



Friday, November 6th, 2020

Dear Seaquam students and families,

Next week we will be commemorating the sacrifices of many Canadians in our virtual Remembrance Day Ceremony on Tuesday, November 10th. Every year, our students and staff create a moving ceremony to share with our school community. On Tuesday, we will also be distributing poppies to all students and staff. The poppy has represented Remembrance Day in Canada since July 5th, 1921. Please see the links below to learn more about the tradition of wearing a poppy on Remembrance Day.

<https://www.legion.ca/remembrance/the-poppy/history-of-the-poppy>

<https://www.cbc.ca/news/canada/saskatoon/5-things-you-should-know-about-poppy-etiquette-for-remembrance-day-1.3312754>

It is fitting at this time of year to reflect on the sacrifices Canadians made in our history to ensure the freedoms we enjoy today.

As we move forward in this school year, we are creating opportunities for students to participate in extracurricular activities. The way that we conduct these activities will be different in order to meet safety protocols. Over the next few weeks, our sports teams will be hosting skill development sessions after school. We are also starting an E-sport team as well. Information will be shared in the coming weeks for students to participate in these athletic opportunities. We understand the importance of extra-curricular activities on our student's physical and mental wellness and hope to provide more opportunities in the coming months. We also have some clubs that are running currently that include Student Council, the Environmental Club and Grad Committee. If students wish to start a club, they can approach a teacher to be their sponsor and an application must be submitted to the office for approval. We all recognize that our school environment must create opportunities for students to have options to explore their passions and in our pandemic environment, we need to conduct our exploration in a safe manner.

Although our experiences are different this year, we will endeavour to create as much normalcy as possible in our students' educational experiences at Seaquam. Together, we will work to support our students in their educational journeys and wellness.

Upcoming events:

Tuesday, November 10th Remembrance Day Ceremony 10:00am (link to ceremony on Seaquam website)

Wednesday, November 11th Remembrance Day (no school)

Thursday, November 12th "Managing Mental Health" with Andrew Neufeld (Alongside You)

This webinar provides information on Mental Health with Dr. Neufeld. The district has added another session as the first opportunity was very popular. Please register in advance using this link:

https://alongsideyou.zoom.us/webinar/register/WN_M8wS_YyzR6eVwzuz0Odi4A

Tuesday, November 17th Last Day of Quarter 1 classes

Wednesday, November 18th Transition Day

The purpose of the Transition Day is:

- To provide opportunities for students to complete missing assignments or assessments
- An entire class can be called in to continue learning with an assessment or a project
- Some classes will be optional for students to attend, but determined and communicated by the subject teacher.

Teachers will be communicating with students how this day will be organized.

Thursday, November 19th Quarter 2 classes start

Monday, November 23rd PAC meeting

Wednesday, November 25th Quarter 1 Report Cards posted in the Student Portal

Monday, November 30th Professional Development Day (no school)

The following information will provide details on timely topics.

Daily Health Check

As we enter into the cold, dark, rainy days of Fall, we will all be susceptible to colds and the flu. It is imperative that families monitor their child's health daily and keep students at home if they are not well.

Please refer to the link below for the Daily Health Checklist.

<https://www.deltasd.bc.ca/wp-content/uploads/sites/2/2020/09/BCCDC-Daily-Health-Check-Sept-11-2020.pdf>

If you find that your child is not feeling well, please do not send him/her to school. Have your child see your family doctor or call 8-1-1.

Return to Sport

The Seaquam Athletics Program will be offering athletic opportunities for students starting in the coming weeks. Mr. Brown, Athletic Director, is currently working through the safety protocols with coaches before inviting athletes into our facilities. Mr. Brown is currently organizing opportunities for students interested in playing Volleyball. More athletic opportunities will be available as we move forward in the school year.

If you have questions about our Athletic Program, please contact Mr. Brown by email at ebrown@deltasd.bc.ca.

Building Upgrade

The first phase of the exterior door upgrade is almost complete with the installation of store front doors. These doors allow more natural light into the building, improves our ability to exceed our safety protocols and continues our desire to make Seaquam a welcoming facility for our students, staff and community. The exterior door upgrade to the rest of the building will continue in the coming months.

Informing the School of COVID Related Health Issues

In the event that a family experiences testing protocols related to the COVID-19 virus, we are requesting that families contact an administrator first to inform us of the testing results. We would like to centralize this process in the collection of this information, so we can effectively follow up to keep our community safe. **We will inform the teachers that your child will be absent.**

We would request that families do not contact the school for advice on whether to send your child(ren) to school or not. Please conduct the Daily Health Check or call 811 for advice. Our office staff or administrators cannot provide advice on this topic.

To contact an administrator, please call the Main Office at 604-591-6166 or email the appropriate grade administrator.

Mr. R. Mesich (Grade 12) rmesich@deltasd.bc.ca
Mr. I. Close (Grades 8 & 10) iclose@deltasd.bc.ca
Mr. V. Nikic (Grades 9 & 11) vnikic@deltasd.bc.ca

Thank you in advance for your cooperation on this matter.

Mental Wellness Resources

As we move through our school year, many students are struggling with our current environment that is new, fluid and unpredictable. As a school, we planned to implement Dr. Stan Kucher's Teen Mental Health curriculum last year after Spring Break, but due to the pandemic, we were not able to move forward with the curriculum. Some staff are currently incorporating aspects of the curriculum into their classes. We will re-launch the entire curriculum in the future.

