

Friday, June 21<sup>st</sup>, 2024

*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,

As this is the last day of formal classes for the 2023-24 school year, I would like to thank all students for their achievements in their classes and in their extra-curricular pursuits this school year. Since arriving to Sands Secondary, I have been impressed with the overall kindness and willingness to help one another, the staff and the greater community. I would like to thank our staff for creating opportunities for our students, supporting them with their academic endeavours and being there for them when personal issues become overwhelming.

To the students in grades 8-11, I hope you have a tremendous summer with family and friends. I am so looking forward to reconnecting in September and supporting you in all school related activities. My expectation is that all of you continue to put forth your best efforts in whatever you do.

To our grade 12 students, thank you for the positive legacy you leave at Sands Secondary for the younger students to emulate. This legacy will set our school up for years to come. I want to wish you all great happiness and success in your post-secondary lives. You are all amazing people. Enjoy your Commencement Ceremony next Wednesday.

I hope all of you have a tremendous summer.

The information below provides information on past and upcoming events.

## **Important Dates:**

- June 24<sup>th</sup> Course Completion Days
- June 25<sup>th</sup> Course Completion Days
- June 26<sup>th</sup> Commencement Ceremony 6:30pm North Delta Secondary
- June 27<sup>th</sup> Final Report Cards Published
- June 28<sup>th</sup> Last Day of the 2023-24 School Year

## **Course Completion Days – June 24<sup>th</sup> & 25<sup>th</sup>**

It is expected that students have completed all assessments prior to June 21<sup>st</sup>, 2024. Many teachers will have individualized marks cut-off dates so that students can organize themselves to have assessments completed for the end of the semester or for the year for full year courses.

The purpose of Course Completion Days is:

- to support students who need to complete unfinished work and/or demonstrate their learning so teachers have sufficient evidence to provide the student a final grade or level of proficiency for the course.
- as an opportunity for students to demonstrate understanding of key concepts that may have been delayed or missed earlier in the course.
- as opportunities for students to schedule individual time with teachers, counsellors and other staff to support their course planning and any other aspect of their educational program.
- as an opportunity for students to be involved in reviewing and updating their Individual Education Plan goals and strategies as necessary.
- as time for all students to ensure that course requirements are complete.

Course Completion Days are not:

- a time for students to submit substantial amounts of incomplete assignments and projects, or write multiple unit tests, without prior coordination with the classroom teacher.

## **Restricting Cellphone usage in Schools**

In January 2024, the provincial government announced plans to restrict the use of cellphones in schools. Research shows that frequent cellphone interruption in the classroom, social media platforms with addictive algorithms and predators who seek to exploit young people all present significant risks to young people. The district emailed all families on June 20 regarding this new restriction, which comes into effect on July 1, 2024. Please click here to read the letter:

<https://district.public.deltasd.bc.ca/wp-content/uploads/sites/2/2024/06/DS-Letter-home-Personal-Digital-Devices-June-20-2024.pdf>

## **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 is now open for registration for students and families for the Summer of 2024. We encourage students to connect with 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/>

## **Commencement Ceremony 2024**

Sands Secondary's Commencement Ceremony is quickly approaching, and we are all excited to honour our grade 12 students on Wednesday, June 26<sup>th</sup> at North Delta Secondary School. Students are asked to be at the venue by 5:00pm for a walk-through session and for them to familiarize themselves with the flow of the ceremony. Doors will open at 6:15pm for our audience members and the ceremony will begin at 6:30pm.

The ceremony will be live streamed for those who cannot attend in person and can be viewed in the link below.

<https://sportswavetv.yaretv.com/watch/2044-sportswavetv-sands-graduation>

## **Commencement Gown Distribution - Monday, June 24<sup>th</sup>**

The Commencement gowns will be distributed starting on Monday, June 24<sup>th</sup> in the main office. Students will need to pick up their gown, grad gift and Commencement tickets in the main office. Grade 12 students need to pick up their grad items no later than the end of the day (3:30pm) on Tuesday, June 25<sup>th</sup>.

## **Delta Kids Website**

The new and improved Delta Kids website has now been launched. In this website, you will find all the up-to-date community resources and programs available in Delta. This is updated on a regular basis and is a fantastic resource for parents.

Website link: <https://deltakids.ca/>

## **International Student Programs: Homestay Families Wanted**

Delta School District International Programs is placing students for September 2024 and is looking for caring families to host international students who have chosen Delta as their desired study abroad destination. They will arrive from all over the world and have a strong desire to be in Delta.

Delta School District International Programs provides you with access to a team of professionals that have been nominated for an international award recognizing excellence in International Programs for 5 years in a row. They assist you in all aspects of caring for your student, provide monthly activities for students to join, and are always willing to lend an ear and help out.

As of September 1st, 2024, the reimbursement for hosting will be increasing to \$1,150 per month per student. Students from different nationalities can be hosted in one home, although they do require their own bedroom. The majority of students in the homestay program are from Germany, Japan, Spain, Italy, and Brazil. More than 20 different countries are currently represented in the homestay program.

Many of our international students are looking for a family connection and being a part of a family during their stay in Delta. Their study periods range from 3 months to half a school year, to a full school year, to multiple years.

We have two 3-week summer programs where host families welcome younger English learners into their home. It is a great way for students to see what school (and life) in Delta is like and for new homestay families to get a small sample of what hosting is like. Reimbursement for each 3-week program is \$850 per student.

If you are interested in hosting, please reach out to [homestay@godelta.ca](mailto:homestay@godelta.ca). If you are not able to host but know of a family who can, please send them our way. There are referral bonuses available for referring families.

## Summer Reading Club

Join Fraser Valley Regional Library's Summer Reading Club – World of Curiosities! It's free and there's a club for everyone – kids, teens and adults! Join in-person or online at [www.fvrl.ca](http://www.fvrl.ca) and track your reading. You can read anything – novels, picture books, information books, graphic novels, audiobooks, e-books, websites – it all counts. Sign up starts June 21.

## 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

If you require support or are seeking answers, please contact teachers, counsellors, administrators, or the main office. We are here to help families and students.

Have a wonderful summer.

Rick Mesich  
Principal

Tom Inkster  
Vice Principal