



September 22, 2023

Dear Families and Students,

Another great week at Seaquam. Sports are up and running and there are a number of opportunities for fans to come out and cheer on the teams. We had the Grade 8 retreat on Thursday and that was an amazing event. The grade 8's seemed to really enjoy it and we hope that this event will help build a positive relationship between the grade 8 students and the leaders that supported them.

Next week Seaquam will be recognizing Truth and Reconciliation week. Please see the details below. There will be no flex on Friday and an adjusted bell schedule. There is a photo retake day on Thursday, September 28.

Grade 10 students will have the Literature Study 10 (2 credits) course added to their schedule. This is the other half of the English Language Arts 10 course they are currently taking at Seaquam (New Media 10, Composition 10 or Creative Writing 10 or English First People 10 – each 2 credits). We held off adding it until now to minimize the confusion. The block will be an outside the timetable course. Each student needs 4 credits of English Language Arts in order to graduate.

Take care and enjoy another sunny weekend.

PAC Meeting

We will be holding our first PAC meeting of the school year on Monday, September 25th in the Library @ 6:30pm. We look forward to seeing you there!

Grad Information

Grad boat cruise tickets are on sale until Friday, Sept. 29th. The price of the ticket is \$145 this year and includes your transportation to and from Harbour Cruises, a 3-hour cruise around False Creek, dinner, desert and a live DJ. Chaperone's will be provided by the school.

Tickets have been assessed to students that have reviewed and signed the Grad Code of Conduct with their parents on Parent Connect. Students must be in good standing with 'previous year' fees in order to purchase a ticket.

Each day, Ms Lavoie will update the fee section as these 2 items are complete. Unpurchased Boat Cruise tickets will be removed from Parent Connect on Friday, Sept. 29th.

What's Happening at Seaquam for the National Day of Truth of Reconciliation Week

Seaquam is recognizing the National Day of Truth and Reconciliation with a week-long series of events and learning. Individual teachers will be teaching lessons about Residential School and what reconciliation means in a Canadian context. We will conclude the week with assemblies and Orange

Shirt Day on Friday, September 29. We are cancelling flex on Sept 29 and also have an adjusted schedule. This is an important week and we appreciate all the support from staff and students to recognize this.

Monday, September 25th

- Land Acknowledgment at 8:45am for secondary schools
- Elder to speak on Kamloops Residential School live Zoom 9:30-10:20am – theatre during flex
 - Students interested should sign up for Mr. Robinson’s Flex and will need to leave first block 10 minutes early to attend
- Morning announcements will include information around Truth and Reconciliation

Tuesday, September 26th

- Elder to speak on Kamloops Residential School live Zoom at 9:30 (same as Monday) - theatre during flex
 - Students interested should sign up for Mr. Robinson’s Flex and will need to leave first block 10 minutes early to attend
- Morning announcements will include information around Truth and Reconciliation

Wednesday, September 27th

- Films at lunch in the library

Thursday, September 28th

- Morning announcements will include information around Truth and Reconciliation
- Sticky note engagement activity throughout the day

Friday, September 29th

- Morning announcements will include information around Truth and Reconciliation
- Assemblies (no Flex)
 - Grade 8: 8:30-9:15
 - Grades 9/10: 9:55-10:40
 - Grades 11/12: 11:55-12:40
- Bell Schedule
 - Period 1 8:30 – 9:50
 - Period 2 9:55 - 11:15
 - Lunch 11:15 – 11:55
 - Period 3 11:55 – 1:15
 - Period 4 1:20 – 2:40

Parent Workshops

Virtual Event: **Mental Health and Preparing for the Transition to Post Secondary**

Description: Join us to watch a video presentation featuring Dawn Schell from the University of Victoria, Melissa Feddersen from the University of BC Okanagan and Victoria Keddis, a parent with lived experience; as they discuss strategies and points to consider as your youth embarks on the transition to Post Secondary.

Registration: FamilySmart - Events - <https://familysmart.ca/monthly-events/>

Date: September 28th 6pm-7:30pm

Virtual Event: **Working Together: Families and Schools**

Description: When our kids struggle with their mental health, challenges can often have a great impact on their school experience. As parents, how do we take that first step and let the school know what is going on with our family? What are the supportive options available to my child? It can be hard to know where to begin and we may worry we will be judged for the difficulties our child is facing. Join us to watch a video which includes how a strength-based perspective can help us collaborate.

Registration: FamilySmart - Events <https://familysmart.ca/monthly-events/>

Dates:

October 3rd 6:30pm-8pm
October 11th 6pm-7:30pm
October 12th 12pm-1:30pm
October 17th 6:30pm-8pm
October 26th 6pm-7:30pm

Virtual Event: **Emotion Regulation**

Description: Join us in watching a video conversation with Nicole Allen, Clinical Counsellor at Fraser Health's START Program. Nicole offers support to parents and caregivers with information and strategies to cope with emotion dysregulation and the challenges which many young people begin to experience as they enter and move through the adolescent years.

Registration: FamilySmart - Events <https://familysmart.ca/monthly-events/>

Dates:

November 8th 6pm-7:30pm
November 14th 6:30pm-8pm
November 16th 12pm-1:30pm
November 21st 6pm-7:30pm
November 23rd 6:30pm-8pm

Virtual Event: ADHD - **The Real Deal**

Description: Join us in watching a video by Dr. Duncan, who will dispel the many myths surrounding ADHD by presenting scientific facts about cause, prevalence, diagnosis and treatment. He will explain how and why the ADHD brain works the way it does.

