

The Lockerby Newsletter

LCS News Update | June 8 - 12, 2020

THANK YOU!

A big thank you goes out to all Vikings who accessed the school over the last two weeks to collect items and bring back school supplies. It was nice to see so many of you again, and as always, everyone was so courteous and personable. We can't wait to all be back in our building!



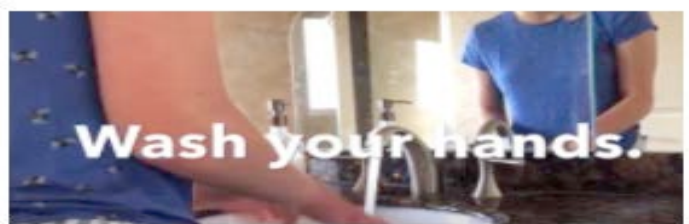
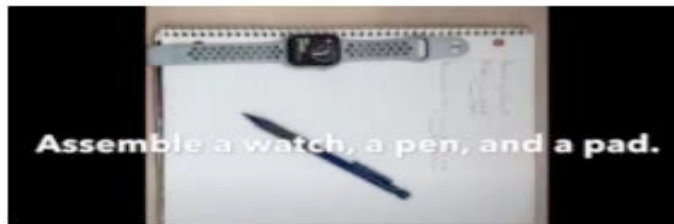
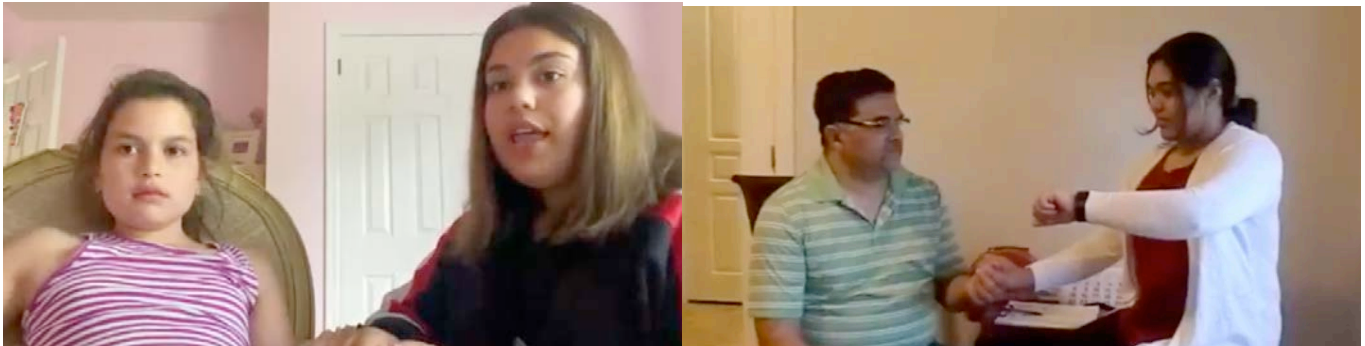
Hope to see everyone again soon!

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 14).

WHAT'S HAPPENING IN OUR ONLINE CLASSES?

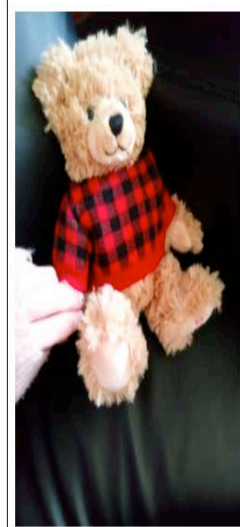
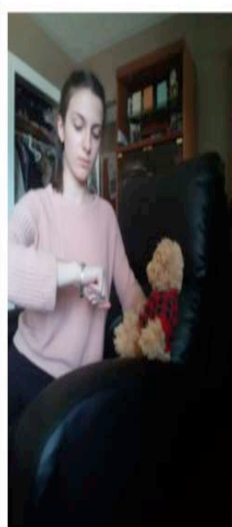
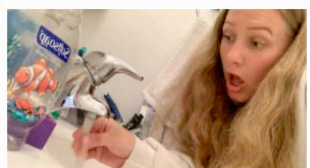
Health Care

Over the past several of weeks, our Viking health care students have been learning about what vital signs are and how to take: body temperature, pulse, respirations, and blood pressure. Here are some samples of student created videos and tip sheets to teach others how to measure patient respirations. Thank you to all the parents, grandparents, siblings, and stuffed animals for being such willing participants!



6. Count respirations when the chest raises when taking a breath.

7. Ask the patient if they are having or have had any difficulties breathing.



WHAT'S HAPPENING IN OUR ONLINE CLASSES?

