



Friday, April 16th, 2021

Dear Seaquam students and families,

We are now entering the final days of Quarter 3. Thursday, April 22nd is the final day of regularly scheduled Quarter 3 classes. April 23rd is a Transition Day. Similar to previous quarters, **student attendance on April 23rd is optional but students who have outstanding assignments/assessments to complete are encouraged to attend**. Teachers will provide further instructions on expectations for students for the Transition Day in their classes. Students are expected to enter through the main doors at one of the usual start times: 8:30am, 11:10am or 1:15pm, unless they have made specific arrangements with one of their teachers. Students who feel they need assistance in meeting learning outcomes for a specific class should seek the help of their teacher outside of regular class time.

Requests to change schedules for Quarter 4 need to be completed by the start of Quarter 4 on Monday, April 26th. Once the Quarter starts, we cannot break the learning group to meet safety requirements. Please connect with your Counsellor to make a schedule change request.

As students prepare for the start of Quarter 4, they should log into the MyEd Student Portal to check their Quarter 4 class schedule. Students will **NOT** be receiving paper copies of their Quarter 4 schedules. Students who are experiencing challenges logging into their MyEd accounts should use the password retrieval function before coming to the office for assistance.

As the numbers of positive COVID-19 tests increase in our community, we need all students and staff to continue to follow the health and safety protocols:

- Stay home when not feeling well. Complete the daily health check every day.
- Seek a COVID test as soon as possible after mild symptoms occur. This will significantly help to speed up the contact tracing process if the test result is positive.
- Answer your phone even if it is an unknown number. This will help the contact tracing process in case Fraser Health is trying to get in touch.
- Maintain at least two metres physical distance from others when outside of your cohort.
- Wash/sanitize hands frequently.
- Out of school hours, avoid gathering with anyone indoors from outside of your household and limit outdoor gatherings to the same group of 10.

These are simple measures, but together they provide valuable layers of protection and help to make a huge difference in preventing the spread of COVID-19. The single most important thing we can do to keep our schools safe is to help keep the number of cases in our communities low.

Thank you all for the efforts up until now and your patience through this unprecedented time. Let's continue to meet and exceed the safety standards until we can all be safe.

Thank you everyone!

Upcoming events:

February 4th to April 22nd

Thursday, April 22nd

Friday, April 23rd

Length of Quarter 3 classes

Last day of Quarter 3 classes

Transition Day

The purpose of the Transition Day is:

- o to provide opportunities for students to complete missing assignments or assessments
- o an entire class can be called in to continue learning with an assessment or a project
- o some classes will be optional for students to attend

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

Monday, April 26th

Quarter 4 classes begin

PAC Meeting 6:30pm (via Zoom)

The following information will provide details on timely topics.

June 2021 Year End Schedule

The last day of formal classes in June will be Wednesday, June 23rd. The following 2 days, Thursday, June 24th and Friday, June 25th, will be Flexible Learning Days where students can make up missed assignments or assessments from the Quarter. The final Report Card for Quarter 4 will be published by Tuesday, June 29th.

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://se.deltasd.bc.ca/news-events/covid-19/>
- 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.

District PAC General Meeting

Delta DPAC is hosting our next online **General Meeting on Monday, April 19 at 7pm** via Zoom. Please join us for an update from Superintendent Doug Sheppard and Assistant Superintendents Brad Bauman and Nancy Gordon on the District's work on the following initiatives:

- 2021/2022 Budget Planning
- Vision 2030 (planning the future direction of the Delta School District for the next 10 years)
- Anti-Racism Initiative (including the [\\$10,000 grant received](#) to support this work)

Following the District's presentations, we will proceed with our regular General Meeting where we plan to share additional updates, as well as announce the Call for Nominations for the 2021/2022 Executive Committee (online election will be held during our Annual General Meeting (AGM) on May 10th.

The meeting agenda and the draft minutes for the February 22 General Meeting will be shared via email and posted on the [Delta DPAC webpage](#) on Friday. Please be sure to review in advance of Monday's meeting so both can be approved and adopted.

We hope you can join us. **Please be sure to pre-register to access the meeting login details.**

1. Pre-register to attend the General Meeting via Zoom

** After registering, you will receive a confirmation email containing information about joining the meeting. **

You are invited to a Zoom meeting.

When: Apr 19, 2021 07:00 PM Vancouver

Register in advance for this meeting:

https://ca01web.zoom.us/meeting/register/u5Akd--hpzIsH9DlzzAXZ1dZXPUslYfrg_JT

WorkBC Webinar

Career Exploration Conversations: A career development webinar for parents to support youth

WorkBC.ca is facilitating a one-hour interactive webinar to help parents and caregivers support youth as they explore career options. This virtual event is designed for parents of grade 9-12 students wanting to enhance their career coaching skills and gain exposure to WorkBC.ca tools to help with their youth's career path.

Webinar for the Vancouver Coast & Mountains region on [April 27](#) from 7 - 8pm PST.



BC/Yukon Science Fair Winner

Congratulations to grade 9 student, Hassan Ahmad, who was a winner at the 2021 BC/Yukon Science Fair competition with his research submission called “Smart Sight. A Vision of Hope”. Hassan has automatically qualified for the Canada’s National Competition in May. To see Hassan’s submission. Please click on the follow link: <https://connectingideas.ca/projects/2020/innovation/6998>

To see the full list of winners from the South Fraser Region, please click on the link below:

<https://www.sciencefairs.ca/website/media/ScienceFairs/Award-Recipients-South-Fraser.pdf>

Well done Hassan!

