



# WEEKLY NEWSLETTER

Lockerby Composite School's weekly news on Viking academics, events, extra-curriculars, and more!

## 'TIS THE SEASON FOR SPIRIT!

This past week was Spirit Week at Lockerby Composite School (brought to you by your Student Council)! Viking students and staff showed their school spirit by twinning with one another, wearing tie dye, looking relaxed in socks, crocs, sweats & sandals, sporting their 'Vike Wear,' and looking cozy in their flannel!



## EN FRANÇAIS!

This 3rd week of classes marked our 2nd week of 'Week 1' learning...

As such, many of our Grade 9 and 10eme années students are still learning the names of their classmates. Our Viking students met some new friends and learned a little bit about one another (en français). To our great surprise, they learned that although they are different, they have a lot in common.



## HEALTHY ACTIVE LIVING

Our Grade 9 students are hard at work - improving their fitness skills. This week our Viking athletes worked on different jump rope activities to improve their fitness level. Way to go, Grade 9s! Likewise, our French immersion physical education students worked on their Pickleball skills. Bravo!

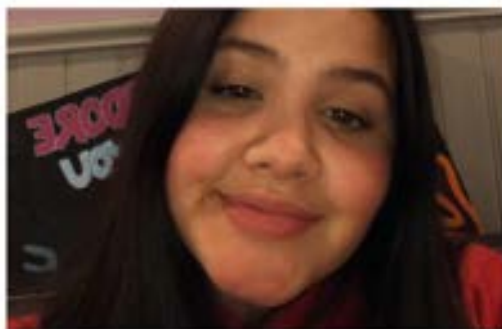


## VISUAL ARTS AT LOCKERBY COMPOSITE

It's hard to believe but, in just three weeks, Viking artists are already producing some great art! It's amazing what can be accomplished when you have two-and-a-half hours to work on a project. Check out the talent coming out of all of the classes below.

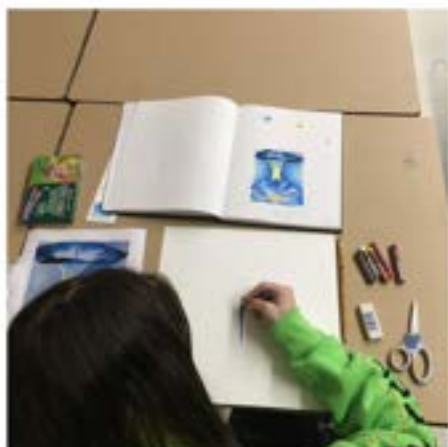
### Grade 9

It's hard to get to know someone new when you are wearing a mask, mainly because you can't see their smile. And though many of us are getting pretty good at seeing a smile in people's eyes, we thought it was a good idea to show you what some of our grade nines look like without a mask. Here's the first instalment of pictures of our grade nine art class. Stay tuned next week for more students rocking grade nine art this year!



## Grade 11

Back in the art room this week, Grade 11 students were challenged to create an artwork either "in the style of" or "after" Georgia O'Keeffe using one of her iconic flowers. After practicing some oil pastel techniques, students completed planning sketches and are now working on their final copies. Take a look to see just how stunning this art is going to be when they finish the project!



# LOCKERBY

THE SCHOOL OF SCIENCE AND TECHNOLOGY

## Grade 12

Our Grade 12 Viking artists jumped right into painting when they arrived in class last week. They were presented with the challenge of illustrating a sound - not an easy task! But nothing is too tough for this crowd. Check out just a few of them below and see if you can guess what sound they illustrated (options below).

