

The TITANS' Tribune

Home and School Working Together
Website - <https://lfmss.sd35.bc.ca/>
Follow us on Twitter @LFMSS



February 15, 2024

Issue #11

Upcoming Dates

Hello LFMSS Families:

We are already three weeks into Semester 2 for our Grade 10-12 students and more than halfway through our linear and middle school classes. Before we know it, Spring Break will be upon us. But not quite yet.....

Please read the following important reminders:

Monday, February 26, 2024

The "Design and Assessment/Report Card Prep" day on Monday, February 26th only impacts the Grade 6 & 7 students. What this means is that Grade 6 & 7 students **DO NOT** attend school, however, **ALL** Grade 8-12 students have classes as usual on that day. The reasoning behind this is so that middle school students across the District have an aligned reporting period for Term 2.

Follow us on Instagram!

We have revitalized our lfmss_titans Instagram account! If you have already been a 'follower', you will notice that we have been highlighting many events and initiatives and celebrating students' work. This will be our one-stop shop for informing our community about important dates, deadlines, schedules, etc. Stay tuned for more exciting events to share in the upcoming months.

I wish you and your loved ones an enjoyable long weekend.

Sincerely,

Ms. Carla Clapton
Principal

Feb. 16	Pro D (Students not in Attendance)
Feb. 19	Family Day (School Closed)
Feb. 20	Cypress Alpine Program
Feb. 22	Europe Parent Mtg (5:30pm)
Feb. 26	RDA -Gr. 6/7 Students Not in Attendance (Gr. 8-12 Students In Attendance)
Feb. 26	PAC Meeting (7:30pm)
Feb. 28	Pink Shirt Day
Mar. 1	Gr. 6/7 Hot Lunch
Mar. 13/14	Parent Teacher Interviews (1 hr. early dismissal)

Please visit www.lfmss.sd35.bc.ca for the most up to date calendar of events.



Welcoming New Students for September 2024

Our Langley School District Leadership Team has approved two new divisions (one in Grade 6 and one in Grade 7) for September 2024 at LFMSS! This is exciting news and we look forward to working with the District on creating more opportunities for our students and school community. Our Office Staff has begun the process of contacting families on the waitlist.

LFMSS Studio Art 11

Acrylic "Pet" Portraits



Tug of War Competition

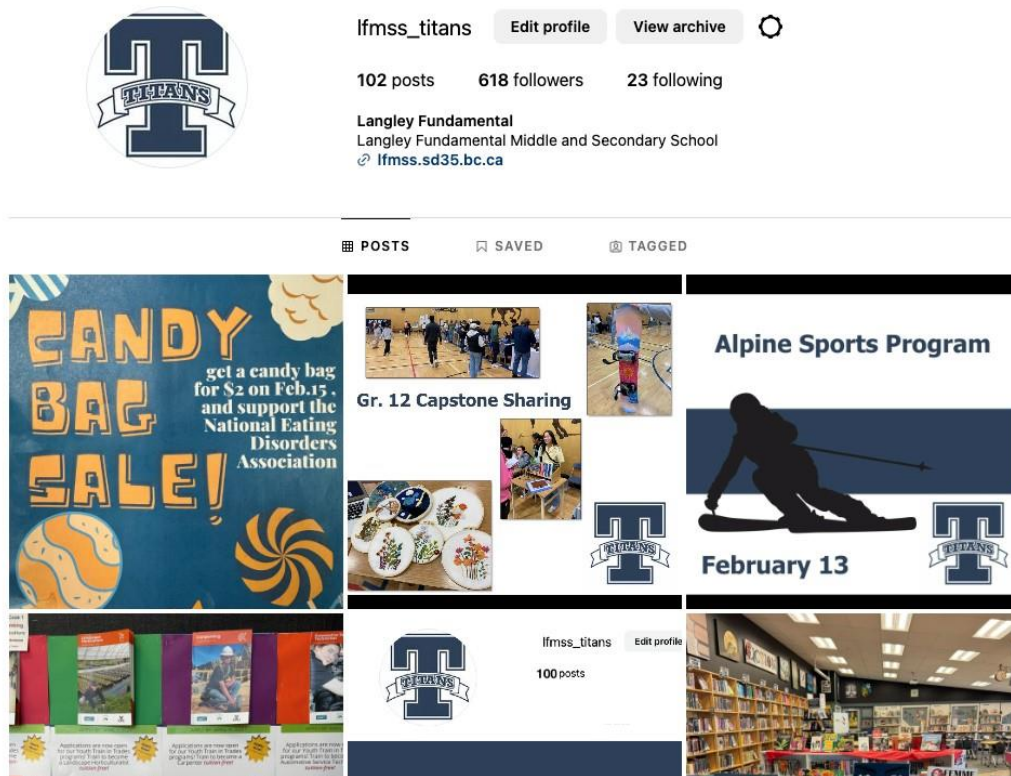
LFMSS students had a great time participating in the Tug of War competition on Thursday. Paras and Sayaka organized this event, and the rest of the leadership class helped to execute it. Students from all grades came out to cheer on friends in the games.



