

Fleetwood Park Secondary School

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www.surreyschools.ca/fltsec

Thursday Review

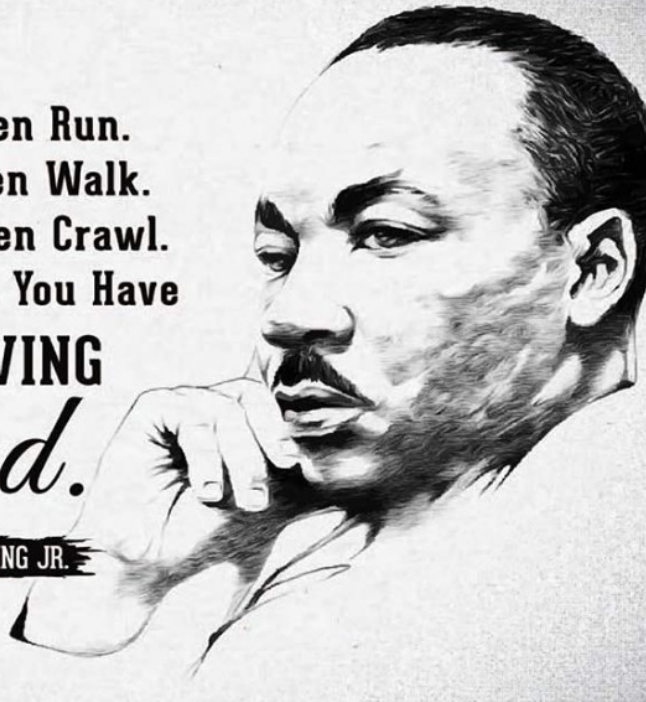
March 10, 2022 ~ Edition 25



If You Can't Fly Then Run.
If You Can't Run Then Walk.
If You Can't Walk Then Crawl.
But Whatever You Do, You Have

TO KEEP MOVING
Forward.

MARTIN LUTHER KING JR.



“ The
Quotation
of the
Week: ”

The Weeks Ahead ...

Monday March 14 } Two week Spring Break
Up to Friday March 25 } and School Closure



Monday March 28 * Schools Back in Session
*** Flex Day — Dismissal at 2:01 pm**

Tuesday March 29 *

Wednesday March 30 *

Thursday March 31 *

Friday April 1 * Block Rotation: **BA DC**

MARCH

| | | |
|----------------|----------------------|---|
| Mon—Fri | March 14 - 25 | * School Closure Days / Spring Break |
| Friday | March 25 | * End Date for Dry Grad Purdy's Fundraiser (online) |
| Monday | March 28 | * School Back in Session after Spring Break |
| | | * Flex Day - Dismissal at 2:01 PM |
| Wednesday | March 30 | * Interim Reports |

APRIL

| | | |
|---------------|-----------------|--|
| Saturday | April 2 | * Dry Grad 2022 Bottle/Clothing Drive |
| 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 |
| Friday | April 15 | * Good Friday Statutory Holiday: No Classes |
| Monday | April 18 | * Easter Monday Statutory Holiday: No Classes |
| 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 |
| Monday | April 25 | * Flex Day - Dismissal at 2:01 PM |
| Wednesday | April 27 | * Marks Due |

MAY

| | | |
|---------------|---------------|---|
| Tuesday | May 3 | * Reports Available |
| Friday | May 6 | * Non-Instructional Day |
| 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) |
| Monday | May 16 | * Department Head Meeting 3:15pm |
| | | * Flex Day - Dismissal at 2:01 PM |
| | | * Spring Show Night 'Mamma Mia' |
| Wednesday | May 18 | * Spring Show Night 'Mamma Mia' |
| | | * Gauss Math Contest |
| Friday | May 20 | * Spring Show Night 'Mamma Mia' |
| Monday | May 23 | * Victoria Day Statutory Holiday: No Classes |
| Wednesday | May 25 | * Spring Show Night 'Mamma Mia' |
| Thursday | May 26 | * Spring Show Night 'Mamma Mia' |
| Friday | May 27 | * Spring Show Night 'Mamma Mia' |
| Monday | May 30 | * Non-Instructional Day |
| | | * Grad Dinner Dance |
| Tuesday | May 31 | * Staff Meeting 3:15pm |

KUDOS!

