

January 21, 2021

Dear Families and Students,

Six full classes left. We have almost made it through Quarter 2. There is still work, learning and assessments to do. Please ask and encourage your students to stay focused and work hard right until the end of the quarter. Teachers should have reached out to you by now with a plan if your student is in jeopardy of failing the class. If this is the case it is imperative that the plan be followed and that your student make use of the Block C student support time. This can be booked using Student Connect. Some teachers will have open drop-in times instead of flex sign up. Monday, Feb 1 is the final day of regular attendance for Q2 classes. Feb 2 is an optional day for students, but a great day to get final things caught up or assessed.

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**

The number of positive cases of COVID-19 in our area seems to have plateaued for the time being but there are still some significant number of cases and concerns about people getting it. 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
- 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

- Feb 1 – last day of regular Q2 and Semester 1 classes
- Feb 2 – 1 day for Q2 and Semester 1 classes
- Feb 2 – Grade 9 and 10 Parent Night for Course Planning -ZOOM
- Feb 3 – Staff Meeting, 8:30 am
- Feb 3 – First Day of Q3 classes
- Feb 4 – Grade 11 and 12 Parent Night for Course Planning - ZOOM
- Feb 8-12 – MDI Survey
- Feb 9 – Earthquake Drill

- Feb 11 – Report Cards Posted
- Feb 15 – Family Day, school closed
- Feb 19 – last day for Interims for student who are struggling
- Feb 26 – Pro D Day

Morning Student Safety

I would like to make a few suggestions for your students arriving at Sands in the morning

1. Remember that the Sands doors do not open to students until 8:20am
2. On rainy days, have your student bring an umbrella
3. If your student is waiting in the front undercover area, ask them to be at least 2M from other students and if that is not possible to wear a mask
4. If you are dropping off or picking up please remember these key things:
 - a. Do not drive into the front school parking lot to drop off or pick up your student;
 - b. Do not stop in the middle of the road to drop your student off or pick them up, please park on the side of the road;
 - c. Have your student use the cross walks in the area;
 - d. To avoid traffic congestion, think about dropping off or picking up your student away from the school, ie Mackie Park parking lot, or a block away
 - e. Watch out for students crossing the roads and other vehicles.
 - f. In the back parking lot on 110th, the only exit is onto 82nd avenue – please follow the proper exiting route. What you think is an exit onto 110th is an ENTRANCE ONLY situation. It is sign posted and has been so for many years. People have routinely exited the entrance only areas. Please follow the correct exiting procedure.
5. While it is dark out please ask your student to be as visible as possible, i.e. not appearing in between cars, and use the crosswalks when crossing the street.
6. We have noticed that some students with N's are arriving at school and leaving school with too many students in their car. If your student drives to school, please speak to them about the limited number of people who are allowed to be in the car. A car that has been “over packed” is against the law and also the insurance is invalidated.

Numeracy Assessment

Grade 10 and 11 students have been registered to write in the January sitting of the Numeracy 10 Assessment. The Numeracy 10 Assessment assesses mathematical concepts learned throughout a student's years at school. Students will be writing by cohorts in the week of January 25-29.

Students who are learning online are invited to write on January 25, at 9:00am in the library.

Schedules have been posted throughout the school. As well, students and families have been emailed the schedule as well. Links to sample assessments and information from the Ministry of Education about the numeracy assessment is posted on our website and was included in the email home.

Mental Health Literacy and Resources

Students in Grade 8 and 9 who are currently taking PE will be learning about mental health literacy in their PE courses Jan 25 – Feb 1. Just as we know it is important to take care of our physical health, we know it is important to take care of our mental health. This is why we are implementing

a mental health literacy program at Sands. More information for parents can be found at teenmentalhealth.org. We are following Dr. Stan Kutcher's Teen Mental Health curriculum.

Next week is also Bell's "Let's Talk" day on Thursday, January 28. This initiative is being run by one of our students. The purpose is to bring awareness to our students, and staff about supporting mental wellness. There are posters and Word bubbles for people to put in kind words. We are also asking students to bring a toonie on Jan 28 so that we can make a donation to Bell and "Let's Talk" day.

Sand's DYAC students have had an ongoing inquiry project into student mental wellness at Sands. Through a school wide survey, they have identified that some students are experiencing a heightened stress response due to the quick pace of the quarter system. They are kicking off their action plan next week. They will be launching a page on our school website dedicated to stress reduction resources. Each week we will featuring one resource or stress reduction technique on the school app and in announcements. Please take a look.

