



Thursday, April 9<sup>th</sup>, 2021

Dear Seaquam students and families,

We hope you all had a safe and restful Easter weekend with your family.

It's hard to believe, but we have now turned the calendar to April and there are just over a week and a half of classes remaining in Quarter 3. Quarter 3 classes conclude on April 22 with a Transition Day on April 23<sup>rd</sup>. As students approach the end of the quarter many will be required to complete final assessments. Students who feel they need assistance should seek the help of their teachers outside of regular class time and/or access school supports like Homework Club that runs Monday to Thursday after school in the Library.

Last Saturday, the Tsawwassen First Nation celebrated their Treaty Day. Please view this [brief video featuring Chief Ken Baird of Tsawwassen First Nation](#), as he speaks to the history and significance of the treaty.

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 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.

Thank you everyone!

**Upcoming events:**

February 4<sup>th</sup> to April 22<sup>nd</sup>  
Wednesday, April 14<sup>th</sup>

Length of Quarter 3 classes  
Fryer Math Contest (Grade 9)  
Galois Math Contest (Grade 10)  
Hypatia Math Contest (Grade 11)  
Last day of Quarter 3 classes

Thursday, April 22<sup>nd</sup>

Friday, April 23<sup>rd</sup>

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 26<sup>th</sup>

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 23<sup>rd</sup>. The following 2 days, Thursday, June 24<sup>th</sup> and Friday, June 25<sup>th</sup>, 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 29<sup>th</sup>.

### **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](mailto:rmesich@deltasd.bc.ca)

Mr. I. Close (Grades 8 & 10) [iclose@deltasd.bc.ca](mailto:iclose@deltasd.bc.ca)

Mr. V. Nikic (Grades 9 & 11) [vnikic@deltasd.bc.ca](mailto:vnikic@deltasd.bc.ca)

Thank you in advance for your cooperation on this matter.

### **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!

<b>Conference Fee</b>	<b>Early Bird (to May 3)</b>	<b>Regular Rate (after May 3)</b>
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 29<sup>th</sup>, 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 be accessed the Google form in the link below:

<https://forms.gle/SLpMSj8bRjBRjMpC7>

**The survey will be open until Friday, April 30<sup>th</sup>.**

### **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](mailto: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 30<sup>th</sup>, we have been informed by Grads BC that the date for our production event will take place on Saturday, May 29<sup>th</sup> (possibly on May 30<sup>th</sup> 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](mailto:rrickey@deltasd.bc.ca))  
Grade 9: Mr. J. Sall ([jsall@deltasd.bc.ca](mailto:jsall@deltasd.bc.ca))  
Grade 10: Ms. M. Costin ([msalmon@deltasd.bc.ca](mailto:msalmon@deltasd.bc.ca))  
Grade 12: Mr. H. Mian ([hmian@deltasd.bc.ca](mailto: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,

Rick Mesich  
Principal  
[rmesich@deltasd.bc.ca](mailto:rmesich@deltasd.bc.ca)

Ian Close  
Vice Principal  
[iclose@deltasd.bc.ca](mailto:iclose@deltasd.bc.ca)

Vlad Nikic  
Vice Principal  
[vnikic@deltasd.bc.ca](mailto:vnikic@deltasd.bc.ca)