

FLEETWOOD PARK SECONDARY SCHOOL

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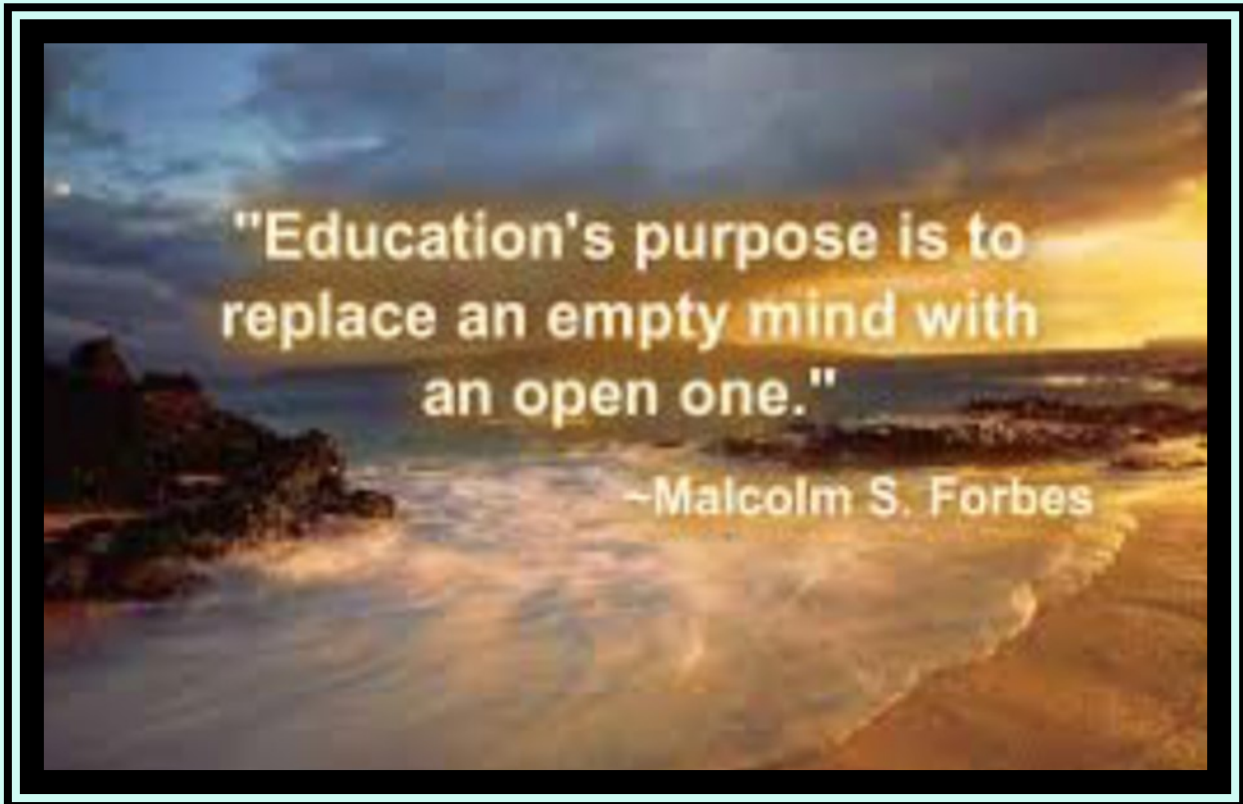


THURSDAY REVIEW



September 24, 2020
Edition: 03

Quotation Of The Week





The Week Ahead

Monday , Sept 28, 2020	Non-Instructional Day PAC Meeting, 7:00pm, Zoom
Tuesday , Sept 29, 2020	Staff Meeting, 3:15pm, TEAMS
Wednesday , Sept 30, 2020	Orange Shirt Day “Grantme” Scholarship presentation, 7:00pm, Virtual
Thursday , Oct. 01 2020	Grade 12 Parents Information Night, 7:00pm, Virtual
Friday , Oct 02, 2020	



October 12th: Thanksgiving Day, School Closed

October 20th: Photo Retake Day

October 23rd: Non-Instructional Day

October 26th: PAC Meeting, 7:00pm

November 6th: Non-Instructional Day

November 11th: Remembrance Day, Statutory Holiday



FYI



Grant Me

Do you want to learn more about

scholarships and preparing for university?

