

# Lambrick Park High School LP LIONS Weekly Events

Website: [www.lambrickpark.sd61.bc.ca](http://www.lambrickpark.sd61.bc.ca) Phone: 250-477-0181 Email: [lambrickpark@sd61.bc.ca](mailto:lambrickpark@sd61.bc.ca)

## MONTHLY EVENTS 2019-2020

### WEEKLY EVENTS JANUARY 13 - 17: WEEK 1

<p><b>Monday</b>                    <b>January 13</b>    -</p> <p><b>Tuesday</b>                <b>January 14</b>    -</p> <p><b>Wednesday</b>            <b>January 15</b>    -</p> <p><b>Thursday</b>                <b>January 16</b>    -</p> <p><b>Friday</b>                    <b>January 17</b>    -</p>	<p><b>Grade 11/12-Parent &amp; Student Post-Secondary Information Night</b> including the Camosun College Food Truck @5:30 pm – 7:30pm</p> <p><b>Breakfast of Champions 7:30am – 8:30am</b> All students nominated have been contacted</p> <p><b>Term Ends</b></p>
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### IMPORTANT UPCOMING DATES:

<p>MONDAY                    January 20    -</p> <p>TUESDAY                 January 21    -</p> <p>WEDNESDAY              January 22    -</p> <p>THURSDAY                January 23    -</p> <p>FRIDAY                    January 24    -</p> <p>WEDNESDAY              January 29    -</p> <p>THURSDAY                January 30    -</p> <p>FRIDAY                    January 31    -</p>	<p>School Exams Block A (9:00-11:00) Block B (1:00-3:00)</p> <p>School Exams Block B (9:00-11:00) Block C (1:00-3:00)</p> <p>Numeracy Assessment</p> <p>Literacy Assessment</p> <p>Making the Transition UVic Presentation @Oak Bay</p> <p>Numeracy Assessment</p> <p>End of Semester</p> <p>Lambrick Park Program of Choice Info Night Baseball/Softball Academy</p> <p>LAMPAC – budget meeting</p> <p>Report Cards to home</p>
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## Making the Transition

Understanding the pressures of your first year at university

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Presentation by Rebecca Gagan, Assistant Teaching Professor in the Department of English and founder of UVic Bounce

Thursday, January 23, 2020  
6:30pm – 7:30pm  
Oak Bay High School Theatre, 2121 Cadboro Bay Rd

Alexandra D'Arcy, Professor of Linguistics and Associate Dean Research, University of Victoria. Photo by: Chorong Kim

Today's first-year university students are experiencing stress, anxiety, and depression at record levels, caused by everything from moving away from home, to social expectations, to work pressures, to academic pressures. Without intervention, the weight of all this can be overwhelming leading to various mental health conditions that can negatively impact their academic performance.

Join Rebecca Gagan, Assistant Teaching Professor, Department of English, and Founder and Director of the University of Victoria's Bounce program ([www.uvic.ca/bounce](http://www.uvic.ca/bounce)) for this informative presentation to discuss strategies for successfully navigating the transition to first-year university. By changing the way we understand and talk to students about their struggles, we can help students before they become overwhelmed. This presentation will explore how to build positive coping skills that will change the course of a student's academic journey and particularly their experience of first-year university.

This talk is suitable for students, parents and guardians. Presented by:

Humanities

We welcome new families to our Lambrick Park Community. If you have questions or would like more information about the school feel free to contact us at 250 477 0181 or email us at [lambrickpark@sd61.bc.ca](mailto:lambrickpark@sd61.bc.ca).

Information about the wide variety of courses offered here at Lambrick Park Secondary along with course forms can be found on our Course Offerings page here: [Lambrick Park Courses](#)

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Students in grade 10 11 and 12 will be writing the Provincial Literacy and Numeracy Assessment January 22-24<sup>th</sup>. These assessments are required for graduation by the Ministry of Education. Information about these assessments can be found at:

Numeracy Assessment – required for all students who are working toward the Dogwood Diploma  
<https://lambrickpark.sd61.bc.ca/student-info/numeracy-assessment/>

Literacy Assessment – a new requirement for grade 10 and younger students working toward the Dogwood Diploma  
<https://lambrickpark.sd61.bc.ca/student-info/literacy-assessment/>

Students who are currently in Communications 10 will write the Literacy Assessment this month. Students who are currently in Foundations of Math 10 will be writing these assessments this month, as well as any grade 11 and 12 students who have not yet written the numeracy assessment. Student and families will receive an email soon about which specific time they will write the assessment. If they are not able to make this appointment and need to reschedule, or require any further information please contact our Vice Principal, Nancy Archer at [narcher@sd61.bc.ca](mailto:narcher@sd61.bc.ca).



## Lambrick Park Program of Choice Information Night Baseball/Softball Academy

January 29<sup>th</sup> 2020, 6:30 to 7:30pm, Lambrick Park High school Library  
[Diamond for Excellence Academy](#)



Our goal is to support student athletes to achieve their dreams both athletically and academically. The funds raised will enable us to provide quality instruction and opportunity for young people to become responsible successful and contributing members of our community. Every dollar raised goes directly to our student athletes.

**When:** Friday, March 6 2019

**Location:** Bear Mountain - Valley Course

### **NEEDED: Donations and Hole Sponsorship**

**Donations:** We kindly ask for your organization to consider donating to our live auction, silent auction and ballroom raffle. Donations can be dropped off at or mailed to Lambrick Park Secondary School.

**Hole Sponsorship:** \$1500 (includes foursome in event, four tickets to dinner banquet, opportunity to provide activity, giveaway or product sample at your hole, as well as GPS advertisement and verbal acknowledgement at banquet).

For additional information and to register: [The Academy Open](#)