



Friday, April 29th, 2022

School Goal: Will a school wide focus on fostering student health and wellness have a positive effect on student well-being, engagement and achievement?

Acknowledging the traditional territory of the Tsawwassen and Musqueam First Nations and all of the Coast Salish peoples who have been stewards of this land since time immemorial. We offer gratitude to the Musqueam people who honour our school with the name, Seaquam, which in their language means sunshine. We would also like to offer our respect to all the Elders who have gone before us and to the Elders and First Nations people who are with us today.

Dear Seaquam students and families,

Over the past two evenings, our Fine and Performing Arts students have been engaged in entertaining audiences with the musical “Matilda”. The student performances have demonstrated the work and commitment these students have put forth in this production where their performances are stellar. Ms. Gardner, Theatre Teacher, has guided our students through this process to set them up for success in this endeavor. Congratulations to Ms. Gardner and our students in their pursuit of theatrical excellence. Our community has 2 more opportunities to witness our students’ performances which take place this evening and tomorrow evening. Evening performances start at 7:00pm and tickets are \$15.00 for students and \$20.00 for adults. Tickets can be purchased at the door.

Our Mid-Semester Report Card will be posted today and will provide families with an update on their child’s progress in each of their semester 2 classes. I would encourage all families to review the report card with their child and to contact your child’s teacher, counsellor or grade administrator if support is required. The report card is an opportunity for students to reflect on their learning so far in semester 2 and create an improvement plan that can include connecting with their teachers, attending the Homework Club (runs Monday to Thursday after school in the library), improve on their attendance or maintaining their stellar routines to ensure they continue to perform well in their classes. If your child needs help with this reflection process, I would encourage them to connect with their Grade Counsellor. We all want our students to feel a sense of accomplishment, success, and pride in their Seaquam experience. For this to happen, they must be active participants in their learning journeys. Ultimately, we are here to help.

We have been experiencing higher numbers of absentees from our student and staff populations over the course of this week and from reports from families, it seems students are absent due to testing positive for COVID. With the easing of restrictions in the greater community and in schools, we are getting the sense that individuals may not be following basic personal hygiene responsibilities. As a reminder, we all must:

- Wash or sanitize our hands regularly
- Sneeze or cough in the crease of your elbow or in a tissue
- Practice social distancing measures
- Perform a daily health check
- Stay at home if you are not feeling well

We are still in a pandemic environment and must take our personal hygiene responsibilities seriously to ensure we are all safe moving forward. Thank you in advance for everyone’s efforts.

I hope you all have a wonderful weekend.

The information below provides information on past and upcoming events.

Important Dates:

April 27 th -30 th	Matilda the Musical
April 29 th	Mid-Semester Report Card
May 2 nd	Music Monday Concert 7:00pm-8:00pm
May 4 th	Flex Day (classes start at 8:30am)
May 10 th – 11 th	Delta Track & Field Meet
May 11 th	Collaboration morning (classes start at 9:35am)
May 13 th	Grad Boat Cruise
May 18 th	Flex Day (classes start at 8:30am) Gauss Math Contest
May 20 th	Professional Development Day
May 23 rd	Victoria Day

Commencement Comments for Grade 12 Students

The 2022 Commencement Ceremony will take place on Friday, June 24th at the South Delta Baptist Church in Tsawwassen. In preparation for this ceremony, we ask all grade 12 students to submit a 100-word comment that will be read as they cross the stage. Since a Seaquam Staff member will be reading this comment, please write your statement in the third person – you should not be saying "I would like to ..." but rather using your name to start the sentence and continue in the third person. For instance, in your write up, you might want to thank those people who have supported you in your high school journey, share your post-secondary plans and goals, write an inspirational statement, or whatever you deem appropriate. Please submit your Commencement comment in the Google form that can be accessed in the link below.

<https://forms.gle/BKiqW19NMgVCrAkBA>

FREE Parent/Guardian Workshop

“How to talk to your kids about drugs and alcohol: what works and what doesn’t.”

