



Friday, May 14th, 2021

Dear Seaquam students and families,

As we enter into the Victoria Day long weekend, we have many reasons to be thankful in our pandemic environment. We, as a community, have been diligent with meeting and exceeding the safety guidelines and taking the opportunity to get vaccinated. The provincial and area numbers indicate that these measures have impacted the cases of COVID-19 and we should be proud.

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>

This weekend will be another test of our resolve as a community to continue our efforts to keep the COVID cases in decline. Last weekend, we were reminded that COVID-19 is still having negative effects on our community as we needed to send out self-isolation and self-monitoring letters to families. At this time, we cannot become complacent and ignore the Public Health Officers safety guidelines or [travelling restrictions](#). We must continue to be diligent with our commitment to keep everyone safe. We encourage everyone to stay local this weekend.

A reminder that Fraser Health and the Provincial Health Officer set the protocols for us to follow as a school.

Please keep yourself informed on the latest information.

Stay safe and be well.

Upcoming events:

April 26th to June 23rd

Thursday, May 20th

Friday, May 21st

Monday, May 24th

Wednesday, May 26th

Saturday, May 29th & 30th

Length of Quarter 4 classes

Staying Connected to Your Teen: A Guide to Support Youth Through Their Teen Years (see below)

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.

Seaquam Students Win 2021 Young Reporters for the Environment (YRE) Canada National Competition

Congratulations to Grade 9 students, Anika Dass and Diya Dhaliwal, whose submission to the 2021 Young Reporters for the Environment (YRE) National competition was selected as the winning entry and will become Canada's entry in the YRE International competition. Please see the link below to view Anika's and Diya's submission. Congratulations to both students and good luck in the International competition.

<https://www.deltasd.bc.ca/news-events/news/seaquam-students-representing-canada-in-the-yre-international-competition/>

Summer Learning in the Classroom is Back



The Delta School District is once again offering a variety of courses for students residing in Delta in grades 8 to 12 this summer. To view what's available please go to our Summer Learning Landing page here:

<https://www.deltasd.bc.ca/programs/continuing-education/summer-school-registration/>

City of Delta Transportation for Immunizations

The City of Delta is offering free transportation to immunization clinics for students and their families. The city has three 7 seater buses that can pick them up from school or home curbside to and from the Ladner or North Delta vaccine clinics once they have registered and received confirmation they are eligible to book a vaccination appointment. Currently, any student over the age of 18 can register however, in the coming days, we expect the government to announce that students aged 12 - 17 will be able to register. Please stay tuned for further information.

Students/families can register online here: <https://www2.gov.bc.ca/gov/content/covid-19/vaccine/register>

COVID-19 safety protocols are in place including mandatory masks while on the bus, health screenings and routine cleaning. All rides are booked on a first come, first served basis. For more information, students/families can call 604-597-4876, Monday to Sunday, 9am to 3:30pm.

Foundry BC Virtual App

The Province of BC announced the launch of the Foundry BC app, which offers young people aged 12 to 24 and their caregivers access to integrated health and wellness services. Visit the Foundry Virtual BC web page to download the app or to access the web portal online.

<https://foundrybc.ca/virtual/>



Foundry Virtual BC - Foundry BC App

Support that meets you where you are. Access our virtual services through the new Foundry BC app — co-created with and for youth and their caregivers in British Columbia.

Staying Connected to Your Teen: A Guide to Support Youth Through Their Teen Years

Join us to learn about the key ingredients that support a healthy and strong relationship with your teen(s). Healthy relationships include care, support and boundaries. Teenage years can be challenging and strong connections are essential protective factors that allow for continued growth. Learn practical strategies and develop a plan of action to support the development of your child.

When: Thursday, May 20, 2021 6:30 p.m.–8p.m.via Zoom

Facilitated by:

Sukh Shergill & Kirsten Hermanson

Register in advance for this workshop:

<https://ca01web.zoom.us/join/register/u5wodeysrD0iHtJKOx6lZFeDfgkEI1dYtzZT>

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.

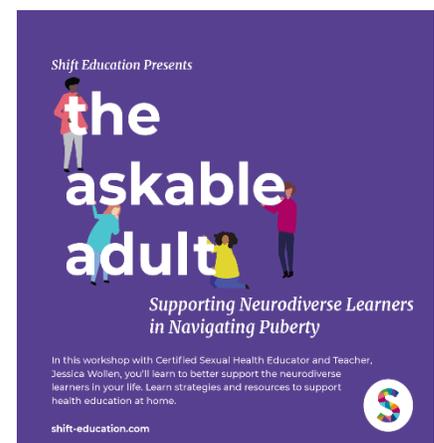
Family Workshops

“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.

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.

Summer Volunteer Opportunity



The poster features a background image of a stream with rocks and greenery. The text on the poster reads: "SUMMER 2021 VOLUNTEER OPPORTUNITIES with COUGAR CREEK STREAMKEEPERS". Below this, it says "Make this your summer of OUTDOOR ECO-VOLUNTEERING!". It provides a website link: "Go to www.cougarcreekstreamkeepers.ca to subscribe to our email list & receive notices of volunteer stewardship opportunities". At the bottom, it says "Give yourself & North Delta's environment the gift of better health 😊". There is also a section titled "COVID PRECAUTIONS AT STREAMKEEPER EVENTS" with a small tree icon. The precautions listed are: "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", and "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 - DHALIWAL - 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@deltaschools.ca

Ian Close

Vice Principal

iclose@deltaschools.ca

Vlad Nikic

Vice Principal

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