

The TITANS' Tribune

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



May 3, 2024

Issue #16

Upcoming Dates

Hello LFMSS Families:

This is an abbreviated Principal's message, however, many things have been happening over the past week. I have included some of the larger and/or ongoing events below.

Frozen, Jr.

Our Frozen, Jr. musical production has their final performances this weekend. Over the past ten days, we have welcomed hundreds of Langley elementary school students to enjoy our matinee performances. Thank you to everyone involved this school year who made this such a tremendous success.

This is truly a parent and school community collaboration and epitomizes 'Home and School Working Together'.

Athletics

Our Spring season sports are well underway and thank you to all of our dedicated school and community coaches!

Grad Events

This is the season for Grad events. Grads and their families can purchase ceremony and banquet tickets on school cash online.

Parent Information Evening (for new Grade 6-8 families) – Thursday, May 9th

We will be hosting a second Parent / Student Information Evening for our incoming Grade 6-8 students (please see information on next page).

I wish you a wonderful weekend.

Sincerely,

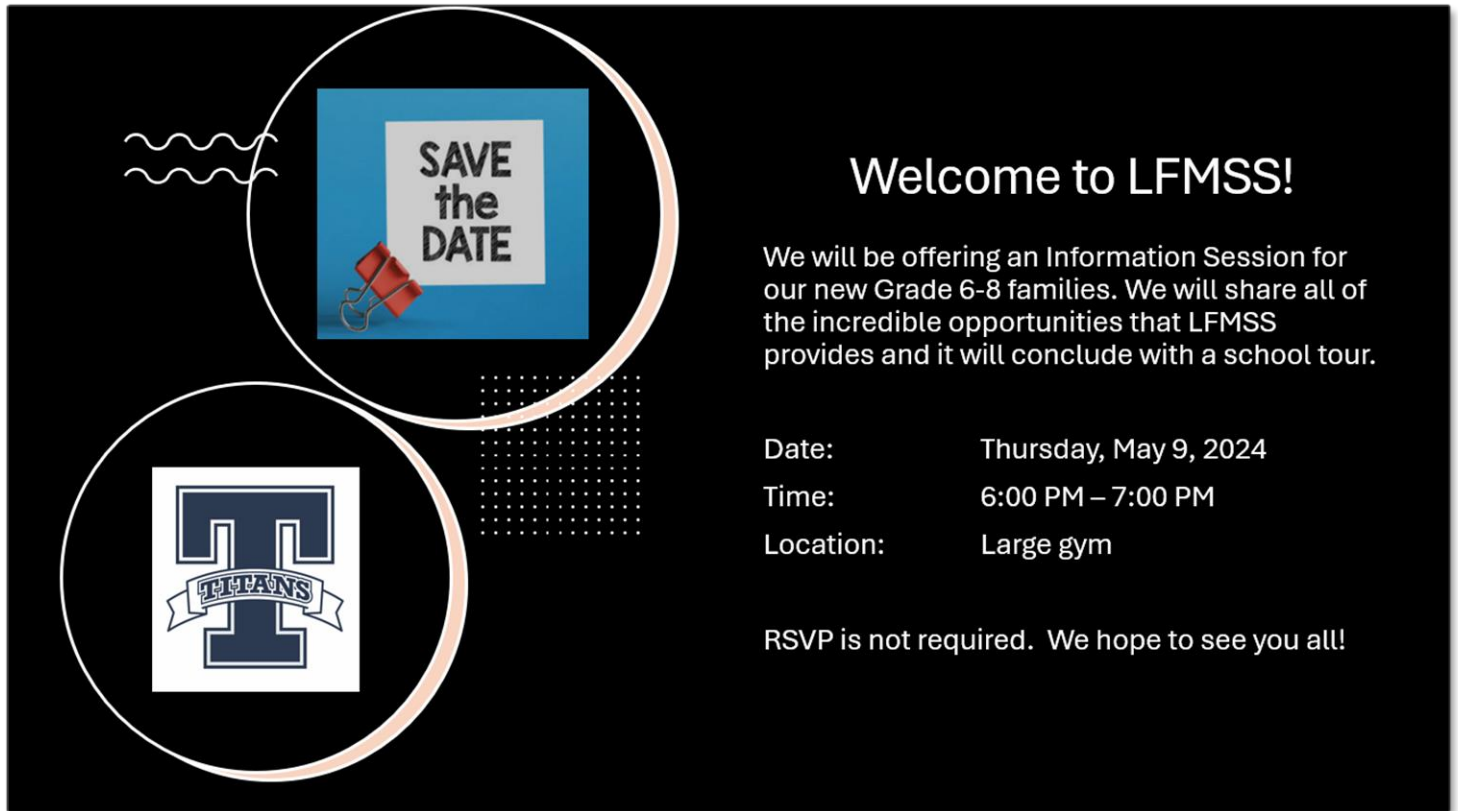
Ms. Carla Clapton
Principal

- | | |
|--------|---|
| May 9 | Parent Information Evening for new Gr. 6-8 Families |
| May 10 | Grad Breakfast |
| May 16 | Gr. 8 – Vancouver Bandits Game at LEC |
| May 16 | Aboriginal Achievement Awards at Church in the Valley |
| May 17 | Pro-D (students not in attendance) |
| May 20 | Victoria Day (Schools Closed) |
| May 24 | District Athletics Evening (5pm) |
| May 29 | Gr. 6 Regular Immunizations (round 2) |
| May 29 | Middle School Track Meet at MAP |
| May 30 | LFES Fun Night |

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



Parent Information Evening (for new Grade 6-8 families)



SAVE the DATE

WELCOME TO LFMSS!

We will be offering an Information Session for our new Grade 6-8 families. We will share all of the incredible opportunities that LFMSS provides and it will conclude with a school tour.

Date: Thursday, May 9, 2024
Time: 6:00 PM – 7:00 PM
Location: Large gym

RSVP is not required. We hope to see you all!

LFMSS Podcast Club

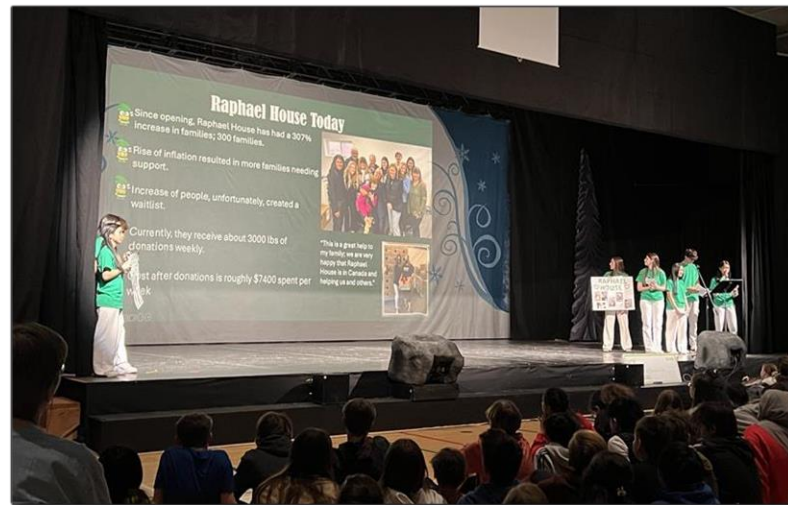
