



Friday, April 30th, 2021

Dear Seaquam students and families,

I hope you are all staying healthy and safe.

We are now a full week into Quarter 4 and students have settled into their new classes and routines. While we are off to a smooth start in the new quarter, we recognize that the unique circumstances caused by the pandemic environment may result in unforeseen challenges for people. As parents/guardians we ask that you continue to monitor the mental wellness of your child and if you feel they would benefit from support, please contact your child's grade counsellor or administrator.

Similar to previous quarters, during Quarter 4 students in Grade 8 and 9 are cohorted in their learning groups and will be attending a full day of classes daily. Students in grades 10, 11 and 12 may be scheduled into courses that meet daily or hybrid courses that meet every other day or on an adjusted schedule as specified by the teacher. We ask students with hybrid classes to proceed home if they have no scheduled class and those students who rotate into hybrid classes daily, to wait in the Library or the Multi-purpose room.

The Quarter 3 Report Card release was scheduled for Thursday, April 29th. Unfortunately, there was a technical error in the MyEd software that prevented us from releasing this document to our community. We apologize for this delay and hope that this issue is rectified over the weekend so that the Report Cards can be released on Monday. We will keep you all updated on this situation once we are certain the issue has been resolved.

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, May 3rd

Thursday, May 6th

Thursday, May 13th

Friday, May 21st

Length of Quarter 4 classes

Seaquam Music Program Concert 7:00pm

Growth Mindset - A Key To Resilience For Parents and Students (see below)

How Youth are Effortlessly Lured into the Gang Lifestyle (see below)

Pro D Day

Monday, May 24th
Saturday, May 29th

Victoria Day – school closed
Grad Production Event

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.

GROWTH MINDSET - A KEY TO RESILIENCE FOR PARENTS AND STUDENTS

It's so easy to have a fixed mindset, especially when we're stressed. "I'm just not smart enough." "I'm just not as good at this as everyone else." "I can't do this." Carol Dweck pioneered the research on fixed versus growth mindset and it can be extremely helpful to understand for both parents and for students. In this workshop, we'll look at how we are not just a sum of our innate, natural abilities (fixed), and that we can actually improve our talents and abilities through effort, good teaching, and persistence as Dweck suggests (growth). This will help us be better at our jobs as parents, and will help our students thrive, particularly during times of great stress.

FACILITATOR

Andrew Neufeld is the Co-Founder and the Executive Director of Alongside You, Principal at Immerse Consulting, and Clinical Instructor at the University of British Columbia. He is a Registered Clinical Counsellor, Certified Birkman© Consultant and Leadership Consultant, with over a decade of experience working with individuals, couples, families and professionals. His passion is in helping organizations clarify their goals and passions, and design plans on how to get to where they want to be and thrive along the way.

Date: Thursday May 6, 2021, 6:30pm-8:00pm

Registration Link: https://alongsideyou.zoom.us/webinar/register/WN_7p16QbEJQL--9uF6W45Q5A

HOW YOUTH ARE EFFORTLESSLY LURED INTO THE GANG LIFESTYLE

Gangs are recruiting youth at a younger age in ways that our communities have never seen before. Parents will leave this COMPLIMENTARY presentation with a greater understanding of what they can do to prevent their child from getting involved in gangs and other harmful activities.

KEY SPEAKERS:

JORDAN BUNA

Jordan Buna has presented both provincially and nationally on the topic of youth gangs. He works with Safer Schools Together, delivering training sessions with Gang Reduction through Informed Practice (GRIP). Jordan's presentation focuses both on his journey into gangs as a young person as well as his successful exit as an adult.

DR. KEIRON MCCONNELL

Dr. Keiron McConnell has worked within the criminal justice system for the last 30 years in a frontline capacity. Specifically, in this work, he has worked exclusively in gang prevention, intervention and suppression for the last 15 years with a variety of police gang units.

Parent Session

Thursday, May 13 (Online Event)

6:30 - 8:00 pm

TO REGISTER, PLEASE VISIT:

<https://forms.office.com/r/1Mk7VzPQ2D>

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.

Summer Volunteer Opportunity



SUMMER 2021
VOLUNTEER OPPORTUNITIES
with COUGAR CREEK STREAMKEEPERS

Make this your summer of
OUTDOOR ECO-VOLUNTEERING!

Go to www.cougarcreekstreamkeepers.ca
to subscribe to our email list & receive notices of
volunteer stewardship opportunities

Give yourself & North Delta's environment the gift of better health 😊

COVID PRECAUTIONS AT STREAMKEEPER EVENTS
THERE'S PLENTY OF SPACE for distancing in the great outdoors
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
TOOLS & old-but-laundered work gloves will be available as needed at events

Cougar Canyon Ivy Pull



Cougar Creek Streamkeepers & Youth Volunteers
PHYSICALLY-DISTANCED
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

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!

Grad Information:

Commencement comment:

We have extended the deadline for Commencement comment submissions. Grade 12 students are asked to submit their commencement comment by Friday, May 7th. 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 deltalearns 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*

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 at Seaquam. 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
Principal

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Ian Close
Vice Principal

iclose@deltaschools.ca

Vlad Nikic
Vice Principal

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