

Fleetwood Park Secondary School

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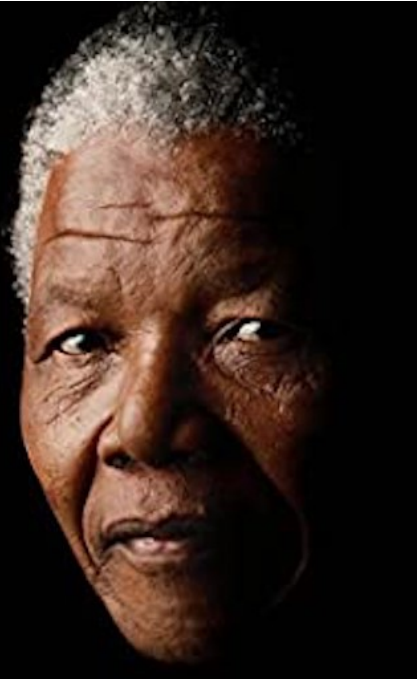
Thursday Review

February 3, 2022 ~ Edition 20



“Education is the Most
Powerful weapon
which you can use to
change the world.”

Nelson Mandela



“
Quotation
of the
Week: ”

The Week Ahead:

| | | |
|-----------|-------------|--|
| Monday | February 7 | * |
| Tuesday | February 8 | * Final Report Cards Available on MyED BC |
| Wednesday | February 9 | * Grade 9/10 Parent Night Video available on our website |
| Thursday | February 10 | * |
| Friday | February 11 | * Block Rotation: BADC |



Fleetwood Park Secondary School

Looking Ahead: Upcoming Events



February

| | | |
|-------------|---|---------------------------------------|
| February 17 | * | Jazz Night - Video |
| 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 |



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

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

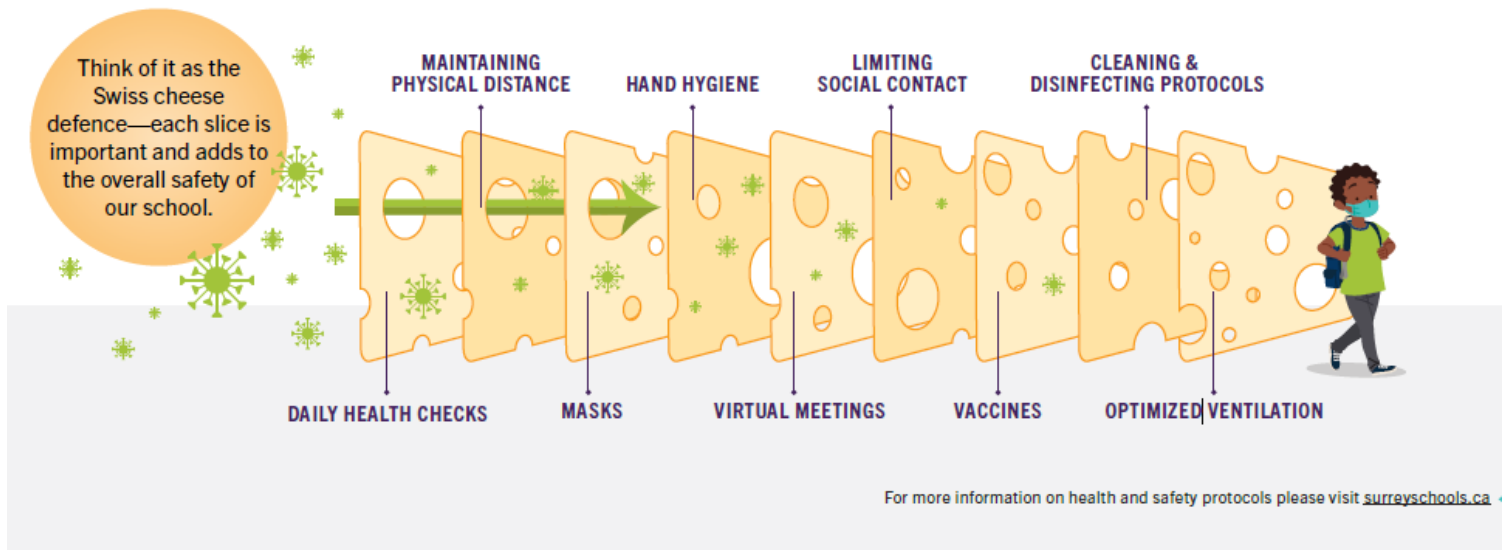


BRITISH
COLUMBIA

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.





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.

  www.surreyschools.ca/covid19

“This Week at Fleetwood Park” Principal’s Message ~ January 31 - February 4

February 3, 2022

Good morning Fleetwood Park Secondary!

I would like to begin by wishing everyone a Happy Lunar New Year – the year of the Tiger!

I also want to recognize that February is Black History month. We look forward to engaging and powerful learning about Black History across our school and curriculum.

