



Friday, April 23rd, 2021

Dear Seaquam students and families,

I hope you are all staying healthy and safe.

In this week's newsletter, I would like to recognize two long standing Seaquam staff members who will be retiring by the end of April. These individuals have made an incredible contribution to the Seaquam community and to the Delta School District. Congratulations to Ms. Ballantyne and Mr. Mitton on their decision to retire and thank you to them both for their tremendous support of our students, both inside and outside of the classroom. We wish them both many years of health and happiness.

The district is starting a Visioning 2030 process to develop district goals for the next 10 years. The visioning organizers would like to invite school teams, made up of 30 parents, guardians and students, to participate in a virtual meeting on Wednesday, May 12th from 7:00pm – 9:30pm. There will be representatives from both elementary and secondary schools from throughout the district providing input on the district's direction over the next 10 years. An email was sent out to the community yesterday with more details on this process. Please RSVP to Ms. Rivard, Administrative Assistant, to join the Seaquam team. We hope everyone considers being a part of this process.

The number of positive cases of COVID-19 continues to be very high, primarily due to the variants that seem to be most problematic. We cannot stress enough that we ALL need to follow the protocols set out by Fraser Health and the Provincial Health Officer, both at school and in the community. I am happy to announce that all staff in North Delta Schools have had the opportunity to receive their vaccination shot starting on Friday, April 16th. Please refer here for up-to-date protocols – <https://www2.gov.bc.ca/gov/content/covid-19/info/restrictions>

A quick reminder that Fraser Health and the Provincial Health Officer set the protocols for us to follow as a school. Please keep yourself up to date. Changes are constantly occurring depending on the information that they receive. Keep safe and well.

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:

April 26th to June 23rd

Monday, April 26th

Tuesday, April 27th

Thursday, April 29th

Friday, May 21st

Monday, May 24th

Length of Quarter 4 classes

Quarter 4 classes begin

PAC Meeting 6:30pm (via Zoom)

WorkBC Webinar (see below for details)

Quarter 3 Report Cards published in MyEd Student Portal

Navigating Adolescence Presented By: Safeteen (see below)

Pro D Day

Victoria Day – school closed

The following information will provide details on timely topics.

Students in Isolation

If your child is placed in isolation by Fraser Health, please do the following:

- Contact the school and let us know how long your child will be absent from school, the date of the positive test result (only if your child tests positive to a COVID test) and what day they will be returning to school.
- You or your child should contact the teachers via email and let them know.
- Also check their Google Classrooms for work and learning they can do while they are absent.

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@deltaschools.ca

Mr. I. Close (Grades 8 & 10) iclose@deltaschools.ca

Mr. V. Nikic (Grades 9 & 11) vnikic@deltaschools.ca

Thank you in advance for your cooperation on this matter.

June 2021 Year End Schedule

The last day of formal classes in June will be Wednesday, June 23rd. The following two 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.

Grade 9 Vaccinations

Fraser Health has been informed us that Grade 9 vaccinations are not taking place at the school this year due to the COVID-19 vaccine rollout. If we are notified that the vaccinations will be taking place, or if we get any follow-up instruction, we will reach out to families with information.

Navigating Adolescence Presented By: Safeteen

As parents and educators we may feel afraid and, at times, powerless as our children move out from under our protective wing and begin to navigate the dangerous terrain of adolescence. Sex, drugs, violence, eating disorders, bullying, suicide, drinking and driving...and the uncharted territory of the Internet. We are holding our breath, hands over our eyes, peeking out between our fingers. We can see our teenagers teetering on the brink of a precipice, arms outstretched. Our media and TV-culture fed youth are perched in precarious denial armed with the "Immortality Syndrome" (That could never happen to me!). It is clearly not enough to tell our teens over and over that violence is not acceptable, and to advise them to report it, to just walk away...(the two things that teens tell us they won't do!) It is clearly not enough to say, don't do drugs, abstain from sex / use condoms / stop bullying. We need to be able to teach our children how to negotiate these potentially life-altering moments – how to say 'no' and handle peer pressure. How to walk away without giving up their dignity. How to access the part of themselves that can make wise choices, even in the heat of the moment.

