

Feb 19, 2021

Dear Families and Students,

We are approaching the end of week three of Q3. If you have any concerns about how your student is doing, please contact the teacher directly. Teachers have been asked to contact families if they feel that a student is struggling. Sands hopes that all of you are safe and healthy and managing well during these COVID times. I want to remind you that our counsellors, Child and Youth Care Worker (CYCW) and administration are always available to help in any way we can. Below (page 2), I have included link to a host of meetings that support families on a variety of topics.

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), Ms. McPhedran (kmcphedran@deltasd.bc.ca) or Ms. K Watters (CYCW) kwatters@deltasd.bc.ca. We are here to help.

Pink Shirt Day

Pink Shirt Day will be taking place next week on Wednesday, **February 24th**. Pink Shirt Day is the day each year when Canadians are asked to take a stand against bullying – and to make that stance public by including an article of pink clothing in their ensemble. Let’s all wear pink next Wednesday in support of this important initiative!

For more information about Pink Shirt Day, please see the link below.

<https://www.pinkshirtday.ca/about>



New App Simplifies Students’ Daily Health Check

Thanks to a new app, it's easier than ever for your students or their parents to complete their daily health check each morning.

Developed in partnership with Public Health and the BC Centre for Disease Control, and a group of students, the [K-12 daily health check website](#) and [mobile app](#) help students and families make the best decisions on whether to attend school, stay home, or take other measures. Questions and answers are easy to understand and are based on current health guidelines. All content is written with the K-12 age group in mind.

As indicated in the [Provincial COVID-19 Health Safety Guidelines for K-12 Settings](#), parents and caregivers should assess their children daily for illness before sending them to school. Please share the information about the new K-12 Health Check App with your students and families to make this process easier.

Schedule Survey for next year

Delta's Secondary Schools are currently in discussions around scheduling and timetable for the **2021-22** school year. While the restrictions around learning groups cannot be predicted at this time, feedback from staff, students, and parents will assist to inform building a schedule for various potential public health scenarios. Please take a few minutes to complete the survey questions (link below) to provide us with your perspective on the current quarter system and your student's learning this year. Your feedback will help to inform decisions about how we will organize structures/schedules for the next school year. This survey will be open until **February 25**.

<https://forms.gle/GJrCNzGmt2ouW9Eo8>

Course Planning

There have been numerous meetings going on this week where Ms. Macintosh, Mr Randhawa and Ms. Sansregret have been zooming into classrooms and showing students how to select courses. Students are busy selecting courses using the Student portal of MyEd. For families we have three Zoom meetings recorded to provide information about Course Planning. These are located on our course selection page on our website. Please encourage your student to make good informed choices. If you have any questions, please contact Mr. Randhawa or Ms. Macintosh

New email addresses coming for Staff

The Delta School District is moving to Microsoft Outlook and Teams over the next number of months. Sands will be a pilot secondary school starting March 1. How does this affect you? It really doesn't, but you will start to see a different ending to staff's email addresses – it will be @deltaschools.ca. If you send something to @deltasd.bc.ca it will be forwarded to the @deltaschools.ca mail box. This forwarding should last for about 12 months or so. Students will not be affected at all as Delta is keeping Google and @deltalearns.ca as the primary platform for students. The structure of the front part of the email address is exactly the same, i.e. first initial last name – mrobinson@deltaschools.ca

Let's Talk About Wellness During Stressful Times (Facilitated in Punjabi)

Join us for an evening of learning and discussing how stress impacts each of us, how we can learn to live with stress and challenges with a little more ease, and what each of us can do to support our own journey towards health and wellness. We look forward to our time together via Zoom and hope we have some supportive and helpful conversations as a community.

PLEASE NOTE THAT THIS SESSION WILL BE IN PUNJABI

Raman Gill, the presenter, works as a Registered Clinical Counsellor in private practice. She has been providing counselling services for 12 years. For the past seven years, she has worked with high-risk youth and their families in Delta. Over the years, she has learned that at the end of the day, we are all human, trying to figure out this journey of life in the best way possible. Life throws many stresses and challenges our way. These stresses impact how we feel, think, act and relate to other people. Learning more about stress and how it can impact our body and mind helps us become more in control of our experience of life, especially when we cannot control life itself.

When: Feb 25, 2021 6:30p.m. – 8p.m. via Zoom

Register in advance for this workshop:

https://ca01web.zoom.us/meeting/register/u5Elf-GgrjssGtf96_C99hWB3ahyCU4FL9EX

After registering, you will receive a confirmation email containing information on how to join the meeting.

Does your child have an IEP? An Online Session with Suzanne Perreault

Would you like to learn more about a parent's role in IEP development? Would you like to connect with an advocate in the world of inclusion who is also a parent?

