



Friday, March 12th, 2021

Dear Seaquam students and families,

As we move into Spring Break, we want to wish all of our families a safe and healthy holiday. It is incredible that we have now been in our pandemic environment for a year and the vaccine distribution plan is becoming clearer as to who will receive the vaccine and when. In the meantime, we have to continue to practice the safety measures outlined since the start of the pandemic to ensure that we all come back to school safely on March 29th. We encourage all families to follow the safety standards outlined by Dr. Henry, Provincial Health Officer, regarding staying within your family bubble and avoiding non-essential travel.

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!

Spring Break Office Hours:

The Main Office will be open from 8:30am to 2:30pm Monday to Friday over Spring Break with the exception of Monday, March 22nd and Friday, March 26th when the office will be closed. Please call the school at 604-591-6166 before arriving at the school and ensure you are wearing a mask when entering the building. You will be asked to complete a contact tracing form upon your arrival to the office area.

Thank you for your cooperation in meeting these safety measures.

Upcoming events:

February 4 th to April 22 nd	Length of Quarter 3 classes
March 15 th – March 26 th	Spring Break
Monday, March 29 th	School Re-opens
Friday, April 2 nd	Good Friday
Monday, April 5 th	Easter Monday

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://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.

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](#).

Would your child like to have a say in their city? This is their chance!

The City of Delta is updating its 2018 Social Action Plan. This municipal plan identifies community needs and key directions and actions for the City and community partners to address these needs. As a part of updating this plan the City would like to hear from youth about how to make Delta a more youth friendly city. The survey should not take more than 7-10 minutes. It will close on March 26, 2021. Please could you ask your child to complete the survey using this link: https://docs.google.com/forms/d/e/1FAIpQLSdbkSncTDGA-0kSFTXNg_seyZxcSWsxBy0CR_CiIK_KTS9u3g/viewform?vc=0&c=0&w=1&flr=0

Thank You Ms. Akiyama

Ms. Akiyama, receptionist, will be leaving Seaquam to take on a new challenge at a Delta elementary school. Thank you Ms. Akiyama for all of your service to the Seaquam community. Good luck in your new position.

BC Today Career Fair March 22-26

From March 22-26, CBC Radio One's BC Today will be hosting a Career Fair featuring guests speaking about a variety of professions and opportunities. This could be of value to students, particularly those in Grades 11 and 12 (of course, very eager younger students can join, too!). There will be opportunities for listeners to call in with questions.

To attend the Career Fair, students can tune in to BC Today with Michelle Eliot from 12:30 p.m.-1 p.m. PT, March 22-26 on their local CBC Radio One or online at cbc.ca/listen.

More details will be sharing about the series as we get closer to the date. Check back at cbc.ca/bc/community.

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.

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.

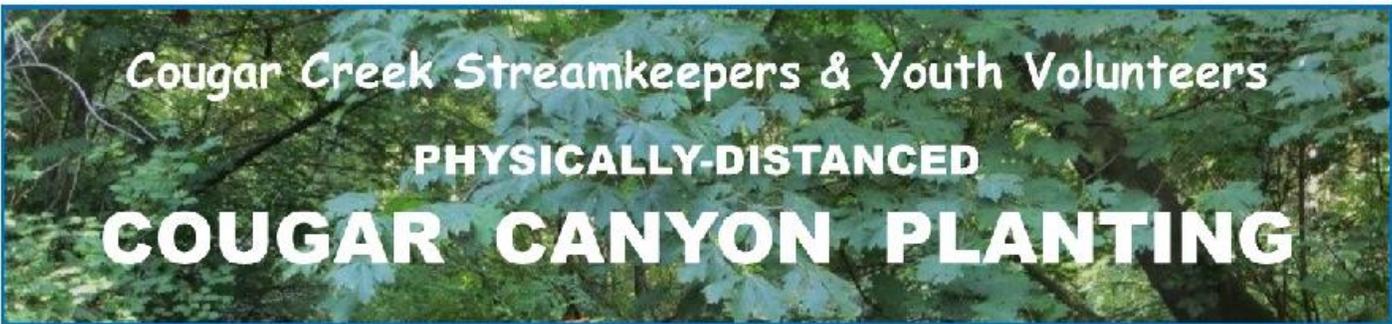
The survey can be completed electronically and can be accessed on the Internet at http://www.bced.gov.bc.ca/sat_survey. Any computer with an Internet connection can be used, and access to the e-survey is simple and secure. The survey can be accessed through the link with or without an anonymous logon 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

Cougar Creek Streamkeepers & Youth Volunteers

Please view the poster below regarding a volunteer opportunity to help Cougar Creek Stream-keepers plant 200 ferns & Shrubs in Cougar Canyon. The Physically-Distanced session will occur on Saturday, March 27th from 11am-1pm at the path entrance at 11319 Lyon Road. For more information, email Deborah Jones at inielsen@dccnet.com



Cougar Creek Streamkeepers & Youth Volunteers
PHYSICALLY-DISTANCED
COUGAR CANYON PLANTING

SATURDAY MARCH 27, 2021
11:00am – 1:00pm

WHAT: PLANT 200 native ferns & shrubs donated by BC WILDLIFE FEDERATION

WHERE: ENTER Cougar Canyon via path at 11319 Lyon Road – wearing your masks & observing 2-metre distance. Orientation will take place in spacious opening just a short distance along path.

WEAR: STURDY SHOES, boots or gumboots; long pants (old jeans advised); layers for rain or shine

COVID PRECAUTIONS

THERE'S PLENTY OF SPACE for distancing in the canyon, at multiple planting sites
PLEASE "MASK UP" for orientation & when walking or working in close proximity
PLEASE BRING your own water bottle, snack & WORK GLOVES if you have them
SHOVELS & old-but-laundered work gloves will be available on site

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.

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.

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

Resources

- [Bell Let's Talk](tel:1-877-977-2739)
- [Canadian Association for Suicide Prevention](tel:1-613-702-4446) – 613-702-4446 (not a crisis line)
- [Canadian Mental Health Association](tel:1-416-646-5557) – 416-646-5557
- [Canadian Psychological Association](tel:1-613-237-2144) – 613-237-2144 or 1-888-472-0657
- [Mood Disorders Society of Canada](tel:1-613-921-5565) – 613-921-5565
- [Schizophrenia Society of Canada](tel:1-204-320-3188) – 1-204-320-3188
- [Mental Health Commission](tel:1-613-683-3755) – 613-683-3755

Have a wonderful Spring Break!

Rick Mesich
Principal
rmesich@deltasd.bc.ca

Ian Close
Vice Principal
iclose@deltasd.bc.ca

Vlad Nikic
Vice Principal
vnikic@deltasd.bc.ca