On Saturday Fleetwood's **Physics team** competed in the **UBC Physics Olympics**, which is an intense academic competition. This year there were 4 rounds and a total of 50 teams from across the province that competed. Here were some exciting results...

Our Quizzics Round Team

Made it into the finals for the first time and **Finished 4th place overall.**

Team Members:

Steven Gu
Aaron Yuan
Brian Liu
Vishal Thilak
Tony Cai
Jerry Feng

Our Prebuild Team

Finished 1st Place in the Province!!!

They spent countless hours building and testing their "smartphone elevator" and the effort paid off.

Team Members:

Jerry Feng
Airene Ahuja
Aaron Yuan
Hannah Choi
Jason Dai



Final Results

- 10. Burnaby North B – $\Delta t = 7.4$ s; $a_{\max} = 10.2$ m/s²
- 9. Prince of Wales – $\Delta t = 5.7$ s; $a_{\max} = 11.3$ m/s²
- 8. Eric Hamber B – $\Delta t = 13.8$ s; $a_{\max} = 6.6$ m/s²
- 7. University Transition – $\Delta t = 16.8$ s; $a_{\max} = 0.7$ m/s² [penalty]
- 6. Sentinel – $\Delta t = 5.1$ s; $a_{\max} = 5.8$ m/s²
- 5. Port Moody – $\Delta t = 4.4$ s; $a_{\max} = 5.1$ m/s²
- 4. R.E. Mountain Secondary – $\Delta t = 34.3$ s; $a_{\max} = 1.6$ m/s²
- 3. Semiahmoo – $\Delta t = 7.2$ s; $a_{\max} = 1.5$ m/s²
- 2. Eric Hamber A – $\Delta t = 12.1$ s; $a_{\max} = 0.9$ m/s²
- 1. Fleetwood Park – $\Delta t = 11.8$ s; $a_{\max} = 0.9$ m/s²



And finally, but most impressively,

we got our best ever result of **2nd place** out of 50 teams for the overall result of the 4 rounds. Other team members who contributed to this overall result:

Andrew Lin
Carol Dong

Please congratulate these students when you see them, they all did an amazing job!!!



Culinary Arts are celebrating **St. Patrick's Day** on Thursday March 10—one week early Due to Spring Break.





Fleetwood Park Secondary School

Dry Grad 2022

Questions and Update: **February 23, 2022**



Here are the dates for our upcoming Dry Grad 2022 Fundraisers.

1. Purdy's Easter Chocolate Campaign (online orders)

<https://fundraising.purdys.com/616043-94290>

Fleetwood Park High School Grad 2022

Open February 25 -March 25 Delivery date-April 8th

2. Bottle/Clothing Drive

Saturday April 2nd. Fleetwood Park Secondary Parking Lot

3. Spring Plant and Flower Sale. Growing Smiles (online orders)

Open April 3- April 13 Delivery date April 30th

4. Newfeld Farms. Featuring-BBQ and dessert menu items (on line orders)

April 21-May 3 Delivery date May 13

The next Dry Grad Committee meeting: via Zoom will be March 7, @ 7:00 pm

To join and receive link for this meeting please email:

drygradfleetwoodpark@gmail.com

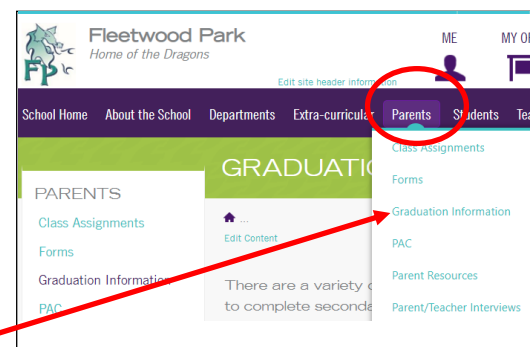
Please also see attached letter regarding current status of Dry Grad and upcoming fundraising.

Thank you.

