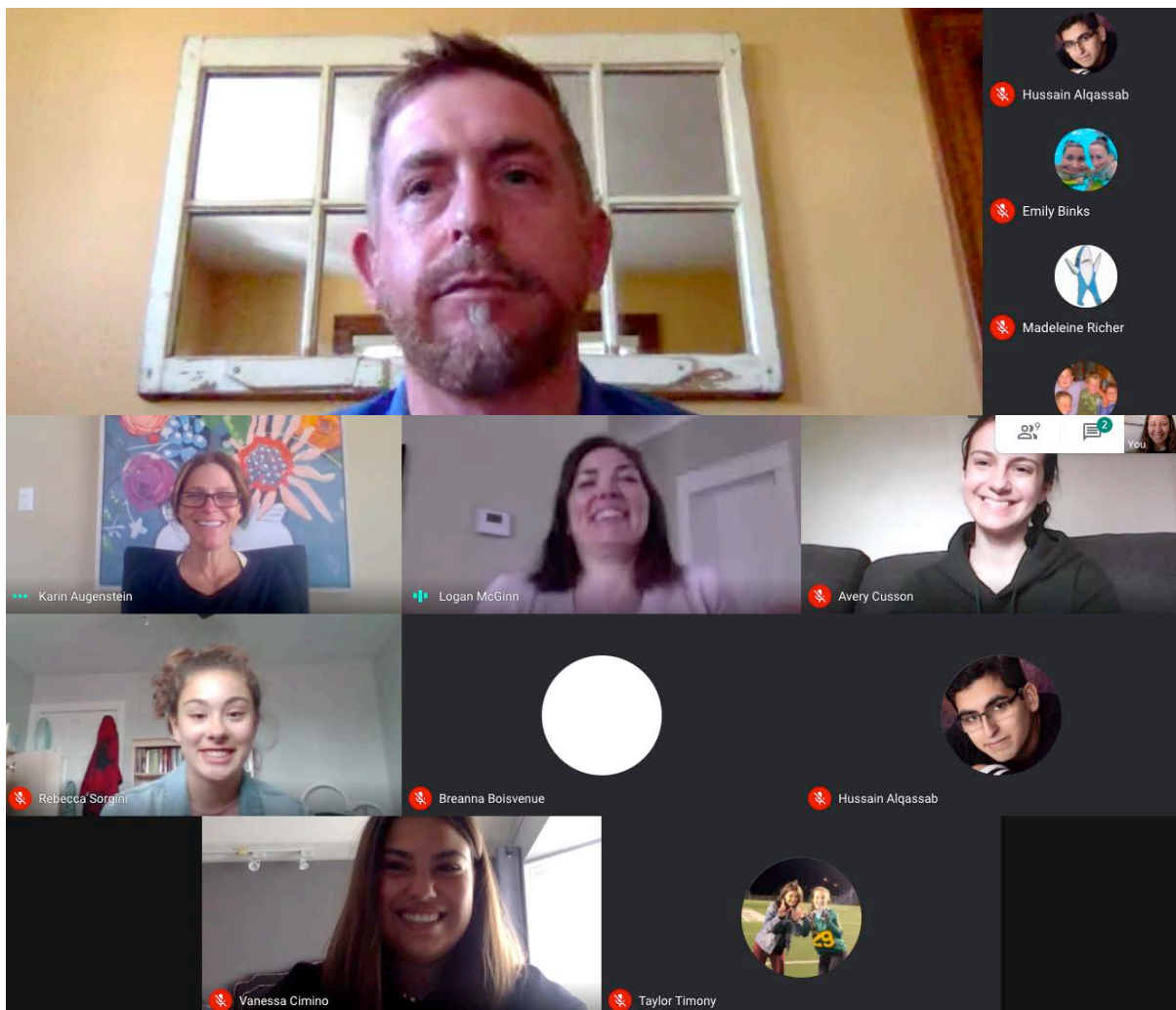


Keep reading this week's Newsletter for further information regarding updates about Rainbow District School Board and Lockerby Composite's Distance Learning Plan (starting on Page 12).

WHAT'S HAPPENING IN OUR ONLINE CLASSES?

