

Thursday, April 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,

Over the course of this school year, we have navigated several incidents of students not being kind to one another, either in person or online. Through our investigations, especially with male students, the name Andrew Tate seems to be a name that is brought up. Andrew Tate is a British-American social media personality, businessman, and former professional kickboxer. Mr. Tate is a self-described misogynist who spreads hateful messages on several online platforms. The intent of informing our parent/guardian community about this individual is that some of our students are following this individual's online platforms and this may be contributing to some of the unkind incidents we are experiencing. In each investigation, we are stressing the importance of kindness and compassion towards everyone in our community. We are and will be continually addressing this issue in many ways in the future. The link below provides more information about this individual and the impact of his online message.

<https://www.theguardian.com/commentisfree/2023/feb/14/parents-sons-andrew-tate-teachers-toxic-influencers>

Sands Secondary School is a great community that provides many supports and opportunities for our students. Our students are phenomenal individuals who are still learning about themselves and how they fit into the school and greater community. This recent phenomenon is a temporary issue that we will overcome, learn about kindness and compassion and become a stronger community from this experience.

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

Important Dates:

- 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)
- May 16th PAC Meeting 7:00pm Library
- May 19th Pro D
- May 22nd Victoria Day
- May 26th Grad Red Carpet/ Dinner & Dance/Dry Grad

Delta Summer School Program

Every year, the Delta School District offers a variety of Summer School classes for students for either remediating a class that they did not pass or take a completion course. The Delta School District has now opened registrations for students and families for the Summer of 2023. I would encourage students to contact their Grade Counsellor for advice on the potential courses to take over the Summer.

The Summer School offerings in Delta can be found in the link below. Space is limited and we recommend that students register as soon as possible.

<https://www.deltasd.bc.ca/programs/continuing-education/summer-learning-registration/>

Brooke Elementary 50 Year Anniversary

On Friday, May 5th, 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.

UBC Engineers Without Borders: Summer Mentorship Program Invite

Engineers Without Borders is a vast interdisciplinary organization that works to generate meaningful impacts through projects, foster a proactive community, and build strong leaders. Youth Venture is a UBC-specific initiative and our goal is to introduce engineering to high school students and engage them to think about creative solutions for current world issues.

This program will introduce students to the field of engineering and explore its applications in the real world. Specifically, the focus will be on teaching incoming first year engineering students about the core principles of computer aided design (CAD) and what to expect in their first year of engineering.

This program will take place from July 3 to July 28. There will be a virtual welcoming event on July 3rd where mentees will get the chance to meet their mentors and learn more about the program. From there onwards, mentees will communicate online with their mentors and work through a suggested curriculum. If interested, please see the link below.

Link to mentee interest form: <https://forms.gle/g6zbSA5fUWaV87wh8>

One-Act Play Festival

Theatre Company students will be participating in a One Act Play Festival at North Delta Secondary on Thursday, May 4th. 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

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.

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.

- 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

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.

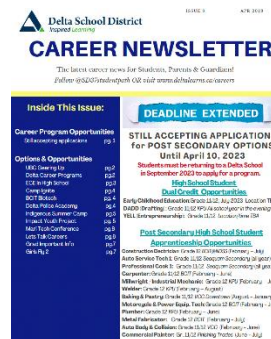
We thank parents/guardians in advance for participating in this survey.

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

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 weekend.

Rick Mesich
Principal

Joanna Macintosh
Vice Principal