The Podcast Club recently had a very interesting and informative podcast with students from Mrs. McKernan's class.



Youth Philanthropy Initiative

Ms. Vogt's CLE 10 class recently participated in the Canada-wide Youth Philanthropy Initiative, a program designed to encourage youth to connect with and serve their local communities.

Students researched four social issues of importance to them: poverty, domestic violence, mental health, and addiction. They chose four local charities that work to address these issues and who support people who may need help (Raphael House, Ishtar Women's Support Services, Kindred Community Farm Sanctuary, and VisionQuest Recovery Society).



Each group conducted a site visit, prepared a PPT, and presented their research on the social issue and their chosen charity to an audience of nearly 300 people, including representatives of each charity, students and staff. All groups represented their charities well, and the winning charity, Raphael House, selected by audience vote after the presentations, will receive a \$5000 grant to continue their work! Thank you to all students for their hard work in raising awareness of both these important issues and of these charities that support those in need. Well done!



LFMSS Lunch Club



Learning Commons Resources



Our Library Learning Commons has a vast array of reading material to further your knowledge of Missing and Murdered Indigenous Women, Girls, Two-Spirit, Transgender, and Gender-Diverse+Peoples.

Mental Health Substance Use Resource Guide

Language Matters! An Introductory Guide for Understanding Mental Health and Substance Use: A Resource for Educators and School Communities is now officially available on the ***mental health and well-being*** *erase* website.

Please find attached a promotional poster with a QR code that you may share with your school community to raise awareness of the resource.

A webinar will be hosted on May 8, 2024 (12:00-1:00 p.m. PT) during Canadian Mental Health Week, to provide an overview of how schools may use the guide. **Registration** to attend the webinar is required.

If you have any questions, please reach out to EDUC.MentalHealth@gov.bc.ca.

FOUNDRY@ENCOMPASS-SUPPORTS.COM
20616 EASTLEIGH CRESCENT
604-546-2700

WEEKLY BEGINNING
APRIL 23RD!

