

WEEKLY NEWSLETTER

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



COMMUNICATIONS TECHNOLOGY DESIGNS

Our Communications Technology class has participated in both the Medal Design and Pin Design competitions created by Skills Ontario. Winners of each provincial competition will travel to Toronto to receive a framed physical copy of their medal or pin as well as a \$500 cash prize!

For the Medal Design competition, students had to create a medal that will be awarded to all winners of the 2024 Skills Ontario Competitions that will take place in May 2024 in Toronto. Designs had to be in black and white and contain the year and the name of the competition. You will see (above) some of our designs created by Jessica D., Mason V., and Esohe A.

For the Pin Design competition, students had to create a pin that would be given to all participants of the 2024 Skills Ontario Competition. Designs had to contain a maximum of 3 colours and required the year 2024 and the competition's abbreviations SOC and OCO (English and French). You will see (above) some of our designs created by Merisa M., Megan M., and Shayla S.

Good work Vikings! Good luck in the competitions.



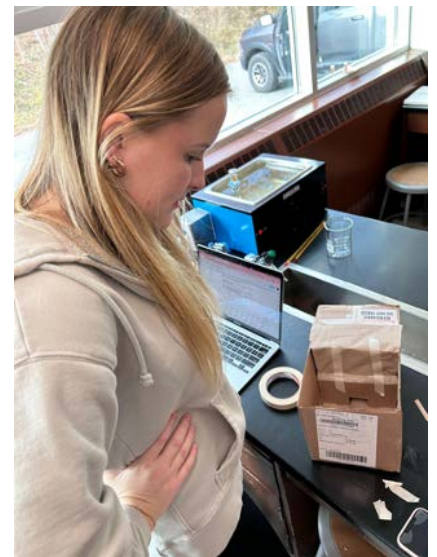
LOCKERBY'S HEALTH CARE COURSE

This week in our Health Care class, students were learning about our largest body system - our skin! They have participated in many activities to assist their learning and are preparing case studies for their peers!



DON'T LET MISTAKES 'BUG' YOU!

AP Biology students planned and implemented an investigation to test isopod response to a factor of their choosing. This seemingly simple laboratory investigation is actually quite challenging when considering all of the variables that need to be controlled, and the number of trials and samples required to run a successful statistical analysis. Students learned how to test their results against expected values using Chi-square calculations, and they either accepted or rejected their null hypotheses depending on their results. In some cases, students identified immediate improvements to their procedure and were able to modify and redo the lab to obtain more consistent results. Though their test subjects were unpredictable, students were able to successfully anticipate most behaviours, and gained valuable insight into an organism's response to varied stimuli.



LOCKERBY
THE SCHOOL OF SCIENCE AND TECHNOLOGY



REPORT CARD DISTRIBUTION

Attention Students and Parents/Guardians:

Midterm Report Cards were distributed in homerooms on Friday, November 17th, 2023. Student without homerooms can come to the Main Office to pick-up their report cards at some point thereafter over the next several mornings.



SCHOOL COUNCIL NEWS

Lockerby Composite School's School Council held their second meeting of the year on November 15th, 2023. School Council updates, meeting agendas, and meeting minutes can now be found on our website.



Calling all Viking Community members!

School Council is looking for volunteers, parents/guardians, and alumni to join their Special Event Committee. All are welcome to attend the school on Monday, December 4th, 2023 at 6:00pm. Hoping to see you there!

LOCKERBY PARENT COUNCIL

**JOIN OUR
SPECIAL EVENTS
COMMITTEE**

**December
4th**

6pm @ Lockerby Composite Highschool Boardroom
For more Information Contact Angelina Kasunich
2stamp@gmail.com

THIS WEEK IN VIKING ATHLETICS...

Volleyball

Our Vikings left it all on the court this week, as both of our Junior and Senior teams secured gold at the SDSSAA City Championships! Our Junior team clinched gold in a nail biting 5 set game against Macdonald Cartier Secondary School. Our Senior team claimed gold against their rivals, Lasalle Secondary School in a 3 set game! Both teams are heading to the regional NOSSA championships. Congratulations, Vikings!



Hockey

Lockerby's Hockey team will be playing on Saturday, November 18th in the primetime slot! The game is 7:15pm at the Garson Arena v. Champlain Secondary School. After starting the season 0-2, our Vikings are looking to get into the win column before a big Southend rivalry week when they take-on Lo-Ellen Park and St. Benedict's Secondary School!



