

Thursday, April 6th, 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,

We hope you and your family had a wonderful Spring Break and had an opportunity to rest and connect. Sands Secondary staff were excited for their break but also excited to welcome our students back to school for the final stretch of the 2022-2023 school year.

For many in our school community, this is also the time to celebrate Ramadan. Ramadan is the Arabic name for the ninth month in the Islamic calendar. It is considered one of the holiest months for Muslims and is marked by a period of fasting. Ramadan continues until April 20.



This weekend is also the Christian celebration of Easter. Easter is one of the principal holidays, or feasts, of Christianity. It marks the Resurrection of Jesus three days after his death by crucifixion. For many Christian churches, Easter is the joyful end to the Lenten season of fasting and penitence. The earliest recorded observance of Easter comes from the 2nd century, though it is likely that even the earliest Christians commemorated the Resurrection, which is an integral tenet of the faith.

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

Important Dates:

- April 7th Good Friday
- April 10th Easter Monday
- April 18th PAC Meeting (in person)
- April 20th 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)

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>



Feeding Futures Funding: Investment in School Food Security Programs

On April 4, the BC Government announced the *Feeding Futures* funding, which will help ensure that more children and youth have access to healthy meals and snacks at school. Supporting the health and well-being of students by giving them stigma-free access to nutritious food will allow them to focus on learning.

The funds will be used to build and expand local school food security programs starting in the 2023/2024 school year. The new funding will build on the progress of this year's one-time Student and Family Affordability Fund, and is great news for families.

Learn more: <https://news.gov.bc.ca/releases/2023ECC0020-000424>

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!

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: familysmart.ca/events

Dry Grad 2023



The Delta North Dry Grad Event includes the graduating classes of Burnsville, 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 contacted by email at 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
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/>

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 Easter long weekend.

Rick Mesich Joanna Macintosh
Principal Vice Principal