May 5th, 2022 6:30pm - 8:00pm via ZOOM

Presenter: Dr. Marvin Krank

This presentation will focus on what works in the prevention of alcohol and drug problems in adolescents. The talk will review our best knowledge about the kinds of information and the methods of talking to adolescents that have proven to reduce substance use problems in youth. You will hear practical advice on approaching your children about these potentially life changing choices. We will also talk about how these principles inform effective prevention initiatives in schools.

Register in advance for this meeting:

<https://ca01web.zoom.us/meeting/register/u5IqceGoqjMrG9Lje7tvfMRG2i3OKvIxBC3g>

Dr. Krank received his Honors BA in Psychology and Mathematics at Indiana University and his Ph.D. in Psychology from McMaster University. He has taught at Memorial University of Newfoundland, Mount Allison University, and the University of Toronto. He has been an Adjunct Professor at the Claremont Graduate University, Oregon Health Sciences University, and the University of Washington. Dr. Krank joined the University of British Columbia, Okanagan campus as Dean of Graduate Studies and Professor of Psychology in 2005. Dr. Krank has an active research program in substance abuse with an emphasis on early use in adolescents. He has published numerous articles and presents for professional

conferences, invited symposia, and community groups. The focus of Dr. Krank's research is the psychological determinants of drug use and drug effects including seminal work on the drug tolerance, drug withdrawal and cognitive models of substance use trajectories in adolescents. Dr. Krank is currently pursuing a number of projects examining ways to support healthy thinking and choices to reduce substance abuse in youth. These projects include assisting in the delivery and evaluation of Preventure, a personality-based intervention, and developing Healthy Automatic, Intentions, and Thoughts (HABIT) as a program for Grade 6 and 7 students. The goals include reducing the initiation and escalation of substance use in early teens (ages 12 – 16) and the reduction of substance abuse in youth 17-24. These projects target changing risky cognitions arising from social influences that are associated with changes in substance use. The approach uses what we know about cognitive processing to modify cognitive biases that lead to higher risk substance use.

Family Smart Presentations for Parents/Guardians

Family Smart invites you to their upcoming National Child and Youth Mental Health Day events. They have amazing speakers lined up for 3 virtual events! All of the information to register is found in the poster above, or can be found by clicking on the link below. For more information and resources on how to celebrate May 7th, please visit www.may7icare.ca. As always, the events are free to attend.

It's Never Too Late: Healing Parent-Child Relational Stress Using Emotion-Focused Family Therapy (EFFT) – May 2nd 6:30pm to 7:30pm

Building Connection With Our Kids When It Feels Impossible – May 3rd 12pm to 1pm

The ABCs of Substance Use and Connecting With Our Kids – May 4th 6pm to 8pm

Registration: FamilySmart – Monthly Events

National Child & Youth Mental Health Day

CONNECT AND LEARN WITH US - Online Events for Parents & Caring Adults

It's Never Too Late: Healing Parent-Child Relational Stress Using Emotion-Focused Family Therapy (EFFT)

With **Dr. Adele Lafrance**, clinical psychologist, author, scientist, and developer of emotion-focused treatment modalities, including Emotion-Focused Family Therapy
Time: 6:30pm - 7:30pm

MAY 2

Building Connection With Our Kids When It Feels Impossible

With **Diane Evans**, FamilySmart Parent Peer Support Worker, BC Children's Hospitals Kelty Mental Health Resource Centre.
Tammy Music, Family Smart Parent Peer Support Worker, Surrey Memorial Hospital, Child & Adolescent Psychiatric Stabilization Unit (CAPSU) and Short Term Assessment Response Treatment (START) Fraser North.
Time: 12pm - 1pm

MAY 3

The ABCs of Substance Use and Connecting With Our Kids

With **Cindy Andrew**, senior associate on the team leading The ABCs of Youth Substance Use, a BC government funded project focused on supporting schools
Angela Lawrence, educator and registered clinical counsellor
Art Steinmann, Senior Associate, Youth Substance Use Health Promotion, Burnaby Public Affairs.
Time: 6pm - 8pm

MAY 4

REGISTER AT: FAMILYSMART.CA/EVENTS

FamilySmart may7icare.ca
 JOHNS' HEART OF HELP INVITATIONAL
 BaratoHelp
 COLUMBIA

Get Active! Did you know?

