



Friday, May 14th, 2021

Dear Seaquam students and families,

Mid May is here. The weather is getting better, the nights are longer and there is an increased opportunity and desire to be outside. During a regular school year, we would be preparing for the end of year routines. In our pandemic environment, nothing is normal. We still have six weeks of Quarter 4 classes left, and students and staff are working hard to get to the end. Please encourage your child to keep up the learning, stay engaged and enjoy the last six weeks of school.

Before the end of June, I would encourage families to clear any outstanding balances for their child's school fees. You can check balances and make payments through Parent Connect. Another option for payment is to write a cheque to the school or use a debit card at the school. If a family needs help covering school fee costs, please reach out to your child's administrator for support.

The news indicates that the number of positive results is decreasing, the number of doses of the vaccines available is increasing, the number of people getting their first shot is increasing and who can get their first shot is expanding. This is great news, but we need to remember that the vaccine alone will not get us out of the pandemic. We must still follow all the recommendations from the PHO and be vigilant with it. 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.

Stay safe and be well.

Upcoming events:

April 26th to June 23rd

Friday, May 21st

Monday, May 24th

Wednesday, May 26th

Saturday, May 29th

Length of Quarter 4 classes

Pro D Day

Victoria Day – school closed

The Askable Adult: Supporting Neurodiverse Learners in
Navigating Puberty (see below)

Grad Production Event

The following information will provide details on timely topics.

Updated Safety Guidelines for Graduation Events

Today, we received a new guidance document from the provincial government to support graduation ceremony planning in alignment with the current Provincial Health Officer [Gathering and Events Order](#) and the [Provincial COVID-19 Health & Safety Guidelines for K-12 Settings](#).

Currently we are reviewing the updated guidelines to see how we can apply them to our upcoming Grad event. We will communicate further with parents/guardians sometime next week. Thank you for your patience.

Valedictorian Nomination Process

Next week, the voting process for the selection of the Class of 2021 Valedictorian. Information for voting will be sent out through student's deltallearns email accounts. Please monitor your email for voting procedures early next week.

Congratulations to all of the students who have been nominated.

Delta Visioning 2030

In the coming weeks, there will be opportunities for families and students to participate in the Visioning 2030 process.

Parent Survey – May 13 – June 15 <https://www.deltasd.bc.ca/vision-2030-parent-guardian-survey>

Student Survey – May 25 – June 8

Community Partners Survey – May 25 – June 8

Links to the surveys will be sent out by email. There may be other opportunities over the month of May and June. Updates will be communicated to our community once they are released.

Family Workshops

“The Askable Adult: Supporting Neurodiverse Learners in Navigating Puberty”. A free evening of learning for caregivers. **May 26th – 6:30-8:30 p.m. (over Zoom)**

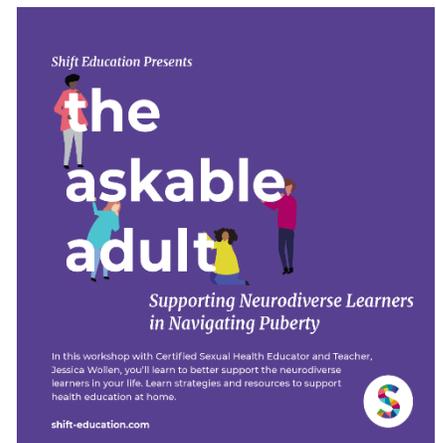
Register early, as spots are limited! <https://bit.ly/3bmCJEa>

Topics covered include:

- Typical markers in childhood sexual development
- What changes occur during puberty
- Resources to support puberty education for your child
- Online safety: Tips and Tricks
- Clarifying the values you have in your home around healthy friendships and intimate relationships
- Strategies to have conversations with your kids

About the presenter:

“SHIFT Education is me, Jessy Wollen, teacher and certified sexual health educator. Through workshops, professional development training, and resources, I forge the way for teachers, caretakers, parents and grandparents who want to learn how to talk to young people – including diverse learners – about sexuality without being weird about it. IT takes a bit of work and a whole lot of humour.”



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.

The Giving Tree Project Celebration

On our journey of Truth and Reconciliation, the Seaquam community is honoured to be planting a Cedar Tree on Seaquam's school grounds. The City of Delta and the Delta School District worked together on this project. Cedar trees play a significant cultural and practical role in the lives of Indigenous communities. The Giving Tree Project was created to honour this role and provide an educational opportunity for the students to learn about this. Trees also play an important role in the ecology of Delta. Today, several classes participated in this celebration. For more information, please check this out - <https://vimeo.com/540193862>

For many First Nations along the coast of British Columbia, the cedar is the heart of the culture and often referred to as the tree of life. For the Coast Salish, the cedar is one of the most important resources used. The green boughs act as a filter for clean air. The boughs are also used in ceremonies for cleansing and medicines. Cedar not only provides wood for homes and warmth, but the inner bark is used for weaving baskets and clothing. The tree can be transformed into a welcome post, canoe, and paddles. Caring for the cedar is a way in which we can show respect to Mother Earth. In return the cedar will care for us.

There are two types of cedar trees that grow in BC - Western red and yellow. The yellow cedar has dark green boughs and droopy branches compared to the red. Both are used traditionally along the Coast. The tree being gifted to the school is a Western Red.

Overdose Alert

There continues to be increased reports of overdose across the Fraser Health Region. No particular substance has been identified. Some of these events are suspected to be substances contaminated with benzodiazepines. Please see the link below to access a poster from Fraser Health for more information.

https://mcusercontent.com/260cf4948337d63970187334e/files/23ced90b-4bca-44a1-ab6f-10899f79dd47/OVERDOSE_ALERT_FH_Wide_April_28_2021.pdf

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.

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>

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

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](http://www.bccrisiscentre.ca) – 1-800-784-2433 or 310-6789 no area code needed
- [CRISIS SERVICES CANADA](http://www.crisis.ca) – 1-833-456-4566 or text 45645
- [First Nations and Inuit Hope for Wellness Help Line](http://www.hopeforwellness.ca) – 1-855-242-3310
- [Canada Drug Rehab Addiction Services Directory](http://www.addiction.ca) – 1-877-746-1963
- [National Eating Disorder Information Centre](http://www.national-eating-disorder.com) – 1-866-633-4220

Resources

- [Bell Let's Talk](http://www.bell.ca)
- [Canadian Association for Suicide Prevention](http://www.suicide.ca) – 613-702-4446 (not a crisis line)
- [Canadian Mental Health Association](http://www.mentalhealth.ca) – 416-646-5557
- [Canadian Psychological Association](http://www.psychology.ca) – 613-237-2144 or 1-888-472-0657
- [Mood Disorders Society of Canada](http://www.mooddisorders.ca) – 613-921-5565
- [Schizophrenia Society of Canada](http://www.schizophrenia.ca) – 1-204-320-3188
- [Mental Health Commission](http://www.mentalhealthcommission.ca) – 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

vnikic@deltaschools.ca