

Thursday, May 18th, 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,

This past Wednesday, we recognized the International Day Against Homophobia, Transphobia, and Biphobia that was created in 2004 to draw attention to the violence and discrimination experienced by lesbian, gay, bisexual, trans, intersex people, and all of those with diverse sexual orientations, gender identities or expressions, and sex characteristics. The date of May 17th was specifically chosen to commemorate the World Health Organization's decision in 1990 to declassify homosexuality as a mental disorder.

Sands Secondary's Gay Straight Alliance (GSA) decorated the front foyer, played music and posted information about the discrimination LGBTQ2S+ people have experienced and still do experience in our society. In honour of this day and as a school community we celebrated all our students who identify in this way and want to ensure they are feeling safe and a part of our school community. Thank you to our staff who were united in wearing the LGBTQ2S+ ribbon to show all students that we stand together with our LGBTQ2S+ students. Thank you, Ms. Watters, Mr. Zabudsky, Ms. Aujla and all our GSA students for leading this very important initiative for our school community.

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

Important Dates:

- May 19th Pro D
- May 22nd Victoria Day
- May 26th Grad Red Carpet/ Dinner & Dance/Dry Grad
- June 5th Fine Arts Night
- June 9th Relay for Life
- June 15th Athletic Banquet

Grad Day – Friday, May 26th

To support the set up for our Grad events next Friday, we will be running an Early Dismissal schedule where students will be dismissed at 1:00pm. Friday's schedule will be:

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 Wear Store Opening Extended

We heard more Grads wanted to order Grad Wear after our first order arrived. We have extended the online store until Wednesday, May 21st. You can access the store using the link below:

- [Sands Secondary Online Store – Prostock Athletic Supply Ltd](#)

It will be 3-4 weeks after the store closes for delivery. The vendor will try to deliver earlier.

Grad Red Carpet & Banquet Ticket Sales

The Grad Banquet tickets will be sold again in the Main Office next week on May 16th, 17th and 18th (last day before we need to submit final numbers). 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.

Tuesday, May 23 rd	Drop off bag of casual wear in the Library Conference Room between 8:00am and 8:20am
Friday, May 26 th	
3:00pm	Arrive in front parking lot outside of Canteen to organize for Red Carpet walk. Maximum 3 to a group
3:30-4:30pm	Red Carpet
4:30pm	Group Photo
4:30-5:00pm	Reception in the Library Family photos
5:00pm	Loading of Buses to Grad Banquet
5:30-6:00pm	Travel to Quilchena Golf Club

7:00pm	Dinner
9:15pm	Student Change into Casual Wear
10:15pm	Students Board Buses
10:30-11:00pm	Travel to Sands Secondary
	Drop off Formal Clothing to parents
11:00-11:15pm	Travel to North Delta Recreation Centre

Relay For Life at Sand Secondary

This year, Sands Secondary is hosting a Relay for Life event. The event itself will take place on June 9th after school from 4-9pm. Relay for Life is a fundraising event that any school can lead. All of the money raised will go towards the Canadian Cancer Society. There will be lots of fun games, prizes and dinner.

In the month of May, we will be hosting sports days every Thursday during lunch. Admission will be \$1 unless you have signed up for the relay, then it will be free. To sign up for the relay, visit: www.relayforlife.ca/sands, press the “Sign up for this event” button, and then create a team, join a team, or sign up for the event on your own. You will need to make an account and put some personal information into it. It costs \$15 to sign up for this event, and then you have to fundraise. It is recommended that you fundraise a minimum of \$50. Our goal is to raise \$5,000 and have 100 participants. We hope to see everyone out participating. Follow @sands_relay4life on Tiktok, Instagram and Facebook for live event updates! If you have any questions or concerns, feel free to email us at sandsrelay4life@gmail.com

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](#)

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.

Grades 10-12 Full Credit Academic Courses:

July 4 – August 4

8:30am – 12:00pm and/or 12:30pm – 4:00pm

North Delta Secondary and Delta Secondary (Ladner)

Grades 8 and 9 Skill-building: Math, English, Social Studies and Science

Students who did not successfully complete the course

Counsellor approval required

July 10 – July 28

8:30am – 11:10am

North Delta Secondary and Delta Secondary (Ladner)

Grades 8 – 12 English Language Learners:

Delta students: July 4 – 21

9:00am – 12:00 noon

Burnsview Secondary (North Delta) and Delta Secondary (Ladner)

Summer learning programs move at an accelerated pace. Attendance in these programs is mandatory.

Summer School is provided free of charge to students who normally reside in British Columbia. International students are charged a fee at registration.

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/>

ELL Summer School Volunteers

Interested in Volunteering for the Summer?

Delta's ELL Summer School program runs in two-week sessions:

- **McCloskey**
 - July 4-14 Mon – Fri 8:30am-2:00pm (no school July 3)
 - July 17-28 Mon – Fri 8:30am-1:30pm
- **Burnsview**
 - July 4-28 8:30am – 1:00pm

As a volunteer, you only need to commit to one full week but are encouraged to apply for more. A reference letter will be provided upon request after the completion of your volunteering.

The volunteer duties will include making photocopies for teachers, bringing attendance to the office, supervision at recess, and helping out in classrooms. There will also be other duties to help support teachers and the students of the summer learning program. If you are interested in working with both teachers and elementary school students, please apply through [Google Forms](#) and by sending your resume to bgillis@deltaschools.ca.

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

The Department of Physics & Astronomy at UBC are running 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>

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.

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.

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 INTERNATIONAL PROGRAMS

- 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

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](tel:1-800-784-2433) – 1-800-784-2433 or 310-6789 no area code needed
- [CRISIS SERVICES CANADA](tel:1-833-456-4566) – 1-833-456-4566 or text 45645
- [First Nations and Inuit Hope for Wellness Help Line](tel:1-855-242-3310) – 1-855-242-3310
- [Canada Drug Rehab Addiction Services Directory](tel:1-877-746-1963) – 1-877-746-1963
- [National Eating Disorder Information Centre](tel:1-866-633-4220) – 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