



The Titans' Tribune

Home and School Working Together

February 21, 2025

Issue #12

Upcoming Dates

Hello LFMSS Families:

The school year continues to fly by and there are only three weeks remaining until Spring Break. Our basketball seasons are now finishing up and I would like to wish our Junior Boys' Basketball team who will be competing in the Junior Boys' Provincial Championships beginning tomorrow at the Langley Events Centre. More information is included within this Tribune as well as posted in our LFMSS Instagram account. This is the first time in LFMSS history for a Junior team to qualify for the BC Basketball Championships! Best of luck!

Monday, Feb. 24, 2025 – Design & Assessment / Formal Learning Update Prep (Gr. 6/7 only)

As you will notice in the important and upcoming events, there is a Pro-D day this Monday, February 24th for Grade 6 and 7 teachers. This means that Grade 6 and 7 students are not in session. However, all Grade 8-12 students are in session as usual.

Diversity and Respect Week – Feb. 24-28, 2025

Next week, the Langley School District is celebrating "Diversity and Respect Week". Many of our LFMSS Staff have been working with students in coordinating several events throughout the week. There will be a "Kindness Karnival" happening on Wednesday (and coordinated by our Leadership class), a "Heart Wall" that is being created by our Grade 6/7 students, and a gallery of student work connecting to their personal experiences related the difference between 'fitting in' and 'belonging'. This display will be in full effect next week.

Thursday, March 6, 2025 – Parent Information Session (rescheduled time)

This session is for parents and students to learn about academic and post-secondary options as they move through their secondary school experience. Please refer to the information within this Tribune.

I wish you a wonderful weekend.

Sincerely,

Ms. Carla Clapton
Principal

- Feb. 24 Diversity Week Begins
- Feb. 24 Learning Update & Design & Assessment Day (Gr. 6 & 7 not in attendance)
- Feb. 24 PAC Meeting at 7:30pm
- Feb. 36 Pink Shirt Day
- Mar. 6 Parent Information Evening at 6:00 pm
- Mar. 7 Gr. 6/7 Hot Lunch
- Mar. 12/13 Student Parent Teacher Conferences – early dismissal 1:55pm
- Mar. 17-28 Spring Break

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

Parent Information Evening – March 6

Parent Information Evening Thursday, March 6, 2025 6:00- 8:00 PM – LFMSS Small Gym

Please join us for an information session in our small gym on Thursday, March 6th. During this session, you will be provided with information about our school and you will also have the opportunity to ask questions about how we may support your child's smooth transition from elementary to middle school.

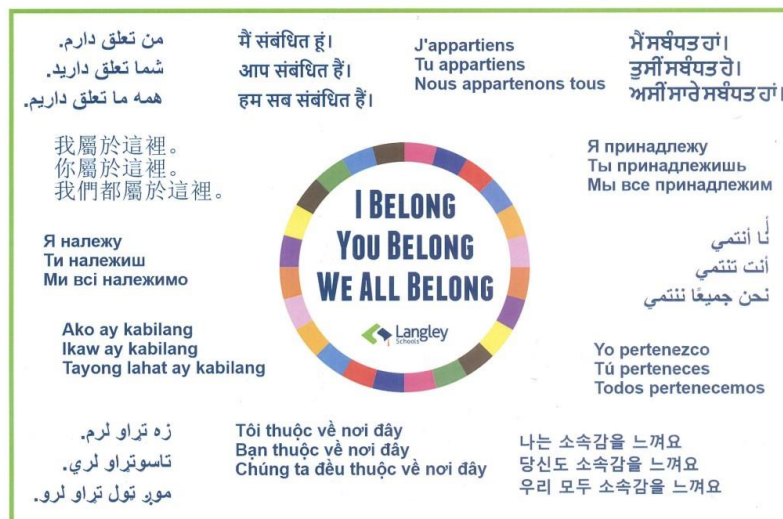
6:00 – 6:45 PM LFMSS' current Grade 5 families transitioning to Grade 6
New Grade 5 families transition to Grade 6
Coghlan's current Grade 7's transitioning to Grade 8