Wednesday was Groundhog Day... and it looks like we have a little more Winter ahead!



A beautiful sunrise at Fleetwood Park! 😊

“This Week at Fleetwood Park” Principal’s Message ~ January 31 - February 4 continued

This week we started semester #2 at Fleetwood Park Secondary. Monday morning was an exciting, energetic and positive start to our new learning journey. The school was full, with regular attendance patterns re-established, and students and staff were happy to gather again. It was a fun morning of new beginnings. I wish all students and staff a semester of health and safety, of interesting new challenges, and of many wonderful successes! I am confident that all of our Dragons will move forward with commitment, friendship and responsibility. I continue to be cautiously optimistic that there are better days ahead in relation to the pandemic, and that we are all entering a more stable, “normal” phase of public health. That said, as always, I thank all Dragons for your careful attention to our current Covid-19 Safety Guidelines, and remind our community that these protocols are still in place. Thank you for all you do to keep us safe.

In addition to the first day of classes, Monday also brought the Grade 9 Immunization program to our school. Fraser Health nurses arrived in the morning and were able to immunize our Grade 9 student body by the end of the day. It was a big task. Great thanks to Fraser Health, and to all of our teachers for your flexibility as we called students out of classes throughout the day.

On Monday afternoon we met for our monthly Staff meeting on TEAMS. Although TEAMS certainly isn’t my preferred way of bringing our staff together, it is nonetheless a very important component of our community building. Thank you to our staff for logging in and joining us to review our current district and school operations. Having us all together, even virtually, is a powerful way to recognize and reinforce who we are and what we hold to be important as a learning community.

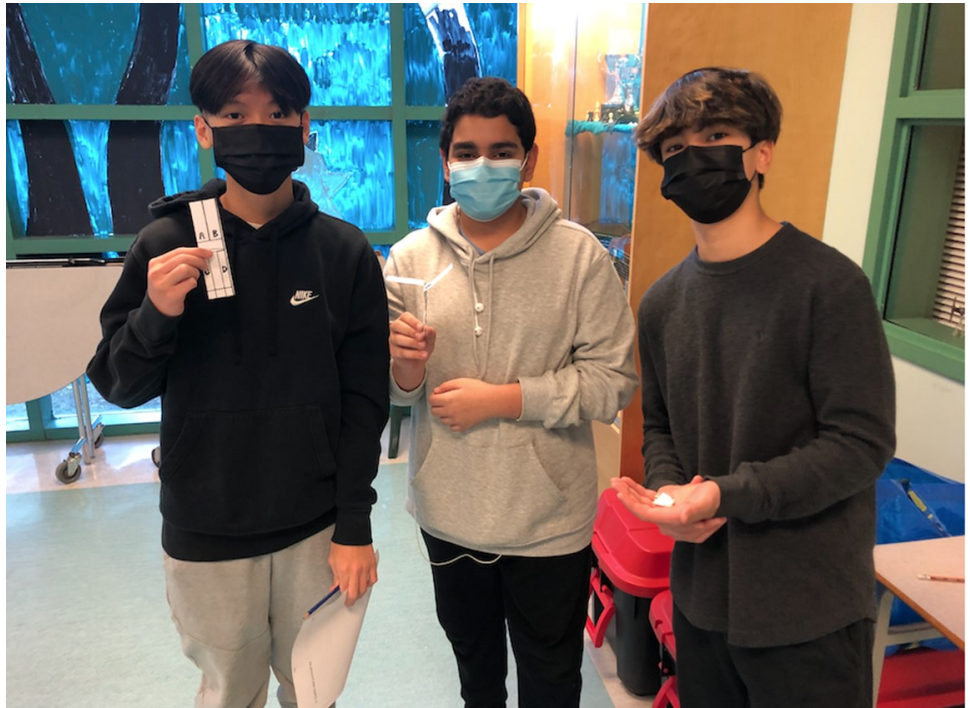
On Monday evening it was another virtual meeting, this time on Zoom, with our Parent Advisory Council. Special thanks to new Acting Vice Principal Mr. Zoel Thibault for your presentation about our outstanding Fleetwood Park Athletics Program. All parents/guardians are reminded that you are welcome to join us on the last Monday of most months to learn more about the life of our school and how you can partner with us in support of our amazing students and staff. Meetings are currently held on Zoom... but we are all hopeful that sometime in the Spring we can begin to meet in person again.

This week, in addition to starting their 2nd semester classes, our teachers have been busy preparing Final Report cards for 1st semester. Thank you to all of our teachers for your careful reflection and analysis of your students’ progress and understanding. Report cards will be available for download through the Parent Portal of MyEdBC on Wednesday, February 9th.

“This Week at Fleetwood Park”

Principal’s Message ~ January 31 - February 4 continued

On Tuesday, I observed our Science 9 students experimenting with their helicopter designs. The students were timing how long it took for their “helicopters” to travel from the 2nd floor to the 1st floor. Students were having fun learning about aerodynamics and design.



