



Friday, February 19th, 2021

Dear Seaquam students and families,

Pink Shirt Day will be taking place next week on Wednesday, February 24th. Pink Shirt Day is the day each year when Canadians are asked to take a stand against bullying – and to make that stance public by including an article of pink clothing in their ensemble. Let's all wear pink next Wednesday in support of this important initiative!



For more information about Pink Shirt Day, please see the link below.

<https://www.pinkshirtday.ca/about>

The course planning process continues with the opening of the system on Monday, February 22nd where students will be able to enter the courses they would like to take next September through the Student Portal in MyEd. This process is not based on a “first come, first serve” model, so we ask students and families to take a mindful approach when selecting courses as the timetable for next year is based on the course selections made now. The system will be open until Friday, March 5th.

Families who were not able to attend the online meetings can access the presentations on the Seaquam website where there are several resources available for students to help them make their decisions for next year. The link below takes you directly to the Course Planning section on the Seaquam website.

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

As we mentioned in our presentations, we encourage families to reach out to the appropriate grade Counsellor or Administrator if there are questions about the process.

We hope you all have a wonderful weekend!

Upcoming events:

February 4th to April 22nd
Monday, February 22nd
Wednesday, February 24th
Wednesday, February 24th

Length of Quarter 3 classes
Course Selection Opens in MyEd

PINK SHIRT DAY

An Online Session with Suzanne Perreault (see below for more information)

6:30pm via Zoom (link will be sent after registration)

To register, please email Stacey Jones: sjones@deltasd.bc.ca

Let's Talk About Wellness During Stressful Times
(Facilitated in Punjabi) 06:30 PM – 8PM via Zoom

Register in advance for this workshop:

https://ca01web.zoom.us/meeting/register/u5Elf-GgrjssGtf96_C99hWB3ahyCU4FL9EX

Friday, February 26th
February 23rd – March 5th
Monday, March 1st
March 1st-March 2nd
Tuesday, March 2nd
Thursday, March 4th
Friday, March 5th
March 15th – March 26th

Pro D Day
Grad Photos
PAC Meeting
IB Spanish Oral Exams
Fire Drill
Formal Quarter Interim; Informal Semester Interims
Course Selection Closes in MyEd
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 masks all the time except when seated in your classroom at your seat, when eating/drinking or when a barrier is present. At all other times students must wear masks
- 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.

Film Academy Information Session

Those students interested in film making have the opportunity to submit an application for the district's Film Academy. There will be an information on Saturday, February 20th at 10a.m. through Zoom. Interested students can register to attend this information session by registering at

https://docs.google.com/forms/d/e/1FAIpQLSdPmFeb4aoZQZVTs6_VswxiEkb1ULDDgObjhAR4DxmXDm8ubA/viewform

New Daily Health Check Website/Mobile APP

A new website and mobile apps are now available that include an online daily health check that students and parents may wish to use each morning. The website and app will also contain the most up-to-date BC health guideline information.

The design of the app was developed in collaboration with BC students to create an age-appropriate user-experience. It will allow for students and their parents to make the best decisions on whether to attend school, not to attend school, or take other measures based on the information they provide.

The health check application is available online as a [mobile enabled website, an iPhone application and a Google Android application](#).

An Online Session with Suzanne Perreault

The Inclusive Learning Department is offering an evening presentation with Suzanne Perreault on Wednesday, February 24th at 6:30pm. Suzanne is a trained Counsellor and advocate for children with learning challenges. As an active participant in community development & mentorship for over 20 years, Suzanne is guiding families with children on the Autism Spectrum, ADHD & Anxiety. Having worked in the health care industry, employed within the higher educational institutes, ran for School Trustee & is a public speaker she offers a milieu of insight as a Counsellor. Through her advocacy on fair inclusion, Suzanne has positioned herself as a strong collaborator to create bridges between those who need a voice & those who are willing to hear.

To learn more, please visit this link to view Suzanne Perreault's TED Talk.

<https://www.youtube.com/watch?v=gu5XFdT7q8k>

To register, please email Stacey Jones: sjones@deltasd.bc.ca

Let's Talk About Wellness During Stressful Times (Facilitated in Punjabi)

Join us for an evening of learning and discussing how stress impacts each of us, how we can learn to live with stress and challenges with a little more ease, and what each of us can do to support our own journey towards health and wellness. The session will be facilitated by Clinical Counsellor, Raman Gill.

We look forward to our time together via Zoom and hope we have some supportive and helpful conversations as a community.