Registration: FamilySmart - Events <https://familysmart.ca/monthly-events/>

Dates:

December 5th 6:30pm-8pm
December 6th 6pm-7:30pm
December 7th 12pm-1:30pm
December 12th 6:30pm-8pm
December 14th 6pm-7:30pm

In Person Event: **Deepening our Understanding and Support for Those with Disordered Anxiety: When it's Beyond Average and the Basics Don't Cut It**

Description: This workshop is designed for parents and caregivers to take our introductory knowledge about disordered anxiety into deeper territory. After a brief overview of how anxiety operates in the body and is expressed by children and youth, we'll explore together what it really means to "manage" anxiety, how caregivers can recognise their child's "go-to" stress response, work with their window of tolerance and built-in super powers, help kids to move through the stress cycle, and build an advanced tool kit for facing what feels hard.

We'll learn through Registered Clinical Counsellor, Karen Peter's presentation, stories, reflection, and questions informed by both research and our lived experience.

Date: October 5th

Time: 6:30pm - 8:30pm (Doors Open at 6pm)

Location: Surrey City Hall - 13450 104 Avenue, Surrey

Registration: FamilySmart In Person Event - <https://familysmart.ca/event/deepening-our-understanding-and-support-for-those-with-disordered-anxiety-when-its-beyond-average-and-the-basics-dont-cut-it/>

Virtual Event: **Help for the Hard Times Workshop Open House for Professionals**

Description: The Help for the Hard Times Workshop series provides a framework for parents/caregivers to consider as they support their child after a crisis. Join this information session to learn more about Help for the Hard Times, and how you, as a Service Provider, Educator, Police and RCMP can help connect families to this free workshop.

Registration: FamilySmart - Events <https://familysmart.ca/monthly-events/>

Dates:

October 11th 12pm-1pm

November 8th 12pm-1pm

December 13th 12pm-1pm

Drop off and Pick ups

Families, please do not drop off your student in the school parking lots. This is a huge safety and organizational issue. Student safety is paramount. In the past, we have had near misses and students being hit by vehicles dropping off students in the parking lot. We also request that vehicles do not make a U turn on Lyon Road.

Student Cars at school

In order for a student to park their car at Seaquam they need to register their car and also have a parent permission document that needs to be signed by a parent/guardian. The registration can be found by clicking on the QR code and the parent documents can be found at:

<https://se.deltasd.bc.ca/wp-content/uploads/sites/36/2019/08/Grade-12-Student-Parking-Regulations.pdf>



Lockers

If you need a locker, please see Mr. Close and he will get you one.

Families and students in financial need

We realize that sometimes families struggle financially. The BC Government has created a new fund called Feeding Futures. The monies that schools will receive will go directly towards feeding students at school and outside of school. We do not have all the details yet or the parameters of what we can use the money for, but we are eager to find out and support students and families. This new fund replaces the Student and Family Affordability Fund which was a one-year pilot. Please contact your child's counselor or administrator if your family requires financial support in relation to food security. Discretion will always be maintained.

The school does put aside some monies to help with other financial needs of families. Please reach out to me if you need some help.

Cafeteria

Sept. 25-29.23					
<h1>Seaquam Café Menu</h1>					
	Monday	Tuesday	Wednesday	Thursday	Friday
Special #1	Chicken Strips & Fries	Baked House-made	Soft Shell Tacos	Spaghetti & Meatballs	Creamy Garlic
	Honey Mustard Sauce	Mac & Cheese	Mexi Tots		Penne Pasta
Special #2	Potato & Cheese Perogies	Sweet & Sour Pork	Sweet Chilli Chicken	Chicken Parmesan Burger	Pizza Day
	Caramelized Onions	Steamed Rice	Basmati Rice	Fries	
Special #3	Chicken & Cheese	Vietnamese Salad Rolls	Grilled Cheese	Chicken Fajita Wrap	Teriyaki Pork Stir-Fry
	Quesadilla		Oven-baked Cajun Wedges		

Communications with Families:

Most of our communication will be done electronically through our website, weekly/monthly newsletters, emails, Sequam App and Parent Connect. Please ensure you have provided us a current email address, updated all your contact information and are able to log into Parent Connect. Please contact the office if you require assistance.

Permission Forms:

There are many forms on Parent Connect for you to review and authorize. Please login to Parent Connect, review the notices and select the appropriate response to each form. It is mandatory that all forms be reviewed and responded to by each student’s parent/guardian by Sept 30. Forms are:

- Personal Information Consent Form
- Outside Media in Schools
- Electronic Communications
- Walking Field Trips Permission
- BC Fruits and Vegetables Program Permission
- Demographic Information

- Student Emergency Release, and GAFE (google apps for students)
- Grad Code of Conduct

Athletics

For more information, please check out: www.seaquamseahawks.com. We are working the final touches of an inaugural athletics newsletter that should arrive in your in boxes by Wednesday next week. It has a great deal of good information for families and students.

Vending Machine

Seaquam does not own the vending machines. We have a contract with a company to maintain and fill them. If there is a problem, ie money is lost, students need to contact the vending company directly themselves and report an issue. Each machine has a clearly displayed phone number on it. Please do not come to the office to look for refunds.

Calendar events

September

- 22 Pro D Day (school closed)
- 28 Grade 11 Flex Assembly
- 28 Photo retake day
- 25-29 Truth and Reconciliation Week
- 29 Recognize National Day of Truth and Reconciliation – Altered Bell Schedule (no Flex)

October

- 2 School Closed
- 3 Canadian University Event
- 3 Squeak and Squawk / Chantalex Nouveaux – Music in the Theatre
- 5 Grad Boat Cruise
- 9 Thanksgiving
- 19 PTIs and early dismissal
- 20 Pro D day

Sincerely,

Mark Robinson, Principal Ian Close, Vice Principal Maggie Callander, Vice Principal