



Friday, February 5th, 2021

Dear Seaquam students and families,

This week featured the end of Quarter 2 and the start of Quarter 3. Students and staff are quickly transitioning to new classes to start a new experience. This is a perfect time to reflect on successes over the Quarter and how students can improve on their overall performance to make changes in their routines to experience improvement. Report cards for Quarter 2 will be posted in the Student Portal in MyEd on Thursday, Feb. 11th.

The Ministry of Education announced some adjustments to safety protocols in schools yesterday. Of note, the main adjustments that will impact all staff and students are:

Masks in Schools

Non-medical masks are now required for all staff in all K-12 schools, and all students in our secondary schools in all indoor areas, including when they are in their learning groups. The only exceptions are when:

- They are sitting or standing at their seat or workstation in a classroom
- They are eating or drinking
- There is a barrier in place

Mask exemptions remain in place for students and staff who cannot wear a mask for health or behavioural reasons.

Physical Education and Music

Effective immediately:

- High-intensity physical activities need to maximize physical distancing, reduce physical contact and be held outdoors as much as possible
- Students playing instruments should be spaced at least two metres apart.
- Masks are to be used when singing
- Shared equipment like musical instruments or items like weight machines and treadmills can be used only if they are cleaned between use, according to the school's strict sanitization guidelines.
- Extracurricular activities including sports, arts and special interest clubs can only occur if physical distance can be maintained between members of different learning groups and reduced physical contact is practiced by those within the same learning group.

Many of these updated safety protocols have been implemented already and the other new protocols will be implemented immediately.

A letter from the district was sent to all Delta families outlining yesterday's announcement. Please see the link below for the entire letter.

<https://www.deltasd.bc.ca/wp-content/uploads/sites/2/2021/02/February-4-Letter-to-Families.pdf>

The updated Provincial COVID-19 Health and Safety Guidelines for K-12 Settings can be accessed in the link below.

<https://www2.gov.bc.ca/assets/gov/education/administration/kindergarten-to-grade-12/safe-caring-orderly/k-12-covid-19-health-safety-guidelines.pdf>

Thank you in advance to everyone for helping to implement these new safety measures and for complying with all safety measures in place.

Upcoming events:

February 4 th to April 22 nd	Length of Quarter 3 classes
February 8 th – 11 th	Course Planning Parent Nights (Grades 8-11)
Thursday, February 11 th	Quarter 2 Report Cards published
Monday, February 15 th	Family Day
February 16 th - February 19 th	IB French Oral Exams
Friday, February 19 th	Fire Drill
Friday, February 26 th	Pro D Day
February 23 rd – March 5 th	Grad Photos
March 1 st -March 2 nd	IB Spanish Oral Exams
Tuesday, March 2 nd	Fire Drill
Thursday, March 4 th	Formal Quarter Interim; Informal Semester Interims
March 15 th – March 26 th	Spring Break

The following information will provide details on timely topics.

COVID- 19 Safety Protocols

As the number of positive cases of COVID 19 in the Lower Mainland are still high, we cannot stress enough that we, collectively and individually, need to follow all of the safety protocols as set by our Provincial Health Officer and Fraser Health:

- Complete the daily health check: <https://www.deltasd.bc.ca/wp-content/uploads/sites/2/2020/09/BCCDC-Daily-Health-Check-Sept-11-2020.pdf>
- Stay home if you are sick
- Maintain at least 2 metres from people outside of your bubble/cohort
- Wear a mask in all indoor areas, except when you are sitting/standing at your desk, eating or drinking, or there is a barrier in place between you and others.
- Wash and sanitize your hands often
- Avoid gatherings that are beyond your immediate household
- Ensure your child knows they must not gather with other students before and after school

Contact numbers for Fraser Health for questions/advise specific to COVID and schools

*** Fraser Health COVID Hotline 604-918-7532**

*** COVID SCHOOL HUB Hotline 604-587-4769**

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.

Fraser Health Winter Update and Resources for Families

Recently, Fraser Health shared a brief update on how we can all help to prevent the spread of COVID-19 in schools. We encourage you to take a read: [click here](#) to view it. Also, a reminder that the Fraser Health website offers a wealth of valuable resources for families. [Click here](#) to access them.

Family Day

Family Day is on Monday, February 15. We encourage all families to continue to follow the [public health orders](#). Currently, this means you should limit your Family Day activities to the members of your immediate household. Please do not:

- Invite friends or family to your home
- Host gatherings outdoors
- Gather in your backyard
- Arrange playdates for children

Many thanks for continuing to help keep our community safe.

Seaquam Grade 10 Student Wins Canadian Open Math Challenge

Seaquam student, Vincent Chung, was recognized for the Canadian Open Math Challenge where he was named **Canadian Champion** by scoring a perfect paper 80/80 - an unheard of accomplishment! Vincent beat out competitors in grade 11 and 12.

Here's a list of his accolades:

Gold Award - Canada

Gold Award - British Columbia

Gold Award - Canada Grade 10

Gold Award - BC Zone 2

Gold Award - British Columbia Grade 10

Gold Award - BC Zone 2 Grade 10

Vincent now qualifies for the Canadian Mathematical Olympiad - Canada's premier national advanced Mathematics competition. Congratulations Vincent on behalf of the Seaquam community and good luck in the Canadian Mathematical Olympiad.

