

# SANDS SECONDARY “*Creating Our Future Today*”

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September 10, 2021

Dear Families and Students,

Welcome back. It has been a fast and furious week but we made it – new classes, new bell schedule, new semester, new faces and new staff. It was amazing to see our students back in the school this past week. There is a good buzz in our classrooms as our first week comes to a close. Ms Macintosh and I had the privilege of speaking to each grade at our grade assemblies. We look forward to the upcoming year as we all strive to find our passions and our purpose this school year. During the assemblies we went over the safety protocols. Some were new, some were like September 2020 and a bunch like June 2020. I think we are all adjusting well to them. The upcoming weekend will be well deserved for many as our bodies to readjust to full-day schedules and in-person instruction. Students are eager to be with their friends and also to do some learning. Athletics have begun and there are try outs starting next week. Morning announcements will be posted on our website daily.

In addition to this letter, information regarding general school information can be found on our **school website**: <https://sa.deltasd.bc.ca/> .

If we all do our bit then that will not only help ourselves but also our community. There are a few key items to keep in mind as we move into the fall:

- Get vaccinated
- Stay home when sick
- Do the daily health check with your student before they attend school - New health check form: <https://www.deltasd.bc.ca/wp-content/uploads/sites/2/2020/08/Updated-Daily-Health-Check-for-K-12-students-Sept-2021-English-version.pdf>
- Wear a mask
- Avoid long face-to-face non-mask exposures with others
- Seek a COVID test as soon as possible after mild symptoms occur. This will significantly help to speed up the contact tracing process if the test result is positive.
- For medical advice call 811 or see your doctor
- Wash and sanitize your hands often
- Follow all the school protocols
- Check the District website for updates - Also the COVID page on our website will continue to be updated whenever we have new info: <https://www.deltasd.bc.ca/news-events/news/information-for-parents-guardians-novel-coronavirus/>

## **Bell Schedule for 2021-22**

Semester

	Monday, Tuesday,	Wednesday	Thursday, Friday	Day 1	Day 2
Week 1	Period 1	Collab 8:30 - 9:10	Period 1	Block A	Block B
8:30 - 9:40	Flex	Period 1 9:15 - 10:25	Flex	Flex	Flex
9:44 - 10:22	Period 2	Period 2 10:29 - 11:38	Period 2	Block B	Block A
10:26 - 11:36	Lunch	Lunch 11:38 - 12:17	Lunch	Lunch	Lunch
11:36 - 12:16	Period 3	Period 3 12:22 - 1:32	Period 3	Block C	Block D
12:21 - 1:31	Period 4	Period 4 1:36 - 2:45	Period 4	Block D	Block C
1:35 - 2:45					

## **Delta Vision 2030**

Delta School District will be unveiling the 2030 Vision this fall. The Vision has been created by thousands of data points from families, students, district and school employees and the community. They have provided a wealth of information about what is important to our larger community. More details to follow.

## **Communications with Families:**

Most of our communication will be done electronically through our website, monthly newsletters, emails and Parent Connect. Please ensure you have provided us a current email address, updated all your contact information and are able to log into Parent Connect. Please contact the office if you require assistance.

## **Permission Forms:**

There are a number of permission forms on Parent Connect for you to review and authorize. Please log in to Parent Connect, review the notices and select the appropriate response for each form. It is mandatory that all forms be reviewed and responded by each student's parent/guardian by September 30th.

## **Sands Athletics**

Things are starting to get going after a year of training only. Volleyball tryouts are starting next week and Boys soccer is getting going as well. See the announcements on the website for more information. We should have a full slate of sports this year. Our Athletic Director is Mr. McKay. If you have any questions please email him – [mmckay@deltaschools.ca](mailto:mmckay@deltaschools.ca)

## **Sands PAC**

The first meeting will be on Tuesday, September 21 in the school library. The start time will be 7pm. During the meeting there will be elections held for the executive positions and a vote on the updates of the Constitution and By-Laws. School PACs provide feedback and input to the school administration. They also play an integral role in supporting extracurricular programs and student-led legacy projects and initiatives. All parents, especially our new Grade 8 parents, are invited to join our PAC. For more information, look on the PAC page on the Sands web site or email [sandspac@deltasd.bc.ca](mailto:sandspac@deltasd.bc.ca)

## **Sands Wear**

Thinking of getting some great Sands clothing this year? Well, it is available to order now. Not exactly sure of the delivery date yet but WOW does it look good!

<https://www.prostockathleticsupply.com/collections/sands-scorpions-online-store>

## **School Photos**

Photos were taken on Friday, September 10. Photos are required for Transit ID, yearbooks and certificates. If you would like to purchase a photo package, please log on to [www.artonagroup.com](http://www.artonagroup.com) to choose your package and pay for your selection.

## **Other**

Resilience Building in Children Facing the Impacts of Toxic Stress & It's Impact on Their Learning

With Dr. Jennifer Mervyn

This session will explore how toxic stress can impact the developing brain and even inhibit the capacity for compassion. Parents will learn about how neurobiology can impact behaviour and how to cope with challenges. Parents will also learn strategies for building resilience even in the face of stressful times.

Dr. Jennifer Mervyn was acknowledged by CAMH as one of the 150 Canadians making a difference in mental health. She is a Registered Psychologist with an extensive background in trauma and substance abuse. Jennifer is known for utilizing innovative, culturally informed, therapeutic approaches in her work. Jennifer is Métis, mother of four, and strong advocate for the Indigenous community. She consults, teaches, and trains on Trauma Informed Practice and policy nationwide.

When: September 16th 6:30 PM- 8pm Via Zoom

Register in advance for this workshop:

<https://ca01web.zoom.us/meeting/register/u5cocu2qrzMvHNAjHfcF8uFB1wTzCLsiSk6f>

## **Upcoming Events**

September 24 – Pro D Day – No school

September 30 – Day of Truth and Reconciliation – no school

October 6 – Photo retake day

October 11 – Thanksgiving – no school

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

Mark Robinson, Principal

Joanna Macintosh, Vice Principal