Mathematics

As our Viking mathematicians work on their Culminating Activities to end the semester, Ms. Heffern and Mrs. MacLennan's Grade 10 mathematics classes will be preparing useful resources for Grade 11. One of the activities is a Jamboard where students will summarize overall expectations of the course!

The Jamboard displays a central diagram with handwritten notes and several sticky notes. The notes include:

- Expectation:** Solve systems of two linear equations involving two variables using the algebraic method of substitution.
- Handwritten notes:**
 - $\begin{cases} 2x + 3y = 12 \\ x - y = 4 \end{cases}$
 - $\begin{cases} 2x + 3y = 12 \\ x - y = 4 \end{cases} \Rightarrow \begin{cases} 2x + 3y = 12 \\ 2x - 2y = 8 \end{cases}$
 - $\begin{cases} 2x + 3y = 12 \\ 2x - 2y = 8 \end{cases} \Rightarrow \begin{cases} 2x + 3y = 12 \\ -5y = -4 \end{cases}$
 - $\begin{cases} 2x + 3y = 12 \\ -5y = -4 \end{cases} \Rightarrow \begin{cases} 2x + 3y = 12 \\ y = \frac{4}{5} \end{cases}$
 - $\begin{cases} 2x + 3y = 12 \\ y = \frac{4}{5} \end{cases} \Rightarrow \begin{cases} 2x + 3(\frac{4}{5}) = 12 \\ y = \frac{4}{5} \end{cases}$
 - $\begin{cases} 2x + 3(\frac{4}{5}) = 12 \\ y = \frac{4}{5} \end{cases} \Rightarrow \begin{cases} 2x + \frac{12}{5} = 12 \\ y = \frac{4}{5} \end{cases}$
 - $\begin{cases} 2x + \frac{12}{5} = 12 \\ y = \frac{4}{5} \end{cases} \Rightarrow \begin{cases} 2x = 12 - \frac{12}{5} \\ y = \frac{4}{5} \end{cases}$
 - $\begin{cases} 2x = 12 - \frac{12}{5} \\ y = \frac{4}{5} \end{cases} \Rightarrow \begin{cases} 2x = \frac{60}{5} - \frac{12}{5} \\ y = \frac{4}{5} \end{cases}$
 - $\begin{cases} 2x = \frac{60}{5} - \frac{12}{5} \\ y = \frac{4}{5} \end{cases} \Rightarrow \begin{cases} 2x = \frac{48}{5} \\ y = \frac{4}{5} \end{cases}$
 - $\begin{cases} 2x = \frac{48}{5} \\ y = \frac{4}{5} \end{cases} \Rightarrow \begin{cases} x = \frac{24}{5} \\ y = \frac{4}{5} \end{cases}$
 - $\begin{cases} x = \frac{24}{5} \\ y = \frac{4}{5} \end{cases} \Rightarrow \begin{cases} x = 4.8 \\ y = 0.8 \end{cases}$
- Sticky notes:**
 - I substituted my expression for x into the other equation.
 - I solved for y.
 - I substituted y into the other equation to solve for x.
 - I solved the resulting equation for y.
 - I substituted y into the other equation to solve for x.
 - I solved for x.
 - I checked my solution by substituting it back into both equations.

Geography

Students in Grade 9 Geography have been busy cooking-up ideas for *The Amazing Race Canada* based on whichever city they have deemed to be the 'best' in Canada! Their Roadblock and Detour Challenges are based around their chosen city's unique landscape, cultural history, enduring issues, and special attractions.

ROADBLOCK CHALLENGE

Deep Down Under

A **Roadblock** task is a task that only one team may perform.

In this **ROADBLOCK** you must travel to Laurentian University. Once there make your way to the pool. Once there you'll see a small bright pool sinker at the bottom of the pool. You must dive to the bottom of the pool off one of the towers. Make sure to put on some goggles!

Canada's Wonderland

Hint: I can be extreme and fun, people fear me and they enjoy me. They come to have fun and enjoy their time!

- ★ They opened the Canada's Wonderland in the year may 1981. The owner of Canada's Wonderland was Cedar Fair
- ★ As soon as you exit a ride, you will get a ticket. You must earn 5 tickets of extreme ride in order for you to get your next clue.
- ★ Just remember that you have fun and enjoy the rides.
- ★ Only one person may do this challenge while the other one just sit and wait.

DETOUR

Roller Derby OR Horseback Adventures!

A **DETOUR** is a choice between two tasks, each with its own pros and cons. Read each task and choose one. All team members must participate.

In this **DETOUR**, teams will get a chance to experience one of two options listed below:

OPTION 1: Kalamita's all female roller derby team, Okanagan Roller Derby will compete against you! You must score **SEVEN** points before moving on. Also, these women get rough! Watch out! Work as a team!

