



The Titans' Tribune

Home and School Working Together

October 2, 2026

Issue #3

Upcoming Dates

This past week, we recognized the National Day for Truth and Reconciliation, also known as Orange Shirt Day. This day honours the survivors of residential schools, remembers the children who never returned home, and acknowledges the lasting impacts that residential schools have had on Indigenous families and communities across Canada. The orange shirt has become a symbol of awareness, remembrance, and the message that Every Child Matters.

As a school community, we encourage everyone to take time today to learn, listen, reflect, and consider how we can contribute to a future built on respect, understanding, and reconciliation. Reconciliation is an ongoing journey that requires all of us to learn from the past and work together toward a better future.

I would like to thank staff and students for their contributions and learning this past week, and hope that we can continue to work together to ensure that LFMSS is a safe, respectful and caring place to learn and grow.

Coming up this month, I would like to remind families that we will be holding Parent-Teacher interviews, and that we are close to approaching our first set of reporting for students—please be looking out for information from the office about signing up for these appointments.

I would also like to thank families, students and staff for their understanding regarding our recent power failures and to remind families that they should follow **district and school directives** on whether school is in session. Please check our website during these events to see if we are still in session. It is very disruptive to our office and to classes if students are asking to be picked up when we remain in session. We have emergency lighting and plenty of daylight to continue classes for prolonged periods.

Michelle Allen

Principal

[Langley Fundamental Middle & Secondary School](http://www.langleyfundamental.ca)

mallen@sd35.bc.ca

Oct. 6	Terry Fox Run
Oct. 7	Grad Cruise
Oct. 12	Thanksgiving- School Closed
Oct. 13	AGM for PAC meeting at 7:30pm
Oct. 15	Shake Out Earthquake Drill Day
Oct. 20	Photo Retake Day
Oct. 21	Early Dismissal 1:27pm Parent Teacher Interviews
Oct. 22	Early Dismissal 1:27pm Parent Teacher Interviews
Oct. 23	Professional Development Day Students Not in Attendance

Please visit www.lfmss.sd35.bc.ca for the most up to date calendar of events.



ANNOUNCEMENT

Reminder for Parents/Guardians:

The school office is unable to set alarms or provide individual reminders for students who need to leave at a specific time during the school day.

Please communicate with the office five minutes prior to the early dismissal time.

To help ensure a safe and orderly dismissal for all students, please be advised that students will not be dismissed during the final 15 minutes of the school day.

If your child needs to leave early for an appointment or other reason, please plan to pick them up before the final 15-minute dismissal window begins. Otherwise, students will be dismissed at the regular end-of-day dismissal time.

We appreciate your understanding and cooperation as we work to make dismissal as safe and efficient as possible for everyone.

TERRY FOX RUN

Oct 6

A Toonie for Terry

OUR FUNDRAISING GOAL IS \$1000!

Donation Celebration Cards!

Donate until Oct 6

\$2.00 each

(For a chance to play your favourite song for the whole school)

Athletic Competitions!

Athletic Competition open at Lunch

(Oct 6)

Entrance tickets are \$2.00 each

Fundraise!

If we raise to...

\$500



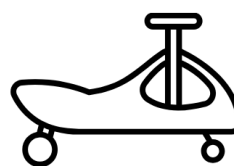
Mr.Reeves and
Mr.Bourget will wear
Dino costumes

