

# Fleetwood Park Secondary School

7940 156 St. Surrey BC V3S 3R3 Tel: 604-597-2301 Fax: 604-597-6481

[www.surreyschools.ca/fltsec](http://www.surreyschools.ca/fltsec)

## Thursday Review

April 7, 2022 ~ Edition 27



## “Quotation of the Week:”



“TO DEVELOP A COMPLETE  
MIND: STUDY THE SCIENCE  
OF ART; STUDY THE ART OF  
SCIENCE. LEARN HOW  
TO SEE. REALIZE THAT  
EVERYTHING CONNECTS  
TO EVERYTHING ELSE.”

LEONARDO DA VINCI

## The Week Ahead ...

Monday	April 11	*	
Tuesday	April 12	*	
Wednesday	April 13	*	Dry Grad Online Spring Plant & Flower Sale Closes
Thursday	April 14	*	
Friday	April 15	*	Good Friday Statutory Holiday - No Classes

## APRIL

Sun—Wed	April 3-13	*	Dry Grad Online Spring Plant & Flower Sale
Tuesday	April 5	*	Euclid Math Contest
Wednesday	April 6	*	Mock Interviews
Friday	April 8	*	Delivery: Dry Grad 2022 Purdy's Campaign
<b>Friday</b>	<b>April 15</b>	*	<b>Good Friday Statutory Holiday: No Classes</b>
<b>Monday</b>	<b>April 18</b>	*	<b>Easter Monday Statutory Holiday: No Classes</b>
Mon -Fri	April 18—22	*	Earth Week Celebrations
Thursday	April 21	*	Early Dismissal for Assessments at 1:53
Friday	April 22	*	Grad Guest Application Due
Mon—Fri	April 25-29	*	Literacy 10 & 12 and Numeracy 10 Assessments
<b>Monday</b>	<b>April 25</b>	*	<b>Flex Day - Dismissal at 2:01 PM</b>
Wednesday	April 27	*	Marks Due
Thursday	April 28	*	Delivery: Dry Grad Fundraiser Flower & Plant Sale

## MAY

Tuesday	May 3	*	Reports Available
<b>Friday</b>	<b>May 6</b>	*	<b>Non-Instructional Day</b>
Mon-Wed	May 9—11	*	Spring Play Dress Rehearsals (3-7 pm)
Wednesday	May 11	*	Speech Meet (Gr. 8)
Thursday	May 12	*	Speech Meet (Gr. 10)
<b>Monday</b>	<b>May 16</b>	*	Department Head Meeting 3:15pm
		*	<b>Flex Day - Dismissal at 2:01 PM</b>
		*	Spring Show Night 'Mamma Mia'
Wednesday	May 18	*	Spring Show Night 'Mamma Mia'
		*	Gauss Math Contest
Friday	May 20	*	Spring Show Night 'Mamma Mia'
<b>Monday</b>	<b>May 23</b>	*	<b>Victoria Day Statutory Holiday: No Classes</b>
Wednesday	May 25	*	Spring Show Night 'Mamma Mia'
Thursday	May 26	*	Spring Show Night 'Mamma Mia'
Friday	May 27	*	Spring Show Night 'Mamma Mia'
<b>Monday</b>	<b>May 30</b>	*	<b>Non-Instructional Day</b>
		*	<b>Grad Dinner Dance</b>
Tuesday	May 31	*	Staff Meeting 3:15pm

## JUNE

Wednesday	June 1—3	*	Summer Concert
Mon-Fri	June 13—17	*	Literacy 10, Literacy 12 & Numeracy Assessments
Thursday	June 16	*	Locker Cleanout
<b>Friday</b>	<b>June 17</b>	*	<b>Last Day of Classes</b>
		*	<b>Commencement</b>
Mon-Thurs	June 20—23	*	Semester Completion Days
Wednesday	June 22	*	Marks Due
		*	Flex Day—Dismissal at 2:01 pm
<b>Friday</b>	<b>June 24</b>	*	<b>Administrative Day—Schools/Close</b>
Tuesday	June 28	*	Reports Available

