

# FLEETWOOD PARK SECONDARY SCHOOL

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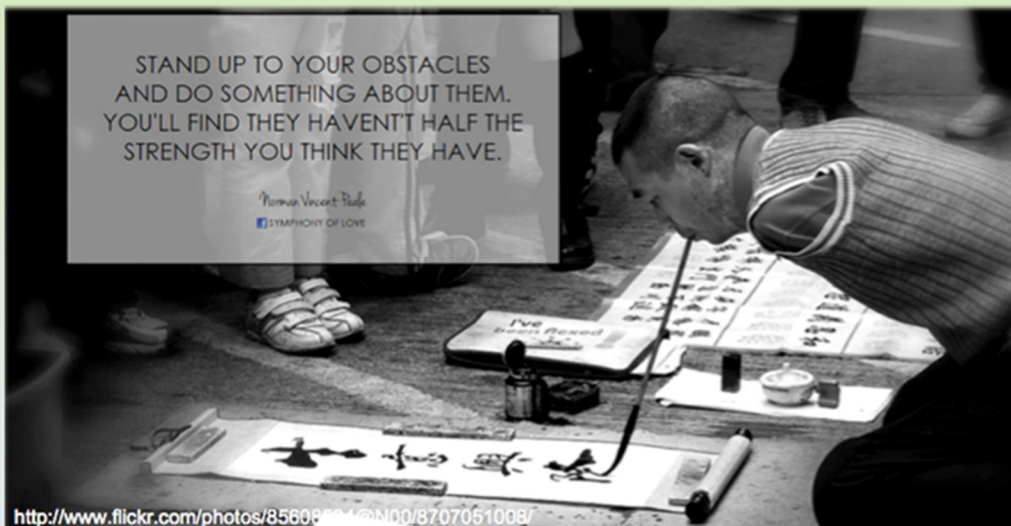


## THURSDAY REVIEW



May 07, 2020  
Edition: 31

### Quotation Of The Week



**Resilience is the human capacity to face, overcome and ultimately be strengthened by life's adversities and challenges.**

**This is not something that people either have or do not – resilience is learnable and teachable and as we learn we increase the range of strategies available to us when things get difficult.**



## The Week Ahead

<b>Monday, May 11, 2020</b>	<b>Dry Grad Committee Mtg – 7:00pm - Zoom</b>
<b>Tuesday, May 12, 2020</b>	<b>Scholarship Committee Mtg – 1:00pm - TEAMS</b>
<b>Wednesday, May 13, 2020</b>	<b>Pro-D Committee Mtg – 1:00pm - TEAMS</b>
<b>Thursday, May 14, 2020</b>	<b>All Staff Meeting, 1:00pm - TEAMS</b>
<b>Friday, May 15, 2020</b>	

## Upcoming Events

Continuity of Education “at a distance” for all Fleetwood Park students and staff.

All students are encouraged to stay in touch with your teachers, and please let us know if you have any questions. We will do everything that we can to ensure that you feel supported and connected to your classes and school. Take care, stay safe everyone!



## Vice-Principal's Voice

### Good News!

- ♦ Chenuka Lakwijaya received \$4k/year scholarship to McGill to study for a B. Music in Opera Performance.
- ♦ Grade 8 student Braydon Hartle and his family wanted to say THANK YOU to all Teachers, EAs, LSTs and Support Staff for Teacher Appreciation Week and created chalk art to do it! (photos attached)
- ♦ The Theatre Company is embarking on a fully online play called **10 Ways To Survive A Quarantine** by Don Zolidis. The play was written during the pandemic with intention of being created using digital platforms.
- ♦ The brilliant May the 4th video from the Music Department. Watch it here: <https://youtu.be/kMIOaquHsd0>
- ♦ Rishit and Gwyneth, Dance Peer Tutors, have been delivering fabulous tutorial dance videos to Lucie Landriault's Gr. 8 rotations.





## FYI

Please see this important [video message](#) for parents, students and staff as we begin our sixth week of the suspension of in-class instruction in B.C. schools.

"May is here and all the talk recently is about our current success in battling COVID-19 and now we look toward a potential lifting of restrictions. Once again, all of the decisions will be guided by Health and the government's desire to find a way forward," says Surrey Schools Supt. Jordan Tinney. "No matter what, we know that schools play an enormous role in rebuilding the economy as people need to get back to work. So the question still is, when will we open and what will that look like? The message this week attempts to once again wade through the threads and to highlight some key points."