LFMSS on Instagram

You may have noticed some exciting updates of the school's Instagram account!

We have been sharing events, initiatives and student work from all around Fundy. Follow us today at [lfmss_titans](#) and keep up to date on many things happening.



Free Virtual Sessions for Parents on the Topic of Substance Use

The Ministry of Education and Child Care, in partnership with adolescent Clinical Psychologist, Dr. Hayley Watson, will be hosting free virtual sessions on youth substance use for parents/guardians, caregivers and caring adults. Dr. Watson will provide valuable insights, practical tips, and resources to equip participants with the tools needed to guide their children and youth toward making positive choices when it comes to substance use.

Key Takeaways for Participants:

- Learn why children/teenagers are drawn to substances.
- Understand what causes and maintains substance use disorder and needs.
- Increase your child's ability to make positive choices about substances.
- Acquire practical conversation tools for discussing substances in the home.

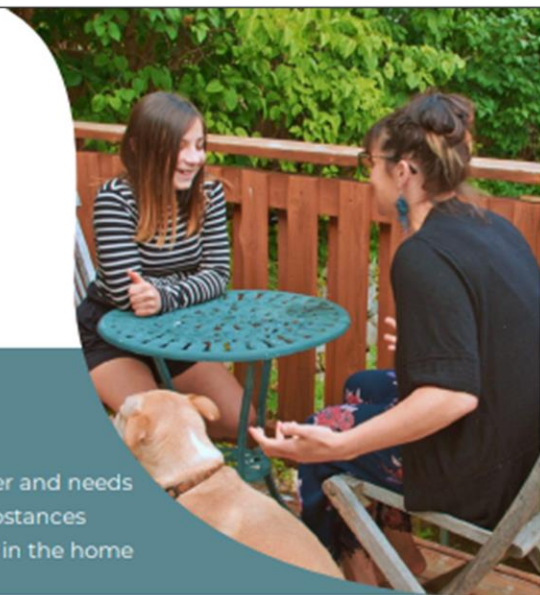
Participants must register in advance due to limited capacity. Session dates are:

- February 20, 6:00 – 7:30 pm PST - [**Click here to Register**](#)
- February 22, 6:00 – 7:30 pm PST - [**Click here to Register**](#)
- February 28, 6:00 – 7:30 pm PST - [**Click here to Register**](#)

Please email [**educ.mentalhealth@gov.bc.ca**](mailto:educ.mentalhealth@gov.bc.ca) with any questions.

SUBSTANCE USE PREVENTION

An Online Presentation for Parents



KEY TAKEAWAYS

- Learn why children/teenagers are drawn to substances
- Understand what causes and maintains substance use disorder and needs
- Increase your child's ability to make positive choices about substances
- Acquire practical conversation tools for discussing substances in the home

Presentation Overview:

This presentation will focus on **tools and strategies** that you can use to speak to your children about substances in a way that encourages **positive decision-making** through a psychological lens. You will learn the causes of youth substance use and be introduced to a framework for **creating open communication** on this topic in your home.

There will be a focus on prevention and harm/risk mitigation in order to **empower** you to help your children think critically about their own behaviours, motivations, and choices.

In this session, you will be provided with the **specific language to use** when conversations arise about substances. There will also be opportunities to ask questions about the specific challenges you are facing with your children.

