

Friday, October 14th, 2022

Mission Statement: Sands is an inclusive and nurturing community which challenges individuals to strive for educational excellence, as well as personal responsibility, integrity and growth.

School Inquiry Question: Will a school wide focus on fostering staff and student health and wellness have a positive effect on well-being, engagement, and achievement?

Acknowledging the traditional territory of the Tsawwassen and Musqueam First Nations and all of the Hun'qumi'num speaking peoples who have been stewards of this land since time immemorial on whose land we live, learn and play. We would also like to offer our respect to all the Elders who have gone before us, to the Elders and First Nation people who are with us today and to all Canadians who are on the journey of Reconciliation.

Dear Sands Secondary students and families,

We are now a month and a half into the 2022-23 school year and the atmosphere in the building is extremely positive. Our staff have created a supportive and engaging learning environment where students have every opportunity to be successful in their courses. Students are also participating in a variety of extra-curricular activities in a variety of areas like athletics, clubs, student council and other opportunities offered at Sands Secondary. We highly encourage all students to find an activity outside of class time that interests them so that they have a full Sands Secondary experience. We encourage our families to connect with us at anytime to learn more about the student opportunities we offer.

Next week, we will be re-introducing Parent Teacher Interviews over two afternoons on October 19th and 20th from 2:00pm to 4:00pm. We will be adjusting our school schedule to facilitate the interviews where students will be dismissed at 1:00pm on both days. The table below provides the bell schedule for both days.

Early Dismissal Bell Schedule

Warning Bell	8:23	
Period 1	8:30	9:30
Period 2	9:35	10:35
Nutrition Break and Transition	10:35	10:55
Period 3	10:55	11:55
Period 4	12:00	1:00

Families will be able to request interviews with their child's teachers in semester 1 starting on Monday, October 17th at 12:00 noon through Parent Connect. Each interview will be 7 minutes in length to allow for a more in-depth conversations between families and their child's teachers. If more time is required, we ask families to keep within the time limits of the interview and schedule another meeting in the future. An email was sent out earlier this week with instructions on how to book interviews with your child's teachers. We look forward to hosting our families over these two afternoons.

Please see the important information items below:

Important Dates:

- October 17th Parent Teacher Interview Scheduler Opens at 12:00 noon to book appointments in Parent Connect
- October 18th Earthquake Simulation
PAC Meeting
- October 19th Parent Teacher Interviews 2:00pm-4:00pm
- October 20th Parent Teacher Interviews 2:00pm-4:00pm
- October 21st Pro D Day
- October 27th Grade 8 Mentorship Meeting – Flex Time
- October 28th Grade 8 Mentorship Meeting – Flex Time
- October 31st Halloween
- November 1st Literacy 10 Assessment 8:30-11:00am
- November 2nd School Band Concert 7:00pm Canteen
- November 3rd Literacy 12 8:30-11:00am
- November 4th Numeracy 10 11:40am-2:40pm

Provincial Assessments

During the first week of November, students in grades 10 and 12 will be completing the Provincial Assessments in Literacy and Numeracy. The completion of all of these assessments is a graduation requirement. The Assessment Schedule will be:

Tuesday, November 1 st	Literacy 10 8:30-11:00am
Thursday, November 3 rd	Literacy 12 8:30-11:00am
Friday, November 4 th	Numeracy 10 11:40am-2:40pm

Information outlining the details for the assessments will be sent to all families shortly. For more information on the Graduation Assessments, please follow the links below.

Graduation Literacy 12 Assessment

<https://curriculum.gov.bc.ca/provincial/grade-12-literacy-assessment>

Graduation Literacy 10 Assessment

<https://curriculum.gov.bc.ca/assessment/literacy-assessment/grade-10-literacy-assessment>

Graduation Numeracy 10 Assessment

<https://curriculum.gov.bc.ca/provincial/grade-10-numeracy-assessment>

Sands Secondary Yearbook

The Sands Secondary Yearbook team is developing the Yearbook for this school year for our school community to capture students in a variety of school events and to create a keepsake of memories for all students. The Yearbook team would like to encourage our community to follow their Instagram account, Instagram sandsyearbook, to view up-to-date photos of what they have captured so far.

We encourage all students to purchase one of these long-lasting memory keepsakes of your time at Sands Secondary. The team is excited about how the Yearbook is progressing so far and are confident that this year's Yearbook will meet and exceed the standards set by previous award-winning Sands Yearbooks. By purchasing early, students will pay a discounted price of \$55.00 up until the Winter Break. After the Winter Break, the price for the Yearbook will increase to \$60.00. Students and families can purchase a Yearbook through Parent Connect or at the Main Office.

COVID-19 Safety Guidelines

With the risk of COVID-19 infection remaining high in B.C., it is critical that we each do our part to help reduce transmission by continuing to follow the latest health and safety protocols for K-12 schools: Provincial Communicable Disease Guidelines for K-12 School Settings and BC Centre for Disease Control's Public Health Communicable Disease Guidance for K-12 Schools.

<https://www2.gov.bc.ca/assets/gov/education/administration/kindergarten-to-grade-12/safe-caring-orderly/k-12-covid-19-health-safety-guidelines.pdf>

The best way to keep COVID out of our schools is to stay home if you are showing signs of illness. We strongly encourage everyone to complete a daily health check prior to attending school.

We also encourage everyone to:

- Get vaccinated. Vaccination protects from serious illness due to COVID-19 and is the most effective way to reduce the impact of COVID-19 on our communities.
- Wash and sanitize your hands often.
- Practice good respiratory etiquette.
- Respect the personal space of others.
- Respect the choice of staff and students who wear a non-medical mask or face covering throughout the day or for certain activities.

