

Fleetwood Park Secondary School

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www.surreyschools.ca/fltsec

Thursday Review

March 31, 2022 ~ Edition 26



“The Quotation of the Week”

Education breeds confidence.
Confidence breeds hope.
Hope breeds peace.
-Confucius



PLAYDOUGH TO PLATO

The Week Ahead ...

Monday	April 4	*	Dry Grad Online Spring Plant & Flower Sale until April 13
Tuesday	April 5	*	Euclid Math Contest
Wednesday	April 6	*	Mock Interviews
Thursday	April 7	*	
Friday	April 8	*	Block Rotation: CD AB
		*	Delivery of Dry Grad Purdy's Fundraiser Items

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

JUNE

Wednesday	June 1—3	*	Summer Concert
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.

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

✓ 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

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

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.

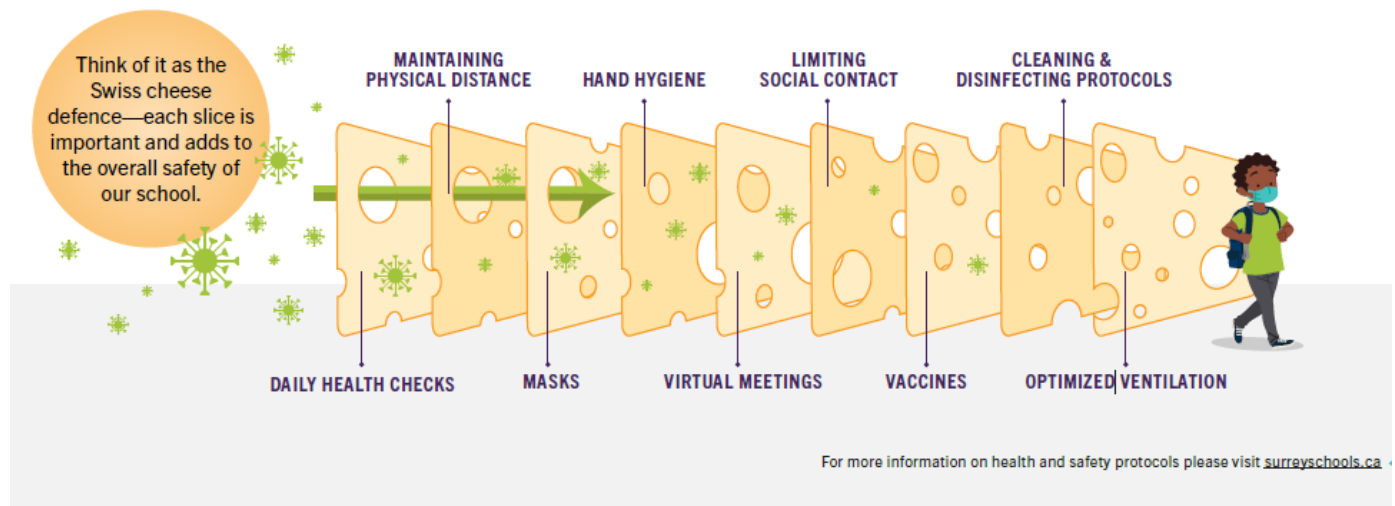
Testing may be recommended for some people who may be more likely to get severe disease. See BCCDC for information on [who testing is recommended for](#).

'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 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:

To join and receive link for this meeting please email:

drygradfleetwoodpark@gmail.com

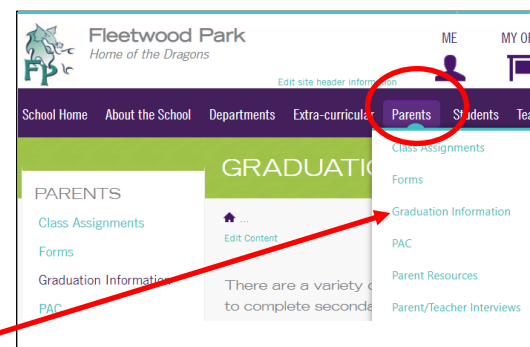
Please also see attached letter regarding current status of Dry Grad and upcoming fundraising.

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'**



"This Week at Fleetwood Park"

March 31, 2022

Happy Ramadan! 😊

Good morning Dragons and welcome back to Fleetwood Park Secondary! I hope everyone had a safe, happy and restful break and that you are ready for the final term of our 2021-2022 school year. I always find that these last 3 months move past us very quickly. Our school will be an exciting and busy place with many curricular and extracurricular year-end activities and planning for the 22/23 start-up. I wish all students and staff the very best and encourage everyone in our community to stay safe, appreciate all that Fleetwood Park Secondary provides, and do your very best to take advantage of the opportunities for growth and fulfillment that we all have as Dragons. Enjoy this special time.

Spring has arrived and we have been loving the sunshine, fresh air and positive spirit this week!

The arrival of the new season brings new programs, new opportunities and new beginnings. Our school garden has been patiently waiting for us throughout the Winter, and will soon be ready for another crop of vegetables and flowers. I look forward to seeing the bounty that will supplement our Foods and Cafeteria programs. All the best to our hard working Garden Club!

We also have a new season of Athletic activities. Our Intramural program is organizing Handball games. Excitement, exercise, friendship and competition... a great way to spend a lunch break!

Rugby and Ultimate are also now underway. This week the weather was perfect for our student athletes as they began practicing their skills and participating in their season. Good luck Dragons!



As we move into the final term of the year, our thoughts also turn to year-end Graduation activities. Although we have not yet received direction on planning details for the various events, we are hopeful that this year's "Grad" will look much more "normal" than the previous two year's events. We will let our graduating class and community know what is happening as soon as we know. In the meantime, our parent Dry Grad Committee is hard at work with their fundraising and planning for a Dry Grad celebration. This Saturday they are hosting a bottle and clothing drive. I encourage all Fleetwood Park families to donate to this very worthy cause and support this year's FPSS graduating students.



This week teachers prepared Interim, informal reports for all of their students. Each teacher has created a format that is most meaningful for their class and students. Parents/guardians, please ask your children to show you their reports and review their progress so far this semester. Great thanks to all of our teachers for your valuable feedback.

Our Drama Department has been very busy this week. Tomorrow afternoon they will be presenting their production of ***"We Don't Talk About Bruno from Encanto"*** to a few lucky classes. Good luck to all of our cast and crew – I'm sure everyone will enjoy the Musical Theatre performance.

This week I had the wonderful opportunity to participate with Mr. England's Leadership class in their 'Dragons Den' project. Student teams were asked to design their ideal school. From culture to facility design to inclusion to special events and more, each team shared their model school. I heard many excellent ideas and was so impressed with the students' creativity and insight. This was clearly an assignment that captured their imagination and passions... and was an important reminder of the value of all the curricular, extracurricular and facility structures and systems that support our students and community. Thank you for the invitation and for your feedback. I will carry your ideas forward as we begin planning for the future addition at Fleetwood Park Secondary.

I hope your first week back was a great one! Enjoy your weekend, stay safe and healthy, and we will see you back at school on Monday.

All the best,

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.”

