



November 9, 2023

Dear Families and Students,

A reminder that there will be no school on Friday, November 10 and again on Monday, November 13. With the clock changing backwards and as we move closer to the shortest day of the year, it is important for students to be visible and watch for traffic on these dark days. For students and families, when you are driving in and around Seaquam, please watch for pedestrians.

Last night was Senior Night for the senior volleyball teams. It was a great night to honor the seniors in their last year of team play. There was a great crowd. The senior boys football team play their first playoff game on Friday at 1pm at Burnaby Lake sports complex. They are playing South Delta. Come out and watch.

On Saturday, November 11 please take a moment at 11:00 to reflect on the armed services personnel, past and present, who have represented Canada during times of war, peace keeping missions and during peace times. Diwali is on November 12. For those that celebrate this please enjoy the day. We will have some Diwali celebrations next week at Seaquam.

All the best.

World Kindness Day – Monday, November 13

World Kindness Day is a time to participate in acts of kindness, big or small, and to highlight good deeds in the community. If you're looking for a way to celebrate World Kindness Day here in Delta, why not consider the [Kindness Meter Program](#)? Small change collected through the five uniquely painted, re-purposed parking meters across Delta supports those in need in our community. For more information, visit: <https://www.deltasd.bc.ca/news-events/news/why-not-do-something-kind-on-world-kindness-day/>

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

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>

Emergency Poster



IN AN EMERGENCY
EMERGENCY PROCEDURES EXPLAINED

- EVACUATE**
Students and staff move to another location (on or off-site) for safety reasons.
- HOLD CLASSES**
Students and staff remain in classrooms to keep hallways clear. Used for non-violent incidents.
- DROP, COVER, HOLD**
Students and staff take cover to protect themselves during an earthquake.
- SHELTER IN PLACE**
Students and staff stay inside the school due to unsafe environmental or wildlife condition outside.
- HOLD & SECURE**
Potential threat of violence **OUTSIDE** the school. Students and staff remain in classrooms with restricted activities and hallway travel.
- LOCKDOWN**
Active threat of violence occurring **INSIDE** the school. Students and staff take immediate action to secure and protect themselves.

IF YOU HEAR OF AN INCIDENT

DO NOT GO TO THE SCHOOL UNLESS REQUESTED TO
Check the school website regularly for updates, including off-site evacuation and parent information locations.

www.deltasd.bc.ca/district/delta-schools-emergency-procedures/ Delta School District
Inspired Learning

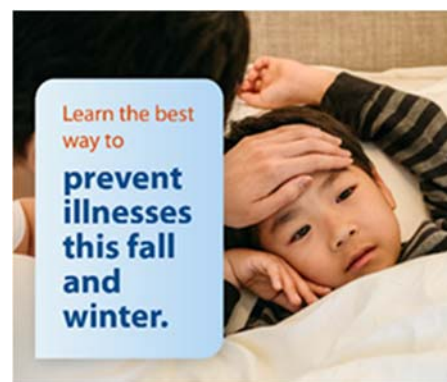
Message from Fraser Health

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.



Cafeteria Menu

Nov. 13.17.23	Seaquam Café Menu				
	Monday	Tuesday	Wednesday	Thursday	Friday
Special #1	School Closed	Chicken Strips & Fries Honey Mustard Sauce	Hawaiian Chicken Steamed Rice	Taco Salad Bowl	Pizza Day
Special #2	School Closed	Baked Penne Rose Focaccia Bread	Bacon Cheeseburger & Fries	Chicken Alfredo	Buffalo Chicken Wrap
Special #3	School Closed	Teriyaki Beef & Rice	Chicken Lollipop Chow Mein	Assorted Sushi	Pork Katsu Rice Bowl

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 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:

December 13th 12pm-1pm

Calendar events

November

11	Remembrance Day
12	Diwali
13	School Closure – Remembrance Day in Lieu
15	Post Secondary day
16	Louis Riel Day
22	Grade 8 School Dance
23	PAC meeting
28	Fire Drill
29	IB Parent meeting

Sincerely,

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