



Lambrick Park Secondary School

4139 Torquay Drive, Victoria, B.C. V8N 3L1
Phone: 250-477-0181 Fax #: 250-477-0143

Website: www.lambrickpark.sd61.bc.ca

Email: lambrickpark@sd61.bc.ca

Gord Mitchell, Principal

Melanie Paas, Vice Principal

Barry Janzen, Vice Principal

DAILY EVENTS – check [DAILY ANNOUNCEMENTS](#)

KEEP UP TO DATE WITH LP INSTAGRAM - [LAMBRICK PARK INSTAGRAM](#)

UPCOMING LP EVENTS:

JANUARY 10: A full return to school for all students will be Monday, January 10, 2022

To all LP Families,

Apologies in advance for the lengthy email, but below are some of the changes we have put into place for next week. We wanted to give families time over the weekend to make any adjustments to their schedules if need be.

For the remainder of Semester 1 classes (until January 21) we will have a modified schedule to allow for some enhanced safety measures. Students will be provided a more detailed presentation in A block on Monday, but the main points for families to be aware of are as follows:

Expanded Entrances: Students are to enter the building using the entrance associated with their class (map is included below)

- This is to prevent crowding when entering the building at the start of the day and after lunch

Daily Health Check: Students and Staff are expected to complete a daily health check each day and to stay home if feeling sick. An easy way to do this is to download the DHC App or online check process at :<https://www.k12dailycheck.gov.bc.ca/healthcheck?execution=e1s1>

- It is important that anyone exhibiting symptoms stay at home. If students arrive feeling unwell, or develop symptoms during the school day, they can expect to be sent home immediately.

MASKS: Masks are required and are expected to be worn properly at all times when in the building.

- Students should bring masks from home and also get into the habit of bringing extras. Obtaining one from the front office should only occur very occasionally. We cannot permit students to line up and congregate in or outside the office to get a mask.

Hand Hygiene: Students should utilize the hand sanitizing stations when entering the building (each time) and after they use the washroom.

Class Transitions and Breaks: Students will not be permitted to take out of classroom breaks during class time. 1 student out to quickly use the washroom may be permitted if needed. Students should expect/plan on remaining in their classes for the entire class. Student will also stay in their class until the bell goes. After the bell they will be required to move quickly and directly to their next class. Visiting with friends, or grouping in the hallways will not be permitted.

Lunch: We have shortened the lunch period to 30 minutes to limit the temptation to congregate. Students will be permitted to either eat in a classroom with a small group of peers OR leave the building to get lunch and stay out of the school until the end of lunch. Movement between classes during lunch will not be allowed. Eating in the hallways is not an option at this time. We will also be closing the gym and multi-purpose room during lunch to limit grouping. An updated modified timetable is on our website and included below.

Spares and Afterschool: Students on spares will be asked to leave the building to prevent crowding. We will also be clearing the school halls at the end of the day to limit groupings/crowds. If a staff member has agreed to working on school related work, this can be done in the classrooms and not the hallways.

Visitors: We will be limiting visitors to the building as much as possible. When meetings or sharing of information need to occur, we will conduct those by phone or virtually.

Sports: School teams are still permitted to hold practices and games. At this time schools are not permitting any spectators to games

While we do not know how long these measures will be in place, we hope that our updated health protocols help to limit the spread of COVID 19 at Lambrick. If/when things change, we will communicate with families as quickly as we can.

Please talk over the above items with your child, it is important that we work together to keep our community as safe as we can. Thanks for your understanding and support.

