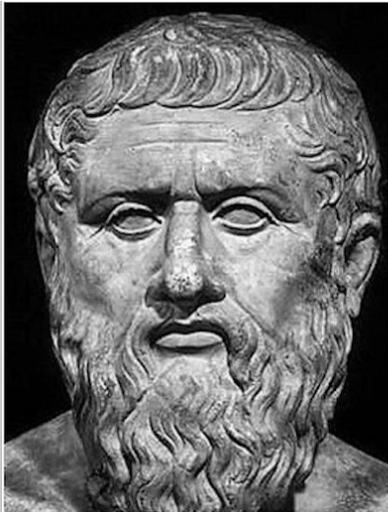


# Fleetwood Park Secondary School

7940 156 St. Surrey BC V3S 3R3 Tel: 604-597-2301 Fax: 604-597-6481 [www.surreyschools.ca/fitsec](http://www.surreyschools.ca/fitsec)

## Thursday Review

February 10, 2022 ~ Edition 21



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 —

AZ QUOTES

“  
Quotation  
of the  
Week: ”

### The Week Ahead:

Monday	February 14	* Dept Head Meeting: 3:15pm TEAMS
Tuesday	February 15	*
Wednesday	February 16	*
Thursday	February 17	*
Friday	February 18	* Block Rotation CDAB



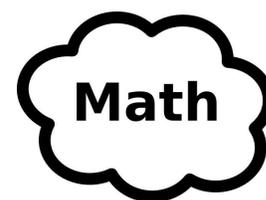
# Fleetwood Park Secondary School

## Looking Ahead: Upcoming Events



### February

February 21	*	Family Day Statutory Holiday
February 23	*	Pascal, Cayley & Fermat Math Contests
	*	Grade 7 Parent Night - Video
February 25	*	Non-Instructional Day
February 28	*	Flex Day-Dismissal at 2:01 pm
	*	Staff Meeting at 3:15 pm on TEAMS
	*	PAC Meeting at 7:00 pm on ZOOM



### March

March 3	*	Parent Teacher Interviews Early Dismissal 1:53pm
March 7	*	Gr. 10 receiving their Gr. 9 Immunizations
March 9	*	Valedictorian Applications Available
March 14 - 18	*	School Closure Days
March 21 - 25	*	Spring Break
March 28	*	Flex Day - Dismissal at 2:01 PM
March 30	*	Interim Reports



## Updated guidelines for extracurricular sports tournaments

**Wednesday, February 9, 2022**

Last week, the B.C. government released specific [communicable disease guidelines for sports tournaments in K-12 settings](#), outlining new safety measures for extracurricular sports tournaments.

The resumption of sports tournaments earlier this week comes with limitations on spectators.

At this time, school and extracurricular sporting events emphasize ongoing measures around daily health checks, masks, physical distancing and hand hygiene, and **do not permit spectators**. These enhanced measures will help prevent the spread of communicable disease and better ensure the health and safety of our student athletes, coaches and sporting staff.

Permitted staff include those participating in or supporting the operations a tournament.

Sporting events also must not exceed 50% operating capacity with team members and staff in attendance.

If possible, schools may provide virtual viewing opportunities so spectators may watch at home.

All attendees, including athletes, coaches and staff, must complete a daily health check on each day of a sports tournament. Teams must have a plan if a member develops symptoms at a tournament, including how they can be separated from others and if travel can occur. Sit out a game if you're sick – let your teammates take care of business.

Schools are to implement distancing strategies that prevent crowding, such as designated entrances and exits from school areas and transition times within playing areas. Teams must maximize space between people while on the sidelines, with designated seating areas for individual team use and separate seating for other participants. Teams should not socialize with other teams and allow personal space.

Everyone must wear a mask indoors, with limited exceptions as noted in the [provincial face coverings Order](#). Masks should be worn by student athletes unless they are actively on the court, including while sitting on the bench.

Attendees will have regular opportunities to practice hand hygiene with portable hand-washing sites and/or alcohol-based hand sanitizer dispensers if sinks are unavailable.

Participating teams must follow [district guidelines for student transportation](#), including spacing out passengers when possible and opening windows if the weather permits.

Whether on or off the field or court, we hope our student athletes continue to have a safe and fun time in the spirit of competition!



