

LDSS NEWS

October 28, 2024

Cheryl Peterson—Principal

Steve Little—Vice Principal

Kim Dezamits and Stacie Gray - Counsellors

Phone (250) 692-7733

E-Mail – LDSS@sd91.bc.ca

Website <http://ldss.sd91.bc.ca>

Principal's Message



Hadeeh and Hello. It's been a busy few days as LDSS. Last week we had our first *Talk About Learning* time with families. I hope that everyone had an opportunity to speak to the teachers of your child(ren). If not, please know that you can contact teachers and set up times to meet whenever necessary. We had our first dance of the year which was very well attended and the students had an amazing time. I want to send out a huge thank you to the LDSS PAC parents for putting on such a great event!

Fall sports are already wrapping up and winter ones are gearing up. Boy's Soccer, Volleyball and Rugby is winding down. In the meantime, Ski and Snowboard dryland training is set to begin.

There will be Grade Level Meetings this week to discuss some ongoing issues. The cell phone policy will be reviewed as there is an increase in use, and we will be discussing overall respect in the school.

Please remember that attendance is crucial for success in school and encourage your children to not only attend daily but remain in all classes.



LDSS UPCOMING DATES AND EVENTS

November 8 th	School Remembrance Day Ceremony
November 11 th	Remembrance Day (NO CLASSES)
November 22 nd	Pro-D Day (NO CLASSES)
November 26 th	PAC Meeting 6:00 pm
December 21 – January 5 th	Winter Break
February 17 th	Family Day (NO CLASSES)
February 19 th – 21 st	Grad Photos
March 19 th	Talk About Learning Time (Early Dismissal)
March 24 th – April 4 th	Spring Break (NO CLASSES)
April 18 th	Good Friday (NO CLASSES)
April 21 st	Easter Monday (NO CLASSES)
May 16 th	Share the Love Day
June 3 rd	7 <u>U</u> p Day
June 13 th	Grad Commencement Ceremony 1:00 pm

The Importance of Attendance

1 or 2 days a week doesn't seem like much but...

If your child misses...	That equals...	Which is...	And over 13 years of schooling that's...
1 day every 2 weeks	20 days per year	4 weeks per year	Nearly 1 ½ years
1 day per week	40 days per year	8 weeks per year	Over 2 ½ years of school
2 days per week	80 days per year	16 weeks per year	Over 5 years
3 days per week	120 days per year	24 weeks per year	Nearly 8 years

How about 10 minutes late a day? Surely that won't affect my child?

He/she is only missing just...	That equals...	Which is...	And over 13 years of schooling that's...
10 mins per day	50 mins per week	Nearly 1 ½ weeks per year	Nearly ½ year
20 mins per day	1 hr. 40 mins per week	Over 2 ½ weeks per year	Nearly 1 year
30 mins per day	Half a day per week	4 weeks per year	Nearly 1 ½ years
1 hour per day	1 day per week	8 weeks per year	Over 2 ½ years

EVERY DAY COUNTS

If you want your child to be successful at school then, YES, attendance does matter!

THANK YOU!

LDSS would like to thank our PAC and Parent Volunteers who helped organize the Halloween Dance on Thursday, October 24th. The students really enjoyed themselves and appreciated all the effort put in to making it such a huge success.

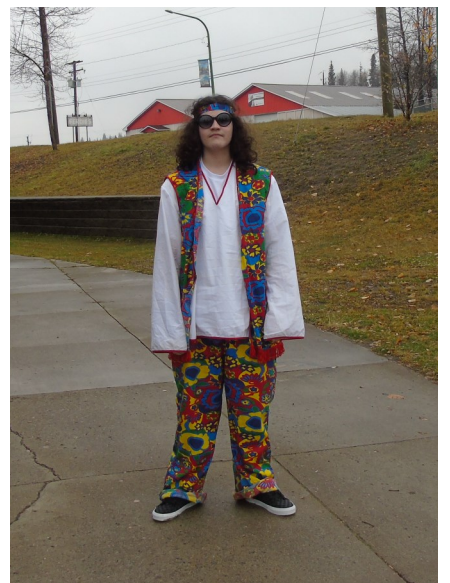


Superintendent's Report to the Board
Regular Board Meeting of October 21, 2024

We are grateful to live, work, and play on the unceded, ancestral territories of fourteen First Nations representing the Dakelh, Nedut'en and Wet'suwet'en peoples. We are working diligently towards creating equity for our learners through conscious acts of Reconciliation.

Halloween at LDSS

Students and staff showed their creative sides with some amazing costumes this past Monday. It was great to see so many different fun and inventive ideas brought to life. Thank you to Carrier Sekani Family Services for the Halloween treats they brought for students.



Career Info.

A career exploration opportunity for students in grades 10 - 12 from Lakes District Secondary School:

The Canadian Medical Hall of Fame invites interested high school students and young adult learners in rural, remote and Indigenous communities across British Columbia, Alberta, the Yukon and Northwest Territories to join us **online on November 21** to explore careers in medicine and the health sciences in our 2nd annual ***Discovery Days in Health Sciences ONLINE***.

Our full day virtual program will begin at 8:30 am PT | 9:30 am MT on the event platform *Accelevents*. Through informative exhibits, a keynote lecture, two interactive workshops of choice pre-selected from a catalogue of options, and discussion with a panel of academics/professionals from various related fields, our goal is to educate participants about the vast array of careers that exist in the health sciences with the hope of sparking an interest in pursuing a career in health care. As well, the event includes three breaks which also offer participants an optional peer networking opportunity.

During the student registration process, participants will select their own two workshops of interest. If you are interested in participating in this event, please see Mrs. Dezamits.

STUDENT SUPPORT SERVICES

INFORMATION

DEPRESSION

Maybe you feel the same way sometimes - sad, alone, discouraged and tired. These feelings may seem scary, confusing and overwhelming, especially if you think you are the only one feeling them. There is help! You can feel good again. You *can* go on. Your life *is* worth it.

Do you know that:

- An 'A' student can be depressed?
- A star athlete can be depressed?
- Someone who is handsome or beautiful can be depressed?
- Anxiety and helplessness are symptoms of depression?
- A change in appetite can signal depression?
- A sudden drop in your grades or trouble in school could be a sign of depression?
- If you are often angry and irritable, you might be depressed?
- When you feel like nothing matters anymore, you are probably depressed?

Depression causes a variety of serious symptoms and can affect anyone at any time - no matter who you are, what you look like or where you live. People young or old can be depressed. People of every race, gender, ethnic heritage and religion can be depressed. Even the rich, famous or successful can go through depression.

Depression affects more young people today than ever before. If you are feeling down, tired, anxious, angry, overwhelmed, hopeless, helpless, guilty and/or worthless - and if these feelings have affected you for some time, you are probably depressed. If knowing you are depressed makes you even more depressed, take heart:

- * depression is common.
- * you are not alone in feeling this way.
- * you do not have to face this alone.
- * depression is treatable - you do not have to feel this way forever.

If you have any questions or concerns about this issue please talk to an adult you trust - a parent, teacher or school counsellor. They can lead you in the right direction to feeling better again.

Information provided by our Aboriginal Education Workers, Home School Coordinators and Counsellors.