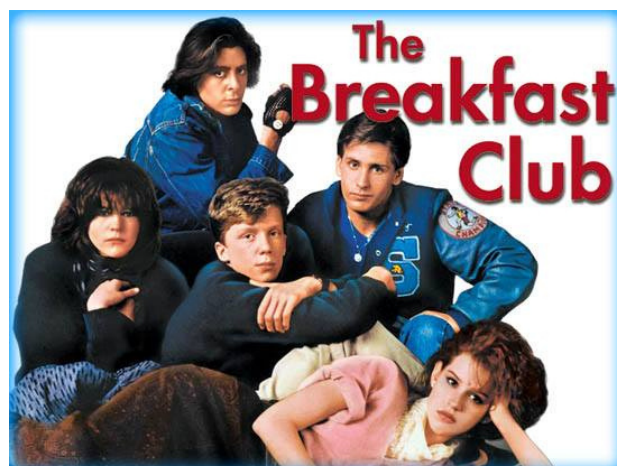


Possible Sounds:

- Car crash
- Clock
- Typewriter
- Conversation between an overbearing parent and a shy child
- Conversation between a tuba and a flute
- Bumble bees in love
- Dueling instruments in a jazz band

## BREAKFAST CLUB

Our Breakfast Club is back up and running on Tuesday and Thursday next week. Vikings who are looking to grab a quick Breakfast snack are being asked to stop by Room 223 (through the side door and immediately upon entry into the building), grab their pre-packaged breakfast snack, and then proceed directly to their morning Period 3 class (where they can eat) out the main Room 223 door. Vikings are reminded to please ensure distancing protocols as they find their way to and from Room 223.



## THIS WEEK IN VIKING ATHLETICS...

Viking Sports are beginning their seasons with new 'Return to Train' plans! Our Volleyball teams (under the direction of Mr. Beausoleil) and our Cross-Country Running teams have already started to practice. Again - to our Grade 9 Vikings, don't be afraid to reach out to our teachers in the Physical Education Department if you have questions! Vikings can also DM our Athletic Association Instagram account for any and all information about our Athletics Program.



### Cross Country Running

Perfect weather is what our Cross-Country runners had this week as they visited James Jerome field to do some training exercises to start their season. It was a little different, given the new safety protocols, but our Vikings were happy to get back into the swing of things!



## PICTURE DAY

### Face-to-Face Learners

Picture Day for our Face-to-Face Learners will be taking place on Tuesday, September 29th, 2020. While Picture Day may look different this year, safety remains a priority. Lifetouch has implemented comprehensive Picture Day safety protocols which can be found on their website: [schools.lifetouch.com](https://schools.lifetouch.com)

After Picture Day, parents/guardians can order pictures on [mylifetouch.ca](https://mylifetouch.ca) using the student Portrait ID and Access Code which will be found on the distributed Picture Day order form.

### Remote Learners

Picture Day for our Remote Learners will be taking place on a separate day that will now be scheduled towards the end of November. Please stay tuned to future Weekly Newsletters for more information