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

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<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/>

Crisis Hotlines

- [BC CRISIS CENTRE](#) – 1-800-784-2433 or 310-6789 no area code needed
- [CRISIS SERVICES CANADA](#) – 1-833-456-4566 or text 45645
- [First Nations and Inuit Hope for Wellness Help Line](#) – 1-855-242-3310
- [Canada Drug Rehab Addiction Services Directory](#) – 1-877-746-1963
- [National Eating Disorder Information Centre](#) – 1-866-633-4220

Resources

- [Bell Let's Talk](#)
- [Canadian Association for Suicide Prevention](#) – 613-702-4446 (not a crisis line)
- [Canadian Mental Health Association](#) – 416-646-5557
- [Canadian Psychological Association](#) – 613-237-2144 or 1-888-472-0657
- [Mood Disorders Society of Canada](#) – 613-921-5565
- [Schizophrenia Society of Canada](#) – 1-204-320-3188
- [Mental Health Commission](#) – 613-683-3755

Course Planning

It is that time of the year for us to start getting organized for what course your student would like to take next year. While there is much discussion about what system we will be in, nothing has been solidified yet. We will be planning cohorted and non-cohorted timetables so that we will be ready for September 2021. There are a few parent nights coming up and we will provide as much information as we can and answer questions. Students will be asked to pick courses in February-March and counsellors will be making class visits to help them with this. Picking courses and making thoughtful choices is an integral part of scheduling for the following school year. Please look at the course selection booklet to discuss meaningful choices with your student. Course selection will guide how cohorts are determined. The Course selection will be done in the student MyEd portal. If you have any questions specific to your student you might want to contact one of the counsellors for information or look at the course planning booklet that will be published shortly.

- Feb 2 – Next Year’s Grade 9 and 10 Parent Night - Zoom
- Feb 4 – Next Year’s Grade 11 and 12 Parent Night – Zoom
- * Note: Invites to these online Zoom events will be emailed directly to parents. In addition, we will record these sessions and make them available for families afterwards.

Delta Careers Programs



Delta School District offers 3 different Career Programs that offer students the chance to gain skills, knowledge, and attitudes needed to be successful in the workplace.

Benefits

Explore career opportunities | Gain valuable work experience | Develop skills and attitudes for the workplace | Transition from school to work or post-secondary education | Receive personal references | Develop confidence and self-reliance | Earn four graduation credits per course

<p style="text-align: center;">WORK</p> <p style="text-align: center;">EXPERIENCE</p> <p>WORK EXPERIENCE is a program for Grade 11 or 12 students that prepares students for the transition from school to the workplace by integrating classroom preparation with practical experience. 4–8 graduation credits</p>	<p style="text-align: center;">ita YOUTH</p> <p style="text-align: center;">WORK</p> <p style="text-align: center;">IN TRADES</p> <p>WORK IN TRADES is a paid apprenticeship program under the supervision of a certified tradesperson. The student receives high school credits along the way. Grades 10-12 4–16 graduation credits</p>	<p style="text-align: center;">ita YOUTH</p> <p style="text-align: center;">TRAIN</p> <p style="text-align: center;">IN TRADES</p> <p>TRAIN IN TRADES is a dual credit program for Grades 11 and 12. Receive elective credits, post-secondary credits, and Industry Training Authority (ITA) apprenticeship training. Your tuition is paid by the school district for partnership programs. 8–24 graduation credits</p>
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See the website for more information.

www.deltalearns.ca/careers



MDI

This year, the Delta School District is participating in UBC's MDI (Middle Years Development Instrument) survey. The purpose of this survey is to gather information about the health and wellbeing of children in BC ages 10-13. All Grade 8s have the opportunity to participate in this survey. Information was sent to Grade 8 families this week. Families who do not wish for their student to participate are asked to contact the school.

Registration and Applications for the 2021-2022 School Year

As part of our movement to the next school year, the registration and application process will begin on February 1. Due to the pandemic, schools will not be accepting any face-to-face registration and applications this year. All applications must be submitted online.

Registration: for Sands Catchment Students Only

- For registration please email Michelle Chow (mchow@deltasd.bc.ca), Sands data coordinator, with all of the information required after February 1 for the 2021-22 school year.
- If your student attends Gray Elementary or Brooke Elementary you do not need to do anything. Your student will be automatically transferred to Sands for Grade 8.
- If you live in the Sands Catchment and attend a Delta School please let the office know of your current school and that you would like your child to attend Sands for the next school year.
- If you live in the Sands catchment and don't attend a Delta School you will need to register.
- Priority is given to students who reside in the Sands Catchment.

Applications: for those students that don't reside in the Sands Catchment

- Non-catchment – this means you reside outside of the Sands catchment at the time of the application
- Non-District – this means you reside outside of Delta at the time of the application
- For application forms and more information, please visit the following pages on the district's website:

Registration information - <https://www.deltasd.bc.ca/schools/student-registration/>

Application information

Non-Catchment - <https://www.deltasd.bc.ca/schools/student-registration/non-catchment/>

Non district - <https://www.deltasd.bc.ca/schools/student-registration/non-district/>

Application forms will be available on the district website as of 8:30am on Monday, February 1.

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.
- 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.

- Reminder, Transcripts ONLY included classes that there is a FINAL mark for. Courses you are currently registered in, but have not completed yet, will not show up. If there is a missing course that you have finished and have a final mark for, please see Mr. Randhawa. We can get it added.
- 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. Please note that at this time all information sessions are virtual. 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.

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 (kmcphehdan@deltasd.bc.ca). We are here to help.

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

Mark Robinson, Principal

Joanna Macintosh, Vice Principal