

# South Delta Secondary School Newsletter

MARCH 2010



South Delta Secondary School  
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[www.deltasd.bc.ca](http://www.deltasd.bc.ca)

We're on the Web!

[www.deltasd.bc.ca/sd/index.html](http://www.deltasd.bc.ca/sd/index.html)

## Upcoming Events

- ◆ Spring Break - March 8<sup>th</sup> - 19<sup>th</sup>
- ◆ LPI Registration Deadline - March 28<sup>th</sup>
- ◆ Report Cards Home - March 31<sup>st</sup>
- ◆ San Francisco Parent Meeting (choir) - March 31<sup>st</sup>
- ◆ Family Photo Sessions - March 31<sup>st</sup> & April 1<sup>st</sup>



Principal  
Vice-Principal  
Vice-Principal

Mr. T. Johnson  
Mme H. Gaudreault  
Mr. J. Johnstone

(Gr. 12)  
(Gr. 8 & 9)  
(Gr. 10 & 11)

### Mission Statement

*South Delta Secondary School is a community of learners contributing to an environment which fosters mutual respect and encourages learners to develop the knowledge, skills, and attitudes necessary to reach their potential as responsible, educated citizens in a changing world.*

## Greetings from Mr. Johnson, Principal

It's hard to believe that in five days, our two-week long Spring Break begins. With the great successes and the many celebrations of our Winter Olympics, time has gone incredibly fast - so fast, that by this Friday, March 5<sup>th</sup>, Term 2 will be over and Report Cards will be going home March 31<sup>st</sup>. When we return from break, there will be less than 3 months left in the school year.

For many, this is a relief. For others, the pressure is mounting: assignments not completed, terms one and two point to the possibility of failure. But be assured. All is not lost. I urge you to focus, get help when you need it, talk to your counsellor. The bottom line is: you still have control of your own success. Take care of business so you do not have to repeat a course next year! For those of you who have done well this term, our school community salutes you and commends you on your efforts.

Keep up the great work.

As you read through the rest of this newsletter, you will see the many fantastic things that go on at this vibrant school. I want to take the opportunity here to thank our teachers and community leaders for all their help with our extracurricular activities. Without their help, our kids would have far fewer things to do in this community.

I would also like to thank Sam Livingston, the many parents and our three school bands who helped raise over \$4,000 for the Haiti Relief Fund. Well done!

And finally, all parents are reminded of my on-going and open invitation to join me (please call first) to have a tour of the school to see first hand the good things that are happening at South Delta Secondary.



## Parent Connect

Parent Connect is an on-line program which allows parents/guardians to review student schedules, demographics, attendance, report card marks and comments (when applicable), student fees and homework assignments. Instructions on how to access and use Parent Connect is available on the school website, or a hard copy can be picked up from the school office.

## COUNSELLORS

Mr. Kirincic  
Grade 8 & Gr. 12 (E-J)

Mrs. Koot  
Grade 9 & Gr. 12 (K-Q)

Ms. Hayes  
Grade 10 & Gr. 12 (R-Z)

Mrs. Kilpatrick  
Grade 11 & Gr. 12 (A-D)  
(Tuesday - Thursday)

## Career Advisor

Ms. Foster is available in the Career Centre to answer your questions from 8:00 a.m. - 3:30 p.m.

## Graduation Transitions 2009/2010 Required For Graduation

Grad transitions are now overdue. Any student who has not completed the grad transition will not receive 4 credits which is mandatory to graduate and the student will be ineligible for all grad functions (including Valedictory and Grad Banquet). An exit interview will not be given without completion of the grad transition.

Exit interviews have been moved to the afternoon of April 7<sup>th</sup>, 8<sup>th</sup>, and 9<sup>th</sup>. Any student who does not finish the interview on these days will be responsible to book an interview on their own time after school. Anyone interested in participating in the process as an interviewer please contact Mrs. Burr at [pburr@deltasd.bc.ca](mailto:pburr@deltasd.bc.ca)

## Career Centre

### Attention Grade 12 Students

Remember to complete your "PSI CHOICES FORM".

To have the Ministry of Education automatically send your second interim marks to your chosen schools in April, you must log onto your secure webpage (you will need your PEN and create a password) and follow the instructions for the "PSI Choices form": [http://www.bced.gov.bc.ca/transcript/transcript\\_psi.htm/](http://www.bced.gov.bc.ca/transcript/transcript_psi.htm/)

Remember to self-report your grades by March 31<sup>st</sup>. Grads who have applied to university, you should be checking your university e-mail account to ensure you are self-reporting marks as required.

Scholarships - February and March are busy months for scholarship and bursary opportunities - it is time to get serious. Check out [www.bcawardsonline.org](http://www.bcawardsonline.org) and [www.studentawards.com/](http://www.studentawards.com/) Connect with other award opportunities at the SD Career Centre website <http://fc.deltasd.bc.ca/~tlfoster/> under Researching Awards.