- Introduction to the school and some LFMSS Staff
- The life of a Grade 6 Student at LFMSS
- The life of a new Grade 8 Student at LFMSS
- Question & Answer period
- School tours (optional)

If you have older children at LFMSS, there will be a second session

7:00– 8:00 PM Current Grade 8 – 11 LFMSS Students

- Introduction to some LFMSS staff
- Introduction to the graduation program and requirements
- Required academic courses for graduation
- Elective options
- Question and Answer period



Titan Merchandise

As we get close to Spring Break I am once again offering Titans Athletics clothing to the Middle School students/parents and our staff. All orders will be done through SchoolCashOnline and must be in by February 28, 2025. Payment is required through SchoolCashOnline system. Shirts will only be ordered if they are paid for upfront.

<https://sd35.schoolcashonline.com/>



The options are:

All in Grey Only

T-shirts - \$20

Crew neck Sweatshirts - \$30

Hoodies - \$40

Sizes are YL, S, M, L, XL & 2XL

BREAKING NEWS * Titan Soccer * **BREAKING NEWS**

VOL. 10, NO. 4 ★ MOST WANTED PERSON ★ 19 FEB 2025

WANTED

★ SR. GIRLS SOCCER COACH ★



★★★
DESCRIPTIVE INFORMATION
• Our Sr. Girls Soccer Team is looking for a Sr. Girls coach.
• Games are on Tuesdays and Thursdays after school.
• Season runs from to May.
• There are no practices
• Tryouts are Feb 26th and March 3rd @ 3:15

★ PLEASE CONTACT: MR. LADEFOGED ★

★ VERY REWARDING ★

What's Happening Around the School

Junior Boys Basketball team going to Provincials!

Congratulations to the Junior Boys basketball team who have qualified for the Provincials! This is a very difficult feat as our team has to qualify against schools with 3 and 4 times our population.

Coached by Mr. Henderson Tran, the team is comprised of mostly returning players and a couple of new additions. During the regular season the team demonstrated athleticism and skill from the start, where they were able to win by large margins against district and tournament competition. The team had their first league loss early in the season against REMSS. They learned from it and went undefeated the rest of the regular season, including against heavyweights Brookwood and Walnut Grove. The boys had their most impressive victory in playoff semifinals vs WGSS where both offence and defense clicked. Our team won by 17 compared to barely winning by 2 the first time they played them. Unfortunately, we lost the district final, finishing second. This success qualified them for the East Valley Championships, and our team was ranked 5th out of the 12 teams. Our boys needed to make it to semis to get a berth into Provincials. Through hard work and clutch baskets in the 4th quarter, the boys won their 1st game against a hot-shooting Dasmesh High School. Then we won the crucial 2nd game against the 4th seed, Abbotsford Secondary. This gave us the provincial berth. The third game was against the #1 seed, Sardis Secondary. Though our boys were down 35-17 at the half, they fought back hard and scored 34 points in the 3rd quarter. The game went to overtime where our team was edged out 84-80.

Amazing results! All the best to Mr. Tran and the Langley Fundamental Jr. boys basketball team in the Provincials! You've made us very proud!



LFMSS students had a great time making a Valentine's card for someone that they appreciate on Tuesday. Dora and Jessie planned this event, and our leadership students worked really hard to help set up and organize this event. After students finished their thank you cards, they got a candy bags to give to their friend with their handmade card.