Pascal, Cayley, and Fermat Math Contests - 2021

Seaquam students have a strong history of excellence in Math Contests. Last year, a grade 9 student was recognized as a National Champion by scoring a perfect paper on the University of Waterloo – Center for Education in Mathematics and Computing – Fermat (Grade11) contest. Even during a global pandemic, we hope to continue this tradition of excellence by offering limited opportunities for students to participate and write in a safe setting. The contests will be written during period 3 on Tuesday, February 23, 2021. To register, see your previous math teacher – if you had math class in quarters 1 or 2, then register with that teacher; if you are scheduled to have math class in quarter 3 or 4, then you should see your previous year's teacher; and if neither apply, see Mr. Wong in room 2115. The registration deadline is February 3, 2021.

Grad Information:

Graduation Scholarships and Post-Secondary Applications

Ms. Gehiere would like to remind grade 12 students to regularly check their deltalearns email accounts for 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 23rd to March 5th, 2021. Students will be required to schedule a photo session by visiting the Artona Studios website <https://artona.com/schools/SEAQ/programs/graduation>

Course Planning Process 2021-22

The development of the 2021-22 timetable will be beginning shortly. The first step for students in this process is to make course selections for next year. The Counselling Team will be providing student presentations over the next month. Students will be informed about program options, course information, graduation requirements and how to make their selections in the Student Portal in MyEd.

Counsellors will also be offering Course Planning Parent Meetings by grade via Zoom. The dates of these meetings will be:

Monday, February 8 th	Current Grade 8 students
Tuesday, February 9 th	Current Grade 9 students
Wednesday, February 10 th	Current Grade 10 students
Thursday, February 11 th	Current Grade 11 students

The links to the Zoom meetings will be made available to families on the day of the presentations.

The system to collect course selections will be open for students and families to submit their course requests on Monday, February 22nd. The course selection process is **NOT** on a first come, first serve basis to register into a

course. The development of student schedules will be based on many factors. We will endeavor to do our best to schedule the courses your child selects. We will also be asking students to select alternative courses.

Please visit the Seaquam website for more information on the process, important dates, how to access the Course Catalogue to help with making decisions on courses and instructions on how to sign into the Student Portal. The link below will take you to the Course Planning website.

<https://se.deltasd.bc.ca/registration-course-planning/course-planning/>

Student Learning Survey

As part of an annual feedback process, the Ministry of Education, in conjunction with the Delta School District, conducts the Student Learning Survey for students in grades 10 and 12. This survey will provide students with an opportunity to evaluate their experience at Seaquam.

More information about the surveys will be shared with students and their families in the coming weeks.

The Middle Years Development Instrument (MDI) Survey

Grade 8 families will be receiving information about the Middle Years Development Instrument (MDI) survey which is a part of a study through the University of British Columbia on the wellbeing of our students. For more information on the study, please see the link below:

<http://earlylearning.ubc.ca/mdi/>

If your child is currently in grade 8, they will have the opportunity to complete this survey on March 2nd or 3rd. Parents/guardians of grade 8 students will need to complete the form attached to their "Parent/Guardian Informed Passive Consent Letter" if they do not want their child to be involved in this study.

Families Reporting Student Absences

The office would like to remind families that if your child will be absent from school, please ensure the main office is contacted to excuse the absence in the system. Some families are contacting teachers directly. Unfortunately, teachers cannot excuse student absences in the system. Families can contact the school at 604-591-6166 to report an excused absence. Thank you for your cooperation on this matter.

New Attendance Indicator

Student attendance will continue to be viewable in Parent Connect and families will receive emails if their child has an unexcused absence. A new attendance indicator has been created for students who are enrolled in a hybrid class. The letter "O" (Off-Site) will be used to indicate that a student was not in class for face-to-face instruction due to the hybrid class rotation of students. If you have any questions regarding attendance, please contact the Seaquam office at 604-591-6166.

Counselling Team

The counselling team is available to support all Seaquam students and their families. Please email your child's Counsellor if you need their support.

Grade 8: Mr. R. Rickey (rrickey@deltasd.bc.ca)
Grade 9: Mr. J. Sall (jsall@deltasd.bc.ca)
Grade 10: Ms. M. Costin (msalmon@deltasd.bc.ca)
Grade 11: Ms. K. Sharma (ksharma@deltasd.bc.ca)
Grade 12: Mr. H. Mian (hmian@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/>

Crisis Hotlines

- [BC CRISIS CENTRE](#) – 1-800-784-2433 or 310-6789 no area code needed
- [CRISIS SERVICES CANADA](#) – 1-833-456-4566 or text 45645
- [First Nations and Inuit Hope for Wellness Help Line](#) – 1-855-242-3310
- [Canada Drug Rehab Addiction Services Directory](#) – 1-877-746-1963
- [National Eating Disorder Information Centre](#) – 1-866-633-4220

Resources

- [Bell Let's Talk](#)
- [Canadian Association for Suicide Prevention](#) – 613-702-4446 (not a crisis line)
- [Canadian Mental Health Association](#) – 416-646-5557
- [Canadian Psychological Association](#) – 613-237-2144 or 1-888-472-0657
- [Mood Disorders Society of Canada](#) – 613-921-5565
- [Schizophrenia Society of Canada](#) – 1-204-320-3188
- [Mental Health Commission](#) – 613-683-3755

Delta Community College

The Spring semester at Delta Community College (DCC) starts on February 8th and 11th. All High School Completion and other courses can be completed online. For more information on registering at DCC, please visit:

<https://deltalearns.ca/dcc/>

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/>

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
Principal
rmesich@deltasd.bc.ca

Ian Close
Vice Principal
iclose@deltasd.bc.ca

Vlad Nikic
Vice Principal
vnikic@deltasd.bc.ca