

Thursday, April 14<sup>th</sup>, 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,

Today marks Vaisakhi for our Sikh and Hindu communities with different meanings and traditions for each. For Sikhs, Vaisakhi is a spring festival that happens on April 13<sup>th</sup> or 14<sup>th</sup> every year. It's a day to celebrate the founding of the Khalsa, in 1699 by the 10th Sikh Guru, Sri Guru Gobind Singh Ji. It was originally a harvest festival in the Punjab until it became Sikhism's most important festival.

A reminder to our community that next Friday, April 21<sup>st</sup>, we will be having an early dismissal at 1:00pm for teachers to prepare their Mid-Semester Report Cards and prepare for the upcoming Parent Teacher Interviews.

Today's letter contains important school updates as well as highlights several opportunities and activities at Sands Secondary since our return.

### **Important Dates:**

- April 18<sup>th</sup> PAC Meeting (in person)
- April 20<sup>th</sup> Dry Grad Ticket Sales
- April 21st Early Dismissal Reporting to Parents (1:00pm)
- May 1st Mid-Semester Report Card Posted to Student and Parent Portals in MyEd
- May 9th Parent Teacher Interviews (afternoon and evening appointments available)  
Early Dismissal Reporting to Parents (1:00pm)

### **Brooke Elementary 50 Year Anniversary**

On Friday, May 5<sup>th</sup>, Brooke Elementary will be hosting a celebration to commemorate their 50-year anniversary. All former Brooke Elementary students and families are welcome to attend this celebration which will take place from 4:00-7:00pm. There will be a meet and greet, a cake presentation, a Lions BBQ and PAC concession, Zumba classes and much more. The Brooke Elementary students and staff hope for a large turn out to help them celebrate this milestone.

## Homestay Families for International Students Required

The Delta School District's International Program has a history of providing fantastic opportunities for our international students who come to Delta to study and to experience Canadian culture. Recently, the Delta School District were again one of five School Districts in Canada nominated for a Star Award for Excellence in International Programs.

Part of our excellent rating are the homestays that provide international students with a family experience to supplement and support their experiences at school. International Programs needs more families willing to be homestays. If you are interested, please see the flyer below and call the number provided.

We have many students wanting to study in Delta and need more homes to meet the demand.



**do something great** 

Welcome an international student into your home.

**DELTA**  
SCHOOL DISTRICT  
47100 150th Street, Delta, BC

- Be a Canadian ambassador and global citizen
- Have a lifelong impact on a child from across the world
- Homestay remuneration increasing to \$1,100 per month as of September 2023
- Choose from hosting for 2 weeks to 5 months or longer
- Benefit from our team's support

Contact us to find out more!

+1 604 952 5366  
homestay@GoDelta.ca

[homestay.deltasd.bc.ca](http://homestay.deltasd.bc.ca)

## One-Act Play Festival

Theatre Company students will be participating in a One Act Play Festival at North Delta Secondary on Thursday, May 4<sup>th</sup>. We are thrilled to be premiering a play written by Sands student, Kaitlyn Foubert, titled "Friendship Fananza".

Event: One Act Play Festival

Date: May 4th

Location: ND theatre

Tickets: \$5 (ND online site)

Times: Show starts at 7pm

## Student Learning Survey

During the months of February to April, Delta School District is participating in the 2023 Ministry of Education Electronic Anonymous **Student Learning Survey** in cooperation with all other school districts throughout the Province. Students in Grades 10 and 12 will be completing the survey in April. Parents/guardians can complete the online anonymous Student Learning Survey before midnight April 29, 2023.

To complete the parent survey:

- Go to the **Ministry website**.
- Under the section **Parents**, go to the section titled **Direct Access**
- For the line titled **District**, select **37 – Delta** from the dropdown menu.
- For the line titled **School**, select **North Delta Secondary**.
- For the line titled **Language**, select the language of your choice.

We thank parents/guardians in advance for participating in this survey.

## 2023 Student Police Academy (Gr. 11 and 12's)

Delta Police Department is hosting its annual Student Police Academy during the first two weeks of July for students in Grades 11 and 12 that are interested in a career in policing. For more information and the application form, please visit <https://deltapolice.ca/media/delta-police-departments-2023-studentpolice-academy>



## Supporting Families in Financial Need

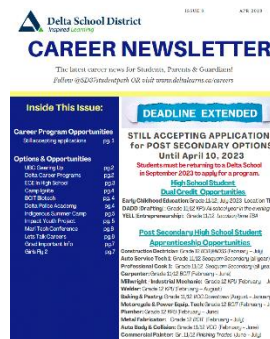
We realize that sometimes families struggle financially. The BC Government has created a Student and Family Affordability Fund and will be providing schools funds for this school year only to help students and families with school fees, school supplies, food security, and other supports. Please contact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

## Delta School District Career Programs

**April Career Newsletter** - click [here](#) to [access all the information](#).

### Highlights in this issue:

1. Career Program Opportunities - **April 10 DEADLINE EXTENDED**
2. [UBC Geering Up](#) - Summer Camps
3. [Camp Ignite](#) – Female Fire Camp August 2023
4. [Delta Police Academy](#) – July 2023
5. [Indigenous Youth Summer Camp](#)
6. [Let's Talk Careers](#) – Registration Open
7. [Girls Fly 2](#) - Abbotsford Airport



See your school Career Program Facilitator for more information on the high school programs!

## Dr. Ross Greene Presentation

Online Event for Parents and Caring Adults with Dr. Ross Greene Join us to listen to Dr. Ross Greene speak about how Collaborative and Proactive Solutions can help us show our kids we care about them. Solving problems together creates connection and allows our children to be a part of finding solutions to what is causing their concerning behaviour. Dr. Greene's work reminds us that things go better for everyone, when we solve problems together and that kids do well if they can.

DATE: Thursday, May 4, 2023

TIME: 6:00pm - 8:00pm (PST)

REGISTRATION REQUIRED: [www.familysmart.ca/events](http://www.familysmart.ca/events)

## Dry Grad 2023



The Delta North Dry Grad Event includes the graduating classes of Burnsvew, Delview, North Delta, and Sands, and will take place at the North Delta Recreation Centre from 11:30pm Friday, May 26, 2023 – 5:00am Saturday, May 27, 2023. To support and celebrate the success of the 2023 Delta North graduating classes in the safest way possible, a volunteer committee of parents is planning the annual Dry Grad event.

The Dry Grad event happens after the school's graduation banquet. Graduates will enjoy a night of fun, food, prizes, and entertainment in the company of their graduating friends. Dry Grad allows the graduates to celebrate in a safe and fun environment, with the activities going until the wee hours of the morning! The event ends at 5:00am on Saturday, May 27, 2023. There will be AMAZING prizes, GREAT food, and ENDLESS entertainment! Tickets will be sold during lunch in the foyer of each school on the following dates only:

April 20: Last Chance Tickets \$55

Tickets can be purchased by cash or cheque payable to "Delta North Dry Grad Committee"

## 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

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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.

### **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](mailto:arandhawa@deltaschools.ca)  
Ms. K. McPhedran    [kmcphebran@deltaschools.ca](mailto:kmcphebran@deltaschools.ca)

Youth Worker

Ms. K. Watters        [kwatters@deltaschools.ca](mailto: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/>

### **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

Have a wonderful weekend.

Rick Mesich  
Principal

Joanna Macintosh  
Vice Principal