

Fleetwood Park Secondary School

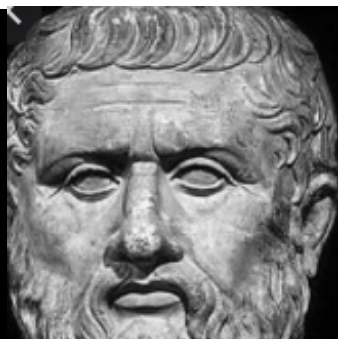
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Friday Review

January 7, 2022 ~ Edition 16



“Quotation of the Week”



The purpose of education is to give to the body and to the soul all the beauty and all the perfection of which they are capable.

— Plato —

The Week Ahead:

Monday January 10 Instruction Begins

Tuesday January 11

Wednesday January 12

Thursday January 13

Friday January 14



Upcoming Events:

January

January 24 – 28 * Literacy & Numeracy Assessments

January 27—28 * Semester 1 Completion Days

January 31 * Semester 2 Begins
* Flex Day-Dismissal at 2:10 pm
* Staff Meeting at 3:15 pm
* PAC Meeting at 7:00 pm

February

February 8 * Reports Available

February 9 * Grade 9/10 Parent Night

February 17 * Jazz Night

February 21 * Family Day Statutory Holiday

February 23 * Pascal, Cayley & Fermat Math Contests
* Grade 7 Parent Night

February 25 * Non-Instructional Day

February 28 * Flex Day-Dismissal at 2:01 pm
* Staff Meeting at 3:15 pm
* PAC Meeting at 7:00 pm

Health and Safety:



Extra health and safety measures, like handwashing, learning groups, masks, daily health screens, and increased cleaning, will reduce the spread of COVID-19 and help keep schools safe.

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- The child waits in an isolated room
- The school contacts parents or guardians to take the child home
- Staff clean and disinfect exposure areas
- The school notifies public health officials

- Contact traces to identify potential COVID-19 exposures
- May recommend testing
- May recommend 14-day isolation if necessary
- Gets in touch with close contacts
- Provides follow-up recommendations as needed, which may include suspending in-class learning

Parents will be notified if their child has been in contact with a COVID-positive person and needs to self-isolate. Students will receive learning support while self-isolating.

learn more at backtoschool.gov.bc.ca

Health and Safety:

|  DAILY HEALTH CHECK | |
|--|---|
| KEY SYMPTOMS OF ILLNESS | WHAT TO DO |
| Fever (above 38°C) Chills Cough Difficulty breathing Loss of sense of smell or taste | If yes to 1 or more of these symptoms: Stay home and get a health assessment. Contact a health care provider or 8-1-1 about your symptoms and next steps. |
| OTHER SYMPTOMS | WHAT TO DO |
| Sore throat Loss of appetite Headache Body aches Extreme fatigue or tiredness Nausea and vomiting Diarrhea | If yes to 1 symptom: Stay home until you feel better. If yes to 2 or more of these symptoms,: Stay home for 24 hours. If symptoms don't get better or get worse, get a health assessment; contact a health care provider or 8-1-1 about your symptoms and next steps. |
| INTERNATIONAL TRAVEL: | WHAT TO DO |
| Have you returned from travel outside Canada in the last 14 days? | If yes: All students and staff who have travelled outside of Canada are required to follow both provincial and federal requirements for entry. This includes students who are attending school from abroad. Students from outside of Canada should verify their entry status at least two weeks before they are scheduled to attend school. Additional information is available here . |
| CLOSE CONTACT | WHAT TO DO |
| Have you been contacted by public health and notified that you are a close contact of a person confirmed to have COVID-19? | If yes: Please follow the instructions provided by Public Health. You can call 8-1-1 anytime to get advice about how you are feeling and what to do next. Pay attention to how you are feeling. If it becomes harder to breathe, you can't drink anything or feel much worse, seek urgent medical care at an urgent care clinic or emergency department. |

Check your symptoms with the [K-12 Health Check](#). If you have any questions, or the symptoms get worse, contact your healthcare provider, or call 8-1-1. For more information on COVID-19, please go to www.bccdc.ca.

Note: If you develop severe symptoms, such as difficulty breathing (e.g. struggling to breathe or speaking in single words), having a very hard time waking up, confusion, or severe chest pain, call 9-1-1 or go to the nearest Emergency Department.

If you develop symptoms such as mild to moderate shortness of breath, inability to lie down because of difficulty breathing, or have chronic health conditions that you are having difficulty managing because of difficulty breathing, Please consult your family doctor or nurse practitioner. You can call 8-1-1 anytime to talk to a nurse at HealthLinkBC and get advice about how you are feeling

Please check BCCDC's [Symptoms of COVID-19](#) regularly to ensure the list is up to date.

Health and Safety:

The importance of Daily Health Checks as students head back to class

Wednesday, January 5, 2022



As students in the Surrey School District return to class on Jan. 10 from the extended winter break, [Daily Health Checks](#) remain a crucial step in ensuring the health and safety of staff and students. The district reminds students and staff to **Check Up, Back Up, Wash Up, Mask Up and Vax Up**, as part of our ongoing health and safety protocols. Everyone, including students, staff, parents, caregivers and all visitors, must continue to monitor their health every day to determine if they should come to school.

