



Friday, May 6<sup>th</sup>, 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,

The news of having to leave Seaquam next year to become the principal at Sands Secondary saddens me. I have enjoyed my 5-year stay in the Seaquam community and have made many positive connections with students, staff and families. I am so proud of our community with how we met challenges over this time and navigated uncertain periods ensuring everyone felt safe and connected. I will certainly miss these connections, especially my daily connections with students. I will truly miss these interactions.

This weekend brings us Mother's Day where we honour and pay tribute to Mothers or significant female role models. We do not express enough the importance of our Mothers in our lives and their ongoing love and support of our pursuits in life. I encourage everyone to make an effort this weekend to tell your Mom how much they mean to them and express your love for them. It should not take a day as a reminder to honour our Mothers and we should be continuously telling them how important they are in our lives. Thank you to all of our Mothers in the community. Happy Mother's Day!

The Dry Grad Committee will be holding their 4 in 1 Fundraiser this Saturday in front of the school where hanging baskets will be sold, a bottle drive will be organized, a car wash, amongst other fundraising ventures. I encourage our community to drop by Seaquam this Saturday to support our students to help make their Grad celebrations memorable. Thank you in advance for your support.

The number of absences of both students and staff continues to grow. 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:**

May 7 <sup>th</sup>	Grad 4-in-1 Fundraiser
May 10 <sup>th</sup> – 13 <sup>th</sup>	Delta Track & Field Meet
May 11 <sup>th</sup>	Collaboration morning (classes start at 9:35am)
May 13 <sup>th</sup>	Grad Boat Cruise
May 18 <sup>th</sup>	Flex Day (classes start at 8:30am) Gauss Math Contest
May 20 <sup>th</sup>	Professional Development Day
May 23 <sup>rd</sup>	Victoria Day

## **Commencement Comments for Grade 12 Students**

The 2022 Commencement Ceremony will take place on Friday, June 24<sup>th</sup> 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>

## **Dry Grad Volunteers Needed**

Volunteer opportunities for "Grade 8 - 11 parent sign up" are now open for the Dry Grad events including both Red Carpet and the Dry Grad.

The Red Carpet takes place on June 11<sup>th</sup> with volunteers required for set up in the morning and for the event which begins at 12.45pm.

Dry Grad takes place on June 11<sup>th</sup> from 10.30pm and continues overnight until 5:00am June 12<sup>th</sup>. Volunteers are needed for set up and for the overnight event. Volunteer opportunities include:

- set up volunteers to decorate etc.
- bus chaperones to accompany grads from downtown back to North Delta
- casino dealers
- food area volunteers
- security (we have a security company but typically we have some parent volunteers who are off duty police officers)
- general volunteers for the different areas at the grad
- coat check

Please click on the following web link (or copy it into your web browser if clicking doesn't work) to go to the signup sheet:

[volunteersignup.org/WQTFC](http://volunteersignup.org/WQTFC)

To sign up, just follow the instructions on the page. It only takes a few seconds to complete.

Thank you in advance for volunteering to support our graduating students!

Please contact us at [seaquamdrygrad2022@gmail.com](mailto:seaquamdrygrad2022@gmail.com) with any questions.

Susan Worth

[seaquamdrygrad2022@gmail.com](mailto:seaquamdrygrad2022@gmail.com)

### **Numeracy 10 Assessment**

Grade 10 students are scheduled to write the Numeracy 10 Provincial Assessment on Wednesday June 15th. To facilitate this process for 300 students, we will be closing all grade 10 classes for the day while students write in two seatings. The grade 10 students with surnames in the first half of the alphabet will write from 8:30-11:30 in the morning, while the second half of the alphabet will write from 12-3pm. No grade 10 classes will be in session that day as teachers will be invigilating the assessment.

Specific details will be shared with students and parents/guardians in the coming weeks, but please mark your calendars until then. If there are any specific questions regarding this assessment, please contact the grade 10 counsellor, Mr. Sall @ [jsall@deltaschools.ca](mailto:jsall@deltaschools.ca)

### **Seaquam Robotics Team Competing in World Championships**

The photo below is of our Robotics Team competing in Dallas at the World Championships. Yesterday, our Juniors placed in the top 64 teams where over 2200 Junior teams were competing from around the world. Our Seniors compete today. Go Sequam Robotics!!!!



## 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 below, 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](http://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](http://FamilySmart – Monthly Events)

**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)** **MAY 2**  
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

**Building Connection With Our Kids When It Feels Impossible** **MAY 3**  
With Diane Evans, FamilySmart Parent Peer Support Worker, BC Children's Hospital; Kelly 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

**The ABCs of Substance Use and Connecting With Our Kids** **MAY 4**  
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

REGISTER AT: [FAMILYSMART.CA/EVENTS](http://FAMILYSMART.CA/EVENTS)

FamilySmart [may7icare.ca](http://may7icare.ca)

## 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.participation.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.



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

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

### **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. Close.

### **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](mailto: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 ( <a href="mailto:marends@deltaschools.ca">marends@deltaschools.ca</a> )
Grade 9	Mr. Rickey ( <a href="mailto:rrickey@deltaschools.ca">rrickey@deltaschools.ca</a> )
Grade 10	Mr. Sall ( <a href="mailto:jsall@deltaschools.ca">jsall@deltaschools.ca</a> )
Grade 11	Ms. Costin ( <a href="mailto:msalmon@deltaschools.ca">msalmon@deltaschools.ca</a> )
Grade 12	Ms. Masse ( <a href="mailto:lmasse@deltaschools.ca">lmasse@deltaschools.ca</a> )

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](mailto:rmesich@deltaschools.ca)

[iclose@deltaschools.ca](mailto:iclose@deltaschools.ca)

[vnikic@deltaschools.ca](mailto:vnikic@deltaschools.ca)