OPTION 2: Horseback riding is all fun and games until obstacles are thrown in! You must pick one horse from the few provided. You and your partner are required to complete all of the obstacles listed, jumps, turns, swimming, ALL with your horse! Have fun!

WHAT'S HAPPENING IN OUR ONLINE CLASSES?

Healthy Active Living

During our final weeks of courses, students in the Healthy Active Living classes have been the instructors! Our Vikings have been leading custom workouts to keep their teachers and their peers feeling fit and fabulous! Many Vikings have made their workouts unique and challenging by adding playlists and creative at-home equipment. Although Physical Education classes had to be drastically altered during for distance learning, many students are admitting to being stronger and faster - having more stamina than ever before!



LOCKERBY CANCER DRIVE: 2020 - 2021

The 2020-2021 Kids Caring for Kids Cancer Drive Committee hope you are all doing well and staying safe at home during distance learning! The Committee would like to announce some upcoming changes to the Cancer Drive calendar this year. In light of the current pandemic, this year's Cancer Drive has been rescheduled.

Rest assured that the Cancer Drive Committee is still hard at work in preparation for these exciting upcoming events. We thank you for your continued support, enthusiasm, and understanding during these unprecedented times. Have a wonderful, safe summer and we look forward to seeing you in September!

**** NEW IMPORTANT DATES ****

| | |
|---------------------------------------|--|
| Motivational Assembly: | Thursday, April 15 th , 2021 from 12:30pm - 2:15pm |
| Instructional Assembly: | Thursday, April 29 th , 2021 from 12:00pm - 12:30pm |
| Cancer Drive Canvassing Night: | Thursday, April 29 th , 2021 at 6:00pm |
| Thank-You Assembly: | Friday, April 30 th , 2021 from 9:45am - 10:30am |

THIS WEEK IN VIKINGS ATHLETICS . . .

Messages from the Lockerby Athletics Association (LAA)

Swimming


Each year, more members who are either looking to win or have fun, join our Swim team! This year, our team made some pretty great memories - whether it was hopping up and down in the shallow end at the Gatchell Pool or celebrating a city championship victory! In fact, our Vikings made history this year, becoming the first high school to win NOSSA! Wow! Now we have another Champions 'A' banner to hang in our lobby! Our swimmers were supportive of each other as they cheered-on their teammates! New and upcoming Vikings, or current Vikings, come join the swim team next yea! You don't need any experience and it certainly is a lot of fun!



**2019/2020
Swimming**
Junior Girls MVP

Bio
Name: Quinn Gardner

Gardner is a grade 10 student who has been a member of the Lockerby swim team for the past 2 seasons. Her as well as her sister were both greatly involved in the team.



**2019/2020
Swimming**
Junior Boys MVP

Bio
Name: Luca Graffi

Main Stroke: Butterfly

Best Race: NOSSA

Favourite Lane: 3

Pull or Kick: Kick

Post Practice Snack: Apple



**2019/2020
Swimming**
Junior Boys MVP

Bio
Name: Brady Ducharme

Main Stroke: Breaststroke

Best Race: NOSSA relay race

Favourite Lane: 2

Pull or Kick: Pull

Post Practice Snack: Fruit cup



**2019/2020
Swimming**
Senior Girls MVP

Bio
Name: Stacie Kohan

Main Stroke: Butterfly

Best Race: 50m butterfly

Favourite Lane: Whichever one Mr. Abols is cheering for

Pull or Kick: Kick

Post Practice Snack: Subway and chocolate milk with Emily



**SWIMMING
SEASON RECAP AND MVPs**



**2019/2020
Swimming**
Senior Girls MVP

Bio
Name: Emily Binks

Main Stroke: Free

Best Race: 100m free

Favourite Lane: #1 in your lane, #1 in your heart

Pull or Kick: Kick

Post Practice Snack: Subway and chocolate milk with Stacie



**2019/2020
Swimming**
Senior Boys MVP

Bio
Name: Logan Drane

Main Stroke: Freestyle

Best Race: 50m free


Favourite Lane: Middle

Pull or Kick: Pull

Post Practice Snack: As much food as possible

2019-2020 ROSTER

| | | |
|------------|------------|-----------|
| CASTON A | BRADY D | AIDEN L-M |
| DULAIN A | LAUREL D | FINN L |
| JACK A | LOGAN D | PATRICK L |
| BREANNA B | OWEN D | WILLIAM L |
| EMILY B | SARAH D | JORDAN M |
| JENNIFER B | LUCA G | KAELYN M |
| KAJA B | QUINN G | NAOMI M |
| XAVIER B | CHARLIE H | ETHAN N |
| AMELIA C | MARGARET I | BELLA P |
| ELLA C | EMMA-LEE K | THEO P |
| MAEVE C | STACIE K | RUBY S-W |
| SYDNEY C | ABBY L | |



**2019/2020
Swimming**
Open Boys MVP

Bio
Name: Patrick Laliberté

Laliberté has proudly been a member of the Lockerby swim team for 4 seasons. As an open swimmer he was quite skilled. His specialty was backstroke.