It is critical that we follow this guidance as daily health checks are our schools' first and most important line of defense against COVID-19. *You should not come to school if you feel unwell.* Stay home and seek a health assessment by contacting your healthcare provider or calling 8-1-1 if you feel sick.

*** Links to Daily Health Check forms are available in multiple languages on the district's [COVID-19 Health & Safety page](#). ***

You can also [download the K-12 Health Check Mobile App](#).

Students and staff who have travelled outside of Canada are required to follow both [provincial](#) and [federal requirements](#) for entry. This includes students who are attending school from abroad.

If you have been in close contact with a person confirmed to have COVID-19, follow the [instructions provided by public health](#). You can call 8-1-1 anytime to get advice about how you are feeling and what to do next. If it becomes harder to breathe, you can't drink anything or you feel much worse, seek urgent medical care at an urgent care clinic or emergency department.

It is everyone's responsibility to ensure they are healthy to attend school, and to stay home to protect others if they are not. Please do your part to keep yourself, your families and your school communities safe!

FYI:

Supporting your mental health in the new year

Friday, January 7, 2022

[You Are Not Alone - Secondary \(English\)](#) from [Surrey Schools](#) on [Vimeo](#).

While the new year is upon us, many familiar mental health challenges may still be present in your life, or you may be experiencing new ones.

As we continue to navigate the lengthy pandemic, we encourage students and staff to make use of [available supports to address mental health concerns](#) related to COVID-19 or otherwise.

COVID-19 fatigue and burnout can take a toll, as can countless other concerns, and it's important to reach out and seek help if you feel your mental health is being impacted. You are never alone. The district and the Fraser Health Region Rapid Response Team have developed [video resources for students and families to support conversations around mental health](#), including stress and anxiety. The videos are available for elementary and secondary age groups and in multiple languages, including French, Punjabi, Mandarin and Arabic. There are also accompanying teacher resource guides for educators.

For immediate support, students can talk to a teacher, principal, school counsellor or any other trusted and safe adult. Students can also call:

- * **Fraser Health Crisis Line:** 604-591-8855 or 1-877-820-7444 (toll free)
- * **Kids Help Line:** 1-800-668-6868 or text CONNECT to 686868
- * Or visit [erase.gov.bc.ca](https://www.erase.gov.bc.ca)
- * Or visit the B.C. government's [Virtual Mental Health resources](#)

The district also has a comprehensive list of [mental health resources and supports](#), including crisis supports, counselling, COVID-19 resources, and apps and mindfulness recordings. There are also additional [resources for students](#) and [staff](#).

For more information, visit surreyschools.ca/mentalhealth

“This Week at Fleetwood Park” Principal’s Message ~ January 3 - 7

January 7, 2022

Dear Parents and Guardians,

We are looking forward to welcoming our students safely back to school on Monday, January 10th.

We are committed to ensuring our students can continue to learn as safely as possible in-person by closely following all the measures put forth in the [updated provincial guidance for schools](#) that were issued in late December and our district’s [communicable disease plan](#). These measures include continued mask wearing, [daily health checks](#), staying home when sick, a continued focus on hand washing, daily cleaning and disinfecting protocols, limiting visitors to schools, and not having spectators at our events.

Over the past year and a half, we have safely kept our school open for face-to-face instruction, and we are grateful for your continued support and vigilance in following our health and safety protocols.

Our district will also continue to engage with our local and provincial partners at Fraser Health and the Ministry of Education to monitor what is happening in schools. We will continue to follow their guidance.

Over the past week we have been reviewing our health and safety measures. We have also been planning for the possibility of a functional closure. A functional closure is when we cannot adequately supervise or instruct children. We often direct children home during snow days, power outages, water main breaks, and other unique circumstances. In this case, the situation could arise that due to staff illness, we have insufficient staff to provide safe supervision of children, or to provide instruction for an extended duration.

If this happens, students will need to move to a period of learning from home. This period is intended to be 7 days and materials and support for this time will be provided by the classroom teacher. We will also continue to safely offer our meal programs in a way that respects this period of home learning.

We recognize that any closure is stressful for our school community, and we appreciate the fact that any change in routines will cause disruption and inconvenience for many. We will aim to communicate the potential for a move to home learning as quickly as we can so families can plan accordingly. Our hope is that we do not need to move to a place where students need to be learning from home, but we want to be prepared. Please ensure that we have your updated contact information, including your phone and email to ensure you receive all communications.

Thank you for your continued support.

Sincerely,

Mr. K. Hignell
Principal | Fleetwood Park Secondary

“This Week at Fleetwood Park”

Principal’s Message ~ January 3 - 7



I hope everyone had a wonderful, restful and safe Winter break. Welcome back to Fleetwood Park Secondary! We wish all students, parents and staff a healthy, happy and meaningful year of learning, growth and development. The start of 2022 again brings us change, new challenges and a focus on health and safety. Unfortunately, we find ourselves in a new 5th wave of the Covid-19 pandemic and the Omicron variant. We will do all we can to help protect the well-being of our Dragon community. I thank all students and staff in advance for following our Covid Safety Guidelines and doing everything you can to stay safe and healthy.