Fleetwood Park Secondary is pleased to invite

Madison Guy from GrantMe

for a **FREE** online presentation

Wednesday, September 30th at 7 pm

for information on how you can find and win scholarships and prepare for your post-secondary education.

All students and parents welcome!

Register at:

<https://www.eventbrite.com/e/fleetwood-park-secondary-scholarships-and-university-prep-presentation-tickets-121600535475>

or scan the QR code!



Presentation will be livestreamed over Zoom.



FYI

Athletics

Like with all school programs, Athletics provide a valuable opportunity for students to grow, learn, develop skills and make new friends. Currently, however, Athletics will bring students together from across cohorts. To avoid the cross cohorts, only a minimal number of Athletes would be able to gather for games, practices and tryouts. With the current directives from BC School Sports and the Surrey Secondary Schools Athletic Association (SSSAA), Fleetwood Park and other Surrey Schools are waiting on further directives from BC School Sports where Athletics can once again operate and function while keeping the Athletes and Coaches safe. Until that time, Athletes, as an option, are encouraged to train at home while social distancing.

Young Entrepreneurship & Leadership Launchpad - YELL

The Continuous Learning Department is offering the Young Entrepreneurship & Leadership Launchpad class again this fall on Wednesday evenings at Queen Elizabeth Continuing Education. [YELL Information](#)

Daily Health Check forms in Multiple Languages

The Daily Health Check form is available on the [Health & Safety COVID-19 page](#) and has been translated in the following languages: Arabic, Traditional Chinese, Simplified Chinese, Farsi, French, Hindi, Korean, Punjabi, Spanish, Tagalog and Vietnamese. Please share with staff, students and parents as appropriate.



FYI

Q1 (Sept. 14 – Nov. 13)	Q2 (Nov. 16 – Jan. 29)	Q3 (Feb. 1 – Apr. 16)	Q4 (Apr. 19 – June 24)
Block A	Block C	Block A	Block C
Block B	Block D	Block B	Block D

2-Way Video Communication Parent Consent Form:

Parents/Guardians are reminded to please complete the Parent consent form for 2-way video conferencing. Due: Friday, October 9th. Thank you.

<https://forms.office.com/Pages/ResponsePage.aspx?id=z-m0CBOBDUK6B1L31N-KzTYgp-LYYNZFoAoQCIZ-105UNjQ0TVU0SDFPSDRQSUJUUDJaTFVQQloyTy4u>



Counsellor's Corner

Coping Skills

Anxiety

Deep Breathing

Deep breathing is a simple technique that's excellent for managing emotions. Not only is deep breathing effective, it's also discreet and easy to use at any time or place.

Sit comfortably and place one hand on your abdomen. Breathe in through your nose, deeply enough that the hand on your abdomen rises. Hold the air in your lungs, and then exhale slowly through your mouth, with your lips puckered as if you are blowing through a straw. The secret is to go slow: Time the inhalation (4s), pause (4s), and exhalation (6s). Practice for 3 to 5 minutes.

4s
Inhale



4s
Hold



6s
Exhale





Health and Safety



1. STAY HOME WHEN SICK

All children and staff with common cold, influenza, COVID-19, or other respiratory diseases must stay home and self-isolate.



2. HAND HYGIENE

Everyone should wash their hands more often!

Thorough hand washing with plain soap and water for at least 20 seconds is the most effective way to reduce the spread of illness.



3. RESPIRATORY AND PERSONAL HYGIENE

Cover your coughs.

Do not touch your face.

No sharing of food, drinks, or personal items.



4. PHYSICAL DISTANCING AND MINIMIZING PHYSICAL CONTACT

Spread children out to different areas.

Take them outside more often.

