

Fleetwood Park Secondary School

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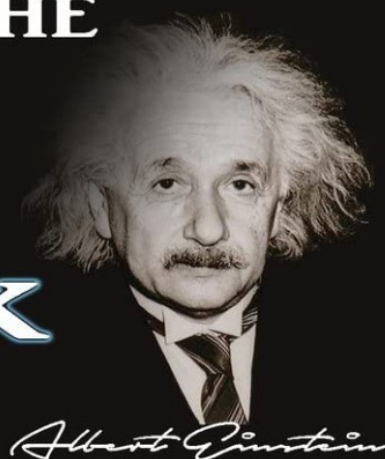
www.surreyschools.ca/fltsec

Thursday Review

April 21, 2022 ~ Edition 29



EDUCATION IS NOT THE LEARNING
OF FACTS BUT THE
TRAINING
OF THE MIND TO
THINK



“
Quotation
of the
Week:”

Looking Forward The Week Ahead

Mon—Fri	April 25 - 29*	Literacy 10 & 12 and Numeracy 10 Assessments
Monday	April 25	* Flex Day - Dismissal at 2:01 PM
Tuesday	April 26	*
Wednesday	April 27	*
Thursday	April 28	* Delivery: Dry Grad Fundraiser Flower & Plant Sale
Friday	April 29	* Block Rotation: AB CD



APRIL

Mon—Fri	April 25-29	*	Literacy 10 & 12 and Numeracy 10 Assessments
Monday	April 25	*	Flex Day - Dismissal at 2:01 PM
Wednesday	April 27	*	Marks Due
Thursday	April 28	*	Delivery: Dry Grad Fundraiser Flower & Plant Sale

MAY

Tuesday	May 3	*	Reports Available
Friday	May 6	*	Non-Instructional Day
Mon-Wed	May 9—11	*	Spring Show Dress Rehearsals (3-7pm)
Wednesday	May 11	*	Speech Meet (Gr. 8)
Thursday	May 12	*	Speech Meet (Gr. 10)
Friday	May 13	*	Spring Show 'Mamma Mia' performances Morning Matinee: 8:45am — 11:15am Afternoon Matinee: 12:15pm — 2:45pm
Monday	May 16	*	Flex Day - Dismissal at 2:01 PM
		*	Staff Meeting 3:15pm
		*	Spring Show 'Mamma Mia' Doors at 6:00pm—Show at 6:30pm
Wednesday	May 18	*	Spring Show 'Mamma Mia' Doors at 6:00pm—Show at 6:30pm
		*	Gauss Math Contest
Friday	May 20	*	Spring Show 'Mamma Mia' Doors at 6:00pm—Show at 6:30pm
Monday	May 23	*	Victoria Day Statutory Holiday: No Classes
Wed-Fri	May 25—27	*	Spring Show Nights 'Mamma Mia' Doors open at 6:00pm—Show starts at 6:30pm
Monday	May 30	*	Non-Instructional Day
		*	Grad Dinner Dance

JUNE

Wednesday	June 8	*	Summer Concert in the School Gym
Mon-Fri	June 13—17	*	Literacy 10, Literacy 12 & Numeracy Assessments
Thursday	June 16	*	Locker Cleanout
Friday	June 17	*	Last Day of Classes
		*	Commencement
Mon-Thurs	June 20—23	*	Semester Completion Days
Wednesday	June 22	*	Marks Due
		*	Flex Day - Dismissal at 2:01 PM
Friday	June 24	*	Administrative Day—Schools/Close
Tuesday	June 28	*	Reports Available

New Health & Safety Guidelines: What You Need to Know On Your First Day Back

March 27, 2022



As spring break comes to a close, students will be returning to the classroom under [new Provincial COVID-19 Communicable Disease Guidelines for K-12 Settings](#). Here's what you need to know about the updated guidelines when returning from March break:

Daily Health Checks should continue to be practiced by students, staff and parents. If you feel unwell, stay home.