## 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](#).

# Updated guidelines for Daily Health Checks and attending school



Wednesday, January 26, 2022

Education has released an updated [Daily Health Checks and What To Do When Sick](#) resource. It is important that everyone, including students, staff and visitors, continues to assess how they are feeling before going to school, to protect our communities and prevent the spread of COVID-19.

The online [K-12 Health Check App](#) can assist in performing your daily health check. Check for the following symptoms of illness and COVID-19:

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

## Here's what to do if you or someone in your household has symptoms:

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

If you have mild symptoms, stay home until you feel well enough to return to your regular activities and no longer have a fever. Avoid non-essential visits to higher risk settings such as long-term care facilities for another five days after feeling better. (You may attend school if your symptoms are consistent with a previously diagnosed health condition, such as seasonal allergies.)

If you have a Rapid Antigen Test, take it if you have symptoms:

- o If your result is negative, COVID-19 was not detected. However, it is possible that you may have COVID-19. Self-isolate until your symptoms improve.
- o If your result is positive, self-isolate at home for the following durations, based on your age and vaccination status:
  - Under 18 + Fully Vaccinated, Partially Vaccinated or Unvaccinated: Self-isolate at home for five days AND until your symptoms improve and you no longer have a fever.
  - 18 or Older + Fully Vaccinated: Self-isolate at home for five days AND until your symptoms improve and you no longer have a fever.
  - 18 or Older + NOT Fully Vaccinated: Self-isolate at home for 10 days AND until your symptoms improve and you no longer have a fever.

If you still have symptoms, continue to isolate if you still have a fever or are not feeling better.

If you are unsure about whether to get tested, use the [Self-Assessment Tool](#) or contact your healthcare provider or 8-1-1 to determine if you should seek a COVID-19 test.

If someone in your household is sick and/or self-isolating, you may attend school as long as you do not have any symptoms of illness and feel well. Monitor yourself (or your child) for symptoms and stay home if you feel unwell.

The best way to protect yourself and your family from COVID-19 is to get vaccinated. Vaccines are available for anyone five and older. Register now at [getvaccinated.gov.bc.ca](https://getvaccinated.gov.bc.ca)