\$750



Mr.Pereira and Mr.Vogt will
sing a song in the main
foyer

\$1000

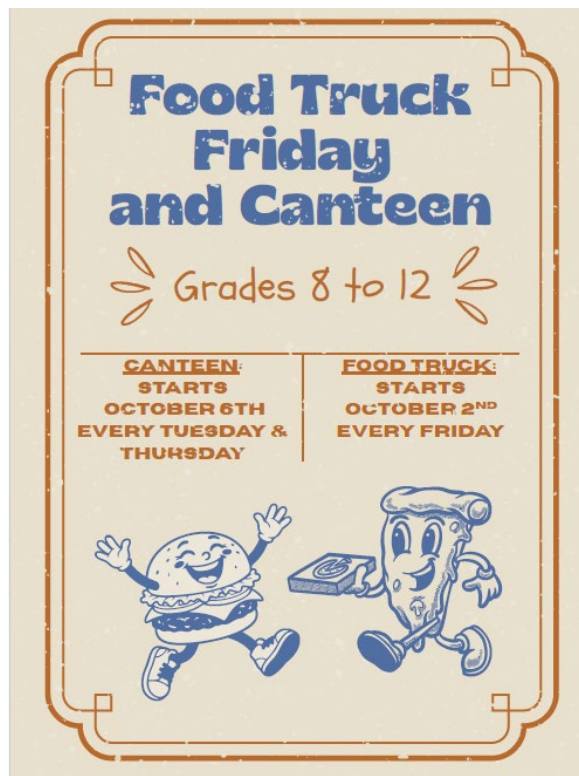


Mr.Lunn, Mr.Stickney and
Ms.McClland will wiggle
car race in the gym



RUN TO CURE CANCER!





BACK TO SCHOOL SALE!



YEAR

BOOKS

ORDER NOW to GUARANTEE your
copy at the **LOWEST PRICE** of the year!

SCAN ME



\$60.00

DEADLINE:
OCTOBER 31st



Alpine Sports at LFMSS

We are running a 4 day program at Cypress on Fridays in January (8,15,22,29) with a one day optional extension to Whistler on Feb. 5th

All details and sign up information are available:
<https://lfmss.sd35.bc.ca/extra-curricular/alpine-sports-program/>

Registrations must be completed by October 15.
Contact Mr. Bresett cbresett@sd35.bc.ca if you have any questions.

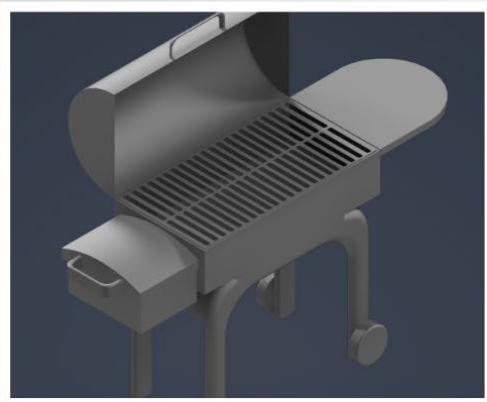
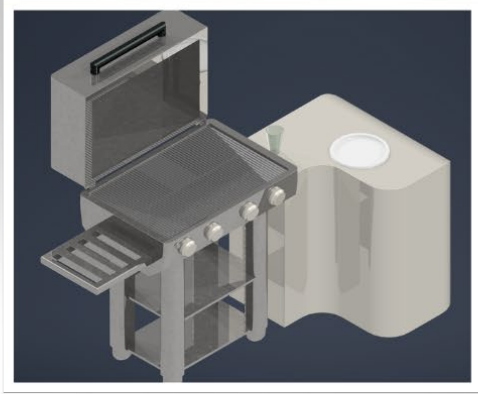
YOU MUST COMPLETE ALL THREE STEPS TO REGISTER:

- 1. Fill out the online registration on the school's website**
- 2. Pay at SchoolCash Online**
- 3. Fill out and send in the waiver to Mr. Bresett**

If you miss any of the steps your registration will not be counted.

Space is limited - the program will most likely fill up quickly.





Drafting & Design 11/12
Students have been busy
crafting BBQ parts.

School District News

Emergency Procedures in Schools

Schools follow emergency procedures and practice drills throughout the year to ensure students, staff, and any visitors at our sites are safe when unexpected incidents happen. The District encourages families to become familiar with emergency procedures to help you and your child be prepared. You will find the District's Emergency Procedures poster in schools and on the website [here](#).

Community Volunteers in Emergencies

Emergencies can happen unexpectedly due to weather events (e.g., earthquake or flooding) or unforeseen situations in the community. The health and safety of students, staff, and families is the District's priority. The District, together with schools, follow emergency procedures to respond to incidents as well as prevent them from happening.

In these circumstances, schools may rely on members of the community to assist with emergency responses. Administrators may send a request to parents/guardians to help volunteer with first aid, facilities and maintenance, safety and security, and general labour. Adults with special skills in health care, policing, and engineering would be an asset in an emergency. No action is needed from families at this time as the purpose is to keep families informed.

Safer Schools Together Parent Information Sessions

Safer Schools Together is once again providing Family Information Sessions on a variety of topics. These are good opportunities for parents and guardians to increase their knowledge on the evolving world of digital citizenship, social media, AI, etc. Sessions are recommended for those in care of children aged 10 & up.