Physical activity is important for ensuring children and youth live their best (and healthiest!) lives. Because how kids spend their time in the day will impact other behaviours like how much they sleep at night, it's important to look at all movement behaviours as integrated and co-dependent rather than in silos. We need to get kids sweating, stepping, sleeping and sitting the right amount for optimal health.

According to the Canadian 24-Hour Movement Guidelines, children and youth aged 5-17 years should:

- accumulate 60 minutes of heart-pumping physical activity each day
- get consistent sleep (9 to 11 hours/night for those aged 5–13 years and 8 to 10 hours/night for those aged 14–17)
- minimize sedentary behaviors (limit of 2 hours/day of recreation screen time)

We recognize the impact that the global pandemic has had on the physical health of staff, parents and students. Over the next six weeks, in order to help our community be as healthy as possible, we are running the Get Active! campaign and will be highlighting information related to physical health. We hope you find it interesting, and that it will prompt you to get more active with your kids. For more information, please visit:

<https://www.participaction.com/en-ca/benefits-and-guidelines/children-and-youth-age-5-to-17>

Camp Ignite 2022

“Camp Ignite” is an opportunity for one girl in Grade 11 or 12 to go to a 3-day camp from August 4 – 7, 2022. This camp is a hands-on learning environment to promote women in the fire service. A registration form can be found online at the link below.

https://drive.google.com/file/d/1LovAeSW_r5RryWS4oWvPrdT_a_mJiTF_7/view



Indigenous-Focused Graduation Requirement

Recently, the Ministry of Education announced that as part of the Province of British Columbia's commitments to truth, reconciliation, and anti-racism, they will be implementing an Indigenous-focused graduation requirement for all students. This requirement is expected to come into full effect in the 2023/24 school year for all graduating students (will impact our current grade 9 & 10 students).

Indigenous-focused course options:

- BC First Peoples 12 (*also meets Social Studies 11/12 grad requirement*)
- English First Peoples 12 (*also meets the Language Arts 12 grad requirement*)
- English First Peoples Literary Studies & New Media 11
- English First Peoples Literary Studies & Spoken Language 11
- English First Peoples Literary Studies & Writing 11

- English First Peoples Literature 10
- English First Peoples New Media 10
- English First Peoples Writing 10
- English First Peoples Spoken Language 10

It is important to note that the **English First Peoples 12** course meets the Language Arts 12 requirement for graduation and is considered **equivalent to** the English Studies 12 course and is recognized and accepted as such by all major universities and post-secondary institutions in BC.

The big ideas, learning standards, curricular competencies and course content for all courses can be viewed at the [BC Ministry of Education Curriculum website](#). Direct links to specific areas for the courses above are listed here:

- [English 12 & English First Peoples 12](#)
- [BC First Peoples 12](#)

For more information on the new Indigenous-Focused Graduation Requirement please refer to the BC Ministry of Education document:

[Indigenous-Focused Grad Requirement Overview](#)

(https://www2.gov.bc.ca/assets/gov/education/kindergarten-to-grade-12/support/graduation/indigenous_grad_requirement_detailed_overview.pdf)

We wanted to provide our families with this information early so conversations can be had to regarding future course planning options.

Delta Summer School Program

Every year, the Delta School District offers a variety of Summer School classes for students for either remediating a class that they did not pass or take a completion course. The Delta School District has now opened registrations for students and families for the Summer of 2022. I would encourage students to connect with their Grade Counsellor for advice on the potential courses to take over the Summer.

The Summer School offerings in Delta can be found in the link below. Space is limited and we recommend that students register as soon as possible.

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

Grad Boat Cruise – Friday, May 13th 3:00pm – 9:30pm

The first graduation event is quickly approaching, and we want to encourage all grade 12 students to participate. To be eligible to purchase a ticket for the event, grade 12 students must:

- Clear all outstanding student fees (parents can view fees owing on Parent Connect)
 - Outstanding student fees can be paid to Ms. Lavoie, Accountant, in the Main Office
- Submit a signed Code of Conduct form (signed by both student and parent/guardian)
 - Obtained at the Main Office or on Seaquam's website
- Submit a completed Field Trip form
 - Obtained at the Main Office or on Seaquam's website

Tickets can be purchased at the Main Office at a cost of \$130.00. Students will be transported to and from Coal Harbour, board a luxury yacht that will cruise from Coal Harbour to False Creek and back. Students will enjoy a fabulous buffet dinner that will include an array of gourmet foods that should meet all dietary restrictions.