*Stagger lunch times.
Incorporate individual activities.*

Remind children, "Hands to Yourself!"



5. CLEANING AND DISINFECTION

Clean and disinfect frequently touched surfaces at least twice a day.

General cleaning of the centre should occur at least once a day.

Use common cleaning and disinfectant products.



“This Week at Fleetwood Park” – Principal’s Message: September 21st – 25th

Good morning Dragons!



It is Thursday morning, and we are completing our 2nd week of classes. This year’s school start-up has been unlike any other we have ever experienced. New systems, health and safety requirements, bell schedules, timetables, cohorts, hallway traffic patterns, lunchtime expectations, cleaning protocols, and much more. This September has been very different. I would like to thank all students, staff, parents for all of your flexibility and understanding and support as we have navigated our way through this massive change; and as we have adjusted to our new normal. We are all doing all that we can to ensure that the health and safety of our community is our top priority. That said, I am also conveying to students, staff and the community that we will proceed carefully and with deliberation, and this year will continue to provide a rich and meaningful learning experience for our students. Our Fleetwood Park Dragons will find great success, will celebrate, make friendships, support our community and leave a legacy of pride, inclusion and care. Fleetwood Park will continue to be a school of happiness and excellence in all forms of learning.

Despite the changes we are all facing, I’m happy to say that the routines of the school are starting to settle into place. Students are in class, the school is staffed, and our new requirements are being reinforced. This year, with our cohort system, timetable adjustments have been very restricted. Our grade 8-9 students will remain in their same cohorts for the year, and our Grade 10-12 students will remain in their Blended Programs for the year. Great thanks to our Counselling team for your huge commitment to working with our students to ensure that their courses were in place as quickly as possible. This is never an easy task, and this year, with our numerous time table rebuilds, it was even more challenging. Thank you!

We now have 1565 students. As expected, our enrollment increased this year. Fleetwood Park continues to be a big, busy and exciting place to work and learn. This morning a new portable classroom was delivered. It will be operational within about 3 weeks time, and will help relieve some of the pressure on our room allocation/school.

During the week, we have initiated some of our regular systems, but in new virtual ways. We met with Department Heads on TEAMS to review our Start-up routines and to recognize the very important calm and reassuring leadership they have provided our community.

On Tuesday it was "Photo Day" at Fleetwood Park. This year it was carefully coordinated by cohort and with new photography protocols. Despite the lengthier requirements, the day went well and we were able to accomplish an important school ritual/milestone for the year. Again, thanks to all teachers for your patience and flexibility.





On Wednesday evening we hosted the Grade 8 Parent Information Night. Rather than holding a large group meeting with all parents in our gymnasium, we created a video presentation and posted it to YouTube.

<https://www.youtube.com/watch?v=bm7WqU9KM3I>

Parents/guardians were able to watch the presentation from the comfort of home and were provided an Office365 "Form" to ask questions. This really will be the new "way of business" for the school year.

This morning it has been an exciting time in the neighbourhood with the arrival of our new Portable. This is a very significant event within the life of a school; and we are grateful for the additional classroom space. Great thanks to our school district for your support as we manage our enrollment pressures.




A few additional items that we have worked with over the week include lunchtime protocols, Blended Learning program, and early morning drop-offs... and of course, reminders of the need for physical distancing.

I'd like to remind all students that we are trying very hard to minimize the number of students in the hallways during non-instructional time. This includes lunch. Students have the option of staying inside by eating your lunch with your cohort in your block A class. Students also have the option of spending your lunchbreak outside. So far, for the most part, the weather has cooperated. As I type this message, despite the monsoon this morning, it is 11:30am, lunch is underway and there is a ray of sunshine coming through my office window! ☺ As the weather changes for the worst, we understand this will become a larger challenge. However, we strongly encourage students to follow this protocol.

Regarding our Blended Learning Grade 8-9 program, I would like to remind parents/guardians that registration for the program is now closed, classes are underway, and our timetable is now set. We have one Math 8 online course, and one Math 9 online course that will operate for the 1st Quarter. Welcome to new teacher Mr. Van Muyden who will be providing online instruction for these students.