Masks are no longer required in indoor settings, though students and staff may continue to wear a mask as a personal choice. This choice will be supported and treated with respect in all our schools. Disposable masks will continue to be available at our sites for those that wish to use them. For those that have travelled outside of Canada, please ensure you follow [federal travel guidance](#), including wearing a [well-constructed and well-fitting mask](#) when in public spaces, both indoors and outdoors for 14 days following entry into Canada.

Hand Hygiene should also be practiced. Be sure to diligently wash your hands with soap and water, and make use of an effective hand sanitizer.

Visitors are allowed at schools again. Schools can return to routine sign in/out practices and do not need to keep a list of names, visiting dates and contact information of visitors for communicable disease prevention purposes. Check with your school on visitor protocols.

School Gatherings remain permitted at 50% capacity indoors until the PHO Gatherings and Events Order is lifted. Spectators may attend gatherings and events such as theatre productions, sports games and tournaments within capacity limits. Proof of vaccination is not required to attend school-led gatherings and events. Check with your school on how they will begin transitioning to in-person gatherings.

Classroom arrangements may return to previous learning environment configurations that best meet student needs and preferred educational approaches. Schools should still consider strategies to create space between students.

Field trips are permitted. Schools should avoid venues/locations that place additional requirements that could prevent anyone from being able to participate.

Schools should continue to create a supportive school environment, including utilizing a trauma-informed lens when planning school activities.

Coping With Student Anxiety As COVID-19 Restrictions Are Lifted

March 30, 2022



With many provincial COVID-19 restrictions lifted and [updated measures](#) in effect at schools following spring break, some students may be feeling anxious or overwhelmed.

These feelings are valid and important to acknowledge, and we've compiled some guidance on how to cope and the importance of being mindful of others' comfort levels.

As per the most recent Provincial Health Officer guidelines, students and staff are no longer required to wear masks in school, which may be jarring for students who aren't ready to remove their masks just yet. **Masks are a personal choice and this choice will be respected at all of our sites.** (*Note: Daily health checks, frequent hand hygiene and respiratory etiquette should still be practiced on a regular basis.*)

"There may be students who choose to keep wearing their masks at school, others may face peer pressure to remove them," said Selma Smith, director of instruction of continuous learning.

"This is a great opportunity to have conversations with children and youth about peer pressure."

In general, anxiety is a fear of the unknown and a discomfort with a lack of control over external factors. With regard to the pandemic, student anxiety could stem from multiple factors, such as fear of the disease itself, loss of loved ones or the idea of an extended isolation, and these may take time to work through as restrictions lift.

If a student would like to remove their mask but feels uncertain, they may want to do so gradually by starting with individuals and small groups before building up to being maskless in classes and large groups. Parents are encouraged to discuss mask usage with their children to address any concerns and help alleviate their stress and fear. Some examples of ways to support your child include:

- Listening to your child's concerns
 - Validating their emotions while focusing on ways to stay safe
 - Emphasizing what they can control
 - Keeping conversations open and candid so your child may come to you if they encounter other situations in the future
 - Asking your child what they have heard, seen and experienced at school or in the community
- Students may also experience changes in their self-esteem with the removal of masks. If their level of worry interferes with sleep, school or their social lives, consider reaching out to a mental health care professional, school counsellor or other trusted adult for support.

For managing mental health issues, the district has a [series of animated videos](#) for elementary and secondary students on coping with stress and anxiety. These are available in Punjabi, Mandarin, Arabic and French, as well as English.

For more information on the latest restrictions, see the [Provincial COVID-19 Communicable Disease Guidelines for K-12 settings](#). For additional mental health resources, visit surreyschools.ca/mentalhealth.

Daily Health Check and What to Do When Sick

Daily Health Check

Everyone going into to school must complete a daily health check, including staff, visitors, and students. A daily health check means checking yourself or your child for new symptoms of illness, including symptoms of COVID-19.

Symptoms of illness (including COVID-19) include things like:

- Fever or chills
- Difficulty breathing
- Runny nose
- Headache
- Diarrhea
- Cough
- Sore throat
- Sneezing
- Body aches
- Loss of sense of smell or taste
- Loss of appetite
- Extreme fatigue or tiredness
- Nausea or vomiting

If you are sick or feel unwell, stay at home. This is important to stop the spread of illness, including COVID-19, in schools.

