

Lambrick Park High School LP LIONS Weekly Events

Website: www.lambrickpark.sd61.bc.ca Phone: 250-477-0181 Email: lambrickpark@sd61.bc.ca

MONTHLY EVENTS 2019-2020

LUNCH PROGRAM:

There will be **NO** lunches the week of January 20-24 due to end of term exams.

****Please Note** if you were prepaid for lunches on CALZONE **Wednesday January 15 (SNOW DAY)**, CHINESE FOOD **Monday January 20** or PIZZA **Tuesday January 21** you will be automatically added to our lists for January 27, 28 & 29**

[SCHOOL CASH ONLINE](#) sign up for Second Term lunch dates will be available beginning January 27th.

Questions: lampac2015@gmail.com

GYM & WEIGHT Room will be CLOSED during exam week due to supervisors assisting with exams

WEEKLY EVENTS JANUARY 20-24

| | | |
|-----------|------------|---|
| MONDAY | January 20 | - |
| TUESDAY | January 21 | - |
| WEDNESDAY | January 22 | - |
| THURSDAY | January 23 | - |

WEEK 1

- School Exams Block A (9:00-11:00) Block C(1:00-3:00)
- Scholarship Meeting @lunch in the Library (11:35-12:25)
- School Exams Block B (9:00-11:00) Block D (1:00-3:00)
- Numeracy Assessment
- Literacy Assessment
- Making the Transition UVIC Presentation @Oak Bay

Making the Transition

Understanding the pressures of your first year at university

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



Rebecca Gagan, Professor of Linguistics and Assistant Dean Research, University of Victoria. Photo by Chelsea 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 interventions, 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/) 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:





| | | |
|--------|------------|---|
| FRIDAY | January 24 | - |
|--------|------------|---|

- Numeracy Assessment
- End of Semester

IMPORTANT UPCOMING DATES:

| | | | |
|-----------|------------|---|--|
| MONDAY | January 27 | - | Start of Semester 2 |
| TUESDAY | January 28 | - | |
| WEDNESDAY | January 29 | - | Lambrick Park Program of Choice Info Night Baseball/Softball Academy in the library |
| THURSDAY | January 30 | - | BREAKFAST of CHAMPIONS (re-scheduled) 7:30am - 8:30am LAMPAC – budget meeting |
| FRIDAY | January 31 | - | Report Cards to home |

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.

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](#)

Students in grade 10 11 and 12 will be writing the Provincial Numeracy Assessment on January 22nd or January 24th and the Provincial Literacy Assessment on Thursday January 23rd. These assessments are required for all students who are working toward the Dogwood Diploma.

[Numeracy Assessment Info](#)

[Literacy Assessment Info](#)

Current students in Foundations of Math 10 and any grade 11 and 12 students who have not yet written the numeracy assessment will be writing these assessments on January 22nd or 24th.

Students who are currently in English 10 & Communications 10 will write the Literacy Assessment on Thursday January 23.

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.



Lambrick Park Program of Choice Information Night Baseball/Softball Academy

January 29th 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](#)