## KUDOS!

Here are **dance competition** results from "Pulse Small Teams" which took place last **Thursday, March 31st** at Fleetwood Park Secondary. We had 6 entries and the best results are as follows:

### Sr. Street Duo: 6<sup>th</sup> place out of 9 entries:

Shahlaa Sharif & Jade Badili  
(both Gr. 12)

**2<sup>nd</sup> place out of 9 entries:**  
Jedd Iligan (Gr. 11) &  
John Leyson (Gr. 12)

### Sr. Small Team: 3<sup>rd</sup> place:

Shahlaa Sharif,  
Jade Badili,  
Nicole Marquez,  
Kristen Gardque,  
Caitlin Swim  
(all Gr. 12)

### Jr. Small Team: 1<sup>st</sup> place:

Betty Wang,  
Juwan Briones,  
Koey Lau,  
Tiffany Tran,  
Nia Siligan  
(all Gr. 10)



# Way to go!

Thank you dancers  
for representing  
Fleetwood Park so well.

Thank you to all the  
student helpers.



### UPCOMING EVENTS

#### Outbreak Dance Competition

for classes and teams  
**Saturday, May 7**

**Year End Dance Show**  
**Thursday, June 9**



## 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](https://surreyschools.ca/mentalhealth).

# ACTIVE KIDS ARE HEALTHY KIDS

## Choose active travel to and from school.

Introduce active travel into your routine. Even one day per week can help.

### WALK, BIKE, AND ROLL

Get your kids to walk, bike, skateboard, or take public transit to and from school. They'll get some fresh air, exercise, and a feeling of independence.

### DRIVE TO 5

Try parking just a few blocks away (5 minutes) and walk with your kids. You'll free up space in the school zone, get some fresh air, and have a chance to hear about your child's day.

### WALKING SCHOOL BUS

Organize your own Walking School Bus program which allows children to walk to school together accompanied by adult volunteers.

#### THE CANADIAN 24 HOUR MOVEMENT GUIDELINES

recommends for ages 5-17

Activity	Duration
SWEAT	60 minutes daily
STEP	1-2 hours daily
SLEEP	9-11 hours daily
SIT/SCREEN	less than 2 hours daily

Find out more: [cseppguidelines.ca](http://cseppguidelines.ca)

## ✓ BIG BENEFITS

### HEALTH

- Good for Heart & Bones
- Increased Alertness & Attention
- Improved School Performance
- Better Sleep
- Less Anxiety & Depression

### COMMUNITY

- Fostered Friendships
- Increased Sense of Belonging
- Better Understanding of the Local Area

### SAFETY

- Reduced Traffic Volume Around Schools
- Lower Risk of Collision & Injury

### AIR QUALITY

- Reduced Vehicle Emissions
- Improved Air Quality
- Lower Risk of Lung & Cardiovascular Diseases

### CROSS SMART

- Always cross at designated crosswalks and follow pedestrian signs and traffic signals.
- Watch for drivers turning left or right through the crosswalk.

For more tips and resources visit the schools tab at: [translink.ca/travelsmart](http://translink.ca/travelsmart)

Supported by:

'intheknow'

# Information and Support

For families and caring adults who  
are parenting a child or youth with  
mental health and/or substance  
use challenges.

**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](http://www.familysmart.ca/events)

[familysmart.ca](http://familysmart.ca)