Keri

Dry Grad Co-Chair, 2022

***Find the letter mentioned, and more Dry Grad information and announcements on the school website under the 'Parents' tab, 'Graduation Information'*



Daily Health Check and What to Do When Sick

Daily Health Check

Everyone going into 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

Students may now return to school following international travel

Thursday, March 3, 2022

Requirements for fully vaccinated travellers and unvaccinated children less than 12 years of age

For 14 days following entry into Canada, you and any unvaccinated children under the age of 12 who travelled with you must:

- › Maintain a list of the names and contact information of each person with whom you came into close contact and a list of locations visited.
- › Wear a well-constructed, well-fitting mask in public settings.
- › Keep a copy of the following and provide them on request to the Government of Canada or government of the province or territory where you are located, or to the local public health authority:
 - All COVID-19 pre-arrival test results;
 - All on-arrival COVID-19 test results, including results from random testing and results for children under 12; and
 - Proof of vaccine.
- › Monitor for signs and symptoms of COVID-19. If you start showing signs and symptoms, or receive a positive test result for COVID-19 before the expiry of the 14 day period you must immediately:
 - Report within 24 hours to PHAC by calling 1-833-641-0343. A Public Health Agency of Canada official will provide you with additional details and instructions.
 - Isolate for an additional 10 days, even if your province or territory has a shorter isolation period; and
 - Contact the appropriate public health authority.
- › If the fully vaccinated parent, guardian, or tutor develops signs or symptoms, or receives a positive result, the parent, guardian, or tutor and the child must isolate for 10 days.
- › If you travelled with a person who develops signs and symptoms of COVID-19 or receives a positive result for any type of test before the expiry of the 14-day period, you and the child must quarantine yourselves for 14 days starting the day you or your child were most recently exposed to the other person.

Common signs and symptoms of COVID-19 can be found at <https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/symptoms.html>

Public health authorities

| Provinces and territories | Telephone number |
|---|------------------|
| British Columbia, Alberta, Saskatchewan, New Brunswick, Nova Scotia, Prince Edward Island, Newfoundland and Labrador, Northwest Territories and Yukon | 811 |
| Manitoba | 1-866-626-4862 |
| Ontario | 1-866-797-0000 |
| Quebec | 1-877-644-4545 |
| Nunavut | 1-867-975-5772 |

Links to provincial/territorial COVID-19 information and resources can be found at <https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/symptoms/provincial-territorial-resources-covid-19.html>.

For more information: ☎ 1-833-784-4397 @ Canada.ca/coronavirus

As the federal government begins to ease travel restrictions, all students, **including those who are unvaccinated or partially vaccinated, may now attend school immediately upon returning from international travel** provided they follow a number of **testing and quarantine requirements**.

For 14 days following entry into Canada, unvaccinated travellers (regardless of age) must:

- **Maintain a list of names and contact information** of each person they came into close contact with, and a list of locations visited.
- **Keep a copy of the following** to provide on request to the federal government, the B.C. government and/or to the local health authority:
 - **All pre-arrival COVID-19 test results**
 - **All on-arrival COVID-19 test results**, including results from random testing and results for children under 12; and
 - **Proof of Vaccination.**
- **Monitor for signs and symptoms of COVID-19.** If you develop symptoms or received a positive test result within 14 days of return, you must immediately:
 - **Report within 24 hours to the Public Health Agency of Canada** by calling 1-833-641-0343. A PHAC official will provide you with additional details and instructions.
 - **Isolate for an additional 10 days, even if other levels of government list shorter isolation periods.**
 - **Contact your health authority.**

If a fully vaccinated parent, guardian or tutor develops symptoms or receives a positive test result, **the parent, guardian or tutor and the student must isolate for 10 days.**

If a student travelled with someone else who develops symptoms or receives a positive test result within 14 day of return, **they must quarantine for 14 days starting from the day they were most recently exposed to that person.**

For more information on the above updated restrictions, see this **government fact sheet on international travel restrictions**.

To qualify as a fully vaccinated traveller to Canada, you must:

- have received at least 2 doses of a vaccine accepted for travel, a mix of 2 accepted vaccines or at least one dose of the Janssen/Johnson & Johnson vaccine
- have received your second dose at least 15 calendar days before you enter Canada (For example, if your second dose was on Feb. 1, then Feb. 16 would be the first day that you meet the 15-day condition)