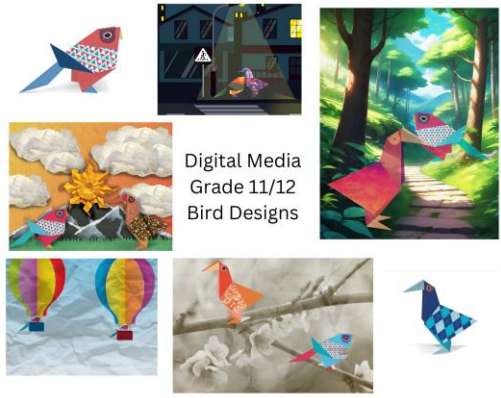
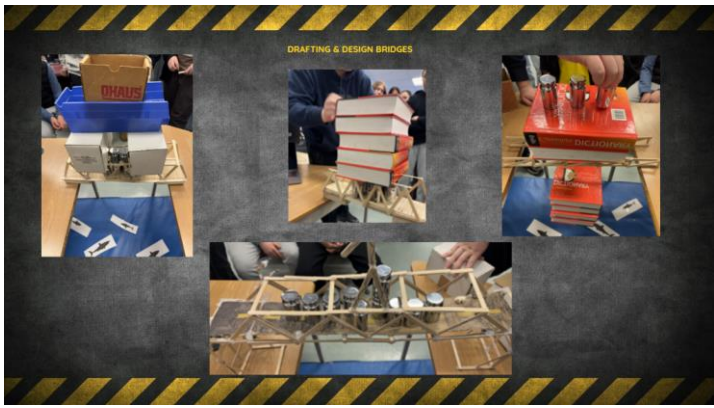


Grad Bowling 2025



Go Canada Go!





Mrs. McClelland's Science AG6-2
Egg drop challenge.
I big thanks to Mr. MacIver for helping us out.



MEDIEVAL FAIRE '25



Health & Wellness

Social Media Awareness Family Sessions

ERASE will be holding FREE virtual sessions on social media awareness for parents and caregivers. Please share the link below in an upcoming communication with families for them to access these valuable sessions: <https://pages.saferschoolstogether.com/erase-family-session>

Generation Health Program- Healthy Lifestyle Program for Kids Ages 8-12

Please include the following in your next newsletters to families:

*Generation Health is a **FREE 10-week healthy lifestyle program** for children and their families, delivered through YMCA BC and in partnership with the Childhood Healthy Living Foundation. Program participants will meet virtually or in person to learn about healthy eating, physical activity, goal setting, body image, self-esteem and more!*

We have 4 program days to choose from: Starting in February on Tuesdays (In Person at the Tong Louie YMCA) or Wednesdays, Thursdays, or Fridays virtually from 6:30-8:30pm. This program requires prior registration through these details: phone 1-888-650-3141 or send an e-mail to generationhealth@bc.ymca.ca.

Families who join this program receive a complimentary membership to the YMCA.

This Month in the Arts - February 2025

The Arts are alive and well in Langley schools! Please check out the poster at the link below for a quick glance and overview of all of the amazing Arts events and activities happening across schools in the Langley School District in February!

February Health Messaging – Fraser Health

As part of its health promotion for students and families, our community partner Fraser Health is sharing important information on various topics. The theme for February is sexual health. Please share the following information below in your next newsletter or communication to families. This information has been shared on the District's social media channels.

Sexual Health Information (from Fraser Health)

Health, safety, and wellness continue to be a priority in our schools. To help support our students and families, we are sharing important information from our community partner Fraser Health about sexual health for school-aged children and youth. Please see below for helpful reminders to support your child.

Healthy Childhood and Youth Development includes Sexual Health

Learning about sexual health, including understanding your body and its changes, health conditions, personal hygiene, healthy relationships, consent and sexuality, are all part of growing up. Talking about sexual health can allow young people to identify their values and develop skills that promote healthy decision making and sexuality.

How do I Teach My Child about Sex and Sexuality?

Talking to your children about sexual health is important. Establishing an open and trusting relationship with your child will help them know they can come to you for honest answers to their questions about sex and sexuality.

