

November 27, 2020

Only three weeks to go until the winter break. The countdown is on. I hope that your student is doing well in the Quarter 2 classes. A reminder to families and students that support is available to all students from either their subject teacher or program teacher during Block C. If students have been absent from class, Block C is also a good place to get caught up and be supported. I would also suggest either you or your student connect with the teacher via email or check on the google classroom for information.

On Thursday night, Report Cards were issued with Final Marks for Q1 classes and Mid-Term marks for Semester 1 classes. This can be viewed via your student’s MyEd account or on Parent Connect under the folder tab (this is new this year). If you have any questions on how to access, please give the school a call and we can help. Please, don’t hesitate to contact your student’s Q1 teacher if you have any questions about the Report Card.

As the number of positive cases of COVID 19 in the Lower Mainland continue to rise, I can’t stress enough that we, collectively and individually, need to follow all of the safety protocols as set by our Provincial Health Officer and Fraser Health, including the latest province-wide restrictions:

- Complete the daily health check: <https://www.deltasd.bc.ca/wp-content/uploads/sites/2/2020/09/BCCDC-Daily-Health-Check-Sept-11-2020.pdf>
- Stay home if you are sick
- Try to keep at least 2 metres from people outside of your bubble/cohort
- Wear masks
- Wash and sanitize your hands often
- Avoid gatherings that are beyond your immediate family
- For medical advice call 811 or see your doctor
- Ensure your student knows that they must not gather with other students before and after school

Upcoming Events

- Nov 30 – Pro D day
- Dec 2 – Practice Hold and Secure
- Dec 3 – Let’s Talk: Managing Stress in These Uncertain Times – Punjabi version – see below
- Dec 4 – Q2 interims
- Dec 17 – Q2 Midterm Report Card
- Dec 19 – Jan 3 – Winter Break

Family and Student support

If there are supports that Sands can help with please contact me (mrobinson@deltasd.bc.ca), Ms. Macintosh (jmacintosh@deltasd.bc.ca), Mr. Randhawa (arandhawa@deltasd.bc.ca) or Ms. McPhedran (kmcphedran@deltasd.bc.ca). We are here to help.

Education Planner BC: Parents as Education and Career Coaches.

Virtual workshop Wednesday, December 2, 7-8:30 pm.

Join Education Planner BC for an interactive workshop for parents designed to support you in guiding your student after high school as well as help you understand the BC post-secondary environment. You will learn about all of the resources available on Education Planner BC, supports available from BC post-secondary institutions, tips on scholarships and financial aid and a Q & A session. Pre-register at:

<https://sfu.zoom.us/meeting/register/tZwscOuprTwuG9TlvXfxl1L2XWMkOJZoNWu1>

Focusing on the Positive

This week, I want to highlight the importance of taking care of ourselves so we can take care of others. This short article (<https://hbr.org/2020/04/to-take-care-of-others-start-by-taking-care-of-yourself>) offers some helpful suggestions on how you can shore up your mental and emotional reserves, as we can't share with others a resource that we lack ourselves. And remember, please don't hesitate to ask for help from the school if you need it.

"Let's Talk: Managing Stress in These Uncertain Times"

The District will be hosting "Let's Talk : Managing Stress in These Uncertain Times" for our Punjabi speaking community next Thursday, December 3rd from 6:30-8pm. Please see the email that has been sent to you for more details.

https://ca01web.zoom.us/meeting/register/u5ErcuyqqjooHNwppexMO_VaGuyegKvFZ9pE

Grad Information

- Grad Photos – Feb 9-14. Book at <https://artona.com/schools/SNDS/programs/graduation>. Artona will bring a photo shoot trailer to Sands and will have safety protocols in place.
- Grad Clothing is now for sale until November 29 at <https://sandsgrad2021.itemorder.com/sale>

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.

Student Fees

Reminder that student fees and deposits have been assessed for all classes for all Quarters and are viewable under fees on Parent Connect. We encourage families to use the online feature in Parent Connect to pay. **If you have a refund and paying online, you need to select the refund item for it to be applied to your students' total.** If families want to pay by cash or cheques they can place cash or a cheque in an envelope with their child's name and student number and hand it in at the Sands office. If there is a financial need that prevents a family from paying fees, please contact me and we can discuss how Sands can help.

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

Mark Robinson, Principal Joanna Macintosh, Vice Principal