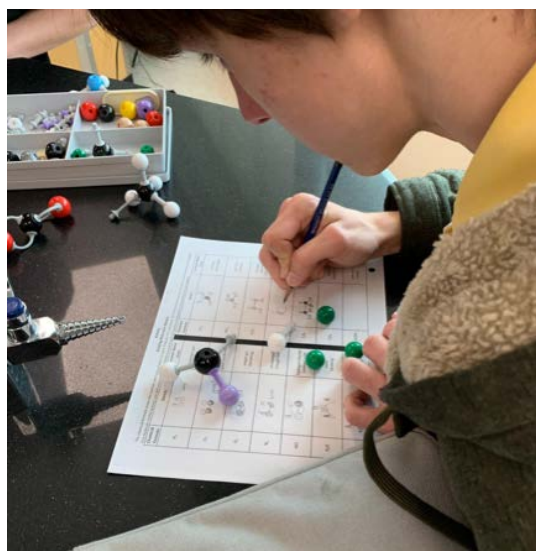


WEEKLY NEWSLETTER

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



CHEMISTRY IS EVERYWHERE!

This week, students in Grade 12 Chemistry were determining the solubility of calcium hydroxide by using a laboratory technique known as titrations; while our Grade 9 STEP Science students were busy building models of common household chemicals using model kits!



On Monday, students in Grade 12 Business Leadership competed to build the tallest marshmallow tower in order to apply their learning around the process improvement strategies like the Plan-Do-Check-Adjust (PDCA) used by management teams across organizations.



Midterm Report Cards were distributed in homerooms on Friday, November 18th, 2022. Students without homerooms can come to the Main Office to pick-up their report cards at some point over the next several mornings.

[illegible]

THIS WEEK IN VIKING ATHLETICS...

Basketball

Two great games were played last Friday evening by both our Junior and Senior Girls Basketball teams. Our Vikings fought hard all season and it payed-off as they both made it to the Finals! Both teams took home the silver medal to end their seasons! Great job, Vikings!



THIS WEEK IN VIKING ATHLETICS...

Hockey

Our Vikings Hockey team had a busy week and improved steadily! The team lost to Lasalle Secondary School 8 - 5 on Monday, tied Bishop Carter Secondary School on Wednesday, and picked-up the win against Sacred Heart 7 - 2 on Thursday! Brendan was named player of the game on Thursday, netting a hat-trick!



Curling

Our Vikings Curling team opened the season this week against St. Benedict's Secondary School. Although they didn't take the victory, they're looking to slide into the win column on Wednesday.



Volleyball

On Tuesday, our Senior Boys Volleyball team played a hard-fought game against Horizon Secondary School. Although they weren't able to secure the win, the team may still qualify for the OFSAA Provincial Championships being hosted in Sudbury next week.



REDUCING HARMFUL PLASTICS

Attention Vikings:

Plastic waste is having a damaging effect on both land and aquatic systems and animals. For this monthly challenge, we encourage Lockerby Vikings to raise awareness, take action, and reduce the use of harmful single-use plastics such as plastic bags, straws, cutlery, plates, and beverage containers! Join us by bringing waste-free lunches to school on Mondays and Fridays this month! Be sure to check-out our posters around the school and follow-us on Instagram for some plastic reducing tips!



LIBRARY SERVICES

Come on in to the Library and check-out one of the numerous books we have that were turned into movies! If you liked the movie, you'll love the book!

Please note that next week's Library availability will be limited due to ongoing Literacy Test. We will be closed in the morning but will reopen from 11:30am until 3:00pm (with the exception of Wednesday November 23rd, 2022 where the Library will be closed all day - we apologize for the inconvenience).



FACES OF LOCKERBY

A message from your Student Council:

Hello Vikings! As in years past, we will continue to post photos of Lockerby students and staff, and sharing their stories, experiences, and insights!

FACES OF LOCKERBY

CANCER DRIVE MEMBER SPOTLIGHT

MAEVA SULLIVAN





WHAT CLUBS OR EXTRACURRICULAR ACTIVITIES ARE YOU INVOLVED IN?

I AM THE SOCIAL MEDIA LEAD OF THE CANCER DRIVE COMMITTEE. I ALSO PARTICIPATE IN MULTIPLE SPORTS IN LOCKERBY SUCH AS, VOLLEYBALL, SWIMMING AND FLAG FOOTBALL.

WHAT IS YOUR DREAM POST SECONDARY?

I WOULD LIKE TO ATTEND THE UNIVERSITY OF OTTAWA.



WHAT IS YOUR DREAM JOB?

I WOULD LIKE TO STUDY TO BECOME A NEUROLOGIST OR A CARDIOLOGIST. IT HAS ALWAYS BEEN AN ASPIRATION OF MINE.



WHAT IS A FUN FACT ABOUT YOURSELF?

I HAVE A HAIRLESS CAT NAMED HAIRIETTE.

FACES OF LOCKERBY

A message from your Student Council:

Hello Vikings! As in years past, we will continue to post photos of Lockerby students and staff, and sharing their stories, experiences, and insights!