Curling

Our Vikings Curling team opened the season this week against Lo-Ellen Park. They played very well and came away with the 7 - 6 victory. They're looking to continue to slide up the standings with another win next week!



THIS WEEK IN VIKING ATHLETICS...

Swimming

The Viking Swim team is back in action Tuesday for their second practice at Gatchell Pool after school at 3:00pm. New swimmers are invited to join by contacting Ms. Nguyen or Ms. Stanyon in advance.



Alpine Skiing and Snowboarding

Sharpen up your edges, Vikings! The Alpine Ski and Snowboarding teams are looking for new members! Be sure to mark the following dates in your calendar or see Ms. Augenstein for more information:

Alpine City Championships - Wednesday, February 7th, 2024

NOSSA Regional Championships - Wednesday, February 14th, 2024

Snowboarding City Championships - Thursday, February 15th, 2024

NOSSA Regional Championships - Wednesday, February 21st, 2024



Gymnastics

Our Gymnastics team had their first practice this past Wednesday. Please see Ms. Nguyen for additional information





LOCKERBY VIKINGS

SPIRIT WEAR

Deadline November 25, 2023

All orders can be placed through School Cash Online
See Mr. James in room 203 for questions and sizing



Hoodie \$65



Crewneck \$40



Sweatpants \$35



Cotton Long Sleeve T-Shirt \$20



Cotton T-shirt \$17



Moisture-Wick T-shirt \$23



Toque \$20

Available Sizes: XS-3XL

EDGAR BURTON FOOD DRIVE

Join Rainbow Schools and 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.

School Cash Online will be setup in the coming weeks so you can make your donation today!



bookmygrad.ca
Code: LOO

STUDENT SERVICES

Graduation and Prom

Bookings are Now Available!

It's time to book your graduation photos! Students must book their individual time slots online. If you would like to purchase a package of images there is a \$35.00 sitting fee however if you just want to be included in the graduation composite (large photograph) outside of the music wing there is a free 'yearbook' booking. We are encouraging all students to book an appointment whether it is a paid or free sitting fee. Our school code is: LOO through the following website: <https://booking.edgeimaging.ca/> (dates: December 4th, 5th, and 6th, 2023).

Convocation - Monday, June 17th, 2024

Lockerby's annual convocation will take place on Monday, June 17th, 2024. The event will take place in Cambrian College's Gymnasium beginning at 6:00pm.

Prom - Thursday, June 13th, 2024

This year's Prom will be occurring on Thursday, June 13th, 2024 beginning at 7:00pm. More details will follow in the new year.

Transition Planning

Post Secondary Virtual Fall Fair - Wednesday, November 29th, 2023

The Virtual Fall Fair will provide an opportunity for students to get answers to burning questions about programs, application requirements, financial aid, scholarships, and more. School representatives from Canada and abroad will be on hand to share info, chat, and answer any questions they might have. If students are looking at college or university in 2024 or 2025, make sure they participate in the SchoolFinder Virtual Fall Fair on Wednesday, November 29th, 2023 from 5:00pm - 9:00pm. Students are asked to pre-register using the following link - <https://rb.gy/0pwaef>

Find Your Fit At Cambrian College - Wednesday, December 6th, 2023

Cambrian College will be hosting its annual Find Your Fit event on Wednesday, December 6th from 5:00pm - 7:00pm. Students who attend and apply to at least 1 program at Cambrian College during this on-campus event and will have the \$125 application fee paid for by Cambrian College. Learn more at - <https://shorturl.at/oCDS3>

Gap Year

Canadian Gap Year Association (CanGap) is a non-profit organization supporting families and students in making purposeful post-secondary decisions by introducing and providing resources to support an alternative, experiential opportunity known as a gap year. Throughout a student's gap year journey, we help them identify their life goals, develop and execute a plan of action, and work towards successfully transitioning into their next phase of life. Visit the organization's website which has a number of outstanding resources - <https://www.cangap.ca/>

Midterm Mark Transmission to Colleges and Universities

The Rainbow District School Board sent marks to colleges (OCAS) and universities (OUAC) on Friday, November 17th, 2023 at 1:00 pm.

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 email Mrs. Beaudry. It is important to note that students will not be able to see the marks transmission until they pay for their post secondary application.