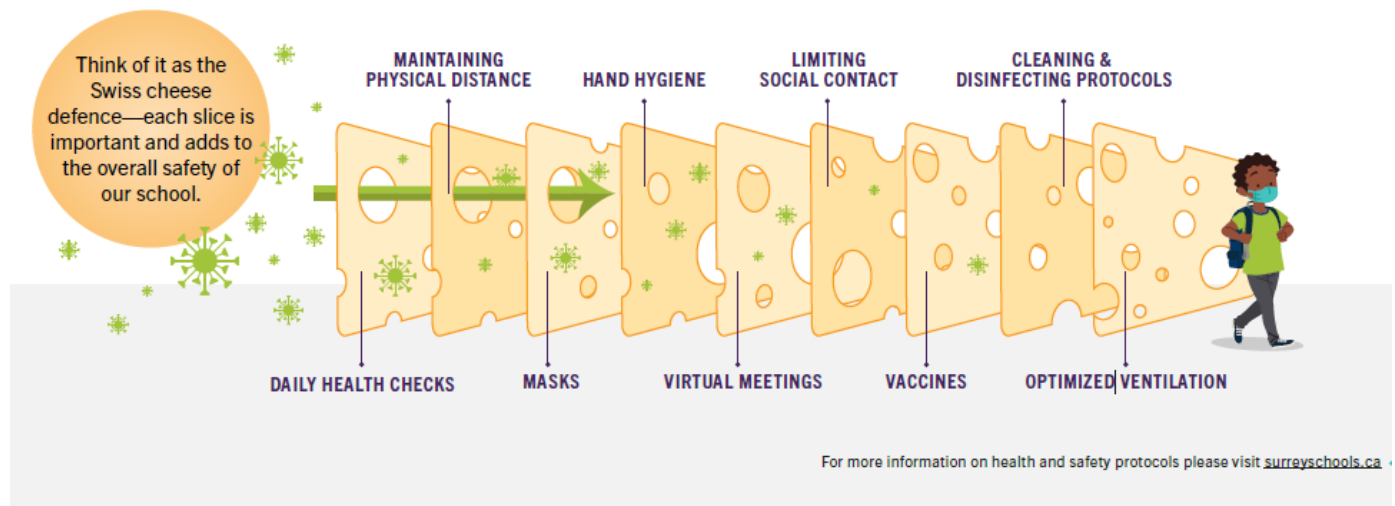
For more information on Canada's COVID-19 travel restrictions, visit **travel.gc.ca/travel-covid**.

'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"

March 10, 2022

It has been a beautiful week with crisp and sunny weather and the excitement of Spring Break just around the corner. This is such an important time of learning at Fleetwood Park Secondary and we are all absorbed in curricular and extracurricular activities. Keep up the great work Dragons!

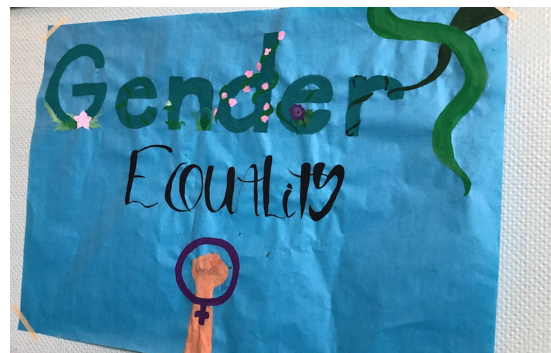


Welcome Post

This week began with a wonderful ceremony to begin our Welcome Post project. Master Carver Brandon Gabriel and his father blessed the Yellow Cedar log / Tree of Life and spoke of the community building and unifying power that this special project will bring to our school. The next six months will bring many new opportunities for education, awareness and Truth and Reconciliation for our students and staff as we witness the creation of this Welcome Post. We look forward to this curricular integration across our entire school. Special thanks goes to Mr. Walshe for his leadership in this work.



Tuesday was International Women's Day. Fleetwood Park Secondary recognized the importance of this special day and our "Dragons for Justice" club has been busy with school-wide messaging and initiatives to promote and support. Thank you for your work in making a difference at our school and across our wider community.



Congratulations

We are very happy and proud to announce the results of this year's UBC Physics Challenge. On Saturday Fleetwood's Physics team competed in the UBC Physics Olympics, which is an intense academic competition. This year there were 4 rounds and a total of 50 teams from across the province that competed.

Our Quizzics round team made it into the finals for the first time and finished in **4th place overall**.

Our prebuild team **finished 1st place in the province!!!** They spent countless hours building and testing their "smartphone elevator" and the effort paid off.