Online Session Information:

February 20th, 22nd or 28th

6pm-7:30 pm PST

Note. The same presentation will be delivered on each date

REGISTER



openp.co/Feb20

Presenter:

Dr Hayley Watson

Clinical Psychologist & Founder of Open Parachute

(PhD Clin Psych, MA Clin Psych, MA Transpersonal Psych, PG Dip Psych, BA Criminology)



Dr Hayley Watson is a Clinical Psychologist from BC, specializing in children and adolescents with a PhD in school bullying interventions, along with four further academic degrees in the field of mental health.

She has been working with young people and their families globally for the past 20 years.



Ministry of
Children and Family
Development

A two-part series
For Parents with young children

▲ Part 1 - Free Webinar

Worrying About Worries:

Supporting Children 0-6 With Anxiety

Date: Wed. Feb. 28, 2024

Time: 7:00 – 8:30 PM

Cost: Free

Where: Virtual

*(Zoom link will be provided closer to date)



With Dr. Vanessa Lapointe, R. Psych.

Dr. Vanessa Lapointe is a mom, parenting educator, best-selling author, international speaker, and regularly invited media guest. She holds a doctoral degree in psychology, and practiced as a psychologist for nearly 20 years, before devoting her full-time energy to connecting with parents and other “big people” around the globe in 2023.

Anxiety in young children is on the rise in our fast-paced, outcomes-focused, post-COVID world. Understanding where anxiety begins for children is key to informing support that helps rather than harms. Dr. Vanessa will discuss the origins of childhood anxiety and the most common forms it presents. She will also reveal the 3-stage approach she has developed from her years of research and experience for big people – parents, teachers, educators, and other grown-ups – to respond to the hearts of anxious children so that every child is ultimately able to know their courage and grow into the fullest version of themselves.



**For more information, contact:
Early Years Family Navigator -
Alicia Stark**

 astarkeinclusionlangley.com



coming
soon

Stay tuned for more
information about **Part 2**,
with Dr. Vanessa Lapointe
and Maggie Dent!

www.InclusionLangley.com

#That Wellness Thing

Join several of our community partners to learn more about mental health and wellness at the 5th Annual Open House & Community Resource Fair.

#that wellness thing

Join us to learn more about mental health and wellness at our fifth annual open house & community resource fair!

PRESENTATIONS & INFORMATION TABLES

- Mental Health & Wellness
- Substance Use Resources
- Healthy Living
- Counselling
- Family Support
- Post-Secondary Info
- Employment

4:30 - 7:00 PM
WEDNESDAY
MARCH 6 2024
21405A - 56 Ave.
Langley

 **Langley Education Centre**
www.lecss.com *LEARN • ENGAGE • CONNECT*

For additional information or to participate as an agency, please contact Amanda: arawle@sd35.bc.ca

EVERYONE AGE 16+ IS WELCOME	REGISTRATION NOT REQUIRED	DOOR PRIZES!	LIGHT REFRESHMENTS	OPPORTUNITIES TO TRY YOGA
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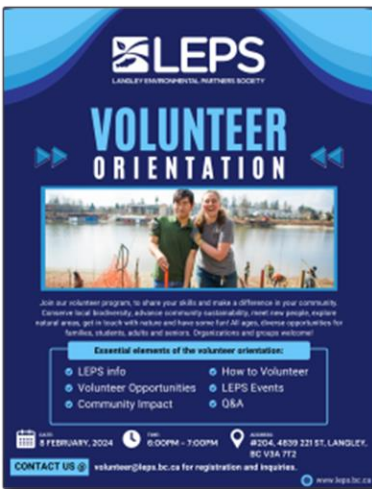
Information About School Status During Inclement Weather

Snow closures and power outages are an annual occurrence in Langley School District. So, where do you go to get information about the status of schools during periods of inclement weather? If you are able to access the internet via computer or smartphone, current information about Langley schools can be accessed on all school websites or www.sd35.bc.ca. Updates are also posted to X (formerly Twitter) @LangleySchools and Facebook at www.facebook.com/langleyschooldistrict. If you don't have internet connectivity but your phone is working, call a relative or friend in an area that has not been affected by the storm and ask them to check the district website for you. Local radio stations are also informed of school status in Langley. Tune in to CKWX 1130AM, CKNW 980AM, Country Radio 107.1FM, Pulse 107.7 or CBC 690AM or 88.1FM for updates.

