



November 3, 2023

Dear Families and Students,

Well, it was a fun week! It was great to see so many students and staff dress up for Halloween. There was a costume contest on Tuesday at lunch. Lots of students attended and cheered on the students. Staff and admin dressed up as Cruella De Vil, dog catchers and 101 Dalmations. Wednesday saw most grade 9s taking the opportunity to go to work with family or friends as part of *Take Our Kids to Work Day*. Thanks to all those families that made this happen. The Haunted Hospital was a spooky and scary success. A huge thank you to Ms. Gardner and the students who directed and acted in it. Students from Seaquam and local elementary schools took advantage of this annual event and were VERY scared. Grade 12s got an early opportunity to take their Grade 12 Literacy Assessment on Thursday and Friday. If for some reason your Grad did not participate, please connect with Mr. Close for the ability to rewrite in June. (This is a graduation requirement). Want to watch some more football? The Senior Boys play against South Delta 7:30 pm on Friday at John Oliver Field. It is the Delta Cup and Delta Mayor George Harvie will be presiding over the game.

Don't forget that Sunday at 2:00 am the clock will move back one hour. Please reset your clocks.

Next week is another short week. There will be no school on Friday, November 10. Seaquam will honour our Armed Service members, past and present, with an Assembly on Thursday, November 9. We will be cancelling flex and have an adjusted bell schedule that day to accommodate three assemblies. On Wednesday, we have Senior Night for the boys and girls volleyball teams. Games start at 6:00pm.

All the best.

Seaquam Girl Power Workshop

Last Sunday, a group of Seaquam students put on a workshop called Girl Power and it went really well. We had about 25 elementary aged girls attend with guest speakers from the tech company Accenture, Johnson & Johnson MedTech and UBC Students from UBC Physics and Astronomy. It was great to hear from students starting out in STEM fields to someone who has been working in technology for 23 years.

Athletics

Senior Volleyball next week:

Monday Nov 6, 7:30 pm. Sr girls volleyball team versus #1 South Delta - White out theme so fans please wear white - the girls could use the support of a strong home crowd!

Wednesday Nov 8 Volleyball Seniors Night:
Girls play Walnut Grove at 6:00 pm

Boys play Burnsvew at 7:30 pm

Seaquam is honoured to accept another very generous donation to Athletics. Mr. R. Jui gave a donation that will be used to purchase two full sets of basketball uniforms for the Junior girls basketball team. On behalf of Seaquam Athletics and the Junior girls basketball team, we want to express our sincere gratitude to Mr. R. Jui. These kind of donations reaffirm the commitment the community has to Athletics and Seaquam Secondary.

If anyone would like to explore the possibility of sponsorship or donation to Seaquam or Seaquam Athletics please contact Mr. M. Robinson or Mr. T Clarke.

Career Corner

<https://deltalearns.ca/careers/newsletters/>

Highlights in this edition:

Junior Firefighting Camp Academy – Apply before November 17, 2023

Take our Kids to Work Day – November 1, 2023

Career Articles: School-Work Skills Gap

Cafeteria

Nov. 6-10.23	Seaquam Café Menu				
	Monday	Tuesday	Wednesday	Thursday	Friday
Special #1	Chilli Stuffed	Sweet Chilli Chicken	BBQ Chicken Legs	Jumbo Italian Meatball	No School
	Baked Potato	Basmati Rice, Cuke Salad	Potato Salad, Cornbread	Rotini Marinara	
Special #2	Mac 'n' Cheese	Cajun Chicken	Roasted Pepper	Bacon Breakfast Burrito	No School
		Sandwich	Penne	Oven Roasted Hashbrowns	
Special #3	Chicken Gumbo	Ginger-Soy Pork	Stuffed Chicken	Chicken Parm Sandwich	No School

Buttered Rice	Fried Rice	Herb Roasted Potatoes
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Message from Fraser Health

Protect children from respiratory illnesses this winter

Respiratory illnesses tend to increase as we spend more time indoors. Common colds, the flu and COVID-19 spread through tiny droplets as people who are sick breathe, talk, cough or sneeze. When other people touch these droplets and then their eyes, mouth or nose before washing their hands they may become sick.

There are a handful of steps both children and adults can take to protect themselves and limit the spread of respiratory illnesses:

- Wash your hands often with soap and water. Use alcohol-based sanitizer if soap and water is not available.
- Avoid touching your face, especially your eyes, mouth and nose.
- Cough and sneeze into your elbow.
- If you have symptoms, stay home and stay away from people at higher risk of serious illness.



Flu and COVID-19 vaccinations

The best way to protect others and reduce the risk of getting sick with the flu and COVID-19 is to [get immunized](#). The flu and COVID-19 vaccines are safe, effective, and available for free to anyone aged six months and older.

It is much safer to get the vaccines than to get the illnesses. Register your children with the Get Vaccinated system so that you can be invited to book their vaccinations when they are due. Learn more here: <https://ow.ly/5WWe50PYIYC>

Parent Workshops

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

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:

November 8th 12pm-1pm
December 13th 12pm-1pm

Calendar events

November

8	Indigenous Remembrance Day
9	Remembrance Day Assembly
10	District Closure Day
12	Diwali
13	School Closure – Remembrance Day In Lieu
15	Post Secondary night
16	Louis Riel Day
22	School Dance
23	PAC meeting
28	Fire Drill
29	IB Parent meeting

Sincerely,

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