

Friday, May 31st, 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,

It's hard to believe but we are now entering the final three weeks of classes for this school year. As we close in on the end to classes, it is important that students continue to be focused, maintain effective study habits, and complete all remaining assessments. In instances where a student has been unable to demonstrate some curricular competencies required to successfully complete a course, a teacher may establish a plan with a student to have them come to school during the Course Completion Days (June 24-25) to complete assignments or assessments. **Final Report Cards will be published on June 27th.**

Each year, the graduating class selects a student to be their Class Valedictorian. The Valedictorian represents the spirit, character and values of the school and their graduating classmates and addresses the graduates and guests with a speech during the Commencement Ceremony on June 26th. I'm pleased to announce that the Valedictorian for the Graduating Class of 2024 is Narmaya Sternberg. Congratulations Narmaya!

The information below provides information on past and upcoming events.

Important Dates:

- June 6th Core Competencies Student Self-Assessment
- June 12th Athletic Banquet 3:00pm in the Canteen
- June 18th PAC Meeting 7:00pm Library
- June 20th Awards Evening 6:00pm-7:30pm Main Gym
- June 21st Last Day of Formal Classes & Yearbook Distribution
- June 24th Course Completion Days
- June 25th Course Completion Days
- June 26th Commencement Ceremony 6:00pm North Delta Secondary
- June 27th Final Report Cards Published
- June 28th Last Day of the 2023-24 School Year

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. 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.

Thank you for your time,

Take Care,
Brent Gibson
BCom., MBA
Homestay Manager, International Student Programs

Ministry of Education and Child Care Artificial Intelligence Information

Artificial Intelligence (AI) is becoming more and more prevalent in our society and is now making a mark in the education system. The Ministry of Education and Child Care has created some information on the use of AI in Education. This information can be accessed in the links below.

<https://www2.gov.bc.ca/assets/gov/education/administration/kindergarten-to-grade-12/ai-in-education/all-about-artificial-intelligence-information-for-parents-and-caregivers.pdf>

<https://www2.gov.bc.ca/assets/gov/education/administration/kindergarten-to-grade-12/ai-in-education/what-you-need-to-know-about-ai-intermediate.pdf>

<https://www2.gov.bc.ca/assets/gov/education/administration/kindergarten-to-grade-12/ai-in-education/ai-terms-to-know.pdf>

Sands Secondary Badminton Team

The Badminton Team completed their season this week in the Delta playoffs. Our athletes did tremendously well in several of the matches. Congratulations to the following badminton athletes:

Courtney Poo-Brasert	Girls Singles	Gold Medal
Audrey Bi & Christa Ho	Girls Doubles	Gold Medal
Amber So & Clarice Cheung	Girls Doubles	Silver Medal
Massimo Dinunzio & Brent Pettigrew	Boys Doubles	Silver Medal

Congratulations to our entire Badminton team for a fantastic season, to Aidan Lim for coaching both Junior and Senior teams and to Ms. Sidhu for sponsoring the teams.

FamilySmart Presentations

FamilySmart welcomes families to register for its free virtual events.

Virtual Event: Self-Harm: There is Always Help, There is Always Hope

Description: Learning your child is self-harming can be scary and overwhelming. Self-injury takes many forms and the reason why someone self-harms is complex. Come together with other families to watch a video featuring a young person with lived experience and a healthcare professional as they discuss what self-harm is, why youth self-injure, and other options for healthy coping strategies.

Registration: Click on the link below to register

<https://familysmart.ca/event/self-harm-there-is-always-help-there-is-always-hope/>

Dates: June 4th 6pm-7:30pm
June 6th 6:30pm-8pm
June 11th 6:30pm-8pm
June 12th 12pm-1:30pm
June 19th 6pm-7:30pm

Work Safe BC Student Video Competition

The Sands Secondary Film and Television class entered the Work Safe BC video competition and won the grade 11 and 12 video category. Congratulations to all our students who participated and Mr. Evans, Film and Television teacher, for providing this opportunity for our students. The North Delta Reporter newspaper has featured the accomplishment in an article that can be accessed through the link below. Congratulations to our students and Mr. Evans.

<https://www.northdeltareporter.com/community/watch-north-delta-student-videos-win-worksafebc-contest-7357140>

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 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.

ERASE / Report It Tool



The [ERASE / Report It](#) tool allows individuals to send a secure, anonymous and confidential message to the school /school district regarding concerning behaviours that they may have seen or heard at school or in the local community. It is important to note that ERASE messages are only monitored during regular school hours. If an individual is reporting an emergency, they should call 911.

Food Security Support

The provincial government has provided school districts with the Feeding Futures Grant to help students and families with food costs. We encourage families to connect with our Counselling Team of Mr. Abernethy, Ms. Burns or our Youth Workers, Ms. Watters and Ms. Sidhu, if your family requires support in these difficult times. All requests will be kept confidential and ultimately, we want to help those in need.

Student Recognition Award

To recognize the positive contributions our students make on a daily basis to their own learning, to the learning of others and to our school community, we are going to be recognizing students with a weekly award. Staff will nominate students and describe the student's positive contribution. Nominated students will be called to the office to learn about their nomination and the staff member who nominated them. The student will receive a gift certificate to the Canteen for lunch. We believe our students do not get enough recognition for their positive contributions to our school community and their learning. We hope this endeavour will provide an opportunity to demonstrate our appreciation of our students.

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

Mr. C. Abernethy cabernethy@deltaschools.ca
Ms. A. Burns aburns@deltaschools.ca

Youth Workers

Ms. K. Watters kwatters@deltaschools.ca
Ms. S. Sidhu susidhu@deltaschools.ca

Homework Club

Sands Secondary offers many opportunities to support students in getting extra help with their course work. Another student opportunity is the Homework Club that takes place every Wednesday after school in the Library from 3:00pm-4:00pm. Ms. Lee and Ms. Papakosta sponsor the Homework Club and have assembled a group of dedicated and knowledgeable Peer Mentors to help students. We encourage all students to use this school support.

Reporting Student Absences

Please phone the school at **604-594-3474** or email sands.sec@deltaschools.ca to report a student absence. Students who need to go home due to illness or for other reasons should come to the office to contact a parent/guardian. Office staff will speak with a parent/guardian before students are given permission to go home. If appointments are scheduled during school hours, please send a note with your student. Parents should regularly monitor their student's attendance using Parent Connect.

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.

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

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Have a wonderful weekend.

Rick Mesich
Principal

Tom Inkster
Vice Principal