Written transcripts of the full video message are available in [English](#), [Chinese](#) and [Punjabi](#). You can also visit <https://surreyschools.ca/covid19> to view the video, transcripts and other information and resources.

Thank you & stay well!

## In The News

[Surrey 'Quaranteens' connect teens, seniors with letter-writing project](#)

Peace Arch News

Posted: May 2, 2020

Two Fleetwood Park Secondary students are working to connect teens with seniors during the COVID-19 pandemic.

## Kudos

Thank you to Fleetwood Park Secondary student Sonia M. for your community project!



Hi there! Due to this horrid pandemic I have created a small community organization with my siblings and parents called The Careona Project! Our mission is to gratify our nurses and doctors within Surrey by asking community members to make BlueRibbons. You can access our website and Instagram page linked below where children and parents can download the ribbon template off of our website and print it out. After printing simply customize it to your liking and write kind messages. Scan the documents and send it to our contact information. We will then be collecting these ribbons, cutting them out and sending them off to participating hospitals and care homes. Our goal is have 100+ ribbons to start off. We just started today so show your support for your community! Many other schools are already participating including William Watson Elementary and Green Timbers Elementary. I want to make a small impact during this unusual time by showing love for our heroes, the heroes of today. Plus, it's a great way to show off your art skills, engage children in a fun activity and spend some time doing something beneficial. :)

### Contact information

Email: [careonaproject@gmail.com](mailto:careonaproject@gmail.com)

Instagram: [@careonaproject](https://www.instagram.com/careonaproject)

Website: <https://careonaproject.wixsite.com/mysite>

On the website click activities and #BlueRibbon and click to download ribbon PDF, print and customize, scan and send it. These will be sent off to nurses and doctors in our community.

<https://careonaproject.wixsite.com/mysite>



## **Counsellor's Corner**

<https://stigmafreetoolkit.com>



## Health and Safety



### **New Mental Health Resources for Teachers**

Every year since 1951, Canadians have come together at the start of May in support of [Mental Health Week](#). And this year, mental health awareness is more important than ever in light of the transition for many students to a remote learning environment.

A variety of new, free, virtual educational resources have been launched to support the social and emotional well-being of students, parents and educators during this time. Among them is the [WE Schools @home program](#). Developed in partnership with the Ministry of Education, B.C. educators and mental health professionals, this program is aimed at youth who are experiencing anxiety and social isolation. Accessible in both English and French, the program provides educators for grades 4-6 and grades 9-12 with a wealth of valuable resources aligned with B.C.'s curriculum.

Also available to parents and caregivers is the new [EASE \(Every Anxiety Strategies for Educators\) at Home program](#) for grades K-3 and 4-7. EASE includes five weeks of daily activities that focus on tips and strategies to create calming routines for children and help them talk about difficult emotions and manage their anxiety.

As school districts continue to assess the needs of all students and expand the delivery of in-school supports, these tools can be a crucial resource to re-introduce some learners to the school environment.

A comprehensive list of resources and immediate helpline contacts can also be found on the Ministry of Education [Mental Well-Being Information and Resources web page](#).



## **“This Week at Fleetwood Park” – Principal’s Message: May 4<sup>th</sup> – 8<sup>th</sup>**

“Let us be patient with one another,  
And even patient with ourselves.  
We have a long, long way to go.  
So let us hasten along the road,  
The road of human tenderness and generosity.  
Groping, we may find one another’s hands in the dark.” Emily Green Balch

Good morning Dragons,

It is Mental Health Awareness Week, and during this time of isolation, change and challenge, it has never been more important for all of us to take care of our mental health and each other. Acknowledging the additional stressors that we have been facing, and reassuring our Fleetwood Park community that we will get through this together are very important. And so, I would like to emphasize that we are all doing the best we can in a time of crisis. Every student and family and teacher will be in a different place in their response and engagement in online learning. That is expected, and it is okay. We do not want students to become overwhelmed; and we remind everyone to take care of your mental health. Do what you can do, stay connected, and remember that we will get through this challenge. “Let us be patient with one another, And even patient with ourselves”... We know that a slow, steady and balanced approach will best support our students and their families.