PLEASE NOTE THAT THIS SESSION WILL BE IN PUNJABI

When: Feb 25, 2021 06:30 PM – 8PM via Zoom

Register in advance for this workshop:

https://ca01web.zoom.us/meeting/register/u5Elf-GgrjssGtf96_C99hWB3ahyCU4FL9EX

After registering, you will receive a confirmation email containing information on how to join the meeting.

Seaquam Secondary Makes History with VEX Robotics Competition Win

Last weekend, two teams (one senior 9181W, one junior 9181N) from Sequam Secondary competed at the third annual Google Vex Robotics Competition. The event, which features some of the best teams in the world, was held remotely over multiple days. Congratulations to our junior team who placed first to win the tournament champions award and who have qualified to compete in the World Championship in May.

Seaquam Secondary has a well-established and successful Robotics Program. There are currently six senior teams and six junior teams involved in the program and that compete in the VEX Robotics Competition.

Last summer team 9181C, led by Grade 12 student Aryan Neb, placed second in the World VEX Robotics Team Website Challenge for their exceptional work in creating this website.

Learn more about the program and the teams by visiting the Sequam Robotics website:

<https://seaquamrobotics.ca/home.html>

Student Learning Survey 2020/2021

The Provincial Student Learning Survey (SLS) is unique in its scope, size and usefulness to schools. It gathers information from parents/guardians/caregivers, teachers and students on topics related to school environment, safety, and achievement. The information is used for planning in individual schools and provides a district and provincial perspective. On Tuesday, February 16th, we have shared detailed information regarding the Provincial SLS with Seaquam families.

Between March 1st and April 9th, the Provincial SLS will be administered to students in grades 10 and 12 during their Block A class. All Seaquam Staff and Families will have the opportunity to complete the SLS at any time before April 30th, 2021. We encourage all parents/guardians/caregivers to participate in this survey, as the results are important in identifying and celebrating current strengths, as well as determining where the school needs to focus improvement. The surveys contain standard questions for the Province – in addition, questions from the school and/or district that focus on local conditions or issues may be included.

The survey can be completed electronically and can be accessed on the Internet at http://www.bced.gov.bc.ca/sat_survey. Any computer with an Internet connection can be used, and access to the e-survey is simple and secure. The survey can be accessed through the link with or without an anonymous logon code by selecting the school district and school name where your child attends school. Provincial, District and School Reports for previous years can be viewed at the same site under the Results section.

The e-survey site will be open until April 30th.

If you have any questions, please contact Mr. Nikic at vnikic@deltasd.bc.ca

Youth Empowering Youth (YFY)

YFY is a program of Low Entropy, a registered Charity that is making personal growth accessible to all, and in doing so providing people with the tools to change themselves and the world. What's unique about the program is that it has a template and a structure to foster growth and development in an intentional, adaptable, customizable, and scalable way. Change starts from within, and we see personal growth as a vehicle for global change.

YFY has opened registration for upcoming online leadership programs for children aged 8-12 and youth aged 13-18. For more information or to register, please see the link below

<https://lowentropy.org/services/youth-empowering-youth/>

Delta Career Programs

The district offers a variety of programs for students to discover their passions in a variety of fields that count towards their graduation requirements. Please see the links below to learn more about these programs and how students can access them.

<https://www.deltasd.bc.ca/news-events/news/career-program-options-for-delta-students/>

<https://se.deltasd.bc.ca/programs-courses/career-programs/>

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 grades 11 and 12.

Vincent's accomplishments were featured in articles in the North Delta Reporter and The Optimist. See the links below to access the articles on Vincent.

<https://www.delta-optimist.com/local-news/math-student-aces-national-competition-3355596>

<https://www.northdeltareporter.com/community/perfect-score-earns-north-delta-student-top-marks-at-national-math-competition/>

Grad Information:

UBC Engineering Physics Program Information Session

Those graduating students interested in Engineering at UBC can attend an information session on Tuesday, February 23rd, from 6:30 pm to 8:30 pm.

Engineering Physics is a broad engineering degree with extra emphasis on physics and math. In addition to core engineering skills (mechanical, electrical, software), engineering physicists are equipped with a deep understanding of fundamental science and analytical methods to tackle challenges at the forefront of any field, from biotechnology and medicine to quantum computing, artificial intelligence, and aerospace.

Students interested in attending this information session need to register through the link below.

Registration link: https://ubc.ca1.qualtrics.com/jfe/form/SV_0iZHp03EdnyOqQm

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>

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

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