STUDENT SERVICES

Post Secondary

Post Secondary Applications

Many of our students have completed and paid for their applications to post secondary institutions. This message is a reminder that the applications have specific deadlines; it is essential for students to meet these deadlines in order to be considered for their chosen program.

It is also important to note that the institutions will not receive any information until applications have been paid. Early conditional offers are starting to be provided to our students. To be considered for this first-round of offers, students must complete and pay for their application prior to the Christmas Break.

Post-Secondary Application Deadlines

University: Monday, January 15th, 2024 (\$156.00 fee for 3 programs)

College: Thursday, February 1st, 2024 (\$125.00 fee for 5 programs)

OUAC (Ontario University Application Centre)

Students can research various university programs throughout Ontario as well as complete their applications at - <https://www.ontariouniversitiesinfo.ca/>

OCAS (Ontario College Application Service)

Students can research various colleges programs throughout Ontario as well as complete their applications at - <https://www.ontariocolleges.ca/en/>

Scholarship Opportunities

In addition to providing students with the most efficient way to find scholarships that they are eligible for, Scholarship Tree also has a ScholarTree Blog which includes some helpful information including: how to get into Western Ivey and Rotman School of Management; how to get into Waterloo Engineering; and how to get Into McMaster Health Sciences. The blog is a variety of interesting topics that are sure to be of value to both students and guardians. Visit the Scholarship Tree website for additional information.

RAINBOW SCHOOLS BULLYING AWARENESS WEEK

Attention Students and Parents/Guardians:

Rainbow District School Board would like to remind our community that next week is Bullying Awareness and Prevention Week. It's an ideal time for us to focus our attention on staying safe online.

On our next newsletter page, please find a resource with key questions you can ask yourself and ask your child.

Engaging in conversation can build understanding about important topics like trust, consent, boundaries, and privacy.

Also on our next newsletter pages is a parent/guardian tip sheet on cyber safety that you may find interesting.

Rainbow Schools' goal in sharing these resources is to build awareness and encourage dialogue.

We all have a role to play in building safe and caring communities - in person and online. Thank you for your ongoing support.





HEALTHY RELATIONSHIPS: NAVIGATING CYBERBULLYING AND CYBERVIOLENCE
PARENT* AND SCHOOL ENGAGEMENT

“ ... for parent engagement to be most impactful, school learning must go into the home and home learning must be brought into the school ... Parent engagement happening both on and off of the school landscape. ”
Pushor, 2019

What should I know?

Do you know?

There is a difference between cyberviolence and cyberbullying

- **Cyberviolence:** Umbrella term used to describe a wide range of online behaviours that are intentionally done to hurt others.
- **Cyberbullying:** Behaviour directed towards another individual or group with the intent to cause emotional harm through the use of technology such as the internet and electronic devices.

Cyberbullying occurs when there is an **unequal** balance of social, emotional or physical **power**. This power can be real or perceived and there is **repetitive** behaviour of hurtful actions.

Did you know?

- 1 in 5 Canadian teens have witnessed online bullying
- 25% of kids between 12-15 have witnessed cyberbullying
- 51% of all teens have had a negative experience with social networking
- Most apps, if not all, have a 'User Guide' to help us learn

You know your child.

Have you noticed they are

- having trouble sleeping
- less interested in school, hobbies, activities
- showing changes in personality
- avoiding devices
- interacting less with family and friends or prefer being alone
- overreacting

These are signs that something may be going on, so you may want to have a chat, follow-up, monitor, ask for help.

*Refers to any parent, guardian or care-giver in the role.



When navigating cyberviolence and cyberbullying, you are not alone! Parents and school leaders must walk in knowledge and not in fear when working together to keep children safe.



What can I do?

If you suspect your child is experiencing trouble online, here are some things to think about.

Ask yourself: (W5H)

- **Who** is my child online with? How did they meet? Age?
- **What** is my child doing online? (gaming, homework, socializing, gossiping etc)
- **When** is my child online? Time of day? Middle of the night?
- **Where** is my child online? Home (bedroom)? School? Friend's? Mall (free wifi)?
- **Why** is my child online? Friendships? Lonely? Dating?
- **How** is my child online? Household, school or library computer? Tablet? Phone?



Start a conversation

What questions could I ask my child?