PICTURE  
DAY IS

SEPTEMBER 29  
BE SURE TO BRING  
YOUR BEST SMILES



29.09.2020

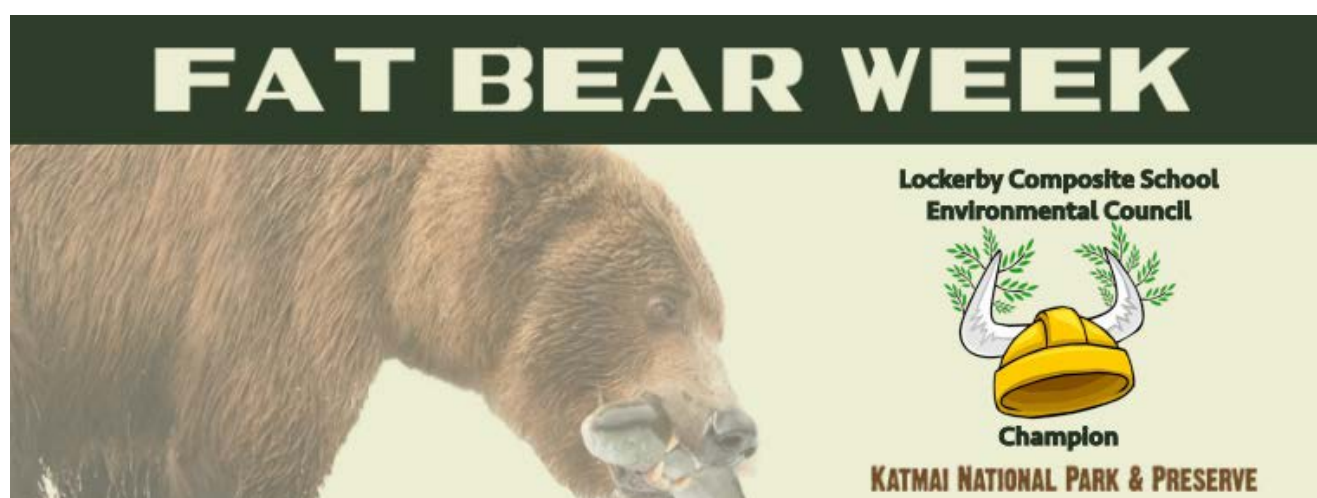
## #FATBEARWEEK

### A message from Lockerby Composite School's Environmental Council:

Fat Bear Week 2020 is upon us and all of your favourite bears are back and bigger than ever! As the bears at Katmai Conservancy get sized-up for their winter hibernation, Period 3 Classes (week 2 homerooms) will have the opportunity to vote on which bear they think is the fattest!

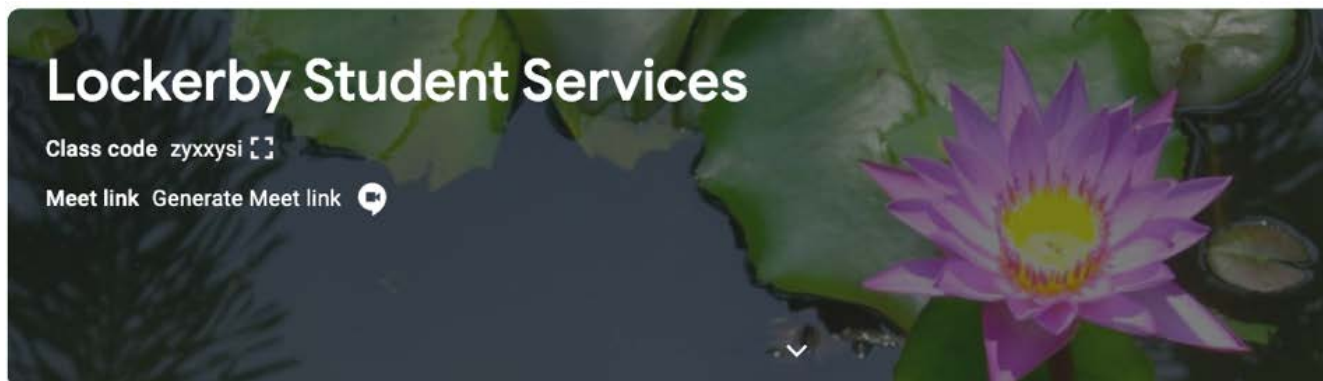
On September 30th, completed competition brackets will be submitted to the main office, detailing which bear will be declared the fattest of them all! At the end of next week, the Period 3 Class with the most points will have their name placed on an honorary plaque, marking them as Lockerby's 2020 Fat Bear Week Champion!

Students and Teachers alike are encouraged to look at photos of each bear in order to accurately determine which bear is the fattest. Period 3 classes are asked to stay tuned on Monday for more competition details. Your Environmental Council wishes everyone the best of luck in their journey to win it all.



## STUDENT SERVICES

Student Services has a dedicated classroom for students and their families to learn about community services opportunities, post secondary, scholarships, and even mental wellness. This virtual classroom will continue to provide content throughout the year and it will act as a vital link between students and our Lockerby Composite School Guidance Counsellors (as this is where students will go to book their individual guidance appointments). Both Face-to-Face and Remote Learners are asked to join.



### Virtual Opportunities at Post-Secondary Institutions

Over the next few weeks, Lockerby's Student Services will be providing details on a variety of virtual opportunities for students to learn more about their post-secondary institutions of choice. We will begin our overview with 2 Sudbury schools – Laurentian University and Cambrian College.