*For help on how to talk to your child and what to include about sexual health take a look at the following information: **[Sexual education for children – Fraser Health Authority](#)***

*Learning about sexual health also means understanding sexual orientation and gender identity (SOGI). Look at these two resources for more information: **[Sexual orientation, gender identity and gender expression; Parents' Guide to SOGI in Schools / SOGI 1 2 3](#)***

Youth Clinics

*Let your child know about our youth clinics. These clinics are located across the Fraser Health region and provide free, confidential information and education regarding sexuality and health to youth up to 21 to 24 years old (age varies by site). Learn more about the services available at youth clinics: **[Youth clinics - Fraser Health Authority](#)***

Virtual Leadership Opportunities

Langley School District graduate Shaliza Jamal is the founder and Executive Director of Curated Leadership. Her company is offering these online workshops throughout the month of February:

Black Excellence and Navigating Anti-Black Racism in the Workplace (Pay what you can options ranging from 5.00 to 50.00)

[Black Excellence and Navigating Anti-Black Racism in the Workplace — Curated Leadership Inc.](#)

Master DEI Fundamentals to Amplify Your Leadership (Free)

[DEI Fundamentals — Curated Leadership Inc.](#)

Open Parachute Virtual Parent Night Presentations

(please share in an upcoming parent/guardian communication)

The Ministry of Education and Child Care, in partnership with adolescent clinical psychologist Dr. Hayley Watson from **[Open Parachute](#)**, will host three, free virtual sessions for parents, guardians and caregivers that will focus on practical skills you can teach your child and youth (ages 0-19) to prevent substance use and mental health needs. These sessions will build on a previous presentation, which focused on practical conversation tools for speaking about substance use prevention with your children/youth. The **[previous session](#)** is not a pre-requisite for this session.

Key takeaways for participants during this session:

- Learn the factors that lead to substance use and mental health needs from a trauma-informed lens
- Focus on prevention rather than intervention/response
- Applies to parents, guardians and caregivers of all age groups (youth aged 0-5, 6-10, and 11-18)

- Learn ways that these skills can be applied to yourself and the rest of your family to support the mental health of parents, guardians and caregivers

Participants must register in advance. Session dates are:

- **February 20, 6:00-7:30 pm PST**
- **February 25, 6:00-7:30 pm PST**
- **February 26, 6:00-7:30 pm PST**

Please share this information within your school community to reach parents, guardians, and caregivers of all ages. If you have any questions, please email the Mental Health and Substance Use team at educ.mentalhealth@gov.bc.ca.

Y-Minds: FREE Program for Teens, Youth, and Adults

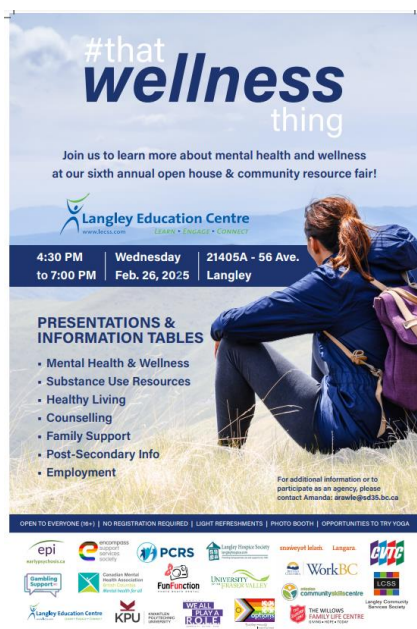
(please share in an upcoming parent/guardian communication)

Y Mind is a FREE seven-week group program for teens, youth, or adults who are managing mild-to-moderate anxiety, stress, or worry. Two facilitators guide the group through evidence-based coping strategies based on Acceptance and Commitment Therapy (ACT), mindfulness, and self-compassion. Group sizes are kept small, with 8 to 12 participants per group to facilitate peer support and connection.

Participants may self-refer, no diagnosis of anxiety is needed, and you do not need to be a YMCA member. All Y Mind Teen and Y Mind Youth participants receive a free YMCA membership for up to 14 weeks, including 10 free guest passes to bring a friend to the Y.

