



Friday, May 7<sup>th</sup>, 2021

Dear Seaquam students and families,

I hope you are all staying healthy and safe.

This weekend, I would like to encourage our students to pay tribute to their Mothers or significant female role model. We do not express enough the importance of our Mothers in our lives and their ongoing love and support. Please make an effort this weekend to tell your Mom how much they mean to you and express your love for them. Thank you to all of our Mothers in the community. Happy Mother's Day!

This week we learned that children 12+ will be eligible to be vaccinated in the coming weeks with the hope of having those who want to be vaccinated given the opportunity by the end of June. This announcement is welcomed in so many ways as it provides all of us with hope that we will get back to pre-pandemic life in, hopefully, the near future. We have not been informed how this vaccination process will be implemented. We will inform our school community once the plans are announced.

That said, we must continue to follow all of the safety protocols we have in place and not become complacent with this positive news story. As we all know, this situation is extremely fluid where an announcement one week/day may change the next.

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 26<sup>th</sup> to June 23<sup>rd</sup>  
Thursday, May 6<sup>th</sup>

Length of Quarter 4 classes  
Growth Mindset - A Key To Resilience For Parents and Students (see below)

Wednesday, May 12<sup>th</sup>  
Thursday, May 13<sup>th</sup>

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

Thursday, May 13<sup>th</sup>  
Friday, May 21<sup>st</sup>  
Monday, May 24<sup>th</sup>  
Saturday, May 29<sup>th</sup>

Valedictorian Nomination Applications Due  
Pro D Day  
Victoria Day – school closed  
Grad Production Event

The following information will provide details on timely topics.

### **Valedictorian Nomination Process**

In preparation of developing our virtual Graduation Ceremony, we are opening the application process for grade 12 students who meet the criteria to nominate themselves to provide the Valedictorian Address to the Grads of 2021.

An email was sent to all grade 12 students and families that included the application form. Applications are due on Thursday, May 13th by 2:00pm. If students have questions, please email Mr. Mesich at [rmesich@deltaschools.ca](mailto:rmesich@deltaschools.ca)

### **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](mailto:rmesich@deltaschools.ca)

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

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

Thank you in advance for your cooperation on this matter.

### **Delta Vision 2030**

Imagine you could help set the direction of the Delta School District for the next ten years. What hopes, dreams and possibilities can you conceive of for our future? What values and qualities will students of the future need in order to be successful citizens who are able to address and solve real-world issues?

Delta will be engaging with staff, students, families and community members as we work through this Visioning process. Invitations and notices of opportunities to participate will be coming out in the next while. If you are interested in participating, please look out for these messages.

### **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.

### **DPAC Annual General Meeting Information**

Delta DPAC is hosting our Annual General Meeting on Monday, May 10th at 7:00pm. At this meeting, we will be holding our elections for the 2021/2022 Executive Committee. Due to COVID-19 restrictions, this meeting and the elections will be held online via Zoom. For more details on the Delta DPAC Executive Committee positions and the online nominations and elections process, please review the attached document or contact [deltadpac@gmail.com](mailto:deltadpac@gmail.com).

Delta DPAC cannot function without dedicated volunteers. We welcome nominations for all positions and hope you will join us in fulfilling our mandate to represent the parent voice and support PACs in our school district. Any parent or guardian of a student registered in the Delta School District (SD37) is eligible to hold a position on the Executive Committee. If you would like more information about Delta DPAC or the Executive Committee positions, please email [deltadpacnominations@gmail.com](mailto:deltadpacnominations@gmail.com).

\*\* Note: An official call for nominations was made at our General Meeting on April 19, 2021. This email notice constitutes the second call for nominations.

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**What:** AGM and 2021/2022 Executive Committee Elections

**When:** Monday, May 10, 2021 at 7:00pm

**Where:** Zoom

Register in advance for this meeting: [https://ca01web.zoom.us/meeting/register/u5Iuf-GsqTMrE9FHCCs8Ng-PT1Rb\\_wq9qc6F](https://ca01web.zoom.us/meeting/register/u5Iuf-GsqTMrE9FHCCs8Ng-PT1Rb_wq9qc6F)

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

\*\* Note: 16 member PACs must be in attendance for quorum so we can proceed with the vote. Please be sure your school's designated representative (DPAC rep or in his or her absence, the PAC Chair or an alternate voting representative) attends so we can elect Executive Committee for next year.

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**1. Executive Positions & Responsibilities:** Any parent or guardian of a student registered in the Delta School District (SD37) is eligible to hold a position on the Delta DPAC Executive Committee. To view the Executive Officer positions available and their respective duties, please view the Delta DPAC Constitution & Bylaws: [https://www.deltasd.bc.ca/wp-content/uploads/sites/2/2020/10/DPAC-BylawsConstitution\\_2005-BYLAWS.pdf](https://www.deltasd.bc.ca/wp-content/uploads/sites/2/2020/10/DPAC-BylawsConstitution_2005-BYLAWS.pdf).

Positions available include:

- A. Chairperson
- B. Vice-Chairperson
- C. Treasurer
- D. Secretary
- E. District Associate to BCCPAC
- F. Parent Education Co-Ordinator
- G. Meeting Convener
- H. Member-At-Large
- I. Member-At-Large
- J. Past Chairperson

**2. Self-Nomination:** To express your interest, agreement to serve, and confirm your qualifications for the position you would like to nominate yourself for, please email the Delta DPAC Nominations Committee at [deltadpacnominations@gmail.com](mailto:deltadpacnominations@gmail.com).

**3. Voting Eligibility:** The voting membership of the Delta District Parent Advisory Council shall be one designated representative from each school's Parent Advisory Council. A designated representative may appoint an alternative voting representative at the AGM.

We hope you will consider running for a position on the 2021/2022 Delta DPAC Executive Committee.

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

## 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 23<sup>rd</sup>. The following two 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>.

### 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](http://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

## 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>

### 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](mailto:rrickey@deltaschools.ca))  
Grade 9: Mr. J. Sall ([jsall@deltaschools.ca](mailto:jsall@deltaschools.ca))  
Grade 10: Ms. M. Costin ([msalmon@deltaschools.ca](mailto:msalmon@deltaschools.ca))

Grade 12: Mr. H. Mian ([hmian@deltaschools.ca](mailto: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](https://www.bccrisiscentre.ca/) – 1-800-784-2433 or 310-6789 no area code needed
- [CRISIS SERVICES CANADA](https://www.crisis.ca) – 1-833-456-4566 or text 45645
- [First Nations and Inuit Hope for Wellness Help Line](https://www.firstnations.ca/first-nations-and-inuit-hope-for-wellness-help-line) – 1-855-242-3310
- [Canada Drug Rehab Addiction Services Directory](https://www.addiction.ca) – 1-877-746-1963
- [National Eating Disorder Information Centre](https://www.national-eating-disorder.com) – 1-866-633-4220

### **Resources**

- [Bell Let's Talk](https://www.bell.ca/lets-talk)
- [Canadian Association for Suicide Prevention](https://www.suicide.ca) – 613-702-4446 (not a crisis line)
- [Canadian Mental Health Association](https://www.mentalhealth.ca) – 416-646-5557
- [Canadian Psychological Association](https://www.psychology.ca) – 613-237-2144 or 1-888-472-0657
- [Mood Disorders Society of Canada](https://www.mooddisorders.ca) – 613-921-5565
- [Schizophrenia Society of Canada](https://www.schizophrenia.ca) – 1-204-320-3188
- [Mental Health Commission](https://www.mentalhealthcommission.ca) – 613-683-3755

Take care and remember we are here to help in any way we can.

Sincerely,

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

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

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