#### Laurentian University

While we are all temporarily living in a world turned upside down, you can rely on the fact that Laurentian University's Liaison Services team will continue to provide the high-quality programming you expect of Laurentian University. The Liaison Services team at Laurentian University will have a modified and virtual approach for university information programming. As a result of not being able to physically attend high schools, the LU team has created the following opportunities for students to interact with the university: (1) weekly university presentations; (2) pre-recorded or live information sessions; and (3) individualized meetings. All registration information can be found at <https://laurentian.ca/guidance>

#### Cambrian College

Tour Cambrian anytime from the comfort of your home! Students are invited to join a live virtual tour with one of their liaison officers every Monday to Friday at 1:00pm. During the tour, students will get a chance to see classrooms, open access computer labs, dining areas, and residences. Cambrian College will also be sharing information about myCambrian, how to access important webpages and documents, and how to safely enter the campus and navigate their new check-in procedures. Moreover, Cambrian College's residences are just steps away from classes and feature private bedrooms, shared kitchen and social spaces in dorms and townhouses. Take a tour of each style of residence to get a sneak peek into campus living! Further information can also be found on their website at <https://cambriancollege.ca/book-a-tour/>

Cambrian College is also inviting students to take part in their interactive and engaging career exploration Live Info Session. Students are able to join Cambrian College's Student Engagement Officer every Thursday at 2:00pm at <https://cambriancollege.ca/live-info-sessions/Residence>

## COVID-19 AND VIKINGS IN THE COMMUNITY

Whether our students are in the school, or outside the school (at the start of the day, at lunch, or at the end of the day), they are Vikings and they represent the Viking Community. While out in our community, it is imperative that our students always follow distancing, masking, and hand-washing protocols to ensure the safety of not only themselves (and their own family) but the Viking family as well. We are all looking to reduce the spread of COVID-19 to keep our community safe.

This past week, all of our Vikings met virtually with Mr. Runciman and Mr. Lafraniere to discuss the importance of following COVID-19 safety protocols. Likewise, Public Health Sudbury and District was also a part of the meetings with our students. At this time, we are once again asking for the continued support of Viking families to remind our students of the importance of wearing a mask in school and in public, hand hygiene, and distancing. Thank you for your support.



## FACE-TO-FACE AND REMOTE LEARNING

A reminder to all Viking families that the next opportunity for students to switch from face-to-face learning to remote learning will be mid-November. Likewise, mid-November is the same date for students who are looking to switch from remote learning to face-to-face learning as well.

There is an expectation that students, who have chosen face-to-face learning, be present at school each day. Likewise, there is an expectation for our remote learners to be online and present in their classes, by watching their teacher 'live' for the full 2.5 hours of each class, as well as participating in their 'live' lessons each day.





Centre for Education

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

September 25, 2020

## RE: USE SCHOOL SCREENING TOOL FOR COVID-19 DAILY

Dear Parents/Guardians:

Rainbow District School Board is now using the Province of Ontario's new school screening tool for COVID-19 which can be accessed at [rainbowschools.ca](https://www.rainbowschools.ca) at the following link:  
<https://www.rainbowschools.ca/parents/covid-19/reopening/>

Parents/guardians are required to screen their children daily for any COVID-19 symptoms and keep them home from school if they are sick, have had close contact with anyone diagnosed with COVID-19, have been advised by a doctor, health care provider or public health to self-isolate, and/or have travelled outside of Canada in the last 14 days. Secondary students can self-screen and monitor for symptoms.

Safety is a shared responsibility between the school, the home and the community, and families play a critical role in limiting the spread of COVID-19. We remind parents/guardians, students and staff that they must screen for COVID-19 as part of their morning routine.

Parents/guardians and students are not required to bring the screening results to school. They are required to review the checklist daily before leaving home.

