



LDSS News

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Helping you to grow to be your best!

November 12th, 2009

STUDENTS AND STAFF ATTEND SCHOOL'S REMEMBRANCE DAY CEREMONY



In Flanders Fields
—
In Flanders fields the poppies blow
Between the crosses, row on row,
That mark our place; and in the sky
The larks, still bravely singing, fly
Scarce heard amid the guns below.

We are the Dead. Short days ago
We lived, felt dawn, saw sunset glow,
Loved, and were loved, and now we lie
In Flanders fields.

Take up our quarrel with the foe:
To you from falling hearts we throw
The torch, be yours to hold it high;
If your time flows with us, we bid
We shall not sleep though poppies grow
In Flanders fields.

John McCrae
1915



Photo one – AJ Froese, André Dubé and Cori Johnson read some creative writing pieces. Photo two – Stephan Gross (Rotary Exchange student from Germany) and Jace Foubert spoke on war from their perspective. Photo three – Mr. Dubé hosted our ceremony. Photo four and five – Mrs. Charlie's dance students performed to Anthony Hutchcroft's "In Flanders Fields".

TRAVEL CLUB INFORMATION MEETING

The Travel Club will be hosting a parent information session on **Tuesday, November 17th** at 6 pm in the library to discuss a trip to Costa Rica (Spring Break 2011). The meeting will be a chance for parents to get information on the proposed schedule, costs and purpose of the trip. Club sponsors, Ms. Bonnell and Mr. Moore, hope to see you there. If you cannot make the meeting, please contact us at 250-692-7733.

LDSS STUDENT PLACED 6TH AT PROVINCIALS

On Saturday, November 7th, LDSS' David Palmer placed 6th at the provincials in White Rock. The students and staff congratulate David on his 6th place finish.

OUR ALTERNATE CLASS IS HOLDING A POINSETTIA FUNDRAISER

Mrs. Cutsforth's Alternate class will be selling poinsettias for \$12 each until Tuesday, November 17th. They are available in red, white, and pink. Students will be knocking on doors and selling at various venues around town. Cash accepted only.

The poinsettias can be picked up on Thursday, December 3rd from 3:30 to 7 pm. Your purchase will help send the Alternative class on a field trip in the spring of 2010.

Please contact Mrs. Cutsforth with any questions/concerns or for ordering information at 250-692-7733.

REPORT CARDS WILL BE GIVEN TO STUDENTS

Report cards will be given to students at the end of the day on **Wednesday, November 25th**.

At LDSS, we believe in being:

responsibLe

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STUDENT ATTENDED ENCOUNTERS WITH CANADA IN OTTAWA



Photo one – Julia Varghese and Megan Lucks from Williams Lake pose in front of the Parliament Buildings. Photo two – The National War Memorial in Ottawa.

Julia Varghese attended the Sports and Fitness week at the Encounters with Canada program in Ottawa with other students from across Canada.

The students would like to thank the staff of LDSS Career Programs for making this possible for them.

LDSS is given four student spaces each school year. If you are interested in attending next year, please let Mrs. Dubé or Mrs. Ferguson know that you are interested.

PROTECTING YOUR KIDS FROM THE H1N1 FLU VIRUS

The H1N1 flu virus (human swine flu) is a type of influenza that can cause respiratory disease that can spread between people. Young children, pregnant women and people with chronic diseases like asthma, diabetes or heart disease, may be at higher risk for complications from this infection. In most children, the symptoms of the H1N1 flu virus are similar to the symptoms of seasonal influenza. They include:

- Fever
- Cough
- Sore throat
- Body aches
- Headache
- Chills and fatigue
- Occasionally, vomiting and diarrhea

Flu viruses spread from person to person mainly through droplets from the coughing or sneezing of a sick person. Flu viruses may also be spread when a person touches something that is contaminated with the virus and then touches his or her eyes, nose or mouth.

The H1N1 flu vaccine will be made available to those who will benefit from it most (individuals under 65 years of age with chronic disease, pregnant women and individuals living in remote or isolated communities) beginning the week of October 26. The following week, the vaccine will be made available to children between six months and five years old, as well as health care workers and household contacts and home care workers of infants and those who are immunocompromised.

In addition to receiving the vaccine, there are everyday actions that can help prevent the spread of germs that cause respiratory illnesses like the H1N1 flu virus:

Teach your children to wash their hands frequently with soap and water for 20 seconds. Be sure to set a good example by doing this yourself.

Teach your children to cough and sneeze into a tissue or into the inside of their elbow. Be sure to set a good example by doing this yourself.

Teach your children to stay at least two metres (six feet) away from people who are sick.

Children who are sick should stay home from school and daycare and stay away from other people until they are better.

You can call HealthLink BC at 8-1-1, 24 hours a day/seven days a week to speak to a nurse if you have more questions or are concerned about any illness/symptoms experienced by you or your children.

ROTARY YOUTH EXCHANGE PROGRAM APPLICATIONS ARE NOW BEING ACCEPTED

The following are some of the qualities sought in applicants:

1. Above average academic qualifications.
2. Well-rounded personalities with an ability to think through problems and the stresses of living in a foreign environment.
3. Potential to be a good ambassador for their community, for Rotary and for Canada. During their year abroad, exchange students may be called upon to address many groups. Accordingly, they must possess a good personality, have the ability to communicate with other people and be able to express themselves clearly and well.
4. An inquiring mind and an active interest in the student's own environment, in the world in general and in world problems.
5. Students who are active in their community through sport, hobbies, youth activities, or church affairs. The best students are invariably those who lead busy, active lives in their communities.
6. Well adjusted applicants, particularly in their family relationships. Students who can not adjust to his/her own family may find it impossible to adjust to more difficult family situations in a foreign environment. The best students invariably come from happy, united homes where the parents are 100% supportive of the student's participation in the Youth Exchange program.
7. Students whom Rotarians would enjoy hosting in their own home.
8. Must be 16 or 17 years of age six months prior to departure.

If you are interested you can check out this link <http://www.d5040youthexchange.ca/Video.htm> and come down to the Career Office for an application. Applications are due by November 17th at 9 am.

STUDENT SUPPORT SERVICES

INFORMATION

A number of services are available to youth at LDSS. If you are having trouble with peers, depression, bullying, family issues, or other problems, please explore one or more of the following resources.

- LDSS Counselling
- Lakes District Counselling Services 692-7577
- Ministry of Children and Families 692-4142
- Youth in BC Crisis line 1-866-661-3311 or www.youthinbc.com

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