THIS WEEK IN VIKINGS ATHLETICS . . .

Nordic Skiing

Our Nordic Ski team had an extremely successful season! The team consisted of 6 excellent athletes and when we say excellent, we mean it! The team was highly dedicated, attending many practices and races to improve their skills over the season. In fact, some of our skiers had their own personal bests this year - whether it be at the City Championships, the NOSSA Regional Championships, or at the provincial Championships! Over the season, they strengthened their friendships with one another and had some friendly competition here and there. See you on the trails next season!



2019-2020 ROSTER



TRAVIS A
ELLA C
ABBY L

AIDEN L-M
THEO P
KONRAD S-H



2019/2020 **Nordic Skiing** Junior Girls MVP



Bio
Name: Ella Cayen
Division: Junior
Favourite Course: North Bay (NOSSA)
Race Skis: Salomon Max Carbon
Favourite LU Trail: The Wall with Extension
OFSAA Placing: 35 out of 134



2019/2020 **Nordic Skiing** Junior Boys MVP



Bio
Name: Travis Annett
Division: Junior
Favourite Course: Huntsville (OFSAA)
Race Skis: Salomon
Favourite LU Trail: The Wall
OFSAA Placing: 9 out of 113



2019/2020 **Nordic Skiing** Senior Boys MVP



Bio
Name: Theo Papadakis
Division: Senior
Favourite Course: Walden
Race Skis: Fischer SCS
Favourite LU Trail: The Wall
OFSAA Placing: 30 out of 143

THIS WEEK IN VIKINGS ATHLETICS . . .

Curling

This year, our curling teams literally rocked the house! Our girl's team consisted of 6 players, and our boy's team consisted of 9 players. Over the season, our girl's team was dedicated to attending practices and fine-tuning their skills. Many new friendships were made and the team demonstrated amazing teamwork and support. Our boy's team was committed to practicing and improving their skills. We can't wait to see all of them back on the ice next year, after having such a successful season!

2019-2020 ROSTER

OPEN GIRLS

| | |
|-----------------|------------------|
| AVA B | JORDAN S |
| SOPHIE D | ALISON S |
| KRISTA K | REBECCA S |



CURLING

SEASON RECAP AND MVPS

2019-2020 ROSTER

OPEN BOYS

| | |
|------------------|----------------|
| CASTON A | IAN D |
| DULAIN A | ETHAN F |
| OWEN A | TROY K |
| ANTHONY D | KYLE L |
| BRADY D | |



2019/2020 **Curling** Girls MVP

Bio

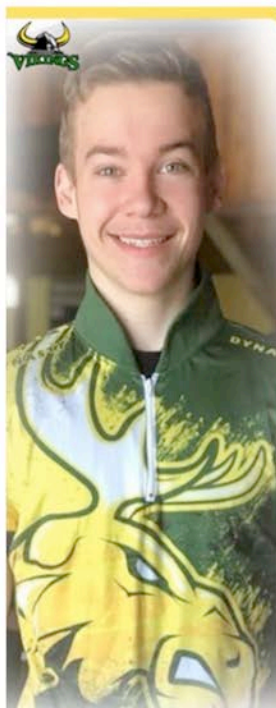
Name: Ali Smith

Grade: 10

Years Played: 1

Position: 2nd

Favourite Shot: Getting the rock in the house



2019/2020 **Curling** Boys MVP

Bio

Name: Ian Deschene

Grade: 10

Years Played: 3

Position: Skip

Favourite Shot: The draw

Best Memory of the Season:
Buying lots of food with the team at Idylwydle

Lockerby Students Council hosted another successful trivia week on their Instagram page! Thank you to everyone who played and tested their knowledge of summer trivia! Next week, our Student Council will be recognizing our graduating council members who have played an integral part in our Viking community!



Our Environmental Council would like to thank everyone for participating in their events throughout the year! From Fat Bear Week, to Polar Bear Day, to our LCS Birding Competition, our members were able to promote many ‘Go Green Initiatives.’ Our Environmental Council is looking forward to the 2020 - 2021 school year!



Thank you to those who have returned their library books. For those who still have their library books, please hold on to them until we see each other again in the fall! Have a great summer and keep reading!