Please note that Langley District schools are all considered 'open' until a decision to close is required. Decisions on school closures are usually made by 6:30am. As always, it is a parent's decision whether to send their child to school based on safety and individual circumstances. If you feel it is unsafe for you or your child to travel to or attend an open school for any reason, please keep your child home and report an absence to the school.

Community News

Here are a few items from the Langley School District's Community Bulletin Board. For more community events please visit <https://www.sd35.bc.ca/news-events/community-bulletin-board/>



LEPS
LANGLEY ENVIRONMENTAL PARTNERS SOCIETY

VOLUNTEER ORIENTATION

Join our volunteer program, to share your skills and make a difference in your community. Enhance local biodiversity, address community sustainability, meet new people, explore natural areas, get to know our nature and have some fun! All ages, diverse opportunities for families, students, adults and seniors. Organizations and groups welcome!

Essential elements of the volunteer orientation:

- LEPS info
- Volunteer Opportunities
- Community Impact
- How to Volunteer
- LEPS Events
- Q&A

8 FEBRUARY, 2024 | 6:00PM - 7:00PM | #204, 4039 121 ST, LANGLEY, BC V3A 7T2

CONTACT US @ volunteer@leps.bc.ca for registration and inquiries. | www.leps.bc.ca



LEARN TO CAMP

Powered by Sandy Lovell

APPLY BY 10TH FEBRUARY!!

SKILL BUILDING
Learn camping essentials, the setting up tents, the skills, working outdoors, navigation, and more.

CONFIDENCE BOOST
Learn and develop by training new skills in a supportive environment.

NATURE APPRECIATION
Develop a greater appreciation for nature, understanding its importance and learning to preserve.

SOCIAL INTERACTION
Build lasting friendships by working teamwork, communication and experiences through group activities.

ADVENTURE AND FUN
Experience exciting adventures and create lasting memories with weekly sessions and a thrilling two-night camping experience!

LEPS' *Learn to Camp* program is the ideal for **NATURE ENTHUSIASTS** and **WILDERNESS WARRIORS**, aged 16-17 to join our amazing Camping 10-15 Program. Featuring weekly bus excursions at the campsite for 6 weeks, cycle riding, as well as a thrilling two-night camping experience!

- Join us for an interactive journey to learn essential camping skills in a fun and interactive environment!
- Explore nature, develop teamwork, and prepare for an unforgettable overnight excursion to Camp Diamond, Swale, BC from May 31st to 5th.
- Don't miss this chance to learn, grow, and camp like a pro!

REGISTER NOW | learn@leps.bc.ca | www.leps.bc.ca

Got questions about Learn to Camp? Contact us at learn@leps.bc.ca



LANGLEY RCMP YOUTH VOLUNTEER PROGRAM 2024

Open to Langley School District students in Grades 11-12. Preference given to Grade 11 and 12 students due to graduation requirements.

Requirements

- Grades 11-12 student at a Langley School
- Desire to learn more about policing as a future career
- Genuine interest in participating in volunteer events in Langley
- Willing to accept and follow the regulations of the Langley RCMP in Volunteer Program
- No arrests, convictions or record of repeated negative interactions with police
- No affiliation with gangs or other criminal groups
- Availability to attend learning sessions

What is expected?

- Part in a mentor/coach program
- Training
- Community service
- Physical fitness
- Communication skills

Cadets will get an inside look at policing with the RCMP including the Ship Rider Program, Air 1, Police Dog Section, Tactical Team, and General Duty Policing and more!

Skills learned through the program will be utilized with volunteer shifts at local community events such as Canada Day, The Aboriginal Fair, The Langley Good Times Cruise In and more!

How do I join?

If you meet the above requirements, contact your Langley School District Career Counsellor for an application package.

The schedule will be released once participants have been selected. During the school year there will be information sessions on various days of the week. The schedule is subject to change due to operational requirements of the specialized sections. There is no cost associated to joining the Langley RCMP Youth Volunteer Program.

If you have questions about the Langley RCMP Youth Volunteer Program, please email us at Langley_Volunteers@rcmp-grc.gc.ca

Langley RCMP Detachment
2200 40th Ave
Langley, BC V3A 0B7
Non-emergency: 604-532-3200