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Ladysmith Intermediate News

Ladysmith Intermediate School District 68
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Principal's Message

We are pleased to announce our second **Night of Celebrating Learning**. On March 9 from 5:30pm until 6:30pm, we would like to extend an invitation for you to visit your child's class and peruse through their portfolios. Please take this opportunity to ask your child about their learning, review their rubrics, assignments and learning standards. It's an excellent opportunity to hear from your child what he/she is learning.

A special thank you to all of those parents who have been supporting us throughout the year. If we haven't told you lately, WE APPRECIATE YOU!

Save the Date!

March 1-3
Badminton

March 3, 7,10,14,17
Grade 7- Swim to Survive

March 8
Crazy Sock Day

March 9
Cavers/Furlan-Parliament

Night of Celebrating Learning 5:30-6:30pm

PAC 6:30pm-8pm

March 17
Green Day

March 18- Apr. 2
Spring Break



49th Parallel Competition



Please save your 49th Parallel receipts as this is a major fundraiser for the PAC to support our students. The receipts are being tallied and I will announce the winners in the April Newsletter.

Remember, this fundraiser continues throughout the entire year, so keep those receipts coming.

Grade 5 D.A.R.E.

DARE program with Constable Heather Knott will begin after Spring Break. **Drug Abuse Resistance Education (D.A.R.E.)** is a substance abuse prevention education program that seeks to prevent use of controlled drugs, membership in gangs, and violent behavior.

Students who enter the program sign a pledge not to use drugs or join gangs and are informed by local police officers about the government's beliefs about the dangers of recreational drug use in an interactive in-school curriculum which lasts ten weeks.

Grade 7 Boys & Girls Basketball Practices

Basketball for our grade 7 boys and girls is currently running. Basketball games are Wednesdays (boys), and Thursday (girls) afterschool. See team members and coaches, Mr. Kuzminski or Mrs. Teneycke for schedules. Please come out to the games and support our students.



Grade 6 Being T.R.U.E.

Being T.R.U.E. is aimed at marijuana and alcohol prevention at the grade 6 level. Being T.R.U.E. acts as a bridge between D.A.R.E. 5 and D.A.R.E. 7 to ensure continuity of the drug prevention efforts in our schools. Being T.R.U.E. is also a standalone lesson that works to lay the foundation of critical thinking in regards to the consequences of using or not using substances. The presentation is a facilitation-based lesson that engages the students to come to their own conclusions about the consequences of using marijuana and alcohol in addition to highlighting their positive aspirations and hobbies (see sparks in attachments) that the students have in their lives. Furthermore, Being T.R.U.E. reviews previous drug prevention tools and builds upon them to provide the students with alternative options when confronted with illicit drug use. The presentation includes student-facilitator role plays, worksheets, and a drug prevention tool kit. LIS Grade 6 students will be participating this March.

Safe Arrival

Daily attendance is a proven factor for success in school, however, if *your child is ill or unable to attend school on that day, please call the office by 9:00am*. We also ask that your child **arrive at school after 8:25 am** unless there is a specific school reason to be here earlier. Our morning supervision begins at 8:25 am and we want to ensure that the students are safe. If your child does arrive after 8:40am, please have them sign in at the office and bring a Welcome slip to the class as we want to make sure that we don't call you unnecessarily and worry you.

Visitor Badges

School District policy states that all adult visitors to schools must wear visitor's badges in an effort to maximize student safety. Parents are kindly reminded that badges and a sign-in book are in the office. Please sign in, inform Ms. Churchill, and wear your visitor's badge when you visit the school. Thank you.

Am I Good Enough

Am I Good Enough is a presentation about social belonging and self-esteem. The program was developed last year in conjunction with the VIU Criminology Department and students and teachers from the central island region. In addition, the program was piloted to schools in Districts 68, and 70. *Am I Good Enough* features discussions, informative videos, strategies for managing stress, group activities, and role plays (Grade 7).

This presentation aims to help prepare Grade 7 students for the transition into high school, and promote discussion among Grade 8 students about important issues they are facing in their new secondary school environment. The presentation for our Grade 7 students will be this March.

Purdy's Chocolate Fundraiser

Purdy's Fundraiser campaign starts Friday, March 3rd until March 17th for paper orders and March 24th for on-line orders. The PAC is fundraising to support the school in purchasing a class set (30) of Sphero 2.0 - app enabled robotic balls. The new Sphero makes it even easier for teachers, parents, and kids to learn math, robotics, and programming. If you have not seen a Sphero, it's a small hand-sized ball you can program easily to change colors, run a circuit, keep beat with a song, and many other fun ideas. Check it out on youtube- Coding with Spheros.

Environmental Club

Our LIS Environmental Club has accepted the challenge to save on energy. We are participating in a challenge to win \$2000 for our school. By accepting this challenge, we are dedicated to the following: Lights off Lunches, Haunted Hallways (leaving the lights off in the hallways), Energy Saving Saturdays and Sundays, and performing many other energy saving activities. Please do your part at home to save energy as well by turning off lights when you aren't in the room or when it is light outside. Also stay tuned as we will announce our school environmental competition winner in the next newsletter. The winning class will receive \$200 towards the purchase of anything

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Random Acts of Kindness

If your child has performed an act of kindness, please let us know. Children are recognized daily for their random acts of kindness. On Fridays, there is a draw for a poster and at the end of the year, each Two Thumbs Up ticket will be entered for a grand prize. We want to celebrate our students doing it the right way!

March Act of Kindness- Forgive Someone

“To forgive is to set a prisoner free and discover that the prisoner was you.” ~Lewis B. Smedes

We all make mistakes. The next time someone wrongs you, forgive them without hesitation. Carrying anger and resentment with you is bad for your health and your relationships. Learn to let it go and forgive others. Both you and the one you forgave will benefit from this act of kindness. You will be amazed at how much lighter you feel when you forgive someone!

Benefits:

Prolonged anger towards self or others negatively affects your health. It can lead to physical and emotional sickness. The sooner you can forgive someone and move on away from those negative feelings, the better! Letting go of grudges and bitterness makes way for compassion, kindness and peace.

Step It Up:

When forgiving others it is so important to remember that there might be people you need to ask forgiveness from as well. Make it a habit to always forgive others, but also make an effort to examine your own actions and see if there is anyone whom you have wronged. If so, admit that you have wronged them and ask that person for forgiveness.

Keep It Simple:

When you first get angry, give yourself a moment to work through the emotion and think rationally. If you still feel the need to address the issue, be sure to directly address the person you are upset with and if possible don't speak with others about the situation until resolved (if at all). Make up your mind before even speaking with them that no matter what they say or don't say you will forgive them. We all make mistakes, some bigger than others, but no one is perfect. Keep this in mind when you are speaking with this person.