We remind parents/guardians, students that our new bell schedule was created to attempt to stagger the flow of students through the building and the day. Grade 8-9 students begin at 8:30am and Grade 10-12 students begin their day at school at 9:00am. We request that students arrive shortly before your class begins. If we have numerous students arriving early, and waiting in the hallways for extended times, it counters our efforts to minimize student contact outside cohorts. If at all possible, please avoid early drop-offs in the morning. Thank you.

Also related to COVID Health and Safety guidelines, an ongoing challenge for our student community will be to maintain physical distancing of 2m whenever possible while outside their cohorts. This is especially challenging for teenagers and requires continual monitoring and reminders. Students – please remember – 2m – “Spread Out”. Parents/guardians, please remind your children that physical distancing is an important health and safety protocol that will help to protect our community. Thank you!



4. PHYSICAL DISTANCING AND MINIMIZING PHYSICAL CONTACT

*Spread students and staff
out to different areas when
possible.*

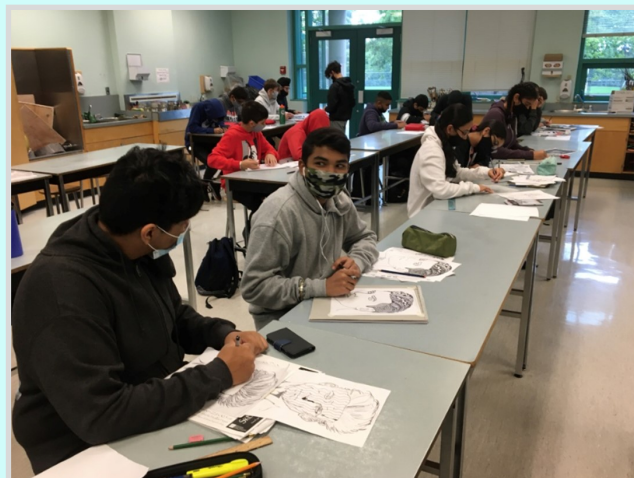


This week I had the chance to drop by and say hello to a few of our classrooms.

Here are some of our BASES students enjoying their new temporary classroom space!



Physical Health Education students staying active and learning new games!



Art students working in their cohort and creating amazing face portraits!



Music students practicing in our outdoor classroom!

I hope everyone is gradually settling into our new routines, and doing your best to stay healthy and positive. At Fleetwood Park we will work and learn together, and together we will adjust to the requirements of our new normal.

Enjoy your Friday and have a nice weekend.

Ken

PS. Thanks to everyone for wearing your mask!

Fleetwood Park Secondary Bell Schedule, 2020- 2021

Grade 8-9

8:30 – 10:00	Block A	90 min	
10:00 – 10:10	Nutrition Break		
10:10 – 11:25	Block A	75 min	
11:25 – 12:15	Lunch		
12:15 – 2:55	Block B	160 min	
	Total	325 min	

Grades 10,11,12

8:30 – 9:00	Blended Time	30 min	
9:00 – 11:15	Block A	135 min	
11:15 – 12:15	Lunch		
12:15 – 2:25	Block B	130 min	
2:25 – 2:55	Blended Time	30 min	
	Total	325 min	

Time	Monday	Tuesday	Wednesday	Thursday	Friday
8:30 – 9:00	Blended Learning (online support)	Blended Learning (online support)	Blended Learning (online support)	Blended Learning (online support)	Blended Learning (online support)
9:00 – 11:15	Block A	Block A	Block A	Block A	Block A
11:15 – 12:15	Lunch	Lunch	Lunch	Lunch	Lunch
12:15 – 2:25	Block B – Online Whole class	Block B – Group 1 Face to Face	Block B- Group 2 Face to Face	Block B – Group 3 Face to Face	Block B – Online Whole class
2:25 – 2:55	Blended Learning (online support)	Blended Learning (online support)	Blended Learning (online support)	Blended Learning (online support)	Blended Learning (online support)



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."