You can attend school if:

- Your symptoms are consistent with a previously diagnosed health condition (e.g., seasonal allergies), OR
- You have existing symptoms that have improved to where you feel well enough to return to regular activities,

AND you are not required to self-isolate, or your self-isolation period is over (based on a positive COVID-19 test result, if taken).

What to Do When Sick

If you have mild symptoms of COVID-19, you usually don't need a test. Mild symptoms are symptoms that can be managed at home. Most people don't need testing for COVID-19.

Stay home and away from others (as much as possible) until you feel well enough to return to your regular activities and you no longer have a fever. You should also avoid non-essential visits to higher risk settings such as long term care facilities and gatherings, for another 5 days after ending isolation.

If you have a Rapid Antigen Test at home, use it when you have symptoms. How long you should stay home depends on your test result. Find out more about [Rapid Antigen Test results](#).

If you do not have symptoms of COVID-19, you do not need a test.

If you are unsure about your symptoms, you can use the [Self-Assessment Tool](#), contact your health care provider or call 8-1-1.

Testing may be recommended for some people who may be more likely to get severe disease. See BCCDC for information on [who testing is recommended for](#).



EVERY MONTH, WE HOST EVENTS FOR FAMILIES CALLED 'IN THE KNOW'. WE WATCH A VIDEO AND SHARE EXPERIENCES AND STRATEGIES THAT HELP IN THE HARD MOMENTS. WE HELP FOCUS ON STRENGTHENING OUR UNDERSTANDING AND CONNECTION WITH OUR KIDS.

A Conversation for Families About Digital Wellbeing and Mental Health

As parents, we struggle with balancing our children's time spent in the digital world and what we consider the real world. It's not easy to know how much time on technology is too much and how to set boundaries that don't create conflict. Join us for a conversation with a digital wellbeing expert to learn some practical solutions to our everyday concerns and challenges around our kids' use of screens and their mental health.

Come together with other families for a facilitated discussion by Parent Peer Support Workers.

Dates (BC Time):

April 4, 2022 at 6:30pm
 April 12, 2022 at 5:00pm
 April 20, 2022 at 12:00pm
 April 26, 2022 at 6:30pm
 April 28, 2022 at 5:00pm

Cost: Free of Charge

Registration Required: www.familysmart.ca/events

familysmart.ca



BACK BY POPULAR DEMAND

EMPOWER SURREY

Parent Workshops

LEARN HOW TO

KEEP KIDS SAFE FROM CRIMINAL/GANG LIFE

BY EMPOWERING ACTION AND REDUCING RISK

DATE	SCHOOL	6 - 8 PM
Tue, Apr 19	Tamanawis Secondary School (Punjabi Session)	
Wed, Apr 27	Sunrise Ridge Elementary School	
Thur, May 5	A.H.P. Matthew Elementary School	
Tue, May 10	Ecole Salish Secondary School	
Tue, May 17	Georges Vanier Elementary School	
Wed, May 25	Beaver Creek Elementary School (Punjabi Session)	
Tue, May 31	L.A. Matheson Secondary School	
Wed, Jun 1	Pacific Heights Elementary School	
Tue, Jun 7	Bonaccord Elementary School	

Topics:

- Local gang facts
- Risk factors and warning signs
- Prevention strategies:
 - How to build protective factors
 - How to develop and maintain strong connections
- Understanding youth slang
- Where to get help

TO
REGISTER
VISIT

empowersurrey.ca

FACILITATED BY:
City of Surrey Community Safety Section

SUPPORTED BY:
Surrey School District 36
Surrey Anti-Gang Family Empowerment (SAFE) Program Clinical Counsellors - SFU
Combined Forces Special Enforcement Unit (CFSEU) BC





Fleetwood Park Secondary Dry Grad

April 14, 2022 Update

Active Fundraisers

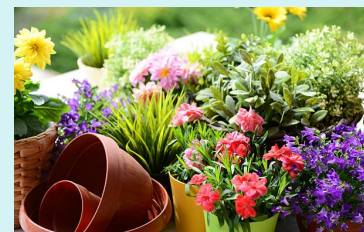
Growing Smiles Spring Flower & Plant Sale