ATTENTION GRADUATES

As many of you are aware (and due to COVID-19 restrictions), Director Blaseg announced that all graduation ceremonies would be held at a later date in the fall (and when it is safe to do so). As such, our annual face-to-face convocation will be postponed. Currently, all secondary school are exploring opportunities to host a fall convocation and currently, the details have yet to be finalized. In moving forward, we have also postponed our graduation gown order to align with this new tentative fall date. At this time, graduation gown fees will be held and put towards the same gown rentals for the fall ceremony.

Over the course of next week, we will begin preparations for our fall convocation, so please stay tuned. As we continue to plan and finalize details, we will be staying in touch using the 'Graduates Google Classroom,' through rscloud.ca email accounts (which will remain active through to December). As we move into the summer months and into September, we will also stay in touch through phone calls and will be sharing information via our website and social media accounts. If you have any questions or concerns, in the interim, please do not hesitate to contact Ms. Beaudry or Ms. Baggs.



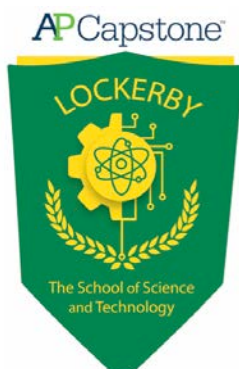
YEAR END HOUSEKEEPING ITEMS

Please note that the last instructional day of classes in June 18th, 2020, with June 19th, 2020 being a newly designated PA Day. Likewise, please be aware that teachers may be contacting students and a parent/guardian the week of June 22nd to conference regarding next steps for our next school year.

Next week will also be our last week Newsletter for this school year. Therein, we will be sharing more information/final details regarding Report Cards, Timetables, September 2020 Calendar information, and other wrap-up items.

CULMINATING ACTIVITIES

Students and parents/guardians are encouraged to review the attached copy of our culminating activities schedule for semester 2 courses (delivered via distance learning). It is critical that all Vikings remain engaged in their learning throughout the rest of the semester, as they will be required to complete all of their course culminating activities in order to demonstrate an understanding of overall expectations.



Lockerby Composite School Culminating Activities Schedule

June 2020

Instructions and Information for Students

- It is your responsibility to read this schedule carefully and submit your culminating activities on-time.
- It is critical that you remain engaged in your learning throughout the rest of the semester, as you will be required to complete all of your course culminating activities in order to demonstrate an understanding of overall expectations.
- Please be aware that your teachers may be contacting you and a parent/guardian the week of June 22nd to conference with you regarding your next steps for our next school year.