- Have you ever seen anyone bullied online? What would/did you do?
- How would you describe a healthy relationship? Unhealthy relationship? What does it look like to you? How does it feel to you?
- Who can you really trust? Who should you trust? What does it mean to give your consent?
- How can we set boundaries while respecting your privacy? What would a boundary look like?

Gentle reminders

If we don't know what our children are doing online, how can we guide, help or protect them?

- Address the uncomfortable nature of conversation to encourage the disclosure
- Create a safe, trusting environment free of fear, hostility and judgment
- Respond sensitively and appropriately to a disclosure — do not minimize
- Trust your intuition!

Learn the three Cs of Internet safety by the Canadian Centre for Child Protection

Content = Know and explore the games, apps and websites your child wants to use to see if they are age appropriate. Review the program's terms of use to see what the minimum age is for use.

Contact = Know where and how to report inappropriate content/messages. Enable controls and privacy settings on apps/services to limit who can see posted photos or videos. Make sure that no one can speak to or message your child without their permission.

Conduct = Set and discuss limits on what your child posts and shares online. Discuss their reasons for sharing publicly and whether it could be misused to embarrass or cause distress.

WHERE TO GO FOR HELP

- Most, if not all, apps have a 'report inappropriate' section. Use it.
- There are safe Apps to track your child's online activity.
- Contact the school and or police — they can help guide you.
- A Parent Tip Sheet is available in 20 languages — contact your school for this resource.

CYBER SAFETY – PARENT TIP SHEET

Healthy Relationships

Navigating Cyberbullying and Cyberviolence Webinar

1. Promote open and supportive communication.
2. Learn about social media apps together.
3. Set boundaries and rules.
4. Encourage privacy and safety by
 - reviewing the social media apps' privacy and safety settings with your child
 - using passwords with numbers, capitals and symbols and considering the use of a phrase
 - keeping passwords private and changing your passwords often
 - avoiding the posting of personal information
 - turning off location settings and encouraging your children not to use geotags.
5. Foster digital leadership and citizenship by encouraging your child to
 - highlight talents, skills and attributes to create a positive online brand
 - match online profiles and interactions with values
 - practise online etiquette
 - support those who are experiencing cyberbullying (be an upstander).
6. Remind your child to **THINK** before posting: Is it True? Is it Helpful? Is it Inspiring? Is it Necessary? Is it Kind?
7. Encourage your child to reach out for support if they see negative behaviour online.
8. Develop an online safety agreement together.

RESOURCES

- Kids Help Phone: **Online Safety: Tips for Caring Adults**
- PREVNet: **What Parents Need To Know about Cyberbullying**
- Media Smarts: Canada's Centre for Digital and Media Literacy: mediasmarts.ca/parents
- BOOST Child and Youth Advocacy Centre: **Prevention Tips for Parents/Guardians**
- Canadian Centre For Child Protection: ProtectKidsOnline.ca, NeedHelpNow.ca, Cybertip.ca
- RCMP: **Centre For Youth Crime Prevention**
- **Ontario Victim Services**

WHAT PARENTS NEED TO KNOW FOR NEXT WEEK...

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

Monday, November 20th • OSSLT (Grade 10)

Tuesday, November 21st • OSSLT (Grade 10)

Wednesday, November 22nd • OSSLT (Grade 10)

Thursday, November 23rd • OSSLT (Grade 10)

Friday, November 24th



Monday - Friday in Room 223

LET'S CONNECT



<https://lockerby.rainbowschools.ca>



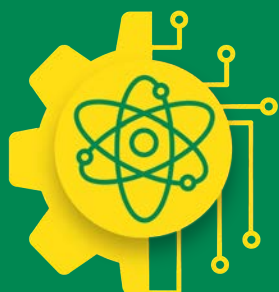
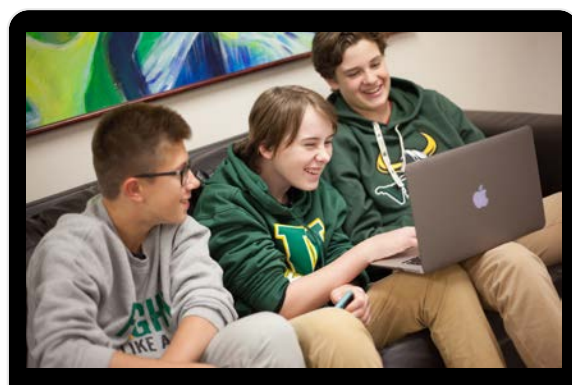
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