Kinesiology and Health Care

This past week, our Vikings were able to learn more about a career in Physiotherapy from Chris Binks. It was amazing to hear about all of the job opportunities available in the field and some of the cool experiences that Chris has had treating major league and Olympic athletes. We also heard from a previous Viking, Logan McGinn. Our Vikings certainly benefited from listening to Logan's experiences as the founder of iSwim, as a Registered Nurse, as a graduate with a Masters in Business, as a graduate of Medical School, and as a current student completing her Residency in Plastic Surgery!



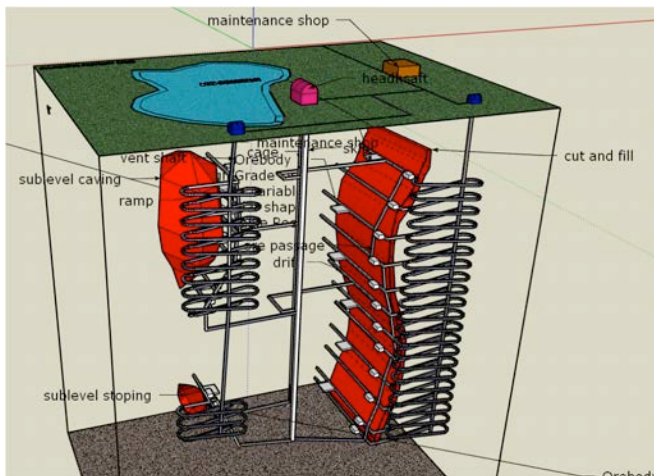
LOCKERBY

THE SCHOOL OF SCIENCE AND TECHNOLOGY

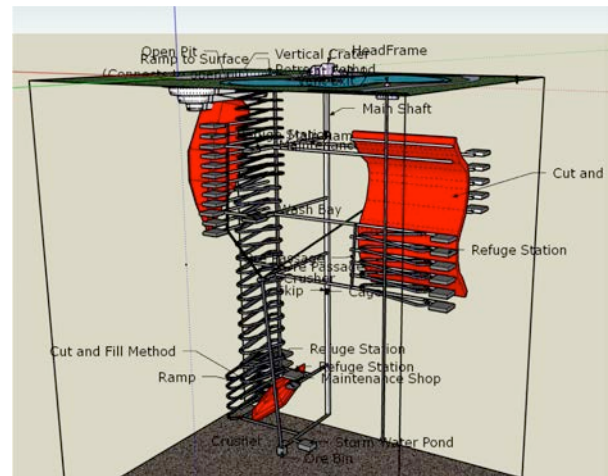
WHAT'S HAPPENING IN OUR ONLINE CLASSES?

Technological Studies

Students in Mr. Coulas' Grade 11 Technological Design class recently completed a project on designing an underground mine using a 3D design tool called Sketchup. Screen captures of some final projects are below.



Design by Harris P

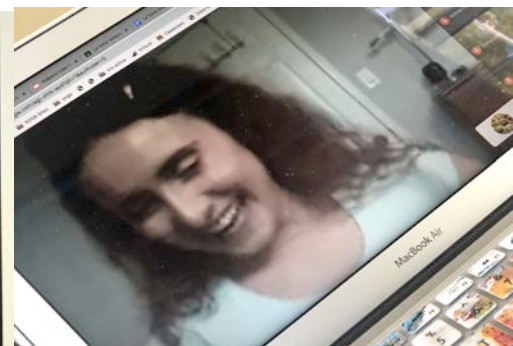
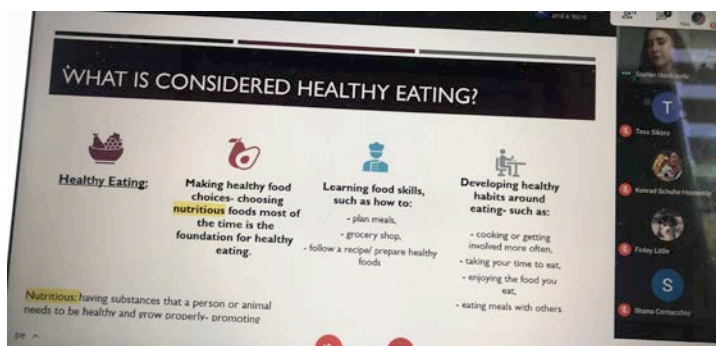


Design by Dallas H

Collin Watson and Nicolas Westage, two engineers from Hatch Engineering, stopped into a Google Meet as well this week to give some of our Vikings feedback about their impressive designs! Both were impressed by all of the efforts! Collin and Nicholas went on to explain some of the challenges they are confronted with in some of their current work at Nickel Rim South in Sudbury with the movement towards electric equipment and coordination between Glencore and Vale in developing new ore deposits that will become among the deepest in Canada.