LPI or the Language Proficiency Index test can be a requirement for college or university if your English 12 grade is low. The annual sitting of the LPI is April 8<sup>th</sup> after school in the cafeteria. The registration deadline is March 28<sup>th</sup> at midnight. Register at [www.lpi.ubc.ca/](http://www.lpi.ubc.ca/) Test candidates who register prior to 5:00pm, March 5<sup>th</sup>, 2010 will pay the current fees (\$67). After March 5<sup>th</sup>, 2010 the test will be \$99. Check <http://fc.deltasd.bc.ca/~tlfoster/FOV2-00063665/?OpenItemURL=S01A88795> for details.

In the last week of March the Community Awards and the District Awards applications will be handed out in English 12 classes. The deadline for the Community Awards is April 16<sup>th</sup> and for the District Awards the deadline is April 23<sup>rd</sup>.

Grade 10 and 11 students interested in Trades Training. The Delta School District offers level 1 trades training such as carpentry, welding and electrician. See Ms. Foster for more information on these unique programs.

Justice Institute of British Columbia (JIBC) Career Showcase is Friday, March 19<sup>th</sup>, 2010. Open from 9:00am to 12:30pm at the New Westminster Campus, 715 McBride Boulevard. Call 604.528.5874 or e-mail [communications@jibc.ca](mailto:communications@jibc.ca) for more info. Find out about pursuing careers in the fields of justice and public safety, whether as paramedics, firefighters, police officers, social workers, counsellors, sheriffs or correctional officers.

## URGENT: School Fees Are Now Overdue!

School fees are posted to Parent Connect. Please print a copy of your fees and attach it to your payment or write your child's student number on the front of your cheque. Payments should be handed in to the office. Thank you.

## Equinox Theatre Theatre for All seasons!

### Show Dates:

May 11<sup>th</sup> and May 15<sup>th</sup> ~ 12:15pm Elementary School and Public Matinee's  
May 11<sup>th</sup> - 15<sup>th</sup> ~ 7:00pm Evening Shows



Rehearsals are in full swing for *Annie!* We have almost a hundred actors, crew members and band members all working on this year's epic musical! Our production team includes a crew of dedicated staff members such as Kristi Schofield as our Costume Designer and professionals working in the industry such as Ken Overbey (who last did choreography here at SDSS six years ago!). This year we are excited to welcome two very talented elementary school students to the Equinox Theatre: Christopher Wines from Beach Grove Elementary school and Ellie Shisko from Pebble Hill. They will be rounding out our cast as the youngest members of the orphanage in and NY City. To add to this exciting ensemble we also welcome actress Valerie Reynolds in the role of Grace Farrell and our very own Mr. Kirincic as Daddy Warbucks!! Mark your calendars now! This is going to be a show to remember! Tickets go on sale to the public on April 12<sup>th</sup>. For further information please do not hesitate to call the box office phone line at (604) 943-7532.

## Choir Update



We will be pursuing our quest for another Gold medal at the Heritage Music Festival in San Francisco from Wednesday, April 14<sup>th</sup> to-Sunday, April 18<sup>th</sup>, 2010. Reminder to our San Francisco parents that we will be meeting in the Library on Wednesday, March 31<sup>st</sup> at 6:00pm.

## School Library NEWS

### New Catalogue Look

Check out our new *Destiny Quest* library catalogue look. It offers user friendly google-like searching. Explore some other features including ...

- Top 10 Books
- New Titles available
- Resource Lists to help you find books for research projects and assignments.
- Find other titles you will want to read using 'You May Also Like'



### Library Monitors Needed

We are always looking for student volunteers. Remember, you need service hours for Graduation Transitions. In addition, library hours will contribute to service awards. See Ms. Doyle for details.

### Some Interesting Facts about Your School Library

624 items borrowed: February, 2010  
837 items borrowed: January, 2010  
4078 items borrowed since September 1, 2009  
1442 patrons  
39 classes used library space and conducted research: February, 2010  
110 students, on average, use the library space and resources every lunch hour  
80-100 students, on average, use library space and resource for study block

*Contributed by Ms. Doyle, Teacher-Librarian*





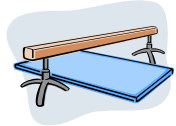
## South Delta Sun Devils Athletics

Remember to view the SDSS Athletics web page often as changes and updates will be posted weekly - <http://www.deltasd.bc.ca/sd/athletics/index.html>.

We look forward to seeing you at our games!

### Athletic Director

Mr. N. Jensen  
can be reached at  
604-943-7407  
or by e-mail at  
[njensen@deltasd.bc.ca](mailto:njensen@deltasd.bc.ca)



## Gymnastics

Sponsor: Mrs. M. Marks

On Friday, February 12<sup>th</sup>, our Gymnastics Team participated in the Fraser Valley Championships and proudly brought home ribbons, banners and a trophy! SDSS won 1<sup>st</sup> place Girls Team and 1<sup>st</sup> place School Team!

