

Friday, January 20th, 2023

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,

Since returning from Winter Break, all seven secondary schools in Delta are reviewing their schedules for next year in an effort to decide on a long term schedule. When the pandemic started in March of 2020, schools changed to different schedules in an effort to be able to pivot based on the COVID situation. Now, we are at a place with the pandemic that will allow us to review whether we wish to maintain our current semester schedule or investigate other schedules.

Prior to the pandemic, Sands Secondary followed a linear schedule where students were responsible for 8 classes over a period of 10 months. Students would experience their 8 classes on a Day 1 (4 classes) and a Day 2 (4 classes) schedule rotation throughout the school year. As one can imagine, there are many different schedules with their benefits and their drawbacks.

The decision for next year's schedule will be based on the student, family and staff survey's that were conducted last Spring and discussions with staff. The district has set out a timeline for secondary schools to inform them of their decision:

February 28 – secondary schools notify the district

March 7 – all 7 schedule decisions presented to the Trustees

March 9 – families will be notified of the schedule decision for September 2023

If families wish to provide further feedback on next year's schedule, we encourage you to email us at sands@deltaschools.ca

Please see the important information items below:

Important Dates:

- January 25th Long Block Schedule (see below)
- January 26th Long Block Schedule (see below)
Last day of Semester 1
Fine Arts Night
- January 27th Professional Development Day
- January 30th “I” Day (see below)
- January 31st “I” Day (see below)
- February 1st Start of Semester 2 (Day 2)
- February 2nd Course Planning Family Night Grades 9-11 6:00pm (see below)
- February 8th Grade 12 Family Night 6:00pm (virtually) (see below)
- February 9th Semester 1 Final Report Cards Published
Mid-Term Report Card for Yearlong Classes

Long Block Days Schedule – January 25th and 26th

On January 25th and 26th, we will be adjusting our schedule to accommodate long blocks for teachers to provide students with semester ending assessments and projects. The schedules will be:

Wednesday, January 25th

Block B 9:30am – 11:40am

Block D 12:30pm – 2:40pm

Thursday, January 26th

Teacher Office Hours 8:30am – 9:20am

Block A 9:30am – 11:40am

Block C 12:30pm – 2:40pm

“I” Days – January 30th and 31st

It is expected that students have completed all assessments prior to January 26th, 2023. Many teachers will have individualized marks cut-off dates so that students can organize themselves to have assessments completed for the end of the semester and to prepare for final assessments that may occur during the long block days.

The purpose of “I-Days” is for students to work with staff to complete missing assessments due to extenuating circumstances such as a long period of absence due to illness. Students may also be invited by their teacher to demonstrate learning if they are failing a course and are within range of passing. Students are not expected to attend “I-Days” unless they have been invited by their teacher. Teachers will inform their students closer to the end of the semester regarding their attendance and participation in the “I-Days”.

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.

Grade 12 Parent Meeting

Ms. Sansregret, Career Counsellor, will invite Grade 12 parents to a virtual meeting on Wednesday, February 8th at 6:00pm to discuss Post-Secondary applications and scholarship opportunities. A link will be sent to all grade 12 families closer to the date.

Course Planning

The Course planning process will be starting shortly where students will be making course requests for next year. It is crucial that students and families take time in their decision making as all decisions for how many classes we offer are based on these decisions. The timeline for the Course Planning process is as follows:

February 2 nd	Grades 9-11 Family Meeting (in person)
February 13 th -28 th	Counsellors visit classes to guide students through the process to make course requests.
March 3 rd	Systems close to make individual selections.

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.

Career Education

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

Highlights in this issue:

1. [Junior Firefighting Camp](#) deadline extended to Jan 10, 2023
2. Parent & Guardians as Career Coach Webinar - register [here](#)
3. Teen Emergency Preparedness Program
4. Career Related Articles
5. Career Programs for High School Students!



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 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.

Self-Harm – There is Always Help, There is Always Hope

Join us to watch a video of Kim Leifso, a clinical counsellor and Ciara, a young person with lived experience; talk about what they know and have experienced with self-harm. The event is offered at various dates and times so that families can make it to the one that works best for them.

Registration: Family Smart – Events (<https://familysmart.ca/monthly-events/>)

Dates:

Monday, Jan 23 6:30pm-8pm

Wednesday, Jan 25 9:30-11:00am

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>

Sands Secondary 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. The price for the Yearbook is currently \$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

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.

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