



Thursday, April 1st, 2021

Dear Seaquam students and families,

We hope you all had a safe and restful Spring Break with your family. Over the break, Fraser Health announced some changes to the safety protocols for mask wearing in Surrey schools. The updates in Surrey will be extended to all schools as indicated by the letter sent to families yesterday by Mr. Doug Sheppard, Delta's Superintendent. According to the updated Provincial COVID-19 Health & Safety Guidelines for K-12 Settings, the new guideline indicates:

All students in Grades 4 to 12 are required to wear a mask or a face shield (in which case a non-medical mask should be worn in addition to the face shield) indoors in schools and on school buses - both within and outside of their learning group.

Ultimately, students are required to wear masks at all times when inside of the school. This mask requirement is for all classes and at all times. This includes when students are seated at their desks as well. Our students and staff have been meeting and exceeding the mask wearing requirement since the start of the school year and this new mask wearing update will not be a major adjustment to our protocols.

We encourage 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 community's 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.

Stay Safe everyone!

Upcoming events:

February 4th to April 22nd

Friday, April 2nd

Monday, April 5th

Wednesday, April 7th

Thursday, April 8th

Wednesday, April 14th

Length of Quarter 3 classes

Good Friday

Easter Monday

Euclid Math Contest (Grade 12)

Exploring Our Relationship with Alcohol During Stressful Times

Fryer Math Contest (Grade 9)

Galois Math Contest (Grade 10)

Hypatia Math Contest (Grade 11)

Thursday, April 22nd

Last day of Quarter 3 classes

Friday, April 23rd

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.

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](#).

Exploring Our Relationship with Alcohol During Stressful Times

Many factors may make us more likely to drink alcohol during a crisis. Anxiety, isolation and stress are all common during this time of COVID-19. And unfortunately, science has shown us that one of the most powerful triggers for substance use is stress.

Tempest is the first and only virtual recovery program that provides effective, engaging, holistic and lifelong care to anyone who wants to change their relationship with alcohol. Tempest was founded by Holly Whitaker, author of the New York Times best-seller book ~Quit Like a Woman.~ Tempest's brand has changed the narrative around a normally stigmatized life event resulting in extensive press coverage when Chrissy Teigen posted on Instagram how the Tempest approach helped her to get sober, along with numerous news features such as on Today, GMA, and Vogue.

Facilitated by Ruby Mehta

Ruby is the Director of Clinical Strategy at Tempest. She is also a licensed clinical social worker and holds a certificate in Integrative Trauma Studies from the National Institute for the Psychotherapies in NYC. Prior to joining Tempest, Ruby provided therapy to individuals struggling with depression, anxiety and substance use within her own private practice as well as within community mental health centres. Ruby lives in New Jersey with her partner and three energetic little kids.

When: April 8, 2021 06:00 p.m. – 7:30p.m.

Please register in advance for this Workshop:

<https://ca01web.zoom.us/meeting/register/u5UpduCqqj8uHtbwgdvzfFoNsSRRCWQW6m5F>

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

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

Cougar Canyon Clean-up and Planting Event

Over Spring Break, we had a number of Seaquam students participate in removing trash and planting various plants in Cougar Canyon to help the Cougar Creek Streamkeepers and BC Wildlife Federation. According to Deborah Jones, initiative organizer, the Seaquam students were marvelous in cleaning up the area, while staying safe in completing this important service for the community. This event takes place annually. Congratulations to all Seaquam students who participated.

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 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.

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](#) – 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

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

Sincerely,

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Ian Close
Vice Principal
iclose@deltasd.bc.ca

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Vice Principal
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