Graduation Events:

With the easing of restrictions in K-12 schools, we are hoping to offer graduating students a full complement of graduation activities. The activities will include:

Friday, May 13 th	Grad Boat Cruise
Tuesday, May 31 st	Grad Showcase
Saturday, June 11 th	Red Carpet Dinner & Dance (Vancouver Wall Centre) Dry Grad (North Delta Recreation Centre)
Friday, June 24 th	Commencement (South Delta Baptist Church)

As we move closer to these dates, more information will be provided.

Dry Grad Fundraiser

The Parent Dry Grad Committee will be having a 4 in 1 fundraiser on Saturday, May 7th at Seaquam to raise money to support the Dry Grad event for our graduating students. The fundraiser will include a Bottle Drive, a Clothing Drive, selling hanging baskets and a carwash. In addition, the Pork Mafia Food Truck will be selling amazing barbeque meals as another fundraising opportunity.

We encourage all Seaquam families to attend and support this worthwhile cause.

NEW All Student Washroom

In an effort to meet our students' needs, a request was made, by students, to have a second All Student washroom on the second floor that replicates the washroom on the first floor. Mr. Close, Vice Principal, facilitated converting one of the upstairs washrooms to an All-Student washroom and the washroom will be functional in the next week. Thank you to Mr.

Covid Information Central:

Delta School District:

<https://www.deltasd.bc.ca/news-events/news/information-for-parents-guardians-novel-coronavirus/>

Health Canada

<https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19.html>

BCCDC

<http://www.bccdc.ca/health-info/diseases-conditions/covid-19>

<http://www.bccdc.ca/health-info/diseases-conditions/covid-19/self-isolation/close-contacts>

Fraser Health

<https://www.fraserhealth.ca/health-topics-a-to-z/coronavirus#.YeG7xFjMLUI>

Ministry of Education

<https://www2.gov.bc.ca/gov/content/education-training/k-12/covid-19-safe-schools>

PAC Ongoing Bottle Drive Fundraiser

The Seaquam PAC has set up an account at all RETURN-IT depots where families can donate their empty bottles and cans to the PAC. Families can participate by placing their empties in a CLEAR plastic bag, print out a label at the kiosk by entering the phone number 604-500-9174 and leave the bottles there.

The RETURN-IT Depot employees will sort the empties and credit the Seaquam PAC account. The funds collected will be used to support extra-curricular initiatives throughout the year.

Reporting Student Absences

Please phone the school at 604-591-6166 or email seaquam.sec@deltasd.bc.ca to report a student absence of any kind, including students who may need to leave the school early for an appointment. Please state whether the absence is due to illness or an appointment.

Student Recognition Award

We will be reintroducing the Student Recognition Award where staff nominate students on a weekly basis for demonstrating positive actions towards their learning, towards others or in the community. Students who are nominated will receive a \$5.00 Gift Certificate to the Cafeteria and be recognized in the office.

Counselling Department

We encourage our families to connect with the appropriate grade Counsellor on any issues related to their child(ren). Our Counselling team is an excellent resource to help make your child's experience at Seaquam positive. Please connect with the Counsellor by calling the school at 604-591-6166 or emailing them (see below).

Grade 8 Mr. Arends (marends@deltaschools.ca)

Grade 9 Mr. Rickey (rrikey@deltaschools.ca)

Grade 10 Mr. Sall (jsall@deltaschools.ca)

Grade 11 Ms. Costin (msalmon@deltaschools.ca)

Grade 12 Ms. Masse (lmasse@deltaschools.ca)

If you require support or are seeking answers, please contact teachers, counsellors, administrators, or the Main Office. We are here to help families and students.

Rick Mesich

Ian Close

Vlad Nikic

Principal

Vice Principal

Vice Principal

rmesich@deltaschools.ca

iclose@deltaschools.ca

vnikic@deltaschools.ca