

Friday, May 5th, 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,

Red Dress Day is annually recognized on May 5th. This whole week is known as the National Week of Action for Missing and Murdered Indigenous Women and Girls and Two-Spirited People (MMIWG2S+). The red dress serves as a symbol of the missing women, and the day is an opportunity to raise awareness about the ongoing violence against Indigenous women and the need for action to address it.

The video below was created by two Delta graduates - Avery Hansen and Taylor Wigley – last year that provides more information on why this day is recognized in Canada.

<https://vimeo.com/720910627>

For more information on the significance of Red Dress Day in Canada, please access the link below.

<https://www.theglobeandmail.com/canada/article-red-dress-day-2023-mmiwg2s/>

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

Important Dates:

- 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 17th Theatre Cabaret
- May 19th Pro D
- May 22nd Victoria Day
- May 26th Grad Red Carpet/ Dinner & Dance/Dry Grad
- June 5th Fine Arts Night

Parent Teacher Interviews – Tuesday, May 9th 1:30pm-3:30pm; 4:30pm-6:30pm

As advertised earlier, Sands Secondary will be hosting Parent Teacher Interviews on Tuesday, May 9th. Families can schedule appointments with their child's teachers through Parent Connect. Instructions were sent in a separate email to families. If families require help scheduling appointments, please contact the Main Office. Appointments can be made up until 3:00pm on Monday, May 8th.

We will be following the Early Dismissal Schedule where students will be dismissed at 1:00pm. See the schedule below.

Early Dismissal Bell Schedule

Warning Bell	8:23	
Period 1	8:30	9:30
Period 2	9:35	10:35
Nutrition Break and Transition	10:35	10:55
Period 3	10:55	11:55
Period 4	12:00	1:00

Grad Red Carpet & Banquet Ticket Sales

The Grad Banquet tickets will be sold in the Main Office next week on May 8th, 9th and 10th. Tickets will be \$100.00 per ticket. Students will be required to clear any fees owing prior to purchasing a ticket. Families should contact Mr. Mesich if there are financial circumstances that are preventing fees from being cleared or from being able to purchase a ticket. Students will be able to pay with cash, a cheque (made out to Sands Secondary School) or by debit/credit card. Please see Ms. Edworthy or Ms. Denman in the Main Office.

A reminder to all Grads and families that this is a school sanctioned event, so all district and school Code of Conduct rules apply. Also, these events are for Sands Secondary students only. We want all graduating students to participate, have fun and be safe.

Delta School District Career Programs

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

Highlights in this issue:

1. [Career & Hiring Fair](#) - June 8
2. [UBC Geering Up](#) - Summer Camps
3. [NASA Career Talk](#) - May 6
4. [Delta Police Academy](#) - July 2023
5. [VCAD Open House](#) - May 23
6. [BCIT Biomedical Info Session](#) - May 26



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

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 Physics & Astronomy: Computer Science/Physics Camp for Gender-Diverse Teens

The Department of Physics & Astronomy at UBC are running our Phenomenal Physics Summer Camps <https://outreach.phas.ubc.ca/summer-camps/?login> , on campus, for students in grades 2-9.

In collaboration with the Computer Science Department, they are offering a gender-diverse/female-identified physics & computer science camp this July 17-21, 2023. They are thrilled to offer this STEM camp, based on equity, diversity and inclusion recommendations from their computer science colleagues; however, their current enrolment is quite low and they want this inaugural camp to be a success and continue to run in future.

If you have any questions about this camp, other camp offerings, <https://outreach.phas.ubc.ca/summer-camps/camp-descriptions/> , or would like more information about their general outreach programs (<https://outreach.phas.ubc.ca/>), please don't hesitate to contact Kirsty Dickson, at outreach@phas.ubc.ca

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 their 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>

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