Please remember, “Continuity of learning” programming is not intended to replace an entire curriculum online. Our top priority continues to be to “fight COVID-19” and to protect the health and safety of our community. Our educational focus of Social Emotional support, Literacy and Numeracy within a narrower scope of key learning outcomes – and at a pace that is manageable - continues to be our goal. I thank all Dragons, students, parents and staff, for the amazing patience, flexibility and perseverance you have demonstrated over the past 6 weeks, and encourage all students to reach out to your teachers and school if you have questions, and/or require additional support.



# Take care of your mental health

COVID-19 IN BC

“These extraordinary times have challenged our children in ways they have not seen in their lifetimes – in ways few people have seen. But where there is challenge, there is also the opportunity to make lasting change and to come back better and stronger. More than ever, young people are talking openly and honestly about their mental health.

“As the adults in their lives, we must continue to applaud and encourage these courageous conversations while providing the supports they need. By doing that, we send a very clear message when it comes to the mental health of our children: ‘We care about you.’ Each and every one of you.”

*Judy Darcy, Minister of Mental Health and Addictions; Katrine Conroy, Minister of Children and Family Development; and Rob Fleming, Minister of Education*



## Child and Youth Mental Health Resources

Child and Youth Mental Health intake clinics:

[https://www2.gov.bc.ca/assets/gov/health/managing-your-health/mental-health-substance-use/child-teen-mental-health/cymh\\_clinic\\_list\\_march\\_19\\_2020.pdf](https://www2.gov.bc.ca/assets/gov/health/managing-your-health/mental-health-substance-use/child-teen-mental-health/cymh_clinic_list_march_19_2020.pdf)

Ministry of Education Keep Learning website: <https://www.openschool.bc.ca/keeplearning/>

Erase: <https://www2.gov.bc.ca/gov/content/erase>

WE Well-being: <https://www.we.org/en-CA/get-doing/activities-and-resources/wellbeing/>

SOGI 123: <https://www.sogieducation.org/all-educators# covid-19-response>

Ease at Home:

<https://www2.gov.bc.ca/gov/content/health/managing-your-health/mental-health-substance-use/child-teen-mental-health/ease>

Ministry of Children and Family Development:

<https://www2.gov.bc.ca/gov/content/health/managing-your-health/mental-health-substance-use/child-teen-mental-health>

Family Smart: <https://familysmart.ca/>

Foundry: <https://foundrybc.ca/>

BounceBack and Living Life to the Full: <https://cmha.bc.ca/covid-19/>

Here2Talk: <https://here2talk.ca/>

Y-Minds: <https://www.gv.ymca.ca/mental-wellness>

### Mental wellness tips:

- Stick to a routine. Go to sleep and wake up at a reasonable time.
- Dress for the social life you want, not the one you have. Get showered and dressed every day. Put on bright colours (how you dress can impact your mood).
- Get outside at least once a day for 30 minutes, keeping in mind social distancing practices. If you cannot get outside, open your doors and windows to experience the fresh air.
- Find some time for physical activity, such as a walk or a YouTube movement class.

Reach out to others via telephone, Face-Time, Skype, texting, etc. Download Zoom (a free app) and have a meeting among friends.



This week is also Teacher Appreciation Week.



Again, Happy Teacher Appreciation Week to our entire staff. Here is a short and heartwarming video that captures the essence of the challenges and the ethos of care happening around the world. <https://www.edutopia.org/video/teacher-appreciation-week-ages>

These are unprecedented times and your compassionate leadership, kindness and collaboration are making a positive difference. In support of our Dragons and their learning, we are truly in this together. Thank you for all your efforts in reaching out to our students in support and care.



### **Commencement/ Year-End Graduation Celebration**

Last week, I discussed the importance of recognizing our graduating class of 2020. I mentioned the current restrictions of large group gatherings and the need for our traditional grad activities to be different this year. This week we learned that the current restrictions will remain in place over the coming months. With this, we will be proceeding with a revised version of our Commencement Ceremony. We are now planning for our Commencement ceremony to take place at the school, with small groups of people scheduled throughout the day. We will be holding the extended ceremony on June 11<sup>th</sup> and June 12<sup>th</sup>. Details and requests for information and scheduling will be distributed to our community over the next few days. Although this will look and feel very different from the usual large ceremony, we will include as many features of our traditional commencement as possible. We look forward to a meaningful and happy recognition for our graduates and their families.