Empowerment through Knowledge and Sharing

We invite you to join us virtually for our annual parent education conference on Friday May 28 and Saturday May 29, 2021. Our theme and content focus over the two-day event is "*Empowerment through Knowledge and Sharing*". We strongly believe parents/guardians become more empowered for themselves and their children through a better understanding of all that encompasses “schooling and parenting” (during and post-pandemic) and by sharing what they learn and their experiences with their peers.

And just like in prior years when we were able to meet face-to-face, we are unique in our ability to provide parents the opportunity to hear directly from the Minister and senior officials within the Ministry of Education and to provide the opportunity to give direct feedback and engage in dialogue.

Conference Schedule

We are pleased to announce our conference [speakers and sessions](#) which will cover 10+ hours of valuable content for you and your PAC parent community! Our online format over two days enables parents/guardians/caregivers from across the province to safely participate from their home or office.

We are excited to announce our **Saturday opening Keynote Speaker is Dr. Gordon Neufeld** a Vancouver-based developmental psychologist with over 45 years of experience with children and youth and those responsible for them. A foremost authority on child development, Dr. Neufeld is an international speaker, a bestselling author (*Hold On To Your Kids*) and a leading interpreter of the developmental paradigm. Dr. Neufeld has a widespread reputation for making sense of complex problems and for opening doors for change. And why have one keynote when you can have two?! We are excited that our **closing Keynote Speaker is Dr. Ashley Miller**, child and adolescent psychiatrist, family therapist, and Award-winning educator and author of “What to Say to Kids When Nothing Seems to Work”. She is a clinical assistant professor of psychiatry at the University of British Columbia where she serves as co-director of family therapy training.

Registration Opened March 31

As we always do, we are offering conference fee discounts to those who commit and pay by May 3. Attendees will hear over 10hrs of [speakers and sessions](#)! Online registration opened March 31!

Conference Fee	Early Bird (to May 3)	Regular Rate (after May 3)
Current Members	\$35	\$50
Non-Members	\$75	\$100

Student Parking on School Grounds

During session 1 in this Quarter 3, we are experiencing students parking outside of the marked parking stalls due to the volume of students driving to school for their first session class. We are reminding students not to park in unmarked areas as this poses a safety issue. If there are no stalls available, then students must find a parking spot in the community. We are taking an informative approach at this time and will review next steps if students do not comply with our request. Please remind your children who do drive to school not to park in unmarked areas in the back parking lot. Thank you in advance for your cooperation on this matter.

Grad Information:

Graduation Survey

In preparation for the Commencement production on Saturday, May 29th, we are asking students to complete the Google form below that includes the submission of a 1-3 sentence comment that will be read as they cross the stage to pick up their School Leaving Certificate. The message can be about future endeavours, thanking those who were supportive or a memory, amongst other statements.

Grade 12 students can access the Google form in the link below:

<https://forms.gle/SLpMSj8bRjBRjMpC7>

The survey will be open until Friday, April 30th.

Graduation Scholarships and Post-Secondary Applications

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

Grads BC Production Event Date

In the letter sent out to all families of grade 12 students on Tuesday, March 30th, we have been informed by Grads BC that the date for our production event will take place on Saturday, May 29th (possibly on May 30th as well). We are planning to have the production event at Seaquam and to involve families, but family participation is tentative as we must follow the health orders at that time. More details will be provided to families as we get closer to the production event.

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.

Counselling Team

The vacancy of our grade 11 Counselling position has forced us to adjust service to our grade 11 students until we complete the hiring process. The grade 11 students will be divided amongst the Counselling Team alphabetically. We ask students and families to connect with the Counsellor indicated below.

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 12: Mr. H. Mian (hmian@deltasd.bc.ca)

Grade 11 counselling support:

A - DHALI WAL - Mr. Mian

DHILLON - MAND - Mr. Rickey

MANKE - SECORD - Mr. Sall

SEKHON - Z - Ms. Costin

Please email your child's Counsellor if you need their support.

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](https://www.bccrisiscentre.ca/) – 1-800-784-2433 or 310-6789 no area code needed
- [CRISIS SERVICES CANADA](https://www.crisis.ca/) – 1-833-456-4566 or text 45645
- [First Nations and Inuit Hope for Wellness Help Line](https://www.firstnations.ca/en/first-nations-and-inuit-hope-for-wellness-help-line) – 1-855-242-3310
- [Canada Drug Rehab Addiction Services Directory](https://www.drugrehab.ca/) – 1-877-746-1963
- [National Eating Disorder Information Centre](https://www.national-eating-disorder.com/) – 1-866-633-4220

Resources

- [Bell Let's Talk](https://www.bell.ca/lets-talk)
- [Canadian Association for Suicide Prevention](https://www.suicideprevention.ca/) – 613-702-4446 (not a crisis line)
- [Canadian Mental Health Association](https://www.mentalhealth.ca/) – 416-646-5557
- [Canadian Psychological Association](https://www.psychology.ca/) – 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

Take care and remember we are here to help in any way we can.

Sincerely,

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