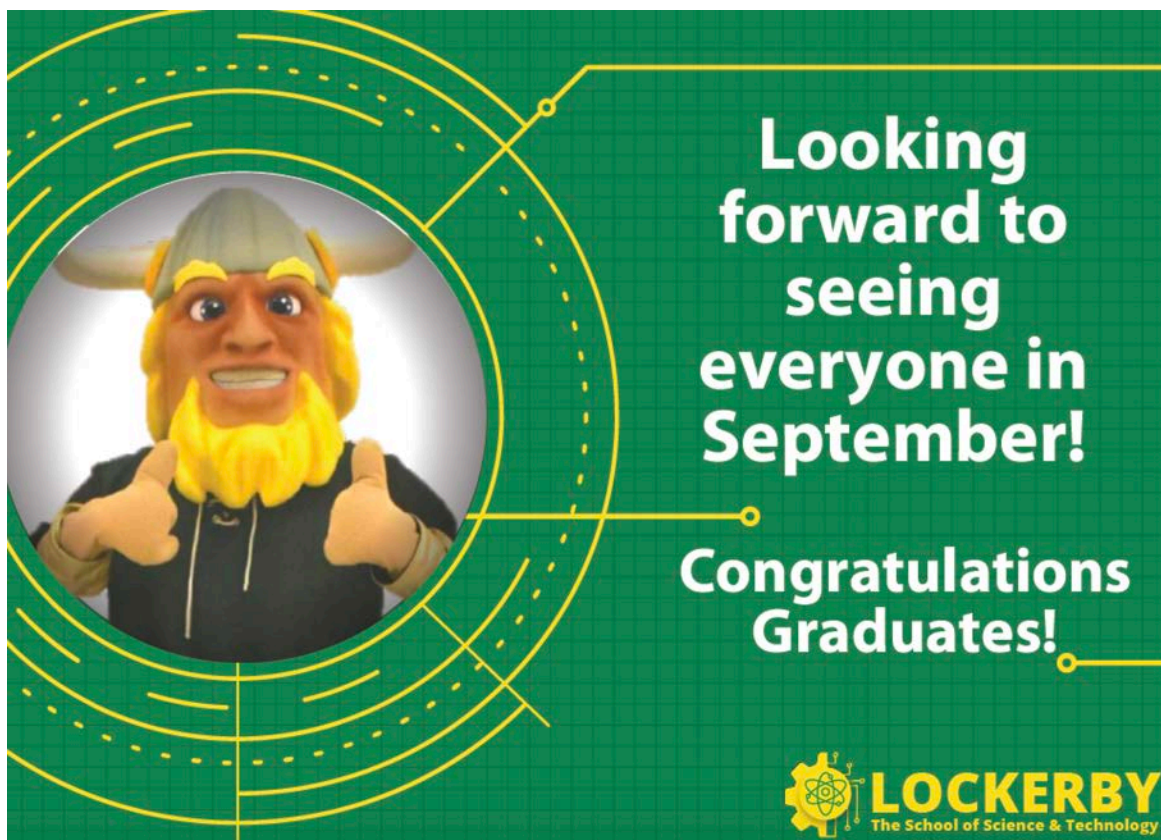
| Grade 9 Course Codes | | | |
|----------------------|------------|------------|-------------------|
| Course | Teacher | Start Date | Due Date |
| AMI1OB-01 | Jensen | May 22 | June 8 |
| AMU1O0-02 | Jensen | June 1 | June 19 |
| AVI1O0-02 | Benton | June 2 | June 18 |
| CGC1D0-01 | Dumas | May 28 | June 18 (3 parts) |
| CGC1DT/L-02 | Dumas | May 28 | June 18 (3 parts) |
| CGC1DL-03 | McNair | May 28 | June 18 (3 parts) |
| CGC1DI-01 | Desbiens | May 28 | June 18 (3 parts) |
| CGC1P0-01 | Williamson | May 28 | June 19 |
| ENG1D0/T/L-02 | Kovala | June 1 | June 18 (2 parts) |
| ENG1D0/T/L-04 | Rodriguez | June 1 | June 17 (2 parts) |
| ENG1DL-05 | McNair | June 1 | June 18 (2 parts) |
| ENG1P0-01 | Rodriguez | June 8 | June 12 (2 parts) |
| FSF1D0-01 | Stanyon | June 1 | June 19 (3 parts) |
| FSF1DT-02 | Stanyon | June 1 | June 19 (3 parts) |
| FSF1DT-03 | McNair | June 1 | June 18 (3 parts) |
| GLE1O0-02/04/06/08 | Resource | June 1 | June 17 |
| HFN1O0-01/02 | Jorgensen | May 26 | June 19 (2 parts) |
| MPM1D0/T/L-02 | Svalina | June 3 | June 18 (3 parts) |
| MPM1D0/T/L-03 | Heffern | June 12 | June 18 (2 parts) |
| MFM1P0-01 | Graham | June 15 | June 19 |
| PPL1OL-02 | Beausoleil | June 1 | June 19 |
| PPL1OL-03 | Beausoleil | June 1 | June 19 |
| PPL1OL-04 | Augenstein | June 1 | June 19 |
| SNC1DT/L-02 | Donato | May 26 | June 18 (3 parts) |
| SNC1DT/L-03 | Lessard | May 26 | June 18 (3 parts) |
| SNC1DT/L-04 | Potvin | May 26 | June 18 (3 parts) |
| TIJOT/L-02 | Smith | May 21 | June 17 |
| TIJ1OI-01 | Cole | May 21 | June 18 |

GOOD LUCK VIKINGS!

| Grade 10 Course Codes | | | |
|-----------------------|----------------|------------|-------------------|
| Course | Teacher | Start Date | Due Date |
| AMI1OB-01 | Jensen | May 22 | June 8 |
| AVI2O0-01 | Benton | June 2 | June 18 |
| CHC2D0-01 | Kleinsteinuber | June 1 | June 15 |
| CHC2DL-02 | Williamson | June 1 | June 19 |
| CHC2DI-01 | Desbiens | June 1 | June 18 (3 parts) |
| CHC2P0-01 | Caddel | June 1 | June 19 |
| ENG2D0/T/L-02 | Levan | June 3 | June 15 (2 parts) |
| ENG2D0/T/L-02 | Levan | June 3 | June 15 (2 parts) |
| ENG2D0/T/L-05 | Rodriguez | June 3 | June 15 (2 parts) |
| ENG2P0-01 | Kovala | June 1 | June 18 (2 parts) |
| FSF2DT-01 | Stanyon | June 1 | June 19 |
| GLE2O0-02/04/06/08 | Resource | June 1 | June 17 |
| HFN2O0-01/02 | Jorgensen | May 26 | June 19 (2 parts) |
| MPM2DL-02 | MacLennan | June 12 | June 18 (2 parts) |
| MPM2DL-03 | Heffern | June 12 | June 18 (2 parts) |
| MPM2DL-04 | MacLennan | June 12 | June 18 (2 parts) |
| PPL2OL-01 | Beausoleil | June 1 | June 19 |
| PPL2OI-01 | Stanyon | June 1 | June 19 |
| SNC2D0-01 | Czerniak | May 26 | June 18 |
| SNC2DT/L-02 | Lessard | June 9 | June 19 (3 parts) |
| SNC2DT/L-03 | Abols | June 9 | June 19 (3 parts) |
| SNC2DT/L-04 | Lessard | June 9 | June 19 (3 parts) |
| SNC2P0-01 | Czerniak | May 26 | June 18 |
| TDJ2OL-02 | Smith | June 4 | June 17 |
| TDJ2OI-02 | Campeau | June 3 | June 17 |
| TEJ2O0-01 | Campeau | June 3 | June 17 |