The first two sessions available are titled:

- Establishing Safe, Caring, and Respectful Digital Communities
- Establishing Family Practices for Safeguarding Against Cyberbullying and Sextortion

<https://pages.saferchoolstogether.com/erase-family-sessions>

SchoolMessenger

The Langley School District uses a notification system called SchoolMessenger to communicate information to families throughout the school year. As we continue to welcome new families to our District, some parents/guardians may receive a text message notifying them about SchoolMessenger. If you need to update your contact info on file, please reach out to your school. For more info about SchoolMessenger, visit the District website [here](#).

Student in Distress and School Safety

Health and safety are a priority in the Langley School District. Our schools follow procedures to help keep students, staff, and the community safe. Depending on the situation, communication to parents/caregivers is needed to keep families informed about incidents in our school, such as during lockdowns, hold & secures, and room clears, or in the event of a student in distress. Sometimes these situations may not be emergencies but events that require a school response. It is important to note that the decision to send communications to families is dependent on a variety of factors including the nature of what happened, who has witnessed or was directly impacted by what happened, as well as student and staff privacy. Communication is unique and dependent on the specific situation; there are times when a student is in distress, yet the situation may or may not require a message or letter to families. In addition to communication with parents/caregivers, teachers and staff may debrief with students after an incident that may have upset them. In some cases, the school counsellor may offer support to students in need. As always, we want families to let us know if your child requires support. If you have any questions or concerns about communication related to situations or emergencies, please reach out to the school.

Staying Healthy this Winter

Health, safety, and wellness continue to be a priority in our schools. To help support our students and families, we are sharing important information from our community partner Fraser Health about how to stay healthy this winter. Please see below for helpful reminders to support your child.

Keep Your Children Free From Respiratory Illnesses This Winter

As the weather gets colder and more time is spent indoors, we are more likely to get sick with things like colds, flu or COVID-19 because these illnesses spread more easily in enclosed spaces.

Everyone should take these steps to protect themselves and limit the spread of respiratory illnesses:

- Get vaccinated against flu and COVID-19.
- Wash your hands often with soap and water. Use alcohol-based sanitizer if soap and water are not available.
- Cough and sneeze into your elbow.
- If you have flu-like symptoms, stay home and away from people at higher risk of serious illness. If you are sick and cannot stay away from others, wear a mask. Learn more about masks [here](#).

Vaccinations for Respiratory Illness

Vaccinations prepare our immune system to recognize and respond to viruses. When children get immunized, they are less likely to get sick or pass along illness to others. When children remain healthy, they are better able to focus on learning, playing and doing the activities they love. Their parents and caregivers also have less disruptions in their personal and work routines.

Register your children with the [Get Vaccinated](#) system so you can be reminded to get flu or COVID-19 vaccinations when they are due. Seasonal respiratory vaccinations are available from pharmacies, public health units and some primary care providers.

School-aged Immunizations

Getting your child [vaccinated on schedule](#) is one of the best ways to protect their health. To set young people up for long-term health and well-being, vaccines are offered routinely in kindergarten, grade 6 and grade 9 with catch-up opportunities in other grades.

Protection is long lasting for most vaccines, except for whooping cough. This vaccine is one of the [infant immunizations](#) that can wear off and needs to be given again around Kindergarten and Grade 9 to provide protection. All routine school-aged immunizations are free in British Columbia. If your child is not up to date with their vaccines, please make an appointment with a public health unit, family doctor, nurse practitioner or pharmacy.

If your child's record shows their vaccines are not current, but they did get vaccines from a health care provider outside of public health:

- Contact the health care provider who immunized your child and ask for a copy of the immunization record.
- Provide these immunization records to Public Health online at: <http://www.fraserhealth.ca/immunizationform>

Learn more about school-aged immunizations, including how to access your child's records, here: [Children and youth immunizations – Fraser Health Authority](#)

The Canadian Universities Event (CUE)

Not sure exactly where to begin?
This is a great start!



CUE 2026 is a forum designed to highlight **Canada's universities to BC secondary school students.**

- Post-secondary is an exciting time to start exploring.
- Equipping yourself with information is the best way to make a decision that is right for you.

For more info and an application, please contact Ms. Brown at W16
Application due date: Monday October 05, 2026

Contact info: FBrown@SD35.BC.CA

<https://careered.sd35.bc.ca/news-events/list/>

Community News

Langley School District's Community Bulletin Board. For more community events please visit

<https://www.sd35.bc.ca/news-events/community-bulletin-board/>