

SANDS SECONDARY

“Creating Our Future Today”

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Friday, October 11th, 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,

The Thanksgiving long weekend is coming up this weekend and is a time for families to come together to share a meal and reflect on the positive aspects of our lives. We are thankful as a school community as the start of the school year has been extremely positive. For example, students have participated in several school wide events that included the Truth and Reconciliation Walk, the Terry Fox Run/Walk and a school wide Pep Rally. Our grade 8 students participated in the Grade 8 Retreat at Deas Island Park and our grade 12 students participated in the Grad Boat Cruise. All these events build a sense of community and belonging with our student body and staff that shapes who we are as individuals and as an educational institution.

In the previous newsletter, families were notified that the Informal Update reporting was shifting where teachers will notify families at the upcoming Parent Teacher Interview (October 15th) or by email or phone if families were not able to attend the Parent Teacher Interviews. Also, some of the reporting dates shifted from the original calendar proposed last May. Tuesday's Parent Teacher Interview will have 2 sessions (1:30pm-3:30pm and 4:30pm – 6:30pm) We will be adjusting our school schedule to facilitate the interviews where students will be dismissed at 1:00pm. The table below provides the Tuesday bell schedule.

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

Our Counsellors will be available in their offices for families to connect with them. No appointment necessary.

We are excited to welcome our families on Tuesday and please feel free to connect when you arrive at the school.

Please see the important information items below:

Important Dates:

- October 14th Thanksgiving Day (classes not in session)
- October 15th PAC Meeting 7:00pm School Library
- October 15th Parent Teacher Interviews (1:30pm – 3:30pm & 4:30pm-6:30pm)
1:00pm Dismissal
- October 16th Grade 12 Parent Night 6:00pm Library
- October 16th-30th Informal Update by email or phone call for those families not attending Parent Teacher Interviews
- October 25th Pro D Day
- October 30th Literacy 10 12:00pm-3:00pm
- November 4th Literacy 12 8:30-11:30am
- November 5th Numeracy 10 8:30am-11:30am

Reporting Dates Update:

An email was sent to all families about the adjustment to the reporting calendar for the 2024-25 school year. The updated schedule for reporting your child's progress in each of their classes is outlined below:

Semester 1:

Parent Teacher Interviews: Tuesday, October 15
(1:30pm – 3:30pm & 4:30pm-6:30pm)

Informal Update by email or phone call for those families not attending Parent Teacher Interviews
Between the dates of Wednesday, October 16 to Wednesday, October 30
Written Update: Friday, November 29

Written Summary: Thursday, February 7

Semester 2

Parent Teacher Interviews: Tuesday, March 11
(1:30pm – 3:30pm & 4:30pm-6:30pm)

Informal Update by email or phone call for those families not attending Parent Teacher Interviews
Between the dates of Wednesday, March 12 to Wednesday, April 9

Written Update: Friday, May 1

Written Summary: Thursday, June 26

Grade 8 Mentorship Workshop

The grade 8 students will be experiencing their first mentorship workshop facilitated by our student-led Grade 8 Mentorship Team. On October 28th, grade 8 students with last names starting with A to K will meet in the Library at the start of the FLEX period. On October 29th, grade 8 students with the last names starting with L-Z will meet in the Library at the start of the FLEX period.

This meeting will be an introduction to the topics that will be covered throughout the school year. Grade 8 students will be receiving a survey through their Deltalearns email accounts on our grade 8 student experiences so far this year.

Cmolik scholarship

Grade 12 students can apply for the Cmolik Scholarship worth up to \$45,000 for books and tuition fees. Every year, the Cmolik Foundation awards up to 20 scholarships, each one a maximum of \$45,000 paid over five years of study, to students graduating from BC high schools. Scholarship recipients have faced adversity but have responded with positivity and tenacity, achieving academic and social goals. With hard work and support, their post-secondary dreams can become a reality.

What's more, students who are awarded the Undergraduate Scholarship are eligible to apply for Graduate Scholarships, three \$30,000 scholarships are awarded each year.

Eligible applicants must:

- Be a resident of BC
- Have lived in Canada for a minimum of 7 years
- Plan to graduate from a BC secondary school
- Plan to attend and study full time at a post secondary university or college
- Be ineligible for the BC Tuition Waiver Program (for former youth in care)
- Have experienced adversity or hardship
- Have exhibited a good work ethic
- Have demonstrated financial need
- Evidence of leadership involvement

Application deadline is February 7th. Successful applicants will be notified in late March or early April. Applications & instructions can be found online at www.thecmolikfoundation.com.

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. Smyth 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.

UBC Geering Up Event

UBC Geering Up's first event of the 2024-2025 Events season is called Circular Engineering: Electronic Repairs. This engaging 2-part workshop will equip you with how to make repairs on everyday appliances while learning about circuitry. This STEM event will have academic experts from UBC [E-Kitchen](#).

Hands-On Electronic Repairs (October 26th - Parents and Guardians welcome!)