The focus of this presentation for parents and professionals will be to give you an overview on the skills which we pass on to your teens and pre-teens in the numerous programs which we deliver. Skills which empower and enable our youth to cope with the verbal, emotional and physical threats that they are exposed to every single day.

When: April 29, 2021 6:30pm – 8pm

Register in advance for this workshop:

<https://ca01web.zoom.us/meeting/register/u5wqd-yvqTwsH9xgvRvcETNWNDdRN2fbsvRi>

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

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!

Cougar Canyon Ivy Pull



SATURDAY MAY 8, 2021
1:00pm – 3:00pm

WHAT: PULL, YANK, CUT! We'll do whatever it takes to rescue native trees, shrubs, ferns and wildflowers from the smothering clutches of invasive English ivy.

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 is good); layers for rain or shine



COVID PRECAUTIONS

THERE'S PLENTY OF SPACE for distancing in the canyon, at multiple ivy 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
PRUNERS, other tools & old-but-laundered work gloves will be available on site

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.

Career Exploration Conversations
A CAREER DEVELOPMENT WEBINAR FOR PARENTS TO SUPPORT YOUTH

VANCOUVER COAST & MOUNTAINS
VIRTUAL WEBINAR
April 27 | 7 – 8 p.m. PST

Grad Information:

Commencement comment:

Grade 12 students are asked to submit their commencement comment by Friday, April 30th. This comment will be read as students cross the stage at the Commencement event on May 29th. Students will need to access the Google form through their deltallearns email account. Please click on the following link to submit a write-up.

<https://forms.gle/SLpMSj8bRjBRjMpC7>

A reminder your comment needs to meet the following criteria:

- Length: limited to 250 characters (including spaces) or less*
- Content: should/may include “thank you’s” and/or a brief plan for next year*
- *** Note: write-ups will be reviewed by staff to ensure they are appropriate and represent all members of our Seahawk community.*
- ***Note: any grad that does not submit a commencement write-up may have a generic write-up written for them when they cross the stage*

Graduation Scholarships and Post-Secondary Applications

Graduating students and families are reminded that school scholarship applications close on Monday, April 26th. Students and families can investigate the various scholarships offered on our website. Please click on the link below to access scholarship information.

<https://se.deltasd.bc.ca/student-resources/career-centre/>

Please email Ms. Gehiere (jgehiere@deltasd.bc.ca) if students or families have questions.

City of Delta Scholarships

The City of Delta offers two scholarships for graduating high school students that reside in Delta.

Agriculture Scholarship

If your child is interested in a career in agriculture, you’ll want to know about this great funding opportunity. The City of Delta and Delta’s Agricultural Advisory Committee are offering a \$2,000 scholarship opportunity for Delta high school students who reside in Delta to assist in pursuing post-secondary education in the area of agriculture. The deadline to apply is May 21. Visit the City of Delta’s website for more information and application forms. <http://delta.ca/environment-sustainability/agriculture/overview>

Heritage Commission Scholarship

This scholarship is provided in an effort to encourage students to display an interest in local or regional heritage, as demonstrated through an original piece of work. The scholarship is valued at \$1,000 and applied to a student’s post-secondary studies. The deadline to apply is May 17. Visit the City of Delta’s website for more information and application forms. <http://delta.ca/discover-delta/heritage/heritage-awards-scholarship>

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@deltaschools.ca)
Grade 9: Mr. J. Sall (jsall@deltaschools.ca)
Grade 10: Ms. M. Costin (msalmon@deltaschools.ca)
Grade 12: Mr. H. Mian (hmian@deltaschools.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,

Rick Mesich
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Ian Close
Vice Principal
iclose@deltaschools.ca

Vlad Nikic
Vice Principal
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