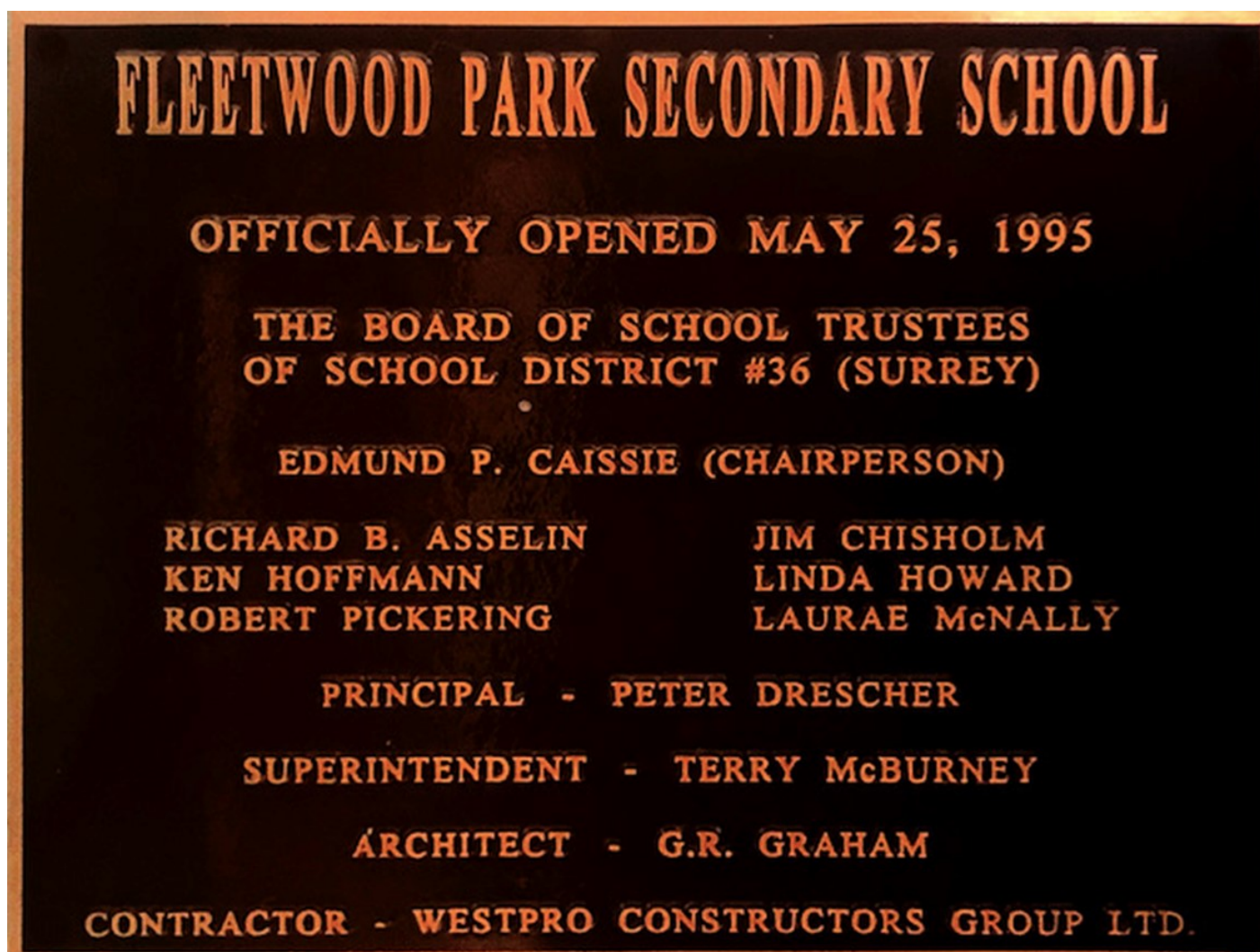
We saw a few signs of Spring this week – and our students took advantage of the nice weather! Unfortunately, our early Spring was short lived with snow on Groundhog day! 😊



“This Week at Fleetwood Park”

Principal’s Message ~ January 31 - February 4 continued

This week I was asked about our school plaque... and was reminded that our school is now 27 years old. I clearly remember when the school opened and the excitement in the school district at the time. Time moves quickly and our school has played such an important role in the lives of our students and community over the years. We have experienced much change; and much success! As we move into the 2nd semester, amidst such an exceptional time of change and challenge, our school plaque reminds us that we have a history of great strengths and an ability to adjust to the requirements of the day. I know that we will continue to display the resilience, flexibility and creativity that will allow us to move forward and thrive as a school community.



All the best, happy 2nd semester everyone!

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 | 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 |
| LUNCH 11:19 - 11:59 | LUNCH 11:19 - 11:59 | LUNCH 11:19 - 11:59 | LUNCH 11:19 - 11:59 | LUNCH 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.”