Students are invited to bring an electronic item from their own home that needs repair. Together, we'll take these items apart and learn how to fix them. Parents/Guardians are encouraged to join and learn about electronic repairs alongside their children, fostering a collaborative and educational experience. If you are in Grade 10-12, you will also have the opportunity to learn about applying to UBC Engineering.

Circular Engineering: Electronic Repairs Event Information

Who: Students in grades 6-12

Where: University of British Columbia - Life Building

When: October 26th

How to Register: Click the "[Register Now](#)" button here!

All events have a \$10.00 fee. Please e-mail us at events.geeringup@ubc.ca for information regarding fee waivers.

Sands Secondary Yearbook

The Sands Secondary Yearbook team is developing the Yearbook for this school year for our school community to capture students in a variety of school events and to create a keepsake of memories for all students. The Yearbook team would like to encourage our community to follow their Instagram account, Instagram sandsyearbook, to view up-to-date photos of what they have captured so far.

We encourage all students to purchase one of these long-lasting memory keepsakes of your time at Sands Secondary. The team is excited about how the Yearbook is progressing so far and are confident that this year's Yearbook will meet and exceed the standards set by previous award-winning Sands Yearbooks. By purchasing early, students will pay a discounted price of \$55.00 up until the Winter Break. After the Winter Break, the price for the Yearbook will increase to \$60.00. Students and families can purchase a Yearbook through Parent Connect or at the Main Office.

Provincial Assessments

Students in grades 10 and 12 will be completing the Provincial Assessments in Literacy and Numeracy. The completion of these assessments is a graduation requirement. The Assessment Schedule will be:

Wednesday, October 30 th	Literacy 10 12:00pm-3:00pm
Monday, November 4 th	Literacy 12 8:30-11:30am
Tuesday, November 5 th	Numeracy 10 8:30am-11:30am

Information outlining the details for the assessments will be sent to all families prior to the assessment dates. For more information on the Graduation Assessments, please follow the links below.

Graduation Literacy 12 Assessment

<https://curriculum.gov.bc.ca/provincial/grade-12-literacy-assessment>

Graduation Literacy 10 Assessment

<https://curriculum.gov.bc.ca/assessment/literacy-assessment/grade-10-literacy-assessment>

Graduation Numeracy 10 Assessment

<https://curriculum.gov.bc.ca/provincial/grade-10-numeracy-assessment>

Emergency Preparedness – Great British Columbia ShakeOut

On Thursday, October 17 at 10:17a.m., students and staff across the district will practice how to “Drop, Cover and Hold On” during the Great British Columbia ShakeOut Earthquake drill. B.C. is the most seismically active area of Canada, and experiences thousands of minor earthquakes each year. The Great British Columbia ShakeOut is an annual opportunity for individuals, communities, schools and organizations to practice essential earthquake safety measures. Beyond the drill, everyone is encouraged to review and update their emergency preparedness plans and supplies.

Reminder: This year, the district has introduced a new annual Emergency Preparedness Fee of \$10 per student. This is to cover the maintenance and replenishment of emergency provisions, including food, water and first aid items, to help care for students in case of a large-scale incident such as an earthquake. If you haven't paid the \$10 fee already, please send cash or a cheque (made payable to the name of your child's school) to the school office or by paying online through Parent Connect where available. If your family requires financial support in relation to this fee, please contact the school office. Discretion will be maintained.

Canadian Dental Care Plan (CDCP)

The Canadian Dental Care Plan (CDCP) aims at reducing the costs of dental care for Canadian residents who have a family net income of less than \$90,000 per year. Applications are currently open for Persons with disabilities and children under 18. The program will then expand to all eligible Canadian residents as of 2025. Please see the attached poster for more information. [CDCP-POSTER_EN.pdf](#)

Breakfast Program

Our Breakfast Program will continue this year for all of our students who may have missed breakfast at home. This initiative is being supported by the Feeding Futures Grant that was provided to each school district to help support students and their families with food security. Students have always had access to snacks every day and all day if they were feeling hungry at school. Our team had a vision to expand our food program to include a hearty breakfast every morning. Our Child and Youth Care Workers, Kristie, Subreena, and Carol, Education Assistant, developed this program last year by acquiring furniture and breakfast equipment to bring this idea to life. Breakfast will occur every morning until 8:15am (Monday, Tuesday, Thursday and Friday) and 9:15am on Wednesdays.

Career Programs

Careers Newsletter: <https://deltalearns.ca/careers/newsletters/>

Highlights include:

- Take our Kids to Work Day: Nov 6, 2024
- [EducationPlannerBC](#): Online Seminar: Nov 20: Post secondary programs, Admission requirements
- KPU Open House Information: Oct 5
- [BCIT Engineering Panel](#): Nov 13



Take Our Kids to Work Day

Take our Kids to Work Day is on November 6! Please visit the career website for resources and forms! <https://deltalearns.ca/careers/district-programs/documentation/> Learn more about the day by visiting <https://www.studentscommission.ca/events/tokw2024/>



Parent/Guardian Opportunities:

Virtual Event: Emotion Regulation: Helping Our Kids Cope With Their Big Emotions

Description: When kids frequently have big emotions, parenting can be overwhelming and tiring. As parents, we play an important part in helping our kids manage their big emotions. Learn about emotion regulation and dysregulation. Discover some strategies and skills that you can try to make it easier for your kids and you.