The school screening tool will help parents/guardians and students determine next steps, including guidance on when to return to school. If symptomatic students do not get tested, they must isolate for 14 days unless **all** of the following apply - a doctor diagnosed them with another illness, they do not have a fever (without using medication) and it has been at least 24 hours since their symptoms started improving (if they had symptoms), 48 hours after the last episode of vomiting/diarrhea.

Students who test negative for COVID-19 can return to school if they do not have a fever (without using medication) and it has been at least 24 hours since their symptoms started improving (if they had symptoms), 48 hours after the last episode of vomiting/diarrhea.

Students who test positive for COVID-19 or are a close contact of someone with COVID-19 as determined by Public Health can return to school only when they are cleared by Public Health Sudbury & Districts to do so. Thank you for working together to keep everyone safe.

Sincerely,

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

Norm Blaseg  
Director of Education

# COVID-19 school screening

Ontario 

Last updated on September 23, 2020






Print Today's Date (mm-dd-yyyy)\_\_\_\_\_

**You must screen for COVID-19 every day before going to school.**

**You can fill this out on behalf of a student.**

Place an "X" in the appropriate column		YES	NO
<b>Q1.</b> Are you currently experiencing any of these symptoms? (Choose any/all that are new, worsening, and not related to other known causes or conditions.)			
<input type="checkbox"/> <b>Fever</b> (Temperature of 37.8 degrees Celsius/100 degrees Fahrenheit or higher) <input type="checkbox"/> <b>Chills</b> <input type="checkbox"/> <b>Cough that's new or worsening</b> (Continuous, more than usual, not related to other known causes or conditions - for example, COPD) <input type="checkbox"/> <b>Barking cough, making a whistling noise when breathing</b> (Croup, not related to other known causes or conditions) <input type="checkbox"/> <b>Shortness of breath</b> (Out of breath, unable to breathe deeply, not related to other known causes or conditions - for example, asthma) <input type="checkbox"/> <b>Sore throat</b> (Not related to other known causes or conditions - for example, seasonal allergies, acid reflux) <input type="checkbox"/> <b>Difficulty swallowing</b> (Painful swallowing, not related to other known causes or conditions) <input type="checkbox"/> <b>Runny nose</b> (Not related to other known causes or conditions - for example, seasonal allergies, being outside in cold weather) <input type="checkbox"/> <b>Stuffy or congested nose</b> (Not related to other known causes or conditions - for example, seasonal allergies)	<input type="checkbox"/> <b>Decrease or loss of taste or smell</b> (Not related to other known causes or conditions - for example, allergies, neurological disorders) <input type="checkbox"/> <b>Pink eye</b> (Conjunctivitis, not related to other known causes or conditions - for example, reoccurring styes) <input type="checkbox"/> <b>Headache that's unusual or long-lasting</b> (Not related to other known causes or conditions - for example, tension-type headaches, chronic migraines) <input type="checkbox"/> <b>Digestive issues like nausea/vomiting, diarrhea, stomach pain</b> (Not related to other known causes or conditions - for example, irritable bowel syndrome, anxiety in children, menstrual cramps) <input type="checkbox"/> <b>Muscle aches that are unusual or long lasting</b> (Not related to other known causes or conditions (for example, a sudden injury, fibromyalgia) <input type="checkbox"/> <b>Extreme tiredness that is unusual</b> (Fatigue, lack of energy, not related to other known causes or conditions - for example, depression, insomnia, thyroid dysfunction) <input type="checkbox"/> <b>Falling down often</b> (for older people) <input type="checkbox"/> <b>Sluggishness or lack of appetite</b> (for young children and infant)		
<b>Q2.</b> If you have any symptoms, are they normal for you (related to a known cause or condition)? You should talk with a doctor if you feel sick or think you have the cold or flu because symptoms are similar to COVID-19.			
<b>Q3.</b> Have you travelled outside of Canada in the last 14 days?			
<b>Q4.</b> In the last 14 days, have you tested positive for COVID-19?			