| Grade 11 Course Codes | | | |
|-----------------------|------------|------------|-------------------|
| Course | Teacher | Start Date | Due Date |
| AMI3MB-01 | Jensen | May 22 | June 8 |
| AMU3M0-01 | Jensen | June 1 | June 19 |
| AVI3M0-01 | Benton | June 2 | June 18 |
| CGG3O0-01 | Caddel | April 21 | June 18 |
| ENG3UL-02 | Dumas | June 1 | June 18 (2 parts) |
| ENG4UY-01 | Levan | June 1 | June 15 |
| FIF3UI-01 | Desbiens | May 22 | June 18 (2 parts) |
| GLE3O0-02/04/06/08 | Resource | June 1 | June 17 |
| MBF3C0-01 | Svalina | June 5 | June 18 (5 parts) |
| MCF3M0-01 | Czerniak | June 15 | June 19 |
| MCR3U0-02 | Graham | June 15 | June 19 |
| PAD3O0-01 | Abols | June 4 | June 19 (3 parts) |
| SBI3C0-01 | Donato | May 26 | June 18 (3 parts) |
| SBI3UZ-01 | Donato | May 26 | June 18 (3 parts) |
| SBI3UZ-02 | Potvin | May 26 | June 18 (3 parts) |
| SCH3U0/T/L-02 | Abols | June 10 | June 19 (3 parts) |
| SPH3U0/T/L-02 | Williamson | June 5 | June 19 |
| TCJ3C0-01 | Cole | May 21 | June 18 |
| TDA3M0-01 | Smith | May 27 | June 17 |
| TDJ3MT-01 | Coulas | May 21 | June 18 |
| TDV3MT-01 | Cole | May 21 | June 18 |
| TGJ3M0-01 | Campeau | June 3 | June 17 |
| TPJ3MT-01 | Hunda | June 12 | June 19 |
| TPJ3MT-02 | Hunda | June 12 | June 19 |

| Grade 12 Course Codes | | | |
|-----------------------|----------------|------------|-------------------|
| Course | Teacher | Start Date | Due Date |
| AMI4MB-01 | Jensen | May 22 | June 8 |
| AMU4M0-01 | Jensen | June 1 | June 19 |
| AVI4M0-01 | Benton | June 2 | June 18 |
| AWM4M0-01 | Benton | June 2 | June 18 |
| CLN4U0-01 | Caddel | March 12 | June 19 |
| ENG4C0-01 | Kleinsteinuber | June 1 | June 15 |
| ENG4U0/L-02 | Kleinsteinuber | June 1 | June 17 |
| GLE4O0-02/04/06/08 | Resource | June 1 | June 17 |
| HSB4U9-01 | Jorgensen | February 4 | June 19 |
| MCV4U0-01 | MacLennan | June 12 | June 18 (2 parts) |
| MCV4U0-02 | Heffern | June 12 | June 18 (2 parts) |
| MCV4UY-01 | Graham | June 15 | June 19 |
| MDM4U0-01 | Svalina | May 1 | June 18 (5 parts) |
| PSK4U0-01 | Augenstein | June 4 | June 18 |
| SCH4U0/T/L-02 | Potvin | June 11 | June 18 |
| SPH4U0/T/L-02 | Coulas | June 12 | June 18 |
| TCJ4C0-01 | Cole | May 21 | June 18 |
| TDA4M0-01 | Smith | May 27 | June 17 |
| TGJ4M0-01 | Campeau | June 4 | June 17 |
| TPJ4MT-01 | Hunda | June 12 | June 19 |
| TPJ4MT-02 | Hunda | June 12 | June 19 |



STUDENT SERVICES

Summer Courses

Registrations for Virtual Summer School are now being accepted. Classes will begin on Thursday, July 2nd, 2020 and will run until Friday, July 31st, 2020.