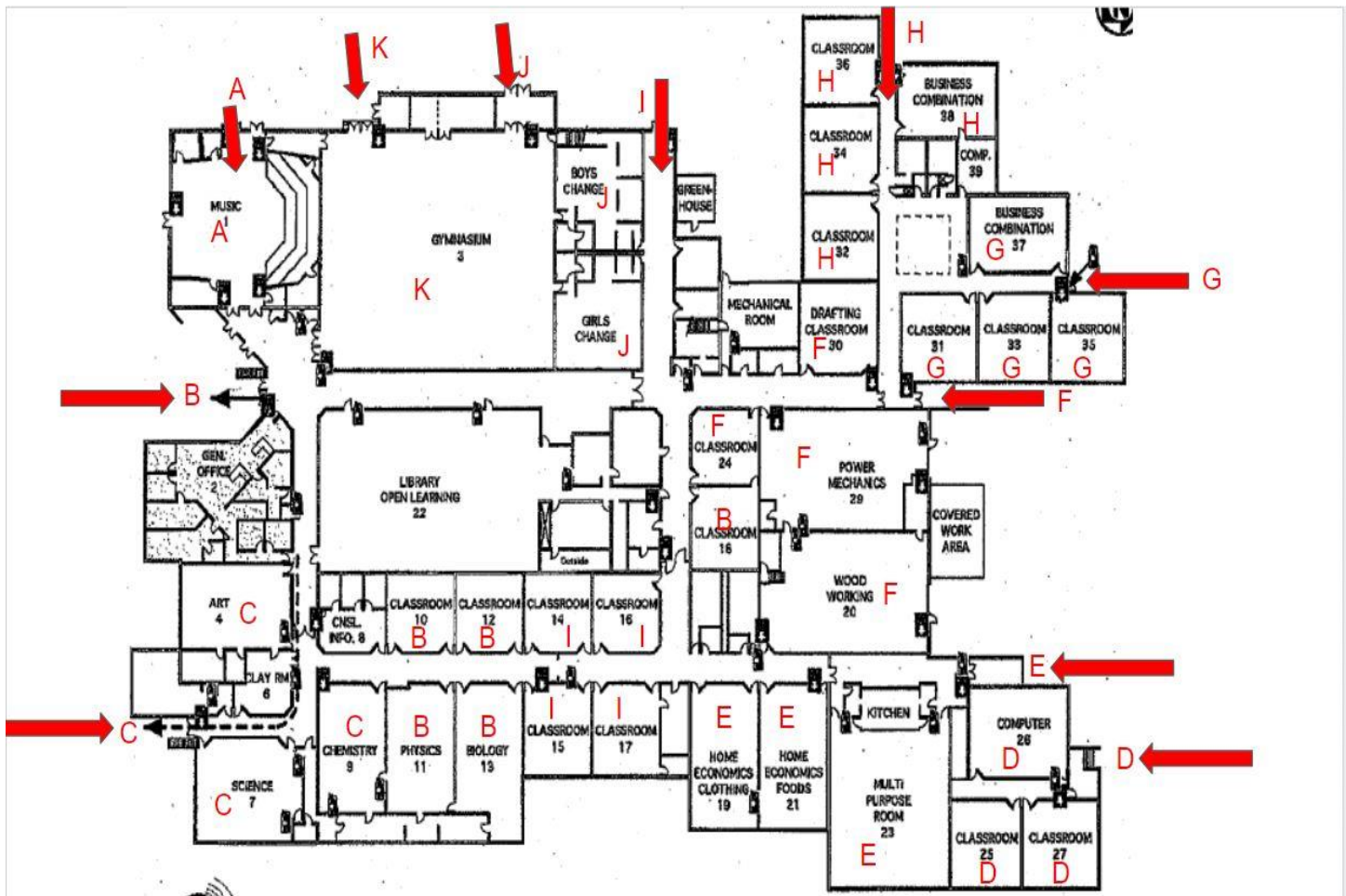
Gord Mitchell

Principal, Lambrick Park Secondary
Greater Victoria School District No. 61

2021-2022 LPSS Timetable

	Monday	Tuesday	Wednesday	Thursday		Friday
8:55 10:15	A	B	A	B	8:55 9:45	A
10:20- 11:40	B	A	B	A	9:50- 10:40	B
11:40- 12:10	Lunch	Lunch	Lunch	Lunch	10:40 11:20	Lunch
12:15- 1:35	C	D	C	D	11:20- 12:10	C
1:40- 3:00	D	C	D	C	12:15- 1:05	D
					1:10 2:10	Learning Support

Expanded Entrances Map



LAMBRICK PARK MUSIC BOTTLE DRIVE

In support of our trip to the Con Brio Music Festival in Whistler.

Please save your holiday bottles!

WHEN: Saturday January 8, 2022 11:00 AM-2:00 PM

WHERE: Gordon Head Middle School 1671 Kenmore Road

Can't make it on January 8th?

We'll come to you between now and then. Please email hprael@hotmail.com to arrange pick-up.

Thank you for your support!

Mid-Year Academy Updates

Our 2021/2022 school year is half over and we wanted to send out some updates for you with regards to some changes resulting from new Public Health Orders. We are shortening lunch time for at least the remainder of Semester 1.

1) Oak Bay Training Sessions/Schedule

We do not see too many major changes to our Mondays and Wednesdays at Oak Bay Recreation Indoor Facility.

Please note for on the Bus: Students **MUST** wear a mask while on the bus. When and where possible, students should space out while on the bus as well.

2) LP Training Days

Workouts at school will continue on Tuesdays, Thursdays and Fridays.

It should be noted that we are going to limit the number of students in the weight room at one time while we are under more stringent health rules. In some cases, we will be dividing the larger groups up into 2 smaller teams, one group will get time in the weight room and the other will be working on class material to meet the Health Curriculum required to successfully obtain PE class credits. The class work will focus on sports related health choices. For example information on nutrition and hydration.

This will be a good opportunity to enhance work out safety rules, and complete required curricular materials for academy classes .

Additional training sessions will be scheduled when and where possible based on weight room availability and space. Some afterschool (3:00pm to 4:00pm) sessions could be offered, with capacity limits.

3) Training Progress: Please check in with an academy staff member to check up on progress to date.

4) Golf Tournament Update: Our 3rd Annual Academy Golf Tournament is on April 8th. More information regarding tickets, as well as ways to help support or volunteer will be sent out soon.

5) Academy Virtual Open House: We are hosting a virtual open house on January 12th. Please help us get the word out to any baseball families that might be interested in attending our Academy Program in September. <https://www.diamondforexcellence.ca/prospective-students>



MENTAL HEALTH AND WELLNESS SNAPSHOT

SUPPORTING OUR STUDENTS BY SUPPORTING THOSE WHO CARE FOR THEM

January 2022 Snapshot

[Impact of Social Media on Teens](#)

The poster features a vibrant, tropical background with palm trees and a sunset. A hand holds a smartphone displaying a beach scene, while another hand makes a peace sign in the foreground. The text is bold and impactful, with a QR code in the bottom right corner.

**Be careful not to
compare your real life...**

**to someone else's
online content**

Things are not always as they seem!


What to Stop Comparing

One *Learning* Community January 2022 