Part of Dr. Kucher's curriculum includes a Parent Guide. Please see the link below to access the resource, "How to Parent My Teen".

<http://teenmentalhealth.org/wp-content/uploads/2014/07/How-do-I-parent-my-teen.pdf>

The complete parent resource section of the curriculum can be accessed in the link below.

<https://teenmentalhealth.org/parents/>

The entire Mental Health Curriculum can be accessed in the link below.

<https://teenmentalhealth.org/>

Graduation Scholarships and Post-Secondary Applications

Ms. Gehiere would like to remind grade 12 students to regularly check their deltalearns email accounts for regular updates and deadlines for scholarships and post-secondary applications. Please email Ms. Gehiere (jgehiere@deltasd.bc.ca) if students have questions.

Homework Club

The Homework Club provides students access to extra support for their classes. Homework Club can support students in person or through a Zoom meeting with Ms. Hudon and/or Ms. Duhamel, Educational Assistants.

Please see the link below for more information.

<https://se.deltasd.bc.ca/news-events/news/after-school-homework-club/>

Counsellor Contact Information

Seaquam currently has an unforeseen vacancy in our Counselling Department at the grade 11 level. In an effort to meet all of our students' needs, our counselling team has been reassigned as follows:

Grade 8:

A-F	Ms. Costin (msalmon@deltasd.bc.ca)
G-K	Mr. Mian (hmian@deltasd.bc.ca)
L- Sharma	Mr. Sall (jsall@deltasd.bc.ca)
Shen - Z	Mr. Rickey (rrickey@deltasd.bc.ca)

Grade 9: J. Sall (jsall@deltasd.bc.ca)
 Grade 10: M. Costin (msalmon@deltasd.bc.ca)
 Grade 11: R. Rickey (rrickey@deltasd.bc.ca)
 Grade 12: H. Mian (hmian@deltasd.bc.ca)

Once we fill the vacancy, we will revert back to having a counsellor for each grade. If families have any questions, please do contact your child's assigned grade counsellor as per above.

Quarter 2 Updated Schedule

To create more transition time between session 2 and 3 in our daily schedule, we have made adjustments to our schedule starting in Quarter 2. Please see the revised schedule below.

BLOCK SCHEDULE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING SESSION 8:30 – 10:30	BLOCK A	BLOCK A	TEACHER COLLABORATION TIME 8:30 – 9:30	BLOCK A	BLOCK A
10:30 – 10:55	FLEXIBLE LEARNING TIME / NUTRITION BREAK	FLEXIBLE LEARNING TIME / NUTRITION BREAK	BLOCK A 9:40-11:05 FLEXIBLE LEARNING TIME / NUTRITION BREAK 11:05-11:35	FLEXIBLE LEARNING TIME / NUTRITION BREAK	FLEXIBLE LEARNING TIME / NUTRITION BREAK
AFTERNOON SESSION 11:05 – 1:05	BLOCK B	BLOCK B	BLOCK B 11:40 – 1:10	BLOCK B	BLOCK B
LATE AFTERNOON SESSION 1:20-3:20	SESSION 3 Quarter F2F/Student Support/Linear Courses/Teacher Prep/Remote Learning	SESSION 3 Quarter F2F/Student Support/Linear Courses/Teacher Prep/Remote Learning	SESSION 3 Quarter F2F/Student Support/Linear Courses/Teacher Prep/Remote Learning 1:25 – 3:25	SESSION 3 Quarter F2F/Student Support/Linear Courses/Teacher Prep/Remote Learning	SESSION 3 Quarter F2F/Student Support/Linear Courses/Teacher Prep/Remote Learning
2:50 – 4:10	X Block Courses	X Block Courses	X Block Courses	X Block Courses	X Block Courses

Collaboration Mornings (Wednesday Schedule)

Every Wednesday in our Quarter schedule there is Collaboration Time for staff to engage in collaborative professional learning from 8:30am-9:30am. **Please do not drop students off early.** We ask that students arrive to school no earlier than 9:25am as the first session classes start at 9:40am. The link below provides you with the Quarter weekly schedule.

<https://se.deltasd.bc.ca/wp-content/uploads/sites/36/2020/09/SECONDARY-QUARTER-SCHEDULING-Full-Extended-Day-Option.pdf>

Student Drop Off and Pick Up

In an effort to ensure Seaquam school grounds are safe for students to walk into the building, we ask that parents/guardians **DO NOT** drop off or pick up their children on school grounds. We ask that you arrange with your child to meet on Lyon Road. We will have staff members supervising these areas reminding those who forget where they may drop off or pick up. Thank you in advance for your cooperation on this matter.

Also, please remind your children to always cross the street at a marked crosswalk on Lyon Road. It is important for everyone's safety to follow the traffic signs and pedestrian crossing markers.

Grad 2025 T-Shirts

We have a surplus of black 2025 t-shirts, all in size Small, that we are now selling for \$8 or two for \$10. Please see Ms. Akiyama at the Main Office for more detail.

Agenda Books

If you or your child would like to purchase a Seaquam Agenda, they can be purchased in the Main Office for \$13.

If you require support or are seeking answers, please contact teachers, counsellors, administrators or the Main Office. We are here to help families and students.

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iclose@deltasd.bc.ca

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