To join Y Mind, you must first register for an information session where you will meet the group facilitators and complete an intake for the program. Spaces are limited, so inquire ASAP to guarantee your spot at an information session.

https://forms.office.com/pages/responsepage.aspx?id=snyDnhYL3E2wNRMe5Joa_bfrfMlzExBJnS5Hx4AQGFdUM0gzRjg5SjhLMDMzRzLZRvDU1FWSEQxUyQIQCN0PWcu&route=shorturl



Langley Fine Arts School



*Are you looking for a program that encourages secondary students to **EXPLORE, CREATE, and INSPIRE**? This unique, publicly funded, K-12 fine arts school located in historic Fort Langley, combines provincial curriculum with high-level courses that develop aesthetic intelligence in student artists. Students with a passion for the arts will feel at home at Langley Fine Arts. Multiple seats are still available at the Grade 8-12 level for the 2025/26 school year. Please use this QR code to visit our website, and find out more about the application process.*




Open House – Tuesday, February 25th

Come visit us between 9:30am and 2:30pm on Tuesday, February 25th as we will be hosting an Open House!

Please see the SD Career Education information

<https://careered.sd35.bc.ca/news-events/list/>




HEALTH CAREER DISCOVERY SERIES: HONOURING INCLUSION

Considering a career in health care?

- TOURS TO KPU, UFV, BCIT
- STANDARD FIRST AID CERTIFICATION
- INDIGENOUS CULTURAL SAFETY TRAINING
- LEARN FROM A PANEL OF EXPERTS

Events happening April 16-June 5.
See your Career Advisor for more information and an application.

APPLYING DUE MARCH 10
PRIORITY GIVEN TO GRADE 10 STUDENTS




BUILD YOUR FUTURE CHILLIWACK OPEN HOUSE

Explore exciting, career-focused opportunities in Trades & Technology, Health Sciences, and Agriculture!

Thursday, Feb 27 | 4 – 7 pm
Chilliwack campus at Canada Education Park

Register to take the next step in building your future!

Trades & Technology
(Building 1 – 5519 Tyson Road)
Explore the BC Builders Road Show trailer with simulators and VR tech to experience the trades industry first-hand.

Agriculture
(Building 1 – 45288 Potomac Road)
Tour teaching greenhouses, labs, and outdoor learning spaces to learn about cutting-edge programs in agri-tech and food innovation.

Health Sciences
(Building A – 45190 Clew Avenue)
Attend live demonstrations of clinical techniques and hands-on health care practices to explore pathways in health science careers.




Paid Spring Break Work Experience at Hall Constructors

BUILD YOUR FUTURE IN CIVIL CONSTRUCTION

Hall Constructors is excited to offer a paid Spring Work Experience Program for students interested in exploring a career in civil construction. This is your chance to gain hands-on experience working on active job sites while participating in industry-leading training programs that set you up for success!

PROGRAM HIGHLIGHTS

- **Earn While You Learn: Paid work experience at \$25/hour**
- **Industry-Leading Training:**
 - Green Hard Hat Training Program with Basics of Civil Construction
 - Filling Out Safety Documentation
 - WHMIS 2015
 - Ground Disturbance Awareness
 - Mobile Equipment Awareness
 - Spotting & Site Safety
- **Work on Active Construction Sites**
Gain real-world experience under the guidance of skilled professionals
- **Learn Through a Competency-Based Approach**
Observe & demonstrate your skills in a structured program
- **Opportunity for Future Career Growth**
Potential for long-term career paths in construction with Hall Constructors

WHO SHOULD APPLY
Grade 12 students interested in hands-on work and construction careers
Those eager to learn from industry leaders in a structured training environment
Students who can commit to a minimum of 80 paid hours over Spring Break (March 17-30)

WHAT YOU'LL NEED
CSA-Certified Steel-Toed Boots
Work-Appropriate Clothing (Long pants, shirt with sleeves)
A positive attitude and willingness to learn!
Reliable Transportation - Students are responsible for their own transportation to and from in the Greater Vancouver Area

Launch your career in construction with Hall Constructors — apply today!

HOW TO APPLY

1. Submit your resume and cover letter by February 21, 2025
2. Send applications to careers@hall.ca
3. Shortlisted candidates will be invited for in-person interviews at Hall's head office in Langley

HALL GROUP OF COMPANIES | 300 - 19923 80A Avenue, Langley, BC V2Y 0E2 | 604.882.8203 | hall.ca



Lunch-and-Learn

When: Wednesday February 26

Where: LFMSS Library

Time: Lunch 11:50am



Please bring your lunch with you and learn more about KPU Health Science programs and more.