Students will be able to recover a failed credit, upgrade a credit for a higher mark and knowledge, or begin a new credit. All of the classes will be offered within a virtual learning environment and students are reminded that these classes require consistent effort. Please note that students will only be able to register for 1 new credit or 2 credits if they are repeating or upgrading. Additionally, all courses listed below will run based on sufficient enrolment. To register, please complete the following Google Form as soon as possible:

<https://forms.gle/ima8cPHWSFrK3V968>

If you have any questions or concerns, please contact Mrs. Beaudry or Ms. Baggs.

Summer COOP Students

There will be a Google Meet for all summer COOP students next Friday, June 19th, 2020, at 9:00am. A link will be sent to all of the students who complete the summer school Google Form (above). Students are asked to complete their registration prior to the meeting.

| New Courses (4-5 hours/day) Maximum 1 course These classes will be completed online in an asynchronous environment | Credit Recovery Courses or Upgrade (2-3 hours/day)* Maximum 2 courses These classes will be completed online in a synchronized and asynchronous environment |
|--|--|
| Grade 10 CHV2O Civics, Open GLC2O Career Studies, Open Grade 11 ENG3C English, College ENG3U English, University MBF3C Foundations Math, College MCR3U Functions, University NBV3E Aboriginal Beliefs, Workplace PPZ3O Health for Life, Open SBI3U Biology, University SCH3U Chemistry, University Grade 12 CGW4U World Issues, University CHI4U Canadian History, University CLN4C Legal Studies, College CLN4U Can. and Int. Law, University ENG4C English, College ENG4U English, University GWL4O Designing Your Future, Open HSB4U Challenge & Change, Univ. HSC4M World Cultures, College/Univ. MCT4C Mathematics for College MDM4U Data Management, University OLC4O The Literacy Course, Open SBI4U Biology, University SCH4C Chemistry, College SCH4U Biology, University | Grade 9 MFM1P/1D Applied/Academic Math ENG1P/1D Applied/Academic English SNC1P/1D Applied/Academic Science CGC1P/1D Applied/Academic Geography Grade 10 MFM2P/2D Applied/Academic Math ENG2P/2D Applied/Academic English SNC2P/2D Applied/Academic Science CHC2P/2D Applied/Academic History GLC2O/CHV2O Careers/Civics, Open Grade 11 MBF3C Foundations Math, College MCR3U Functions, Mathematics, Univ. ENG3C English, College NBE3C Contemporary Voices, College ENG3U English, University SBI3C Biology, College SBI3U Biology, University SCH3U Chemistry, University SPH3U Physics, University Grade 12 ENG4C English, College ENG4U English, University MCT4C Mathematics for College MDM4U Data Management, University OLC4O The Literacy Course, Open SBI4U Biology, University SCH4C Chemistry, College SCH4U Biology, University SPH4C Physics, College SPH4U Physics, University |

LCS DISTANCE LEARNING MESSAGES/UPDATES (AS OF JUNE 11TH, 2020)

- A schedule has been released for this year's culminating activities. A schedule for all classes can be found on Pages 10 - 12 of this week's newsletter.
- The last instructional day of classes is June 18th, 2020.
- June 19th, 2020 has been designated a PA Day.
- Please be aware that teachers may be contacting students and a parent/guardian the week of June 22nd to conference with regarding next steps for our next school year.
- A reminder that Final Report Cards will be distributed at the end of the semester for all students (more details will be provided in next week's Newsletter).
- Director Blaseg has announced that all graduation ceremonies will be held at a later date when it is safe to do so. Please see Page 9 of this week's newsletter for more information.
- 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.
- As we celebrate the end of the school year, Rainbow District School Board invites community members to read their featured stories on their website as we bring learning together while being safely apart.
- 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 until June 18th, 2020. 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 15th

Tuesday, June 16th

Wednesday, June 17th

Thursday, June 18th

- Last instructional day of classes

Friday, June 19th

- PA DAY
- Last day for culminating activities submissions
- Last Newsletter publication

Week of June 22nd

- Student-Parent-Teacher Conferences

Next week will be the last Newsletter publication of the year. Therein will be more information and final details regarding year-end housekeeping items. Stay-tuned!

Let's Connect

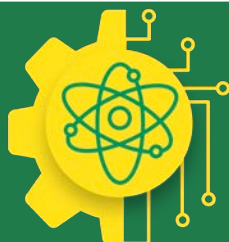


<https://www.instagram.com/lockerbycomposite/>

<https://twitter.com/lockerbynet>

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

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



Science and Technology Education Program

APCapstone™