These same restrictions apply to our Graduation Dinner and Dance and Dry Grad. Unfortunately, this year it will not be possible to gather as a Grad class for a dinner and dance. The event will need to be done virtually and “at a distance” within each student’s home. We plan to provide a virtual platform for students to share their Graduation images, and for us to communicate the traditional messages of the occasion from students, parents and staff. More details to follow soon.

I know it will be very disappointing for our graduating students and families to miss the experiences of these traditional graduation events. There is nothing I can say that makes this any easier. Please know that we understand your disappointment, your sacrifice, and we will do all that we can, while following the requirements of our Public Health Office, to recognize and celebrate your graduation differently.

In closing, it is good to remind ourselves of the work we have all done together over the past 6 weeks, and the positive results that have occurred in British Columbia because of our efforts. It has not been easy, there have been many sacrifices and challenges, but we are making progress. We still have a long road ahead, and we will need to create a new normal through a careful, measured, phased-in approach. However, as Dr. Henry recently said: “we are at the end of our beginning”... thank you for taking care of yourself and our community.

Stay safe... hope you have a productive Friday and a relaxing weekend.

Ken



## FLEETWOOD PARK SECONDARY SCHOOL

### DAILY BELL SCHEDULE 2019-2020

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>Block A</b> 8:30 - 9:50	<b>Block B</b> 8:30 - 9:50	<b>Block C</b> 8:30 - 9:50	<b>Block D</b> 8:30 - 9:50	<b>Rotation</b> 8:30 - 9:50
<b>Block B</b> 9:55 - 11:15	<b>Block A</b> 9:55 - 11:15	<b>Block D</b> 9:55 - 11:15	<b>Block C</b> 9:55 - 11:15	<b>Rotation</b> 9:55 - 11:15
<b>LUNCH</b> 11:15 - 11:55	<b>LUNCH</b> 11:15 - 11:55	<b>LUNCH</b> 11:15 - 11:55	<b>LUNCH</b> 11:15 - 11:55	<b>LUNCH</b> 11:15 - 11:55
<b>Block C</b> 12:00 - 1:20	<b>Block D</b> 12:00 - 1:20	<b>Block A</b> 12:00 - 1:20	<b>Block B</b> 12:00 - 1:20	<b>Rotation</b> 12:00 - 1:20
<b>Block D</b> 1:25 - 2:45	<b>Block C</b> 1:25 - 2:45	<b>Block B</b> 1:25 - 2:45	<b>Block A</b> 1:25 - 2:45	<b>Rotation</b> 1:25 - 2:45



<b>FLEX DAYS</b>	<b>FRIDAY ROTATION</b>			
Period 1 8:30-9:32	<b>SEPT</b>	<b>OCT</b>	<b>NOV</b>	<b>DEC</b>
Period 2 9:37-10:39	06 - Wednesday	04 - Monday	01 - Wednesday	06 - Tuesday
Period 3 10:44-11:45	13 - Tuesday	11 - Tuesday	15 - Monday	13 - Wednesday
Lunch 11:45-12:25	20 - Monday	18 - Monday	22 - Thursday	20 - Thursday
Period 4 12:30-1:33	27 - Thursday		29 - Monday	
Monday, Sept. 23	<b>JAN</b>	<b>FEB</b>	<b>MAR</b>	<b>APR</b>
Monday, Oct. 28	10 - Monday	07 - Monday	06 - Thursday	03 - Tuesday
Monday, Nov. 25	17 - Tuesday	14 - Tuesday	13 - Monday	17 - Monday
Friday, Dec. 20	24 - Wednesday	28 - Wednesday		24 - Wednesday
Monday, Jan. 27	31 - Thursday			
Monday, Feb. 24				
Monday, Mar. 30	<b>MAY</b>	<b>JUNE</b>		
Monday, Apr. 27	08 - Monday	05 - Wednesday		
Monday, May 11	15 - Tuesday	12 - Thursday		
Wednesday, Jun. 24	22 - Monday	19 - Monday		
	29 - Monday			

7940 - 156th Street, Surrey, BC

Tel: 604-597-2301

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



**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."*

