

Thursday, September 29th, 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,

Tomorrow is the [National Day for Truth and Reconciliation](#) throughout the province. This day now is in conjunction with the Orange Shirt campaign. Orange Shirt Day was created as an opportunity to discuss the effects of residential schools and their legacy. It honours the experiences of Indigenous Peoples, celebrates resilience, and affirms a commitment that *every child matters*. It was tremendous to see the number of students wearing an orange shirt over the course of this week.

On Tuesday, we met as a school community to witness a powerful presentation created by Ms. Macintosh that included student and staff cultural performances. Thank you to Ms. Watters, Kade Lorteau, Emily Lorteau, Emily Hatzisavva and Jeffrey Nathan (technician). The keynote was given by Kevin Lamoureux, a faculty member at the University of Winnipeg and his presentation can be accessed in the link below.

https://www.youtube.com/watch?v=GFUwnMHN_T8

Over the course of this week, it has been evident that more students and staff are experiencing COVID-like symptoms. Students are coming to school with these symptoms, and it is placing the rest of the school community at risk. Please keep your children at home if they are not feeling well. The safety guidelines are like the guidelines from last June that include:

- Getting vaccinated
- Daily health checks
 - <https://www.deltasd.bc.ca/wp-content/uploads/sites/2/2022/09/Sept-2022-Daily-Health-Check.pdf>
- Washing your hands regularly
- Sneezing and coughing in the crease of your elbow
- Staying home if you are sick and follow the BCCDC Guidelines
 - <http://www.bccdc.ca/health-info/diseases-conditions/covid-19/if-you-have-covid-19>
- Wearing a mask is a personal choice

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

Thank you to all Sands Secondary families who will help to ensure that we all follow the guidelines listed above.

Please see the important information items below:

Important Dates:

- September 30th Truth & Reconciliation Day
- October 5th Photo Retake Day
- October 6th Terry Fox Run/Walk
- October 10th Thanksgiving Day
- October 13th Connect Before Correct: Understanding Your Teen with Nik Stimpson
6:30pm-8:00pm Sands Secondary's Library
- October 18th PAC Meeting
- October 20th Parent Teacher Interviews
- October 21st Pro D Day

Terry Fox Run/Walk

The Sands Secondary School community will honour Canadian Hero, Terry Fox, by taking part in a Terry Fox Run/Walk on Thursday, October 6th (Day 2) during Flex Time. We will be adjusting our schedule that day (see adjusted schedule below) to allow students and staff to prepare to participate.

We are hoping to raise \$1000.00 as a school community and will ask students and staff to generously donate a "Toonie for Terry". Donations will be collected during block A from Monday, October 3rd to Thursday, October 6th. The money raised will be donated to the Terry Fox Foundation to help find a cure for cancer.

Adjusted Day Schedule (Day 2)

B	8:30 – 9:39
A	9:44 – 10:53
Terry Fox Run/Walk	10:53-11:37
Lunch	11:37-12:22
D	12:22-1:31
C	1:36-2:45

Photo Retakes:

Artona Studios will be back at Sands Secondary on Wednesday, October 5th for Photo Retake Day. Students who missed the original photo day will have an opportunity to take their photo. Students who have already had a photo taken will be able to retake their photo if there was something extremely wrong with the first photo like their eyes being closed or the image is completely off centre, to name a couple of reasons. Please reach out to the office if you have any questions.

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

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.

Family Presentation Series: Connecting with Your Youth and Capacity Café

Session 1 - October 13th 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 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.

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.

Permission Forms

There are a number of permission forms on Parent Connect for families to review and authorize. Please log in to Parent Connect, review the documents and select the appropriate response for each one. It is mandatory that all forms be reviewed and responded by each student's family by September 30th. We appreciate your attention to this process as your consent is extremely important for your child(ren) to participate in various school related activities and events.

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.

Please reach out to us if you have any questions about the upcoming events listed above.

Have a wonderful weekend.

Rick Mesich
Principal

Joanna Macintosh
Vice Principal