# 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](http://www.gov.bc.ca/RestartBC) | 1-888-COVID19



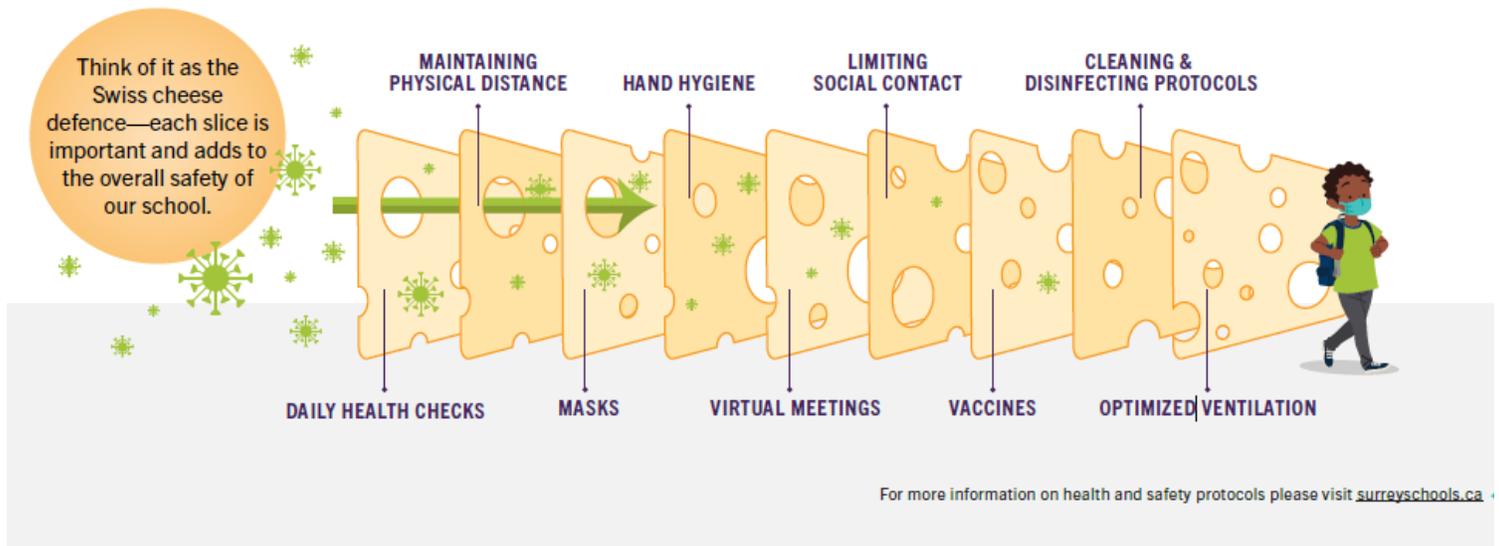
BRITISH  
COLUMBIA

# Health and Safety News: '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.



## Health and Safety News:



### Check Up

Check that you are feeling well before you come to school. You can't come to school if you feel sick.

### Back Up

Spread out when you can and respect everyone's personal space.



### Wash Up

Wash your hands for at least 20 seconds before and after eating, after going to the bathroom, after being outside and before putting on and after taking off your mask. Soap and water fight off germs!

### Mask Up

Masks are another layer of protection against illness. Bring a clean one to school and wear it every day.



### Vax Up

Get the vaccine and make sure you have both doses. People who are not vaccinated are at higher risk of getting and spreading COVID-19.

# “This Week at Fleetwood Park”

## Principal’s Message ~ February 7 - 10

**February 10, 2022**

Happy Thursday to all Fleetwood Park Secondary Dragons!

Monday was a beautiful day at the school with warmer weather and even some blue skies and sunshine! Students soaked up the Vitamin D at lunchtime. 😊

Our days are getting longer and we are enjoying the opportunities for ‘Outdoor Learning’ as we move toward the Spring.

Tuesday wasn’t quite as nice... and so our PHE classes needed to be creative. Mr. Heggie’s students were building their aerobic capacity by doing stair repeats. I saw lots of smiles and fitness as the students completed several circuits. Great work Dragons. Your physical and mental health are so important and are directly linked to your quality of life. Stay active and stay healthy!

Students, parents/guardians are reminded that on Tuesday your Semester #1 Final Report cards were made available for download on the MyEdBC Family Portal. Please make sure you review your final assessments and let the office know if you have any difficulties accessing your MyEdBC account. Congratulations to all students on your hard work and success in Semester #1. We are reminded that your study habits and commitment to your courses are so important. Dedication leads to success.



## “This Week at Fleetwood Park” Principal’s Message ~ February 7 - 10 *continued*

The Grade 9-10 Parent Information Video presentation was released for our community on Wednesday evening. We provide an overview of the British Columbia Graduation Program and the systems our school uses to ensure that our students graduate with success. Under “normal” circumstances this would be a large group presentation at the school. However, Covid safety guidelines have again required a virtual version of this agenda. Please see our website for a link to the presentation. We hope that parents/guardians find the information helpful.

Our Staff Committee met on Thursday to discuss Leadership. This is such an important topic. Both formal and informal leadership within a school and across a school district are critical for the success of our students and well-being of our education system. Our staff are leaders within the school and within the broader community. We look forward to supporting the ongoing professional development and the many varied career aspirations of our staff.

*It is so nice to arrive at the school in the morning and see and hear our Music students practicing their craft. Our Music X block students are here early and take advantage of the space available in our plaza. Our mornings are filled with energy, music and positivity. Thank you Dragons!*



I hope you have enjoyed your week and are beginning to settle into the routines of the 2<sup>nd</sup> semester. Our school will continue to provide safe, caring and highly meaningful educational programming and support for our students as we move into this new term. We are cautiously optimistic that we are making progress with our collective health protocols and that this semester will bring us increased stability and normalcy. We thank all students and staff for all of your efforts in keeping our community safe. All the best for a happy Friday and a relaxing weekend.

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



# Fleetwood Park Secondary Daily Bell Schedule 2021 - 2022

Monday	Tuesday	Wednesday	Thursday	Friday
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
LUNCH 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			
Period A 8:30 - 9:39	<b>SEPT</b>	<b>OCT</b>	<b>NOV</b>	<b>DEC</b>
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.”*