## 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](#).

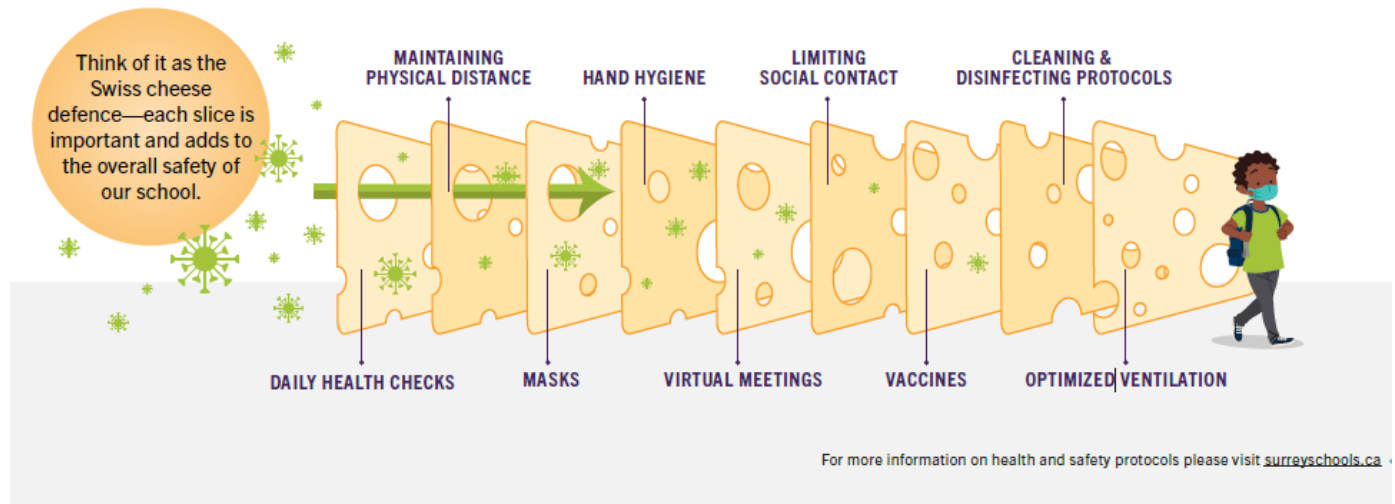


## 'The Swiss Cheese Defence'



### LET'S KEEP OUR SCHOOL SAFE!

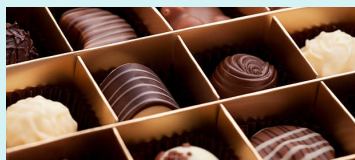
We know that no single intervention is perfect at preventing the spread of illness, so we are implementing multiple layers of protection to keep our staff, students, and families safe during this pandemic. It's a shared responsibility and we all need to do our part.





## Fleetwood Park Secondary Dry Grad

*April 2022 Update*

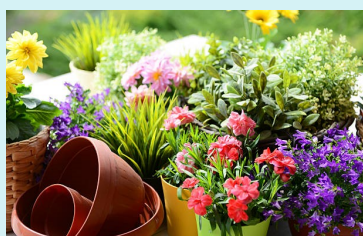


### Fundraisers

#### **Purdy's Easter Chocolate Campaign**

Order Dates . . . . . Closed

Delivery Date . . . . . April 8



#### **Growing Smiles Spring Flower & Plant Sale**

(online orders)

<https://fleetwoodparkdrygrad.growingsmilesfundraising.com>



Order Dates . . . . . April 3 — April 13

Delivery/pick up Date April 28



#### **Neufeld Farms**

#### **Featuring BBQ & Dessert Menu Items**

(on line orders)

Order Dates . . . . . April 21 — May 3



### Our Next Meeting:

**Monday April 11 @ 7pm via Zoom.**

To join and receive link for this meeting please email:

[drygradfleetwoodpark@gmail.com](mailto:drygradfleetwoodpark@gmail.com)

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



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](http://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



## SUMMER LEARNING GRADES 8 - 12

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

### Summer Learning 2022

[www.surreysummer.ca](http://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 7, 2022**

Good morning Dragons!

Welcome to another week of learning and celebration at Fleetwood Park Secondary. Special learning activities and events at the school are happening everyday and our students and staff are enjoying the beginning of the Spring season. The school, and District, are slowly and cautiously moving toward a greater sense of "normal" while maintaining and monitoring our safety systems. It is a cautious balancing act for all of us. Thank you to all students and staff for your part in keeping yourselves and our community safe.