Vie Active

This week, Lockerby Alumni and Dietician Sophie Hardcastle dropped by the Vie Active class to talk about nourishing and hydrating well while in confinement. She talked about portion sizes, better food options, and fad diets in addition to offering resources for additional support (that were science based and government approved). She challenged the students to eat whole grains, look for and create delicious and healthful meals to support their families, and what to eat when hungry (and not bored). She talked about sustainable eating and not just eating for the now.



WHAT'S HAPPENING IN OUR ONLINE CLASSES?

Visual Arts

For centuries, art has provided a record of human interests and experiences. In fact, in many ancient cultures, much of what we know about the lives of people living at that time comes from their art. Whether it's the cave art of Lascaux, France or paintings that chronicle a war, art has always provided a visual history of what it means to be human.

During the last few of weeks, Lockerby artists have been using art for just this purpose- to record their experience with COVID-19. Our Vikings started out with a fun activity where they created mundane merit badges to celebrate some of our smaller accomplishments during these times. We think you'll agree that these badges are very funny, and laughter is a great way to relieve stress!



But Lockerby artists also have a serious side. This past week, our Vikings moved onto an artwork that allowed them to express their feelings around the COVID-19 pandemic. Thank you Vikings for having the courage it takes to create this kind of personal and reflective work!



WHAT'S HAPPENING IN OUR ONLINE CLASSES?



AP SEMINAR STUDENTS - KUDOS

A big congratulations goes out to this year's AP Seminar students, who successfully completed and uploaded all of their hard work to the College Board on Monday! Well done!




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 baggs@rscloud.ca. Pictures are due Friday, June 5th, 2020.



**Send in
those
pictures!**



CLASS OF

20

20

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

THIS WEEK IN VIKINGS ATHLETICS . . .

Message from the Lockerby Athletics Association (LAA)

This week, your LAA highlights our basketball teams! We had 3 successful teams this year, all of which made great memories and great plays during the season. Our Junior Girls kicked-off the basketball season with 5 wins and finished with an overall Second Place finish in Division I along with a silver medal from NOSSA. Wow! Keep-up the great work next year, ladies! Our Junior Boys started in early winter, and the team improved their gameplay and awareness on the court throughout the season. The team made some excellent memories this year as well as memorable moments- we can't wait to see what they have in store for everyone next year! Finally, our Senior Boys wrapped-up the season with 5 wins and an overall 4th place finish out of 10 teams in Division I. Thank you to our graduating basketballers- we couldn't be more proud to have you as Lockerby Vikings! Stay tuned for next week's MVPs, Vikings!



2019-2020 ROSTER JUNIOR GIRLS




GRACE C	HANNAH L
SYDNEY C	HALEY M
KIRSTIN F	ANNIKKA R
CHARLIE H	ALIESHA W
VERNA J	ASHLEY Z
JENNA K	AVA Z

2019-2020 ROSTER JUNIOR BOYS




JACK A	ATHARVA P
CONNER B	JAKE P
ALEX F	DAMON R
EVAN G	ANDREW S
LUCA G	HARRISON S
MICHAEL K	MICHAEL W
TATUM O	

2019-2020 ROSTER SENIOR BOYS




DULAIN A	DECLAN M
MATTHEW C	GREG M
NOAH C	MAT M
LOGAN D	ETHAN N
JOSH L	TEEJAY P
REID L	DAMIAN S
ASHTON M	



2019/2020 Basketball Junior Girls MVP

Bio

Name: Charlie Herold

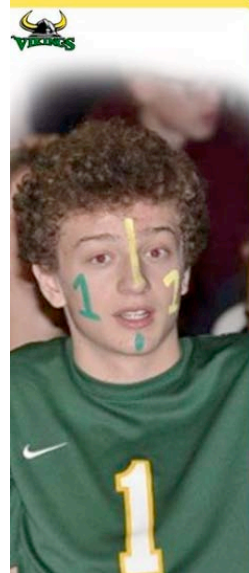
Position: Point guard / shooting guard

Height: 5'5"

Go to Shoe: Nike Paul George 3

Signature Move: 3 point shot

Favourite Player: Pascal Siakam and Kawahi Leonard



2019/2020 Basketball Junior Boys MVP

Bio

Name: Tatum Ostroski

Position: Point guard / shooting guard

Height: 5'8"