As an active participant in community development & mentorship for over 20 years, Suzanne is guiding families with children on the Autism Spectrum, ADHD & Anxiety. Having worked in the health care industry, employed within the higher educational institutes, ran for School Trustee & is a public speaker she offers a milieu of insight as a Counselor. Through her advocacy on fair inclusion, Suzanne has positioned herself as a strong collaborator to create bridges between those who need a voice & those who are willing to hear. To learn more, please visit this link to view Suzanne Perreault's TED Talk. <https://www.youtube.com/watch?v=gu5XFdT7q8k>

When: Wednesday, February 24, 2021 at 6:30pm via Zoom (link will be sent after registration)
Register in advance for this workshop by emailing Stacey Jones: sjones@deltasd.bc.ca

PCRS (Pacific Community Resources) workshop for Parents and Guardians.

Live Webinar on February 25: 12 Principles for Raising a Child with ADHD
https://www.additudemag.com/webinar/parenting-a-child-with-adhd/?utm_source=eletter&utm_medium=email&utm_campaign=webinar_january_2021&utm_content=012421&goal=0_d9446392d6-fddac78fda-300578141

Live Webinar on March 2: Discipline Strategies for ADHD: How to Manage Your Child's Most Challenging Behaviors
https://www.additudemag.com/webinar/adhd-behavior-problems/?utm_source=eletter&utm_medium=email&utm_campaign=webinar_february_2021&utm_content=020721&goal=0_d9446392d6-a05fb5dc2f-300578141

Fraser Health is offering free education sessions to anyone who wants to learn more about how best to support an adult living with a mental illness and/or substance use issues.
<https://www.fraserhealth.ca/Service-Directory/Services/mental-health-and-substance-use/family-support/family-and-friends-education-series-on-mental-health-and-substance-use-issues#.YCbCTxNKjUI>

BCEd Access is currently hosting free online social groups for students with disabilities or extra support needs and their parents, running until *February 19, 2021*...
<https://www.eventbrite.ca/o/bcedaccess-society-9288944618>

Would your teen like a job?... this would be a great way to build resiliency during COVID. <https://opportunityforyouth.ca/>

YMCA "Y MIND" group for teens and adults are starting soon!
<https://www.gv.ymca.ca/mental-wellness>

COVID Information

The Ministry of Health and Education announced Updates to the Provincial Health and Safety Guidelines for K-12 School Settings on February 4. Please refer to the email that you received from Doug Sheppard, Superintendent of Schools for Delta - <https://www.deltasd.bc.ca/news-events/news/information-for-parents-guardians-novel-coronavirus/>. Below are some highlights of the changes:

Non-medical masks are now required for all staff in all K-12 schools, and all students in our secondary schools in all indoor areas, including when they are in their learning groups. The only exceptions are when:

- They are sitting or standing at their seat or workstation in a classroom
- They are eating or drinking
- There is a barrier in place

Masks are not a replacement for physical distancing, be as distant from others as much as possible all the times.

Even when wearing a mask, staff and students will still be required to maintain physical distance from people outside of their learning group.

Reminder, that the school doors do not open until 8:20 in the morning. We would like students to avoid crowding under the covered area. Please don't drop your student off until 8:20am or ask them not to arrive until 8:20am.

Contact numbers for Fraser Health for questions/advise specific to COVID and schools
*** Fraser Health COVID Hotline 604-918-7532**
*** COVID SCHOOL HUB Hotline 604-587-4769**

It is very important that we still 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 household
- Wear masks all the times except when seated in your classroom at your seat, when eating/drinking or when a barrier is present. At all other times students must 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

Fraser Health Winter Update and Resources for Families

Recently, Fraser Health shared a brief update on how we can all help to prevent the spread of COVID-19 in schools. We encourage you to take a read: [click here](#) to view it. Also, a reminder that

the Fraser Health website offers a wealth of valuable resources for families. [Click here](#) to access them.

Upcoming Events

- Feb 24 – Pink Shirt Day
- Feb 26 – Pro D Day
- Mar 5 – MyEd course selection closes
- Mar 9 – Midterms marks due 8:30 am
- Mar 11 – Spring Band Concert – video will be available
- Mar 11 – Midterm Reports available for families
- Mar 13 – 28 – Spring Break

Grad Information

- This is a reminder for you to set up your Student Transcript Service accounts. **You need to do this if you are planning on attending a post-secondary institution (PSI) next fall.** If this is not done, your chosen PSI will not receive your marks and will therefore be unable to offer you admission.
- The Sands Career Centre website, <https://sandscareercentre.weebly.com/>, is a source of information for you and our students. Ms. Sansregrets updates this site frequently so please check it on a regular basis. In addition to providing information on post-secondary education and scholarships, you will find registration links for information sessions hosted by various post-secondary institutions. If you have any questions or require further information, please do not hesitate to contact me. Ms. Sansregrets can be reached by email at: jsansregret@deltasd.bc.ca or by phone at 604-594-3474 Local 249.

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

Mark Robinson, Principal

Joanna Macintosh, Vice Principal