Registration: [FamilySmart - Events](#)

Dates: **October 16th 12pm-1:30pm**
October 22nd 6:30pm-8pm

Virtual Event: Obsessive Compulsive Disorder: It's More Than Overwashing Your Hands

Description: Living with OCD can present unique challenges that affect both our kids and us as families. For those living with it, simple tasks become overwhelming and disrupt daily life. Join us to discover ways to strengthen our understanding and support our kids living with OCD.

Registration: [FamilySmart - Events](#)

Dates: **November 6th 6:30pm-8pm**
November 13th 12pm-1:30pm
November 28th 6:30pm-8pm

Virtual Event: Supporting Safety at Home When Your Child Has a Mental Health Crisis

Description: When our child or youth has had a mental health crisis, knowing how to keep them safe can be overwhelming. Our concerns can include suicidal thoughts, self-harming and aggression. Listen to this discussion about some ways that can help us talk to our kids about their safety at home.

Registration: [FamilySmart - Events](#)

Dates: **November 7th 6:30pm-8pm**
November 26th 6:30pm-8pm

Virtual Event: Now What? A Beginning Conversation to Support Families Moving From Reacting to Responding When Our Kids Begin Experimenting With Substances

Description: Learning that our kids are trying substances can be scary. As families, we are a valuable resource to help them navigate the choices they are making, but it can be hard to know how to respond. This video introduces parents and caregivers to some ways that can help us move from reacting to our fears about substance use and towards a more thoughtful response that supports connection with our kids.

Registration: [FamilySmart - Events](#)

Dates: **December 3rd 6:30pm-8pm**
December 4th 12pm-1:30pm
December 5th 6:30pm-8pm
December 10th 6:30pm-8pm
December 11th 6:30pm-8pm

Student Fees

Families can check their child's student fee assessment in Parent Connect and can pay them online or in person in the main office. If families require assistance in covering these fees, please contact Mr. Mesich, Principal, or Mr. Inkster, Vice Principal.

2024 BC Provincial Junior Chess Championship

The official BC Chess Federation junior chess tournament - 2024 BC Provincial Junior Chess Championship - will happen at the Bonsor Recreation Complex in Burnaby from November 16th - 17th, 2024. It is open to BC Juniors born after Jan 1, 2005. This is an excellent opportunity for juniors to meet over a chessboard, enhance their chess skills and make new friends in the spacious tournament hall.

When: Saturday Nov 16 - Sunday Nov 17, 2024

Where: Bonsor Recreation Complex (Banquet Hall, 2nd floor) - 6550 Bonsor Ave, Burnaby, BC

Tournament Director: Stephen Wright (FIDE International Arbiter)

Registration and details - <http://chess2inspire.org/bcjcc-2024>

http://chess2inspire.org/files/2024_BC_Junior_Chess_Championship_Flyer.pdf

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 students' 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.

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 child. Parents should regularly monitor their student's attendance using Parent Connect.

Extended Family Trips During the School Year

As we moved out of the pandemic environment, traveling abroad has picked up substantially. We have been getting requests from families for their child(ren) to miss long periods of time for a family trip. As a school, it is not reasonable for our teachers to support students on trips of more than 2 weeks in length during the school year. If a family wishes to have their children miss more than 2 weeks for a family trip during the school year, then families will need to enroll their child(ren) in an online program like Delta Access. We encourage families to reach out to a Counsellor or Administrator if there may be plans for an extended trip in the future that will impact their child's ability to attend classes daily. We encourage families to schedule their family vacations during the Winter Break, Spring Break or Summer Break.

Flex Time

Every week students can make decisions about their learning and they decide which class they will attend to obtain extra support. Sands Secondary is fortunate to offer this opportunity to our students every Monday, Tuesday, Thursday and Friday. We encourage students to sign up for their Flex Time periods early on Student Connect. The expectation is that all students attend Flex Time in order to support the learning they experience in their classes.

Permission Forms

There are several permission forms on Parent Connect for families to review and authorize. Please log in to Parent Connect, review the documents, and select the appropriate response for each one. It is mandatory that all forms be reviewed and responded to by each student's family. We appreciate your attention to this process as your consent is extremely important for your child(ren) to participate in various school related activities and events.

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	(Grades 11 & 12) Monday-Friday
Ms. A. Janda	ajanda@deltaschools.ca	(Grades 8-10) Tuesday- Thursday
Mr. Randhawa	arandhawa@deltaschools.ca	(Grades 8-10) Monday & Friday

Youth Workers

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

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@deltaschools.ca to answer questions or book an appointment. Students can drop-in, but an appointment is recommended.

We hope that all our students have a successful school year. Please reach out to us if you have any questions about the upcoming events listed above.

Have a wonderful weekend.

Rick Mesich	Tom Inkster
Principal	VicePrincipal