Go to Shoe: Jordan Superfly 5

Signature Move: Hesitation to drive

Favourite Player: LeBron James



2019/2020 Basketball Senior Boys MVP

Bio

Name: Noah Caufield

Position: Bench Captain

Height: 6'0"

Go to Shoe: Nike Hyperdunk

Signature Move: Shyhook

Favourite Player: Dennis Rodman

UPCOMING 'ONLINE EVENTS AND CHALLENGES'



Birding Challenge

A reminder that 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- you can watch her 'Birding 101' Video! Both the sightings list and video can be found on our school website under 'Online Resources.' From students, to teachers, to future Vikings, and even former Vikings, we've identified 18 different species of birds so far!



Vikes 4 Life Challenge

Starting again from June 1st - 30th, there will be 2 new challenges for the Lockerby Community to join! Everyone is invited to choose one of our custom built challenges, in the form of either the 'Vikes for Life Green 75km' or the 'Vikes 4 Life Gold 150km.' To be a part of the action, download the Nike Run Club App - search L Stanyon and request a friendship. From there, you will be sent an invitation to this private challenge (shortly thereafter). Remember, this is for all levels of walkers, joggers, and runners.



‘VIKEWEAR PURCHASES’

Lockerby Composite School has received several inquiries regarding the purchasing of ‘Vikewear’ from both future, current, and former Viking families. As such, our online ‘Vikewear Store’ has been re-opened for purchases until Friday, June 5th, 2020. Plans for the delivery and pick-up of any purchases are being developed to ensure that proper Public Health Sudbury guidelines are followed.

Please visit the following website for purchases:

kingsportswear.myshopify.com/collections/lockerby-composite-school



LOCKERBY VIKINGS

SPIRIT WEAR

Deadline: June 5th, 2020

To place your order go to our website
www.king-sportswear.myshopify.com



HOODIE \$50
TWILL LOGO - FRONT CHEST



BUFF \$10
PRINTED LOGO



BALL CAP \$15
EMBROIDERED LOGO



PERFORMANCE T-SHIRT \$18
PRINTED LOGO - FRONT CHEST



PERFORMANCE LONG SLEEVE T-SHIRT \$22
PRINTED LOGO - FRONT CHEST



COTTON T-SHIRT \$15
PRINTED LOGO - FRONT CHEST



VINYL STICKER \$5
PRINTED FULL COLOR

STUDENT SERVICES

Timetabling

Current Grade 9 - 11 Students

Timetabling for the 2020 - 2021 school year is still underway. Students with conflicts are continuing to be contacted by Guidance to review their courses. Students are asked to please remember to check their RSCloud accounts for messages.

Grade 12 Students

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/Offer' 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.

Virtual Open House - Cambrian College

Thinking about starting college this fall? Get an in-depth preview of all of Cambrian College's programs at their Virtual Open House taking place from June 8th - 11th, 2020. Each day of the event will feature a general information session along with program-specific sessions that will give students the chance to meet professors and get all of their questions answered. Some of the information covered will include how professors are using the latest technology to delivery interactive online classes, hands-on learning experiences, first days of classes, the online Cambrian Community, and financial supports. Students are encouraged to attend as many sessions as they'd like! Cambrian College is inviting students to visit their website for full details and to register: cambriancollege.ca. If students register by Sunday, June 7th, 2020, they will be entered in a draw to win a \$250 Visa Gift Card!

LCS DISTANCE LEARNING MESSAGES/UPDATES (AS OF MAY 28TH, 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.
- Plans continue to be developed 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 weeks), we will be sharing them with our school community. Please stay tuned.
- 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/>

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, June 1st

- Student Council 'Who Da Baby?' event begins
- 'Vikes 4 Life' challenge begins

Tuesday, June 2nd

Wednesday, June 3rd

Thursday, June 4th

Friday, June 5th

- LCS Birding Challenge concludes
- Last day to buy 'Vikewear'

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

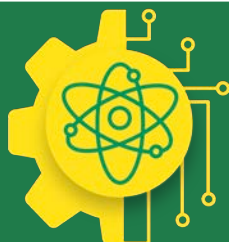


<https://www.instagram.com/lockerbycomposite/>

<https://twitter.com/lockerbynet>

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

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



Science and Technology Education Program

APCapstone™