

Friday, November 4th, 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 First Nation and Musqueam Indian Band 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,

This coming week will lead us to our Remembrance Day Ceremony on Thursday, November 10th where we will be honouring those who made the ultimate sacrifice to ensure the freedoms that we all experience today and to be hopeful for a peaceful future. We will be distributing poppies and collecting donations to send to the Canadian Legion, who support our veterans. The link below provides information on the origins of the poppy and why we recognize a day of Remembrance on November 11th each year.

<https://www.iwm.org.uk/history/why-we-wear-poppies-on-remembrance-day>

I encourage all staff and students to wear a poppy all next week to recognize our fallen soldiers, those who are serving throughout the world today and to demonstrate hope that our future will be without conflict.

Our extra-curricular opportunities for students at Sands Secondary School are now back to the number of opportunities students experienced prior to the pandemic. We are overjoyed that we can provide families and peers with opportunities to watch our students perform and compete in their given activity. We have experienced some adults being overly aggressive in supporting their children and their teams. We remind those who are spectators that these activities are student athletes between the ages of 13 and 18 years old and are not professional athletes. This includes the scorekeepers, timekeepers, and referees. All these students volunteer their time to ensure we can provide these opportunities for all students. We encourage all spectators to follow the Spectator Code of Conduct displayed on the north wall in our gym. The Code of Conduct reads:

SANDS SPECTATOR CODE OF CONDUCT

Spectators are encouraged and welcomed to attend Sands sporting activities and to abide by the following code of conduct.

Spectators will:

1. Treat Everyone with Respect
 - a. Cheer in a positive manner for all competitors.
 - b. Respect the decisions of officials.
 - c. Not interfere with the play or competition.
 - d. Be courteous and respectful to other spectators, competitors, coaches, organizers, and officials.

2. Exercise Self-Control at all times
 - a. Respect the rules and regulations of the facility.
 - b. Refrain from the use of foul or profane language.
 - c. Refrain from the use of drugs, alcohol, or physical force of any kind.

Please help us keep our extra-curricular activities safe for our students in their roles and remember, all of our students are still learning their roles and mistakes will happen.

Now that we have moved into November and the Fall season is here, it is extremely important to follow our health and safety guidelines (see below) where students who are not well need to stay at home. We are having far too many students arriving to school with cold like symptoms and this behaviour is putting our school community at risk. We encourage all families to review the Daily Health Check with their students prior to sending them to school. Please help us to keep our students and staff well so that learning and teaching can continue. We all appreciate your efforts on this issue.

Thank you to our school community for making all school events a positive experience for our students.

Please see the important information items below:

Important Dates:

- November 10th Remembrance Day Assembly
Post-Secondary BC (PSBC) Fair (see below)
- November 11th Remembrance Day (school closed)
- November 15th PAC Meeting 7:00pm Zoom
- November 17th Mid-Semester Report Card Posted
- November 28th Professional Development Day

Reporting to Parents Early Dismissal on November 10th

In the Sands Secondary calendar, there was an Early Dismissal Day on Thursday, November 10th for teachers to connect with parents about their child's progress. This early dismissal day was shifted to October 19th to accommodate the extra day for Parent Teacher Interviews. November 10th will be a regular school day with a Thursday schedule. Thank you for your understanding of this change to our calendar.

Parent Portal Now Available

Families should have received an email introducing the Parent Portal on MyED where they can track their child's progress at Sands Secondary. Families will be able to track their child's grades and at this time, whoever is listed as "*Guardian 1*" will have access only.

The Mid-Semester 1 Report Card will be posted on the Parent Portal on November 17th.

Please follow the instructions provided in the email to access your Parent Portal account. If you did not receive an email or are having difficulty setting up your account, please contact the main office at Sands Secondary at 604-594-3474.

Post-Secondary BC (PSBC) Fair November 10th, 6:00-8:00pm Sands Secondary

The Post-Secondary BC (PSBC) Fair is coming to Sands Secondary on November 10th, 6:00-8:00 p.m. Grade 11 and 12 students and their parents are welcome to attend two 35-minute presentations from the post-secondary institution (PSI) of their choice and then proceed to the mini-fair in the gym to meet with advisors from any of the 16 BC PSIs in attendance. It is recommended that students applying to UBC, SFU, UVIC and UNBC have a "Plan B" should they not receive an offer from their first-choice university. The PSBC Fair will be the time for them to find an alternate program to begin their post-secondary education, if necessary. Due to space limitations, grade 10 students will not be able to attend the presentations but are more than welcome to join the mini-fair in the gym that will begin at approximately 7:15 p.m.

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:

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

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.

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 weekend.

Rick Mesich
Principal

Joanna Macintosh
Vice Principal