



Friday, November 20<sup>th</sup>, 2020

Dear Seaquam students and families,

The start of Quarter 2 was a new experience for all of us. It felt like the start of the school year all over again. Students in grades 10, 11 and 12 should understand and be following their face-to-face rotation for their Hybrid classes in session 2. Grade 8 and 9 students will be in their same cohorts, but taking different classes. A reminder that once the second quarter has started, students are part of that learning group and no scheduling changes can occur until the end of the quarter.

We ask that students who do not have a session 2 class, for a variety of reasons, to walk home immediately after their session 1 class. We are trying to avoid students congregating, especially with the increasing daily COVID numbers in our community. We must continue to follow the safety protocols at school and at home.

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

#### **Upcoming events:**

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| Monday, November 23 <sup>rd</sup>                 | PAC meeting   |
| Wednesday, November 25 <sup>th</sup>              | Quarter 1 Report Cards posted in the Student Portal   |
| Thursday, November 26 <sup>th</sup>               | Alongside You Presentation (6:30pm)<br>MANAGING MENTAL AND EMOTIONAL WELLNESS DURING COVID-19<br>Register here: <a href="https://alongsideyou.zoom.us/webinar/register/WN_rqdrnLaIRg65T2wRALp_nQ">https://alongsideyou.zoom.us/webinar/register/WN_rqdrnLaIRg65T2wRALp_nQ</a> |
| Monday, November 30 <sup>th</sup>                 | Professional Development Day (no school)  |
| Friday, December 18 <sup>th</sup>                 | Last day of classes before Winter Break   |
| February 23 <sup>rd</sup> – March 5 <sup>th</sup> | Grad Photos   |

The following information will provide details on timely topics.

#### **Daily Health Check**

As we navigate 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.

### **Fraser Health Contact Tracing**

As shared in the district letter to parents and guardians last week, Fraser Health will reach out directly to families if they think their child has come into close contact with someone who has tested positive for COVID-19, and will ask them to take specific action, such as go for a COVID test or self-isolate. In case of COVID exposures at our school, we encourage you to answer phone calls, even if they are from an unknown number, as this will greatly assist Fraser Health with its contact tracing process.

### **Remembrance Day Donations**

During the distribution of poppies on November 10<sup>th</sup>, students and staff donated money. We were able to raise \$1000 and the money was donated to the local Legion to help support veterans. So proud of our community.

### **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.

### **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.

### **Grad Photo Sessions**

Artona Studios will be providing sessions for students to have their Grad Photos taken between February 23<sup>rd</sup> to March 5<sup>th</sup>, 2021. Students will be required to schedule a photo session by visiting the Artona Studios website <https://artona.com/schools/SEAQ>

Artona will be conducting the photo sessions at Seaquam.

### **Education Planner BC Parent Workshop**

There will be a parent Zoom workshop with a representative from Education Planner BC. This organization provides information on post-secondary opportunities, application processes and career opportunities. The workshop will take place on Wednesday, December 2<sup>nd</sup> from 7:00pm to 8:00pm.

Please use the link below to register:

<https://sfu.zoom.us/meeting/register/tZwscOuprTwuG9TlvXfxl1L2XWMkOJZoNWu1>

### **Focusing on the Positive**

As you may have seen on the district's website and social media channels already, over the coming weeks we will be sharing some brief suggestions, tips and activities to help promote feelings of warmth, joy and gratitude.

Did you know that kindness is about the only thing in the world that doubles when you share it? The link below takes you to an interesting two-minute video from the Random Acts of Kindness Foundation on the Science of Kindness.

<https://www.youtube.com/watch?v=O9UByLyOjBM&feature=youtu.be>

### **International Baccalaureate (IB) Information Meeting for Grade 10 Students**

The IB Program is organizing an information meeting on Wednesday, November 25<sup>th</sup> at 1:30pm via Zoom. Current grade 10 students are encouraged to attend this meeting if they are interested in applying for the IB Program for next year (September 2021 entry). Those students who are interested in both full or partial diplomas should attend this meeting. The meeting will focus on a general program outline, requirements, benefits IB and the application process. The Zoom link will be posted on the IB website ([www.seaquamib.com](http://www.seaquamib.com)) prior to the start of the meeting.

### **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](mailto:ebrown@deltasd.bc.ca).

### **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/>

## 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/>

## 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
<b>MORNING SESSION</b>  <b>8:30 – 10:30</b>	BLOCK A	BLOCK A	<b>TEACHER COLLABORATION TIME</b>  <b>8:30 – 9:30</b>	BLOCK A	BLOCK A
<b>10:30 – 10:55</b>	FLEXIBLE LEARNING TIME / NUTRITION BREAK	FLEXIBLE LEARNING TIME / NUTRITION BREAK	<b>BLOCK A</b> <b>9:40-11:05</b> FLEXIBLE LEARNING TIME / NUTRITION BREAK <b>11:05-11:35</b>	FLEXIBLE LEARNING TIME / NUTRITION BREAK	FLEXIBLE LEARNING TIME / NUTRITION BREAK
<b>AFTERNOON SESSION</b>  <b>11:05 – 1:05</b>	BLOCK B	BLOCK B	<b>BLOCK B</b>  <b>11:40 – 1:10</b>	BLOCK B	BLOCK B
<b>LATE AFTERNOON SESSION</b>  <b>1:20-3:20</b>	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  <b>1:25 – 3:25</b>	SESSION 3  Quarter F2F/Student Support/Linear Courses/Teacher Prep/Remote Learning	SESSION 3  Quarter F2F/Student Support/Linear Courses/Teacher Prep/Remote Learning
<b>2:50 – 4:10</b>	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.

### **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.

### **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.

Rick Mesich  
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rmesich@deltasd.bc.ca

Ian Close  
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iclose@deltasd.bc.ca

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