

Friday, December 9th, 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,

We have a week prior to the Winter Break and our Student Council will be having a weeklong Spirit Week. Spirit week will consist of themed days, and we encourage all students to participate. The themes over the course of next week will be:

Monday: PJ and Flannel Day
Tuesday: Jersey Day
Wednesday: Red and Green Day
Thursday: Ugly Holiday Sweater Day
Friday: Formal Day

If students are having difficulty with participating on any of these days, please have them see a Counsellor for help.

Next Friday, we will be having our traditional school wide assembly to celebrate the coming of the Winter Break. Friday's schedule will be:

Friday, December 16th Bell Schedule (Day 1)

A Block 8:30 – 9:30
B Block 9:35 – 10:35
C Block 10:40 – 11:40
Lunch 11:40 – 12:25
D Block 12:30 – 1:25
Assembly 1:35 – 2:35

Please see the important information items below:

Important Dates:

- December 16th Last Day before Winter Break
- December 18th -26th Hanukkah
- December 25th Christmas Day
- January 3rd Return from Winter Break

Grad Photos – January 16th-22nd

Artona Studios will be offering our grade 12 students the opportunity to take Grad Photos from January 16th – 22nd. Artona will be placing a portable studio at Sands Secondary so students do not need to travel to the Artona Studio in Vancouver. To take advantage of this photo opportunity, students will need to register for a date and time through the link below:

<https://www.artona.com/schools/SNDS/programs/graduation>

If students and families have questions regarding this opportunity, they can call Artona Studios at 604-872-7272.

Sands Secondary Ethics Bowl Team

The Sands Secondary Ethics Bowl Team, sponsored by Mr. Jamieson, competed at the Wosk Centre for Dialogue at the SFU downtown campus and placed second. Our team competed against schools from all over the Lower Mainland (including large schools and private schools). This is the third tournament in a row in which Sands has finished near the top of a competition. Congratulations to:

Mahek Gandhi, Ben Macdonald, Dieulane Miller, Geoffrey Nathan, and Isitha Tennakoon.

Congratulations to our Ethics Bowl team who represented Sands Secondary so well at many competitions this year.

Supporting Families in Financial Need

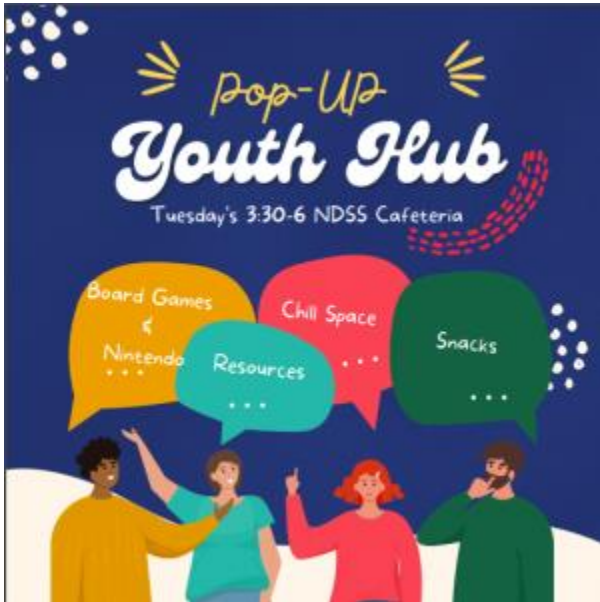
We realize that sometimes families struggle financially. The BC Government has created a Student and Family Affordability Fund and will be providing schools funds for this school year only to help students and families with school fees, school supplies, food security, and other supports. Please contact your child's counsellor or administrator if your family requires financial support. Discretion is paramount.

Stigma Free Society - Student Mental Health Toolkit

The Student Mental Health Toolkit is a helpful platform for school staff and parents/guardians to educate and support young people with their mental wellness. This Toolkit provides a wide variety of resources for individuals to enhance their mental health journeys and better understand the realm of wellbeing. The Toolkit and Lesson Plans align with BC school curriculum guidelines. The lesson plans cover topics about mental health, stigma and inclusion. They also have a section that provides fun student activities, such as conversation cards for Real Talk about mental health, stigma-free tool and a mental health true or false quiz. The downloadable resources and lesson plans are designed for grades 4 through 7 and 8 through 12. To find out more information, please visit the website <https://studentmentalhealthtoolkit.com>

North Delta Youth Hub

North Delta Secondary, Delta Police and Pacific Community Resource Society (PCRS) are pleased to announce the launch of 'Youth Hub'. Youth Hub takes place every Tuesday from 3:30-6:00pm in the ND Cafeteria and is supervised by school staff, Delta Police and PCRS staff. All Grade 8-12 students are invited to drop in and play board games, video games, do arts and crafts, and socialize in a safe, welcoming environment. Youth Hub is an excellent opportunity for students to meet others and develop new friendships. There is no charge to attend.



Vision 2030

In the fall of 2021, we unveiled our Vision, Mission and Values for the next decade following several months of dialogue with staff, students, families, education partners and local First Nations Peoples. Learn more here: <https://www.deltasd.bc.ca/district/our-vision/>

[VISION 2030 - Delta School District](#)

VISION 2030. In April 2021, the Delta School District embarked on an exciting journey to develop its vision for the next decade. An Advisory Committee comprised of representatives from our staff, students, education partners (CUPE 1091, Delta Teachers' Association and Delta District Parent Advisory Council, and Delta Principals and Vice Principals Association), the Delta Board of Education ... www.deltasd.bc.ca

MyED Parent Portal

Parents/guardians are now able to obtain information about their child's progress in the MyEd Family Portal. Instructions regarding how to set up the MyEd Family Portal were emailed to all parents/guardians earlier in the school year. The instructions can also be viewed using the following link:

<https://sa.deltasd.bc.ca/wp-content/uploads/sites/35/2022/11/Parent-Portal-LOGON-instructions.pdf>

We strongly encourage all parents/guardians to set up their account in the MyEd Family Portal so that they can monitor:

- student attendance
- grades by course
- contact information
- assessment information
- student schedules
- report cards

If you did not receive an email introducing the Parent Portal on MyED or are having difficulty setting up your account, please contact the main office at Sands Secondary at 604-594-3474.

Student Opportunity

Applications are open for the Youth Empowered Speakers (YES) Program at First Peoples' Cultural Council. Applications will close on January 16th, 2023.

This program is for BC First Nations youth aged 18-30 and offers:

- Funding for youth to learn their language with a mentor using the Mentor-Apprentice model
- A paid internship for language work in community
- Post-secondary tuition and living expenses for full-time students

Note: youth are eligible regardless of where they live in the province.

There will be an information webinar happening in November – please sign up for FPCC's newsletter to ensure you receive this information: <https://fpcc.ca/signup/>

Interested youth can apply at https://fpcc.smartsimple.ca/s_Login.jsp The website is <https://fpcc.ca/program/yes/>

If you have questions, please email yes@fpcc.ca

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.

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

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.

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