



September 29, 2023

Dear Families and Students,

It was an incredible week at Seaquam as we recognized the week of Truth and Reconciliation. Students had the opportunity to do some learning in their classrooms as well as various assemblies during the week. Seaquam is committed to furthering the learning about the atrocities perpetrated by the governments of Canada to Indigenous peoples and also Reconciliation. We are all on this journey together.

The cafeteria opened this week with full service. Once again, the quality of food is wonderful. I saw long line ups getting lunch and snacks. The weekly menu is included in this email. Have a look and plan ahead. The meals usually sell out.

Photo retakes happened on Thursday and the retakes should be arriving in a week or so. A reminder to all families and students that all Delta schools are scent free zones. Please refrain from wearing body sprays, cologne and perfume when entering Seaquam.

Take care and enjoy another sunny weekend. Please take a moment on Saturday to recognize the National Day for Truth and Reconciliation.

Grad Information

There will be a Grad meeting during flex on Tuesday. Grads should sign up for Mr. Robinson's flex. We will discuss the Grad Boat Cruise and post-secondary information. For those Grads that cannot make it there will be a slide deck on the Seaquam Grad page. I will also send out a letter about the Boat Cruise to Grads and families on Tuesday that will have all the final details. Grads need to be at Seaquam by 3:45 pm and please meet in the cafeteria on October 5 if you are attending this event.

There will be a parent meeting about post-secondary options and other items related to Graduation on Thursday, October 12 at 6:30 pm in the Theatre.

Parents, want to get involved in Dry Grad? There will be a meeting on Monday, October 23 at 6:30 pm in the Library. Please come out.

Squeak & Squawk/Chantalez Nouveaux Concert

Tuesday October 3, Seaquam will be holding our first concert of the year, Squeak & Squawk/Chantalez Nouveaux Concert. The performances at this concert are works in progress but do show off what students have learned in the first month of school.

The concert begins at 7:00pm in the theatre and will feature our whole Music program: Concert Band, Jazz Band, Choir, Wind Ensemble.

We are so happy to kick off the start of the concert season. We look forward to seeing you there!

Post-Secondary Information

The Canadian Universities Event is in BC next week. These public sessions are a great way to get admission information from the major universities across Canada. We encourage students and parents to attend.

Tuesday, October 3, 2023

630-9PM

Hilton Metrotown

Thursday, October 5, 2023

630-9PM

Sheraton Guildford

Full details, registration and directions:

<https://cuebc.org/>

Athletics

Athletics published its first newsletter of the year. It was emailed to students and families on Wednesday this week. Please read it. If you cannot find it, please check out the Seaquam athletics web site or the Seaquam web site. www.seaquamseahawks.com.

Parent Workshops

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 superpowers, 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

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

Oct.3-9.23		<h2>Seaquam Café Menu</h2>				
	Monday	Tuesday	Wednesday	Thursday	Friday	
Special #1	Stat Holiday	Baked Penne Rose Herb Foccacia Wedge	Creamy Beef Macaroni Garlic Toast	Italian Sausage Pasta	Cajun Chicken Alfredo	
Special #2	Stat Holiday	House-made Meatball Sub Fries	Crispy Chicken Caesar Wrap Spicy Tots	Chicken Enchilada Sour Cream & Salsa	Shephard's Pie Mashed Potato	
Special #3	Stat Holiday	Szechuan Pork Fried Rice	Fried Chicken Crispy Potato Wedges Zesty Coleslaw	Philly Cheesesteak Sandwich	Assorted Sushi Platter	

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, i.e., 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

October

- 2 School Closed
- 3 Canadian University Event
- 3 Squeak and Squawk / Chantalex Nouveaux – Music in the Theatre
- 5 Grad Boat Cruise
- 9 Thanksgiving

12 Grade 12 Parent Night, 6:30 pm
19 PTIs and early dismissal
20 Pro D day

Sincerely,

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