

Friday, October 7<sup>th</sup>, 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,

The Thanksgiving long weekend is an opportunity to come together as families to share a meal and reflect on the positive aspects of our lives. We are thankful as a school community as the start of the school year has been extremely positive. For example, students have participated in several school wide events that included the Truth and Reconciliation Ceremony last week and this past week featured the Terry Fox Run/Walk on Thursday and a school wide Pep Rally on Friday. All of these events build a sense of community and belonging with our student body and staff that shapes who we are as individuals and as an educational institution.

We will be re-introducing Parent Teacher Interviews over two afternoons on October 19<sup>th</sup> and 20<sup>th</sup> 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. Families will be able to request interviews with their child's teachers in semester 1 starting on Monday, October 17<sup>th</sup> 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. More information will be distributed next week so Sands Secondary families understand the process to book teacher interviews. We look forward to hosting our families over these two afternoons.

Please see the important information items below:

## **Important Dates:**

- October 10<sup>th</sup> Thanksgiving Day
- October 13<sup>th</sup> Connect Before Correct: Understanding Your Teen with Nik Stimpson  
6:30pm-8:00pm Sands Secondary's Library  
Grade 8 Mentorship Meeting – Flex Time
- October 14<sup>th</sup> Grade 8 Mentorship Meeting – Flex Time
- October 17<sup>th</sup> Parent Teacher Interview Scheduler Opens to book appointments in Parent Connect
- October 18<sup>th</sup> Earthquake Simulation

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|----------------------------|---|
|                            | PAC Meeting                             |
| • October 19 <sup>th</sup> | Parent Teacher Interviews 2:00pm-4:00pm |
| • October 20 <sup>th</sup> | Parent Teacher Interviews 2:00pm-4:00pm |
| • October 21 <sup>st</sup> | Pro D Day                               |
| • October 27 <sup>th</sup> | Grade 8 Mentorship Meeting – Flex Time  |
| • October 28 <sup>th</sup> | Grade 8 Mentorship Meeting – Flex Time  |
| • October 31 <sup>st</sup> | Halloween Day                           |

## 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.

## Graduation Opportunities:

LORAN SCHOLARS FOUNDATION

Value: \$2,000 -\$100,000

Deadline to apply: OCTOBER 12, 2022 (5 PM)

For promising students who show strength of character and a commitment to service their communities, challenging them to fully realize their leadership potential. Minimum 85% cumulative average, Canadian citizen or permanent resident. Go to: <https://loranscholar.ca/>

### Loran Scholars Foundation - Fondation Boursiers Loran

The Loran Award is not a reward for past accomplishments, but an investment in a potential future path of high impact. By providing mentorship, access to summer internships, a peer network and financial support, we challenge and inspire scholars to develop and share their talents and to help them be true to their vision.

loranscholar.ca

## **Parent/Guardian Opportunities:**

### **Fall Parent Workshops**

Family Smart would like to share their September and October virtual workshop dates for families - please see attached. "**Help for the Hard Times**" workshops are designed to support parents/caregivers whose child has had an inpatient stay or has had ER visits due to a mental health or substance use concern.

As parents ourselves, we know how difficult it can be to support a child after a mental health crisis and we want to help.

The workshops are FREE and registration is required: [www.familysmart.ca/workshops](http://www.familysmart.ca/workshops)

If you have any questions or would like to connect one on one, please don't hesitate to contact Family Smart at [SurreyDeltaWhiteRock@familysmart.ca](mailto:SurreyDeltaWhiteRock@familysmart.ca).

### **Family Presentation Series: Connecting with Your Youth and Capacity Café**

Session 1 - October 13<sup>th</sup> 6:30pm – 8:00pm

Connect Before Correct: Understanding Your Teen with Nik Stimpson  
Sands Secondary's Library

Join us for a relaxed evening to explore teen behaviour, development, and practical ways to support healthy, capable youth.

Session 2 - October 27<sup>th</sup> 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 Bridgwatch](#)
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](http://www.deltalearns.ca/careers)

**Inside This Issue:**

- Junior Fire: A new program pg.1
- BCIT: Jill of all Trades pg.2
- Info & Opportunities: The Sky's No Limit pg.2, Trades Fair pg.2, Education & Career Fairs pg.3, Justice Institute pg.3, Bridge Watch BCIT pg.4
- High School: Experiential Learning pg.5, School Contacts pg.8

**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!**

## 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 sponsors the Homework Club and has 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](mailto: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](mailto: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