INTERVIEW WITH DR. JENNA ALBIANI, CLINICAL PSYCHOLOGIST, CLASS OF 2003

HOW DO YOU FEEL YOUR JOB CONTRIBUTES TO SOCIETY?

Helping people to overcome challenges and function well in their lives has a direct impact on all parts of society. It helps people to be better humans, partners, parents, friends, employees, bosses and etcetra. The list is endless!

WHAT TRAITS IN A PERSON DO YOU THINK MOST SUIT YOUR JOB?

Some of the traits that are common among good psychologists are being empathetic, a good listener, and being an effective communicator. I also think that it is important to be naturally curious, and a good problem solver.

HOW DO YOU THINK LOCKERBY PREPARED YOU FOR THE FUTURE?

I had a great experience at Lockerby. I had wonderful teachers who did an amazing job of keeping students challenged and interested in the material they were teaching. Lockerby is where I developed my love of learning. Developing critical thinking skills was a common theme in all of my classes at Lockerby and set a great foundation for my future.

DO YOU HAVE ANY FUN FACTS ABOUT PSYCHOLOGY?

The field of psychology is incredibly diverse and so are the job opportunities. Psychologists work in hospitals and healthcare settings, private practices, universities, and also in very unique and interesting areas. Some examples include working for professional sports teams, in forensic settings, or with non-profit organizations.

BY: Ella K. Smith



STUDENT SERVICES

Grade 12 Information

College and University Applications

Student Services will be hosting two virtual application sessions for our Grade 12 students. The sessions will occur on Thursday, November 24th, 2022 during Period 2 for students wishing to apply to university. The session will be through a Google Meet and will provide a step-by-step look at how to apply to university. Access to the virtual meeting will be via the Class of 2023 Google Classroom. Students are encouraged to have at least 3 university program choices ready for this day as well as their OUAC application letter with their personal identification number (PIN). Students who have a spare or are absent are encouraged to join the virtual meeting from home or our school's Library. On Monday, November 28th, 2022 during Period 3 (Room 127), Student Services will be hosting a step-by-step look at how to apply to college. Students are encouraged to have between 3 - 5 program choices ready for this day. for those applying to college. If you have any questions or concerns please do not hesitate to contact the Student Services Department.

Additional information for university applications can be accessed through OUAC (Ontario University Application Centre). There, students can research various university programs throughout Ontario as well as complete their applications at - <http://www.ouac.on.ca>

Additional information for college applications can be accessed through OCAS (Ontario College Application Service). There, students can research various colleges programs throughout Ontario as well as complete their applications at - <https://www.ontariocolleges.ca/en/>

Midterm Mark Transmission to Colleges and Universities

Rainbow District School Board sent marks to colleges (OCAS) and universities (OUAC) this past Wednesday, November 16th, 2022. Students should review the transmission carefully to ensure the details are accurate. Special attention should be taken with regards to course codes and midterm marks. If there are any errors or questions please see Ms. Baggs or Mrs. Beaudry in Student Services.

Opportunities

Festival of Lights: November 2022 to January 2023

Volunteers are needed for the Sudbury Manitoulin Children's Foundation Festival of Lights. Students can volunteer for one or more nights at one of Sudbury's most popular Christmas events. Volunteers will greet visitors and accept donations from the (heated) parking booth at Science North from: 6:00pm - 8:30pm or 8:30pm - 10:00pm. Register online at www.smcf.com/donate/volunteer

Nickel City Sound, Women's Barbershop Chorus - Christmas Show

The Nickel City Sound is looking for students to assist with ushering during this year's Christmas Show which will take place on December 10th, 2022 from 1:00pm - 3:30pm at Lockerby Composite School. Interested students are asked to see Ms. Baggs or Mrs. Beaudry for additional details.

Find Your Fit - Cambrian College

Wherever you're at in your career and educational journey, join Cambrian College online through Zoom to meet one-on-one with a career advisor and/or educational planner, find out about upgrading and full-time programs, learn about our many student services, and get a chance to win door prizes. The next meet will take place Wednesday, November 23rd, 2022, from 4:00pm to 6:00pm. Learn more at the following website - shorturl.at/kxyCK



EDGAR BURTON FOOD DRIVE


Join the Lockerby Composite School community as we take part in this meaningful fundraiser for our local foodbanks. We encourage parents/guardians, grandparents, and other community members to donate to this worthy cause. The need is even greater in these unprecedented times. For every one dollar donated, six dollars of food can be purchased.

Visit our School Cash Online to make your donation today!



bookmygrad.ca

Code: LOO




LOCKERBY

The School of Science & Technology

IN-PERSON OPEN HOUSE

December 8th, 2022
lockerbyopenhouse.ca

DO YOU LOVE TO READ?!?JOIN OUR BOOK CLUB

A graphic of three books stacked on top of each other. The top book is yellow, the middle is orange, and the bottom is red. Each book has text on its spine.

Make a book date with our new book club!!

WHEN: LUNCH ON WEDNESDAY
NOVEMBER 23RD

Where: Rm 205 with Ms. Kozman
and Ms. Nahwegahbow

Check it out, relax, and share your passion for
reading while enjoying the work of Indigenous
Authors.

