

Friday, March 10th, 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,

On behalf of the Sands Secondary staff, we hope that all of our students and families have a safe and restful Spring Break. The office at Sands Secondary will be closed throughout the break and we will re-open on Monday, March 27th.

Please see the important information items below:

Important Dates:

- March 7th-10th Emma: A Pop Musical – Evening Show 7:00pm
- March 13th-24th Spring Break
- March 27th School Re-opens

Emma: A Pop Musical

Tonight is the closing night for Emma: A Pop Musical to end a 4 day run. Emma: A Pop Musical is based on the Jane Austin novel of 1912, set in a contemporary school. Follow the match-making antics of Emma as she also comes to understand her own heart. Pop songs from the Supremes, to Whitney, to Katy Perry will have you wanting to sing along.

Shows are at the Sands Canteen Stage.
10840 82nd Ave

March 10 at 7pm

Tickets are \$15 at the door
\$10 for children 10 and under

Grad Wear Store

The online store is now open for the purchase of Grad Wear through Prostock Athletics Supply. The store will be open until March 12th and orders will take 4-5 weeks to be delivered to Sands Secondary, after the store closes, for distribution. All purchases are made through the website. Use the link below to access the online store.

<https://www.prostockathleticsupply.com/collections/sands-secondary-online-store>

Thank you to the members of Grad Council for their work in developing the Grad Wear items for sale!

Semester 2 Reporting

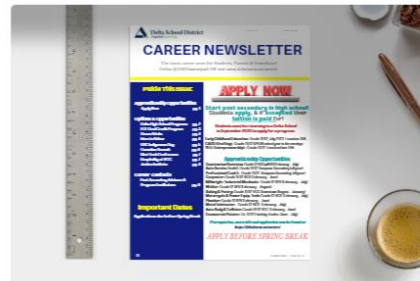
This is a reminder of upcoming dates for reporting to families about their child's progress in each of their classes and the Early Dismissal Days.

April 21st	Early Dismissal Reporting to Parents
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
June 29 th	Semester 2 Final Report Card Posted to Student and Parent Portals in MyEd

March Career Newsletter – click [here](#) to access all the information.

Highlights in this issue:

1. [Career Program Opportunities](#) – Apply now!
2. [BC Labour Market Outlook Article](#)
3. [Mari Tech Conference](#) – Apr 20
4. [Elevate Aviation Tour](#) – March 22
5. [UBC Geering Up](#) – Registration Open
6. [PosAbilities Employment](#)
7. Intro to Rebar Opportunity And More!



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

Virtual Event: A Conversation for Families About Digital Wellbeing & Mental Health

Description: As parents it's not easy to know how much time on technology is too much and how to set boundaries that don't create conflict. Join us for a conversation with a digital wellbeing expert to learn some practical solutions to our everyday concerns and challenges around our kids' use of screens and their mental health.

This event is offered at various dates and times so that you can make it to the one that works best for you.

Registration: [FamilySmart - Events](#)

Dates: **Thursday March 16th 9:30-11am**
 Wednesday March 22nd 12-1:30pm
 Tuesday March 28th 6:30-8pm
 Thursday March 30th 5-6:30pm

Online and Digital Citizenship

Most students maintain a digital profile and certain level of engagement online. The school recognizes that as new digital tools, apps and social media platforms are created, students will be faced with new online concerns, issues and challenges. This creates the potential for misuse of the internet, for example, sending or receiving inappropriate information and images (e.g. racist, slanderous, pornographic, threatening, sexist, confidential, etc.) or using chat rooms for this purpose.



We know helping kids stay safe while online is something many parents/guardians are concerned about. We encourage you to review the following resources for more information on the online interests of young people, the potential risks they face and proactive strategies to help keep them safe:

- [Raising Digitally Responsible Youth: A Parent's Guide](#)
- [Need Help Now website](#)
- [ERASE website](#)
- [Protect Kids Online website](#)
- [Additional Parent Information Resources](#)

Talking to Children and Youth about Decriminalization and Substance Use: Resources for Parents/Guardians and Caregivers

As you may be aware, at the end of January Health Canada granted the Province of British Columbia an exemption from the federal Controlled Drugs and Substances Act, allowing the removal of criminal penalties for possession of small amounts of certain illicit substances for personal use. Decriminalizing people who use drugs is a part of the Government's work to tackle the toxic drug crisis, intended to remove the shame and stigma associated with substance use and support people in accessing important health and social services.

To be clear, this exemption does not apply to licensed child care or K-12 school properties. The federal Controlled Drugs and Substances Act continues to apply to these settings, meaning there will continue to be criminal penalties for possession of illegal substances, regardless of amount, while on child care and or K-12 school properties. This exemption also does not apply to youth aged 17 and younger, who will continue to be subject to the federal Youth Criminal Justice Act (YCJA). This means that youth aged 17 and younger will not be permitted to possess illicit substances in any amount.

We recommend that parents/guardians read the information sheet on substance use decriminalization for parents, guardians, and caregivers. [Talking to Children and Youth about Decriminalization and Substance Use: Resources for Parents/Guardians and Caregivers](#) is now available on the *erase* website. The Ministry of Education and Child Care's [Expect Respect and A Safe Education](#) (*erase*) substance use website also provides students, parents/guardians, caring adults and educators with information and resources to support conversations with youth about substance use.

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.

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:

March 7: Early Bird Tickets \$45

March 29: Regular Tickets \$50

April 5: Regular Tickets \$50

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://sandscarecentre.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/>

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

Have a wonderful Spring Break.

Rick Mesich
Principal

Joanna Macintosh
Vice Principal