"This Week at Fleetwood Park"
Principal's Message ~ January 3 - 7

Golden Rules for Everyday Life



Get vaccinated



Respect personal space



Follow guidelines



Consider people's situations
& comfort levels



If sick, stay home



Clean your hands



Check before you travel



It's always safer outdoors

Our circumstances are all unique. But the things we can do to keep each other safe and support each other are the same. Follow these basics and do your part to bring us all back together again.



Stay Informed:
www.gov.bc.ca/RestartBC | 1-888-COVID19



BRITISH COLUMBIA

“This Week at Fleetwood Park”

Principal’s Message ~ January 3 - 7



It has been an important week for our school and staff as we prepared for Monday’s “return to school” and developed contingency plans for a possible future functional closure. I would like to thank all of our Support Staff for your assistance in the school this week. I would also like to thank our BASES, Counselling and LST staff for your assistance in the school.

Thank you to the entire Fleetwood Park Secondary staff for your planning and preparation that will allow us to move forward and continue to support our students within a caring and meaningful program. We continue to operate in an exceptional time of challenge and change, and our flexibility and caring professionalism makes such a difference in the lives of our students.

Also, a very special thanks to our Custodian, Ian, for all of your efforts on Thursday’s “snow day” to keep our campus safe!

“This Week at Fleetwood Park” Principal’s Message ~ January 3 - 7



We did have a few students at school this past week, but by and large, our school was pretty quiet.

We are looking forward to welcoming our students and staff back to school on Monday and the excitement and energy that will again fill our classrooms and hallways.



See you on Monday Dragons!

Ken

Kindess ...

**Uplifts, heals, brings us together
and has health benefits**

“I’ve learned that people
will forget what you said,
people will forget what you did,
but people will never forget
how you made them feel.”

Maya Angelou
1928 - 2014



Fleetwood Park Secondary School **Daily Bell Schedule 2021-2022**

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---------------------------------|---------------------------------|---------------------------------|---------------------------------|---------------------------------|
| Warning Bell 8:25 | Warning Bell 8:25 | Warning Bell 8:25 | Warning Bell 8:25 | Warning Bell 8:25 |
| Period A 8:30 - 9:52 | Period B 8:30 - 9:52 | Period C 8:30 - 9:52 | Period D 8:30 - 9:52 | Rotation 8:30 - 9:52 |
| Period B 9:57 - 11:19 | Period A 9:57 - 11:19 | Period D 9:57 - 11:19 | Period C 9:57 - 11:19 | Rotation 9:57 - 11:19 |
| <i>LUNCH</i> 11:19 - 11:59 | <i>LUNCH</i> 11:19 - 11:59 | <i>LUNCH</i> 11:19 - 11:59 | <i>LUNCH</i> 11:19 - 11:59 | <i>LUNCH</i> 11:19 - 11:59 |
| Period C 12:04 - 1:26 | Period D 12:04 - 1:26 | Period A 12:04 - 1:26 | Period B 12:04 - 1:26 | Rotation 12:04 - 1:26 |
| Period D 1:31 - 2:53 | Period C 1:31 - 2:53 | Period B 1:31 - 2:53 | Period A 1:31 - 2:53 | Rotation 1:31 - 2:53 |

| FLEX DAYS | FRIDAY ROTATION | | | |
|------------------------|-----------------|-------------|------------------|-----------------------------------|
| Period A 8:30 - 9:39 | SEPT | OCT | NOV | DEC |
| Period B 9:44 - 10:53 | 10 Mon | 1 Thur | 5 Thur | 3 Wed |
| Period C 10:58 - 12:07 | 17 Tue | 8 Mon | 12 Pro D | 10 Thur |
| Lunch 12:07 - 12:52 | 24 Wed | 15 Tue | 19 Mon | 17 * FLEX DAY * dismissal at 2:01 |
| Period D 12:52 - 2:01 | | 22 Pro D | 26 Tue | |
| | | 29 Wed | | |
| | | | | |
| Mon, Sept 20 | JAN | FEB | MAR | APR |
| Mon, Oct 25 | 7 Tue | 4 Mon | 4 Thur | 1 Tue |
| Mon, Nov 29 | 14 Wed | 11 Tue | 11 Mon | 8 Wed |
| Fri, Dec 17 | 21 Thur | 18 Wed | 18 School closed | 15 Good Friday |
| Mon, Jan 31 | | 25 Pro D | 25 Spring Break | 22 Thur |
| Mon, Feb 28 | | | | 29 Mon |
| Mon, Mar 28 | | | | |
| Mon, Apr 25 | MAY | JUNE | | |
| Mon, May 16 | 6 Pro D | 3 Mon | | |
| Wed, Jun 22 | 13 Tue | 10 Tue | | |
| | 20 Wed | | | |
| | 27 Thur | | | |

Our Mission Statement:

“At Fleetwood Park Secondary we value excellence in education and strive to provide a learning environment where all students Are encouraged to build successful futures.”

