

October 30, 2020

We had a bit of a scare this week with the letter from Fraser Health informing us that someone at Sands has COVID-19 and attended Sands on Oct 19-22. That person is self-isolating and there is no direct exposure risk currently. Fraser Health has made us aware that the contact tracing for the exposure at Sands is likely complete. Please be reminded, individuals will not be contacted by public health unless they were directly exposed to Covid-19. If your child has not been contacted directly by Fraser Health, you are encouraged to have them attend school unless they feel sick. Almost all students have returned to school. As a staff, we have reacquainted ourselves with the Provincial, District and School safety protocols and have made sure that we and students are following all of them while at Sands.

While students are away from school, we are relying on families and students to do their bit and follow safety practices and protocols to keep us all safe. Please keep practicing the following common practices:

- Try to keep at least 2 metres from people outside of your bubble/cohort
- Wear masks
- Sanitize your hands
- Avoid gatherings that are beyond your immediate family and your safe six

We are coming down to the last 10 days of classes this quarter. If you are worried about how your student is doing, please contact the appropriate teacher. Also encourage your student to make use of the Block C student support time (see info below).

Upcoming Events

- Remembrance Day – November 11, no school
- Quarter 1 ending dates
 - Mandatory attendance for students November 16
 - Optional attendance November 17. The optional attendance is an I Day, an opportunity for students to get caught up and finish any assessments
- Q2 classes start – November 18
- Q1 Final mark and Semester 1 Midterm report Cards, November 25 on MyEd.

Spirit Wear

Every year we offer Sands students and families the opportunity to purchase Sands Wear. This year we have added a couple of non-medical face covering options. We are using a local company, Pro Stock, to be our portal for the purchase of these items. Check them out at:

<https://www.prostockathleticsupply.com/collections/sands-secondary-online-store>. They would make a great present.

Pictures of Sands activities and events

Check out the yearbook instagram account (@sandsyearbook) and see visually what's going on. There are some great pictures of the Terry Fox run/walk, grade 8 Photo, Halloween door decorations and students in costumes.

Clubs at Sands

Slowly, clubs at Sands are starting to get going. There are protocols established, similar to classrooms ones, to make sure that your student is safe while participating. Most meetings will be done via Zoom but there might be some situations where face to face meetings can happen. If your student is part of a club or team you will get an information and permission letter from the Sponsor teacher. The letter will outline the purpose of the club, how many students are involved and what **is** the meeting procedures are. If you have any questions, please contact the sponsor teacher or myself. Clubs so far are: Student Council (Mr. B. Murray and Ms L. Viveiros), Ethics Club (Mr. G. Jamieson), Grad Council (Mr. M. Robinson), Library Club (Ms. K. McGreevey) and Health Science Club (HOSA) (Ms. A Thomson). As the year progresses I am sure that there will be more clubs starting up.

Grad Information

If Grads missed any of the presentations below please contact the appropriate person to get the information.

- Mr. Reefschlager has been visiting all classes and talking to the Grads about Career Life Connections and Capstone, and what they need to do in the couple of weeks.
- Ms. Sansregret has been visiting all classes this week to discuss and inform Grads about post-secondary information, scholarships, her website and other important information. She is also creating a transition guide for students for life after Sands. The intended audience is families and students.
- Counsellors will be visiting all classes the week of November 9-13 to give out Transcript Verification Records and have Grads look at their transcript for accuracy, i.e. missing a course, and are they enrolled in all the courses they need to graduate.
- Grad Council has met a few times and we are working on Grad Clothing, and hope to have sales information out to Grads by mid-November. Arrival of clothing will be in January. We are also looking at Grad lanyards and sales of these should be before the winter break. We have booked a Grad Cruise for April 22, just in case the rules change and we are allowed to have one. The council is also discussing ideas about how to put on events that meet the PHO and school safety protocols. We don't have anything planned yet but we have some promising ideas. More info to come.
- The Sands Career and Post-Secondary Centre is up and running. Please check out the website (<https://sandscareercentre.weebly.com/>) for important information about admission, options, and scholarship information. We encourage grade 12 students and their families to visit the site often and subscribe to the email list for the most up to date information. Our Career and Post-Secondary Advisor, Ms. J Sansregret is accessible via email at jsansregret@deltalearns.ca to answer questions or book an appointment. Please do not drop in.

Mental Wellness Resources

As we move through our school year, many students are struggling with our current environment that is new, fluid and unpredictable. As a school, we planned to implement Dr. Stan Kucher's Teen Mental Health curriculum last year after Spring Break, but due to the pandemic, we were not able to

move forward with the curriculum. Some staff are currently incorporating aspects of the curriculum into their classes. We will re-launch the entire curriculum in the future.

Part of Dr. Kucher's curriculum includes a Parent Guide. Please see the link below to access the resource, "How to Parent My Teen".

<http://teenmentalhealth.org/wp-content/uploads/2014/07/How-do-I-parent-my-teen.pdf>

The complete parent resource section of the curriculum can be accessed in the link below.

<https://teenmentalhealth.org/parents/>

The entire Mental Health Curriculum can be accessed in the link below.

<https://teenmentalhealth.org/>

Below are important reminders.

Student Fees

Student fees and deposits have now been assessed for all classes students are enrolled in. We are encouraging families to use the online feature in Parent Connect to pay. If there is a financial need, please contact me and we can discuss how Sands can help.

We are charging a Grad fee to help with securing potential venues, and other important details for grad events. We will adapt and adjust Grad events due to COVID restrictions as required and if events cannot go ahead, or need to be re-organized, refunds will be provided.

Student Support Time

Flex times, for student support, can be booked using Student Connect. Some teachers will have open drop in times instead of flex sign up. If your student misses a class or they are struggling, please get them to make use of this time. Learning moves very quickly in a quarter system.

Permission Forms

Families, if you have not completed them please log in into Parent Connect, review the notices and select the appropriate response to each form. Please do this asap.

Safety Protocols

It is important that if your child is sick or not feeling well that they stay at home until they are symptom free and feeling better.

With Halloween fast approaching, the BC Centre for Disease Control has released some tips on how to celebrate as safely as possible:

<http://www.bccdc.ca/health-info/diseases-conditions/covid-19/social-interactions/halloween>

Take care and remember we are here to help in any way we can.

Take care, be safe and healthy.

Mark Robinson, Principal

Joanna Macintosh, Vice Principal