If we can follow these guidelines regularly, then we will keep our school community safe from spreading COVID-19.

Counselling and Youth Care Worker:

There are many supports we have for students at Sands Secondary and at times students may need social/emotional support, help with scheduling, career planning and other counselling services. The Sands Secondary Student Services team is always ready and willing to help. We encourage our families to connect with our Counselling team on any issues related to their child(ren). Our Counselling team is an excellent resource to help make your child's experience at Sands Secondary positive. Please connect with the Counsellor by calling the school at 604-594-3474 or emailing them (see below).

Counsellors (students can choose to see either counsellor)

Mr. A. Randhawa arandhawa@deltaschools.ca
Ms. K. McPhedran kmcphebran@deltaschools.ca

Youth Worker

Ms. K. Watters kwatters@deltaschools.ca

Parent/Guardian Opportunities:

Fall Parent Workshops

Family Presentation Series: Capacity Café

Session 2 - October 27th 5:30-8:30pm
Sands Secondary Library

The Capacity Café is a unique event where parents and community members listen to the lived experiences of youth.

In a Capacity Café, youth and adults sit together in a circle while youth speak, and adults listen and learn from what is shared. The conversation is facilitated by Delta School District staff. Youth who volunteer have participated in communication training together before a Café Circle to ensure their safety.

The overall goal of the Café is to help adults (parents and educators) gain increased understanding of the stress's youth encounter in our culture, and to provide young people the experience of being listened to, respected, and valued. Our goal is to give us all the opportunity to see youth as a much-needed resource within the community.

Capacity Cafés help forge intergenerational connections by helping adults and other community members understand and appreciate life from a youth's perspective.

October Career Newsletter - click [here](#) to access all the information!

Highlights in this edition:

1. [Junior Firefighting Camp](#) for high school students-coming in March 2023
2. Nov 2 - Take Your Kid to Work Day
3. [Trades Expo - Oct 19/20](#)- Cloverdale
4. BCIT Opportunities: Jill of all Trades Inspiring young women in grade 9-12 to pursue education and careers in the skilled trades and/or technology!
5. Operation [This is YOU](#) for Females
6. [BCIT Bridgewatch](#)
7. [Experiential Learning](#) in High School

Delta School District
Inspired Learning

ISSUE 3 OCT 2022

CAREER NEWSLETTER

The latest career news for Students, Parents & Guardians!
Follow @SD37studentpath OR visit www.deltalearns.ca/careers

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**New Career Program:
Junior Firefighting Camp**
in Partnership with
Delta Fire

Applications Due: December 15, 2022
Camp Dates: March 6 - 10, 2023
Age: Must be 16 by December 31, 2022

Click the image to access all opportunities!

See your school Career Program Facilitator for more information on the high school programs!

Mental Wellness Resources

As we move through our school year, many students may be struggling with social and emotional issues. As a school, we are investigating how a coordinated approach on mental health can have a positive impact on the student's experience at Sands Secondary. As a staff, we will be learning about the Teen Mental Health Curriculum created by Dr. Stan Kucher, Professor at Dalhousie University. Some of our staff are already trained in this curriculum and will be offering training to our entire staff.

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/>

Other helpful community resources for students and families are listed below.

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

Homework Club

Sands Secondary offers many opportunities to support students in getting extra help with their course work. Another student opportunity is the Homework Club that takes place every Wednesday after school in the Library from 3:00pm-4:00pm. Ms. Lee and Ms. Papakosta sponsor the Homework Club and have assembled a group of dedicated and knowledgeable Peer Mentors to help students. We encourage all students to use this school support.

Reporting Student Absences

Please phone the school at **604-594-3474** or email **sands.sec@deltaschools.ca** to report a student absence. Students who need to go home due to illness or for other reasons should come to the office to contact a parent/guardian. Office staff will speak with a parent/guardian before students are given permission to go home. If appointments are scheduled during school hours, please send a note with your student. Parents should regularly monitor their student's attendance using Parent Connect.

Flex Time

Every week students can make decisions about their learning where they decide which class they will attend to obtain extra support. Sands Secondary is fortunate to offer this opportunity to our students every Monday, Tuesday, Thursday and Friday. We encourage students to sign up for their Flex Time periods early on Student Connect. The expectation is that all students attend Flex Time in order to support the learning they experience in their classes.

Food Service

Sands Secondary does not have a school cafeteria to provide food service, but the district has contracted Canuel Catering to provide a variety of hot and cold food options in the school Canteen. The food options meet the Healthy Food Guidelines established by the Ministry of Education for all schools in the province. Students have the option to pay for their food choices by cash or by debit. Canuel Catering meets and exceeds all appropriate COVID protocols for their food service.

Sands Secondary Career and Post-Secondary Centre

The Sands Career and Post-Secondary Centre is available for students who have questions about post-secondary options and scholarship opportunities. Our Career and Post-Secondary Advisor, Ms. J Sansregret, has provided a great deal of information for students and families on her website at <https://sandscareercentre.weebly.com/>. 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. Ms. Sansregret's office is located in the Counselling Suite and she can be contacted by email at jsansregret@deltalearns.ca to answer questions or book an appointment. Students can drop-in, but an appointment is recommended.

If you require support or are seeking answers, please contact teachers, counsellors, administrators, or the Main Office. We are here to help families and students.

Have a wonderful long weekend.

Rick Mesich
Principal

Joanna Macintosh
Vice Principal