Place an "X" in the appropriate column	YES	NO
<b>Q5.</b> In the last 14 days, have you been in close physical contact with someone who currently has COVID-19? This includes getting a COVID Alert exposure notification.  Close physical contact means: <ul style="list-style-type: none"> <li>• being less than 2 metres away in the same room, workspace, or area</li> <li>• living in the same home</li> <li>• being in the same classroom</li> </ul>		
<b>Q6.</b> Has a doctor, health care provider, or public health unit told you that you should currently be isolating (staying at home)?		

	If you answered <b>NO</b> to <b>Q1 and Q3 and Q4 and Q5 and Q6</b> <b>YOU MAY GO TO SCHOOL</b>
	If you answered <b>YES</b> to <b>Q1 and Q2</b> and <b>NO</b> to <b>Q3 and Q4 and Q5 and Q6</b> <b>YOU MAY GO TO SCHOOL</b>
	If you have answered <b>YES</b> to <b>Q1</b> and <b>NO</b> to <b>Q2</b> <b>YOU MAY NOT GO TO SCHOOL</b>
	If you have answered <b>YES</b> to <b>Q1 and Q2 and Q3</b> <b>YOU MAY NOT GO TO SCHOOL</b>
	If you have answered <b>NO</b> to <b>Q1</b> and <b>YES</b> to <b>Q4 and Q5 and Q6</b> <b>YOU MAY NOT GO TO SCHOOL</b>
<b>Next steps:</b> <ol style="list-style-type: none"> <li>1. Contact the school to let them know about this result</li> <li>2. Isolate (stay home) and do not leave except to get tested or for a medical emergency</li> <li>3. Talk with a doctor/health care provider or visit an assessment centre if you want to get a COVID-19 test</li> </ol> <p>If you were in close physical contact with someone who currently has COVID-19 you must isolate for 14 days, even if you get a negative test result. If you travelled outside Canada you must isolate for 14 days starting from the date you returned, even if you do not have symptoms. This is a federal law. You can go to school again after 14 days if you do not have any symptoms.</p> <p>If someone in your household has symptoms, contact your local public health unit to see if those without symptoms should go to school. Some public health units, like Ottawa and Peel, have different rules based on local risk.</p>	
<b>Public Health Ontario - Contact Tracing</b>  ANSWERING THESE QUESTIONS IS OPTIONAL. This information will only be used by Public Health officials for contact tracing. All information will be deleted in 28 days.	
<b>Date:</b>	
<b>Name:</b>	
<b>Phone or Email:</b>	

## WHAT PARENTS NEED TO KNOW FOR NEXT WEEK...

Dan Watson, our school Social Worker, will be at Lockerby Composite School next week.

Hazel Fox-Recollet, our school Aboriginal Support Worker, will be at Lockerby Composite School next week.

Monday, September 28th

Tuesday, September 29th

- Picture Day (Small Gymnasium by Class)
- Breakfast Club begins (Room 223)

Wednesday, September 30th

- Environmental Council's Fat Bear Weeke begins
- Wear Orange Day

Thursday, October 1st

- Breakfast Club begins (Room 223)

Friday, October 2nd

- **PA DAY**



## LET'S CONNECT



<https://lockerby.rainbowschools.ca>



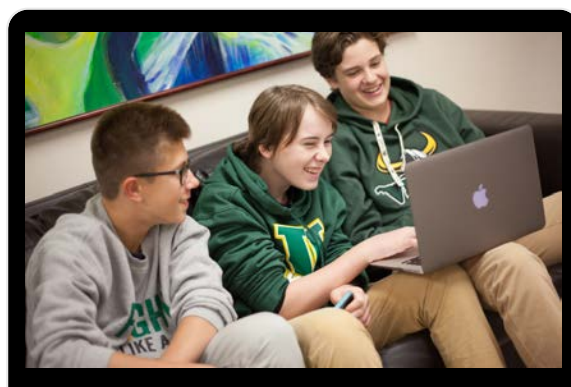
<https://www.facebook.com/lockerbyvikings>



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



<https://twitter.com/lockerbynet>



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