Information About School Status During Inclement Weather

Snow closures and power outages are an annual occurrence in the 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.

40 Avenue Road Updates

The project is expected to take four to five months to complete, and as a result, 40 Avenue is expected to remain closed until summer 2025, subject to project funding, culvert supply, and environmental approvals.

[Road closure: 40 Avenue between 212 Street and 216 Street is closed until further notice. - Township of Langley](#)

Students in Distress and School Safety

Health and safety are a priority in the Langley School District. Our schools follow emergency procedures to help keep students, staff, and the community safe. Depending on the situation, communication to parents/caregivers is needed to keep families informed about incidents in our school, such as during lockdowns, hold & secures, and room clears. Sometimes these incidents may not be emergencies but are medical crises. It is important to note that the decision to send communications to families is dependent on a variety of factors including the nature of what happened, who has witnessed or was directly impacted by what happened, as well as student and staff privacy. Although communication is unique and dependent on the specific situation, there are times when a student is in distress and the incident may require a message or letter to families. In addition to communication to parents/caregivers, teachers and staff may debrief with students after an incident that may have upset them. In some cases, the school counsellor may offer support to students in need. As always, we want families to let us know if your child requires support. If you have any questions or concerns about communication related to emergencies or incidents, please reach out to the school.

Volunteer Approval and Training

There is a new District process for adults volunteering in Langley schools. All volunteers who are more than just casual volunteers must complete a Criminal Record Check, the Refresher/Training video, and complete the Volunteer Application Form, all on the School District Website. The link is: <https://www.sd35.bc.ca/our-district/volunteer-at-the-langley-school-district/> The password to access the information is **SD35Volunteer**

Financial Hardship

The District is committed to ensuring that no student of school age will be denied an educational program due to financial hardship. Within the fiscal ability of each school and the District, no student is to be denied access to programs, events or field trips that are aligned to and enhance the BC curriculum. If you have any questions or are in a situation of financial hardship, please contact the school counsellor or administrator.

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/>

Your Voice Matters!

Are you between 12-18 years old?



Take our online survey to share your thoughts about sharing private pictures or videos without permission.

Anonymous:
No one will know your answers.

Fast:
It takes about 10 minutes.

The government of British Columbia offers services to help people whose private pictures or videos were shared without their permission.

We want to know if young people find these services helpful and identify ways they could be improved in the future.

Scan the QR code to start!



Survey weblink:
tinyurl.com/56pst5cx

For more information, please visit:
TakeBackYourImages.gov.bc.ca



Unmasking your true self



Brave

A Catalytic Empowerment Event for Teen Girls
Saturday Feb. 22 10am-4pm

Who: Female identifying teens 12-18 yrs

Where: The Willows Church & Family Life Centre
5735 203 Street, unit 103 Langley City

A day filled with new friends and special guests bringing encouraging messages of empowerment, integrated with healthy practices around beauty & wellbeing including skin care, somatic yoga for anxiety, nutrition tips, financial savvy, street smarts, crafty fun, treats & so much more!

Come and discover the beauty of your true self

Lunch & Giveaways included
Only 75 spots available -
Scan the QR Code to Register Today!



valley GranFondo



VOLUNTEER OPPORTUNITY

VOLUNTEERS NEEDED!

- Shifts available on Wednesday June 4th, Saturday, June 7th & Sunday, June 8th
- Volunteer in Fort Langley, Langley, Abbotsford and Vancouver
- Fun group jobs such as Aid Stations & Festival Support
- Honorariums are available for group volunteers. Contact us for more details!
- Volunteers receive t-shirt, lunch, beverages and festival access!

For more information please contact:
volunteer@valleygranfondo.com



Post-Ride
Festival,
Lunch & Shirt
included!

[Sign Up Now!](#)



www.valleygranfondo.com

Location: Eagle Acres Dairy Farm,
Fort Langley, BC

Sunday, June 8, 2025