IMPROV WORKSHOPS

COME TO OUR FREE IMPROV
WORKSHOPS TUESDAYS FROM 4-6PM

PLEASE ARRIVE PROMPTLY AT 4PM

NO ACTING EXPERIENCE NECESSARY!
JUST DRESS CASUALLY AND BE
PREPARED TO HAVE FUN IN A SAFE
AND ACCEPTING ENVIRONMENT!

PARTNERSHIP WITH ACTING
OUTRIGHT THEATRE, LINDA MCRAE



·FOUNDRY·
LANGLEY

LOAD AMBASSADORS

We are looking for passionate youth
leaders who have something to say
and want to make a difference in this
community

Is this you?

If yes, then we want to meet you!

May 9th at 3:30pm

Join us for a discussion on harm
reduction, toxic substances, whole
body health, and ways you can make
a difference on Overdose Awareness
Day 2024

Open to all students in grades 10-12



WE ALL
PLAY A
R.O.L.E.

·FOUNDRY·
WHERE WELLNESS TAKES SHAPE

QUESTIONS?

shelley@tfvas.org
604-308-5260

LANGUAGE MATTERS!

An Introductory Guide for
Understanding Mental Health and Substance Use:
A Resource for Educators and School Communities

Language Matters is an introductory guide on mental health and substance use for educators, administrators, school support staff, and other personnel who work with children and youth in school communities.

The guide has been developed to help facilitate conversations, build common understandings, and support practice by defining and discussing key mental health and substance use terms and topics. Developing a common language and shared understanding of mental health and substance use terms and concepts can help to improve mental health literacy and reduce stigma.

This resource was developed in partnership with the BC Children's Hospital's Health Promotion and Health Literacy team.

The *Language Matters* resource provides an overview of a number of key topics, including:

- The importance of mental health for the overall health of the school community
- Cultural conceptualizations of mental health and substance use
- Defining mental health and the different states of mental health
- Common mental disorders
- Mental health promotion, risk, and protective factors
- Self-harm and suicide
- Substance use
- Trauma and trauma-informed practice
- The school community's role in supporting student mental health and wellness
- Creating safe, supportive, and inclusive learning environments for all students
- Mental health professionals in the school, health care system, and community
- Educator well-being



Download the [Language Matters guide](#) with the QR code and share with your colleagues and school community partners.



Ministry of
Education and
Child Care

erase

EXPECT RESPECT &
A SAFE EDUCATION

Homestay Families Needed



Embark on a rewarding journey of cultural exchange!
Homestay families are provided
\$1050 per month to offset costs.

HOW TO APPLY:

Visit www.studyinlangley.com, go to the 'Homestay section', and complete the online application



4875 - 222nd Street, Langley, British Columbia, Canada V3A 3Z7
StudyInLangley.com - ISP@SD35.bc.ca
Telephone: 604 534 7891 - Facsimile: 604 532 1450




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/>

Langley Community Services Society *Building The Community Since 1971*

Caring Dads Group



The Caring Dads Intimate Partner Violence program is designed for fathers wanting to gain a deeper understanding of their relationship with their children and the mother of their children. The group consists of parenting topics such as child development, what it means to be a father, positive discipline, and many others.

The program runs two times a year from September - December and February - June.

For more information, please contact Matthew Smiley at 604-440-9079 or matsmiley@lcss.ca


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LCSS Langley Community Services Society AND THE CHILDREN'S FOUNDATION

PRESENTS

TAMING THE WORRY DRAGONS

Thought Stopping Relaxation
COURAGE ~~WORRY~~
Mindful Breathing!



REGISTRATION AND PARENT PARTICIPATION REQUIRED

WHAT: FREE 8 Session Psycho-Educational Group for kids who struggle with anxiety.
WHO: Children ages 8-12 accompanied by caregiver
When: Every Tuesday 5-6:30 pm April 16- June 4, 2024
Where: University Hall 1, The McKinnon Center 8470 205 St, Langley

E-mail: [Brionna Falkdore](mailto:Brionna.Falkdore@gmail.com) to register at brkiddore@gmail.com
Contact Facilitator Megan Zurak for questions related to group
P: 604-535-7920 ext. 2308 E: mezurak@lcss.ca

LOWER FRASER VALLEY ABORIGINAL SOCIETY
211 20644 EASTLEIGH CRES LANGLEY BC



SPRING MARKET

Thursday April 25
From 10-3

join us for lemonade, bannock, & lots of vendors



For more info or to book a table contact Shelley@lfvas.org

HONORED TO LIVE AND WORK ON THE TRADITIONAL UNCELED TERRITORIES OF THE KATZIE, Kwantlen, Matsqui and Semiahmoo First Nations