November 23, 2022 • Lunch Time
Ms. Kozman's Room, 205



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

November 17, 2022

**AN IMPORTANT MESSAGE FOR PARENTS/GUARDIANS:
CUPE JOB ACTION WITH RESPECT TO PROVINCIAL BARGAINING**

Dear Parents/Guardians:

The Canadian Union of Public Employees (CUPE), which represents our cleaners, custodians and maintenance staff, has advised school boards across Ontario that its members will engage in a full withdrawal of services Monday, November 21, 2022 unless a negotiated settlement is reached.

This job action is in response to the status of bargaining at the provincial level.

Based on the information that we have at this time, Rainbow Schools in Sudbury, Espanola and Manitoulin Island will remain open on Monday.

For questions regarding school-based childcare, please contact your service provider.

Please be assured that we are monitoring the situation closely and will share more information as it becomes available.

For labour updates, please visit rainbowschools.ca.

As always, we value our Facilities staff and the services they provide in our schools.

We remain hopeful that a provincial resolution will be achieved.

We acknowledge that this is a challenging situation for everyone and thank you and your children for your ongoing patience and understanding.

Sincerely,

A handwritten signature in blue ink that reads "B. Bourget".

Bruce Bourget
Director of Education

Ministry of Health

Office of Chief Medical Officer
of Health
Box 12,
Toronto, ON M7A 1N3

Fax: 416 325-8412

Ministère de la Santé

Bureau du médecin hygiéniste
en chef, santé publique
Boîte à lettres 12
Toronto, ON M7A 1N3

Téléc. :416 325-8412



November 17, 2022

Dear Ontario Parents and Caregivers,

I am reaching out to you to share some important information and reminders to help protect ourselves, our families, and our children against the spread of respiratory infections.

This fall, we are seeing an increase of COVID-19, influenza, and respiratory syncytial virus (RSV) viruses in Ontario. This is placing a large strain on families and on our healthcare system and it requires us to work together to protect everyone, including the most vulnerable in our communities – the very young, the very old, and those with underlying medical issues.

While these viruses are affecting Ontarians of all ages, young children under five years of age are more likely to experience severe outcomes. We need to make sure that we take all the necessary steps to keep our children safe.

I am calling on all Ontarians, including parents and caregivers, to apply the layers of protection that we know work to keep ourselves and others healthy:

- Stay up to date with your vaccines, including COVID-19 vaccines and flu vaccines, which are both safe and effective for individuals 6 months of age and older. Information about flu shots can also be found at [Ontario.ca/flu](https://ontario.ca/flu). Please also make sure your child receives all recommended childhood immunizations, including those that may have been missed during the pandemic. Families should speak with their primary care provider or local public health unit for more information.

- I am strongly recommending that all Ontarians, not just those at high risk, wear a well-fitted mask in all indoor public settings, including schools and child care. Children age two to five should only wear a mask with supervision if they can safely tolerate masking and can put it on and take it off.
- Monitor yourself and your children for respiratory symptoms daily. The provincial [Screening Tool](#) continues to be available to help you with symptom screening, including symptoms of COVID-19 and other illnesses.
- Stay home if you are sick, and keep your children home if they are sick.
- Wash your hands frequently and clean high-touch surfaces regularly, which is especially important for flu viruses and RSV.


If your child does become sick, in most cases, you can take care of your child with RSV, influenza, or other respiratory infections at home. The following resource from the Ontario College of Family Physicians provides helpful tips and information to support you in caring for children with respiratory symptoms:

https://www.ontariofamilyphysicians.ca/files/ocfp_actionsparentscantake.pdf

If you have questions about your child's health, you can call 811 or your primary care provider. Clinical assessment centres are also able to assess children. Some infants and children can develop severe illness and may need to visit their health care provider or go to the emergency department.

Applying all these layers of protection will help to protect ourselves, our families, and our children. I know that it has been a challenging past few years for families, and your ongoing efforts to protect our communities are greatly appreciated.

Sincerely,



Dr. Kieran Michael Moore, MD, CCFP(EM), FCFP, MPH, DTM&H, FRCPC, FCAHS
Chief Medical Officer of Health and Assistant Deputy Minister, Public Health

WHAT PARENTS NEED TO KNOW FOR NEXT WEEK...

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

Susan Squires, our school Indigenous Support Worker will be in our building next week.

Monday, November 21st • OSSLT (Grade 10)

Tuesday, November 23rd • OSSLT (Grade 10)

Wednesday, November 24th • OSSLT (Grade 10)

Thursday, November 25th • OSSLT (Grade 10)

Friday, November 26th



Monday - Friday in Room 223

LET'S CONNECT



<https://lockerby.rainbowschools.ca>



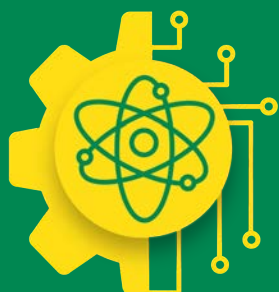
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