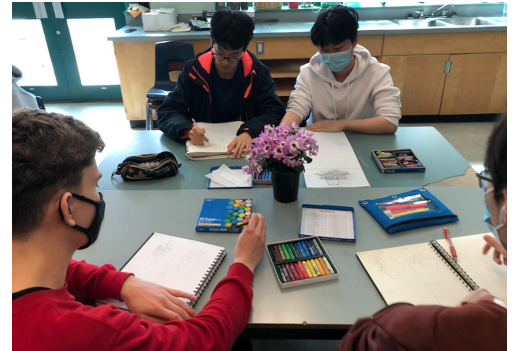
I want to begin by congratulating our Performing Arts Department for a couple of events that occurred last week. Congratulations to all of our Drama students – performers and cast, for your production of "We Don't Talk About Bruno". Our students were able to put the show together in one week! This was an intensive Theatre experience, and much appreciated by our audiences. I would also like to congratulate our Dance students. Ms. Landriault and her students hosted a Dance Competition last Thursday afternoon. Please see this newsletter for details of the results. It was a great event, with student laughter, talent, athleticism and hard work on display! 😊

This past weekend, our Dry Grad Committee was busy with their Bottle Drive fundraiser. The weather cooperated and the event was a great success. Thanks to everyone who helped out, and to everyone who donated to this very worthy Dry Grad cause. We should have some more news to share about Graduation event planning next week.





On Tuesday I had the chance to drop by and visit Ms. Bellmond's Art class. Students were completing timed drawings in pencil and pastel... I was amazed at their abilities. The class was absolutely engaged in their learning and developing new skills. Speaking of talented artists, everyone is encouraged to check out our Art Display cases. Students have created amazing portraits and chalk/pastel still life drawings. So impressed! 😊



On Wednesday our Career Education Department hosted Mock Interviews for our Grade 10 students. Senior students acted as employers, and provided an excellent learning experience for our younger students. We are so pleased to see some of our traditional learning activities happening again in the school. Practicing and developing Interview skills is so important. Well done Dragons!



On Wednesday, we hosted the DELF Language Assessment exams. The exams provide an important International credential for our students, and is another opportunity that we are very pleased to reintroduce for our school and district. Great thanks to Mr. Grant and the Languages Department for your leadership in coordinating the event.

The weeks ahead will continue to be full of new learning, some old traditions and Fleetwood Park's Dragon spirit. It is a very important time of year for us; all students are encouraged to set your goals high, apply yourselves to the best of your ability, be persistent, and achieve success. The 2021-22 school year will close very quickly... make the most of everyday!

Have a safe, relaxing and enjoyable weekend. See you on Monday.



**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
<b>Period A</b> 8:30 - 9:52	<b>Period B</b> 8:30 - 9:52	<b>Period C</b> 8:30 - 9:52	<b>Period D</b> 8:30 - 9:52	<b>Rotation</b> 8:30 - 9:52
<b>Period B</b> 9:57 - 11:19	<b>Period A</b> 9:57 - 11:19	<b>Period D</b> 9:57 - 11:19	<b>Period C</b> 9:57 - 11:19	<b>Rotation</b> 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
<b>Period C</b> 12:04 - 1:26	<b>Period D</b> 12:04 - 1:26	<b>Period A</b> 12:04 - 1:26	<b>Period B</b> 12:04 - 1:26	<b>Rotation</b> 12:04 - 1:26
<b>Period D</b> 1:31 - 2:53	<b>Period C</b> 1:31 - 2:53	<b>Period B</b> 1:31 - 2:53	<b>Period A</b> 1:31 - 2:53	<b>Rotation</b> 1:31 - 2:53

FLEX DAYS	FRIDAY ROTATION			
	<b>SEPT</b>	<b>OCT</b>	<b>NOV</b>	<b>DEC</b>
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	<b>JAN</b>	<b>FEB</b>	<b>MAR</b>	<b>APR</b>
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	<b>MAY</b>	<b>JUNE</b>		
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.”*