(online orders)

Order Dates April 3 — April 13 *Closed*

Delivery/pick up Date April 28

<https://fleetwoodparkdrygrad.growingsmilesfundraising.com>



Neufeld Farms *Featuring BBQ & Dessert Menu Items*

(on line orders) * see the flyer on the next page

Order Dates April 21 — May 4

Delivery Date May 13

<https://app.neufeldfarms.ca/fundraising/2022-fleetwood-park-secondary-dry-grad/ref/em>

<https://app.neufeldfarms.ca/fundraising/2022-fleetwood-park-secondary-dry-grad/ref/sm>



Please also see the letter regarding current status of Dry Grad and upcoming fundraising on the school website under the **'Parents' tab / Graduation Information.**

Thank you.
Dry Grad Committee

View our Gourmet Foods by scanning the QR code below
All of your favorites are just a click away...



Fleetwood Park Secondary Dry Grad NEUFELD FARMS FUNDRAISER

Orders In By: May 4 2022, end of day
Pick up: May 13th 2022, 4:00 pm



<https://app.neufeldfarms.ca/fundraising/2022-fleetwood-park-secondary-dry-grad>

www.neufeldfarms.ca

<https://app.neufeldfarms.ca/fundraising/2022-fleetwood-park-secondary-dry-grad/ref/em>
<https://app.neufeldfarms.ca/fundraising/2022-fleetwood-park-secondary-dry-grad/ref/sm>

MAY 7TH

National Child & Youth Mental Health Day



May 7th is about building caring connections between young people and the caring adults in their lives. We know having caring, connected conversations can have a big impact on the mental health of children and youth.

As Founders of National Child & Youth Mental Health day in 2007, FamilySmart has been leading May 7th and creating opportunities for home, schools, communities and organizations to connect around our "I care about you" message. We hope you will join us this year.

VIRTUAL EVENTS FOR PARENTS & CARING ADULTS

It's Never Too Late: Healing Parent-Child Relational Stress Using Emotion-Focused Family Therapy (EFFT)

With **Dr. Adele Lafrance**, clinical psychologist, author, scientist, and developer of emotion-focused treatment modalities, including Emotion-Focused Family Therapy

Monday, May 2nd

Time: 6:30pm - 7:30pm

Building Connection With Our Kids When It Feels Impossible

With **Diane Evans**, FamilySmart Parent Peer Support Worker, BC Children's Hospitals Kelty Mental Health Resource Centre.
Tammy Music, Family Smart Parent Peer Support Worker, Surrey Memorial Hospital, Child & Adolescent Psychiatric Stabilization Unit (CAPSU) and Short Term Assessment Response Treatment (START) Fraser North.

Tuesday, May 3rd

Time: 12pm - 1pm

The ABCs of Substance Use and Connecting With Our Kids

With **Cindy Andrews**, senior associate on the team leading The ABCs of Youth Substance Use, a BC government funded project focused on supporting schools,

Angela Lawrence, educator and a registered clinical counsellor with SD73

Art Steinmann, Senior Associate, Youth Substance Use Health Promotion, Burnaby Public Affairs.

Wednesday, May 4th

Time: 6pm - 8pm

Join us and register for these free events at:

www.familysmart.ca/events



Our May 7th website is full of videos, resources and activities for Elementary, Middle and High Schools.

Jack Talks are mental health presentations delivered by young people to young people. Trained and certified youth speakers use the power of personal stories and mental health education to inspire, engage, educate, and equip young people to look out for themselves and their peers. Check out Jack.Org's Livestream: Classroom Edition and Pre-Recorded Classroom Edition to help adult allies start important mental health conversations with the young people in their lives.

Videos and activities to help build kids' understanding about how smart their brains and bodies are! And how sensations are our body's way of telling us how we feel and what we need. When we practice focusing on the sensations in our body, we are being mindful. Created by Karen Peters, RCC Thrive Life Counselling & Wellness

We certainly can't do this work without the support and encouragement of people like you. We remain committed to making things better for young people with mental health challenges and their families or caring adults.