And finally, and most impressively, we got **our best ever result of 2nd place out of 50 teams** for the overall result of the 4 rounds! Congratulations to the entire team for your amazing performance!

A photograph of a digital screen displaying the "Final Results" of the UBC Physics Challenge. The screen lists 10 teams and their scores. Fleetwood Park is listed as the 2nd place team.

| Final Results | |
|------------------------------|--|
| • 10. Burnaby North B | $\Delta t = 7.4 \text{ s}$; $a_{\text{max}} = 10.2 \text{ m/s}^2$ |
| • 9. Prince of Wales | $\Delta t = 5.7 \text{ s}$; $a_{\text{max}} = 11.3 \text{ m/s}^2$ |
| • 8. Eric Hamber B | $\Delta t = 13.8 \text{ s}$; $a_{\text{max}} = 6.6 \text{ m/s}^2$ |
| • 7. University Transition | $\Delta t = 16.8 \text{ s}$; $a_{\text{max}} = 0.7 \text{ m/s}^2$ [penalty] |
| • 6. Sentinel | $\Delta t = 5.1 \text{ s}$; $a_{\text{max}} = 5.8 \text{ m/s}^2$ |
| • 5. Port Moody | $\Delta t = 4.4 \text{ s}$; $a_{\text{max}} = 5.1 \text{ m/s}^2$ |
| • 4. R.E. Mountain Secondary | $\Delta t = 34.3 \text{ s}$; $a_{\text{max}} = 1.6 \text{ m/s}^2$ |
| • 3. Semiahmoo | $\Delta t = 7.2 \text{ s}$; $a_{\text{max}} = 1.5 \text{ m/s}^2$ |
| • 2. Eric Hamber A | $\Delta t = 12.1 \text{ s}$; $a_{\text{max}} = 0.9 \text{ m/s}^2$ |
| • 1. Fleetwood Park | $\Delta t = 11.8 \text{ s}$; $a_{\text{max}} = 0.9 \text{ m/s}^2$ |

Today was "Locker Clean-up Day" ...thank you to all students and staff for your help in ensuring that your lockers are clear of food/garbage for the upcoming Spring Break. We are very proud of our beautiful campus, and your assistance in keeping the school clean and healthy is much appreciated. Social Responsibility is now formally embedded in our British Columbia Curriculum, and Fleetwood Park's "Reach Out" club has been busy promoting peace and understanding in response to the crisis in Ukraine. Our students are so much more socially and politically aware of their world than previous generations. This bodes very well for our future. 😊

On Friday, the school will complete the final phase of our Health and Safety Audit with a site visit from the auditor. As I have mentioned numerous times over the past two years, the health and safety of our students and staff is our top priority. We look forward to the results of the audit, and will continue to do all we can to help ensure the health and well-being of all our Dragons.

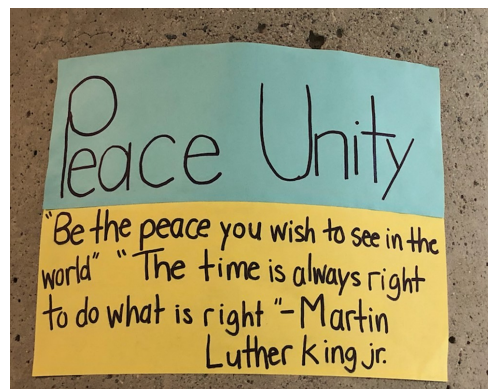
Basketball has continued to play a very large role in the life of the school this week with both our Senior Girls and Senior Boys teams participating in the British Columbia Championships at the Langley Events Centre. We wish all of our student-athletes the very best as they compete in the tournament, and recognize the very special life-long memories that are being created. Last week our Senior Boys finished 2nd in the Fraser Valley after a very exciting and hard-fought game. We are proud of all you have accomplished this season, and thank you for being excellent ambassadors of the school.

Ms. Smeltzer's Humanities students have been busy creating 3-D models as part of their European history studies. They have put in many hours of creativity and effort into their projects. Great work and well done.

Tomorrow is the final day of classes before Spring Break. Students and staff will have two weeks off of school. We wish all Fleetwood Park Dragons rest, good health and time well spent with family and close friends. We will see you back at school on Monday, March 28th.

Happy Spring Break 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



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.”