Thank you for being on this journey with us - and for allowing us to be on your journey with you.

may7icare.ca



JOHNNY'S
HEART OF GOLD
INVITATIONAL

SUMMER LEARNING GRADES 8 - 12

🏠 [SURREY SCHOOLS](#) > [DEPARTMENT DIRECTORY](#) > [CONTINUOUS LEARNING](#) > [SUMMER LEARNING](#) > [GRADES 8 - 12](#)

Summer Learning 2022

www.surreysummer.ca

Online registration opens April 4 at 8:00 am

Link: <https://sd36.vivosforms.com/Form/SummerLearning>

The Surrey School District has thousands of students spending the weeks of July and August in school every year.

1. Full Credit - full content courses.
2. Remedial - courses for students who have taken the course already and want to increase their knowledge or better their mark.
3. LEAD Program*
4. Transitions - for students going from grade 7 to grade 8*
5. Adult Learners - courses will be available at Invergarry Continuing Education. Registration is done manually. Please review the Adult Learners documents below.



** Only for Surrey School District students who are referred by their home school and meet the criteria to be enrolled in the summer programs.*

Summer School is provided free of charge to students who normally reside in British Columbia. International students and students from other provinces and territories in Canada are charged a fee at the time of registration. \$900 per full credit course, \$500 per remedial course. Fees can be paid by calling the Summer Learning Office.

Please review the documents below for more details regarding courses, dates, times and registration processes.



"This Week at Fleetwood Park"

April 21, 2022

Happy Thursday Dragons!

It is great to be back within our Dragon community after a couple of days "away". 😊 Whenever I return to our school after an absence, I am greeted with warmth and positivity. Thanks to everyone for your wishes of support and congratulations!

I am reminded of the importance of the culture of a school, the support we provide each other and the synergy that is created when we work together in community. I have also recently been reminded that our school year and our journey through the Covid pandemic has been like a marathon. Each successive hill and wave has required greater effort, new strategies and increased resilience. Hopefully, we are in the final 10k of the marathon with the finish line in sight. This last push will require continued grit and determination and teamwork.

It has been a shortened week at school with the Easter Monday statutory holiday. However, as always, we returned to a full schedule of learning and celebration. This week is Earth Week, and our Environmental Club has been active organizing their school Thrift Sale fundraiser. This is a new and exciting initiative that helps to redirect quality used clothing away from the landfill and provide it a second life. Excellent idea! On behalf of the entire Fleetwood Park family, I wish everyone a Happy Earth Week. Every one of us makes a difference; thank you for all you do to protect and sustain our community and planet.



On Tuesday afternoon we met with our Department Head Leaders. Special thanks to Vice Principals Mr. Thibault, Ms. Duff and Mr. Kirincic for leading the meeting during my absence. The agenda included discussion of many year-end systems and our planning for the return to some of our traditional year-end rituals and celebrations. We look forward to the next couple of months of activities. Speaking of year-end traditions, we met with our Graduation Committee this week. This leadership team is carefully laying out plans for Valedictorian selection, Commencement, the Graduation Dinner-Dance and Dry Grad. We are very happy to be able to help organize and support these events for the Graduating class of 2022.

Another “celebration of community” that we have been able to re-introduce is our Senior Student Dance. This evening we will be hosting the “Spring Fling” ... our first dance in over two years. Students are very excited, and our Student Council is working very hard to organize and host the event. We are looking forward to a safe, fun and festive event for our senior students.

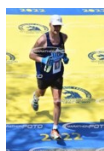
Today is also an early dismissal for our school as teachers prepare Midterm formal report cards. Parents/Guardians and students are reminded that report cards will be published within the MyEdBC Family Portal on May 3rd. Thank you to all teachers for your hard work in preparing these reports.

Tomorrow is our Staff Committee meeting. We will discuss hats in schools, report cards and more. Staff Committee is an important structure within the school to encourage dialogue, gather feedback and promote engagement of staff.

Enjoy your day tomorrow, have a relaxing weekend and we will see you back here on Monday.

Great to be home!

Ken



Kindness ...

**Uplifts, heals, brings us together
and also 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



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			
	SEPT	OCT	NOV	DEC
Period A 8:30 - 9:39				
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.”