Special recognition and congratulations go to the following individual medal winners:

Level 1 girls:	Jasmine McLean	bronze medal on vault
Level 2 girls:	Anna Masarsky Rachel Brooks	silver medal on floor bronze medal all around
Level 4 girls:	Sara Marlowe and Zoe Sarafis	tied for the gold medal all around and their combined scores placed SDSS as the top level 4 girls team!
Level 4 boys:	Zach Starko	bronze medal all around
Level 5 girls:	Mallory Pope Kelsey Hindmarch Emma Starko Tracy Murray	gold medal all around silver medal all around bronze medal all around 4 <sup>th</sup> place all around and their combined scores ranked SDSS as the top level 5 girls team!

It took an incredible team effort to win the Championship. Contributing to our top place finish with excellent performances were Nicole Downie, Emilie Sarkissian, Andrea Strusievici, Hailey Church and Cassie Gullett.

Congratulations to all of our gymnasts!



The SDSS field lacrosse team has had a successful season with no losses for the Junior team. Provincials are in Coquitlam on March 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> and 4<sup>th</sup>. Good luck to the team.

## University Women's Club of South Delta

We are seeking donations of art from oil paintings to reproductions for our ONCE-LOVED ART SALE on May 7<sup>th</sup> and 8<sup>th</sup>, 2010.

Drop off donations at:

Delta Secondary School or South Delta Secondary School from February 1<sup>st</sup> to April 30<sup>th</sup>.

To have your donations of art picked up, please phone:

Olga (604 943-3933) or Caroline (604 943-4358)

## Important Dates for Grads of 2010

A list of upcoming events and important dates are posted on the school website under the heading *Grad Info 2010*. Please check here regularly for updates.



## Fraser Health Messages from your School's Public Health Nurse

### SODIUM AND KIDS



Most kids eat more sodium (salt) than they need. Consuming too much sodium is linked to health problems such as increased blood pressure. This condition is typically diagnosed in adults but many doctors are starting to see high blood pressure in children. Eating too much salt can also increase a child's thirst, leading to increased cravings for sweet drinks which are often high in calories.

The majority of salt we eat is hidden in processed foods such as canned goods, salty snack foods, fast foods and cured deli meats. Hot dogs and pizza, the favourites of many children, are high sodium culprits. To increase your awareness on sodium intake pay attention to labels on packaged foods and choose those lower in sodium. Adults are recommended to have no more than 2300mg per day and for children aged 6 -13 years, 1900 - 2200mg per day is maximum. Getting into the habit of tasting food before reaching for the salt shaker helps to reduce the amount of salt added to cooking or at the table. Alternatives such as herbs, spices and lemon add wonderful flavour without the sodium.

Think "fresh, fresh, fresh!" One of the best ways to minimize the sodium content is to prepare fresh foods at home as much as possible.



### Public Health Nurse

South Delta Public Health Unit

Kerrin Miller, BsN, RN.

Phone: 604-952-3550

e-mail:

kerrin.miller@fraserhealth.ca

### Healthy Lifestyles Coordinator

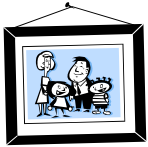
Ms. K. Jones  
is available at SDSS  
on

Mondays or by phone any  
weekday  
604-837-8252



## SDSS 2009 - 2010 Calendar

Mar. 8 - 19	Spring Break	May 26	Spring Concert - 7 pm
Mar. 31	Report Cards	June 2 & 3	Awards - 7:00 p.m. SDSS Theatre
April 2	Good Friday	June 10	Last Day of Regular Classes
April 5	Easter Monday	June 11 - 18	In-School Exams
April 8	L.P.I. test	June 18	Valedictory
April 9 & 10	30 Hour Famine	June 21 - 29	Provincial Exams
April 15	3 <sup>rd</sup> HPV vaccine (Gr. 9 girls only)	June 29	Report Cards
May 11 - 15	Annie - Theatre Production	June 29	Schools close
May 21	School Closure (ProD)	June 30	Grad Banquet
May 24	Victoria Day		



## Family Photo Sessions

Dry Grad Parents are offering Family Photo Nights on March 31<sup>st</sup> and April 1<sup>st</sup> from 5:00 - 9:00pm here in the cafeteria at SDSS. Arrange a sitting by calling 604-948-0692 or email [sdssdrygrad@hotmail.com](mailto:sdssdrygrad@hotmail.com). Cost is \$25 for a beautiful 8 X 10 portrait.

### PAC

The next PAC meeting will be held on **Wednesday, April 14<sup>th</sup>** at 7:00 p.m. in the Library.

**AGM: Wednesday, May 12<sup>th</sup>**

website: [www.deltasd.bc.ca/sd/pac](http://www.deltasd.bc.ca/sd/pac)

### DRY GRAD

[www.deltasd.bc.ca/sd/pac](http://www.deltasd.bc.ca/sd/pac) and click on the [Dry Grad Home Page](#) link.

## How to Get Better Grades in School!

You can make this your child's best year ever in school! Smart students have secrets. What does it take to be a superior student? The most important secret is a great study strategy. Terry Small's student success system shows your kids how to take charge of their time and succeed! Parents and students attend this seminar together to learn proven strategies and study secrets that have helped 177,000 students to excel.

Guaranteed: better grades, self-confidence, more free time, and fun learning! Good grades have never been more important than today. Come and learn how to get them! You will have fun and be entertained. The seminar is suitable for students of all abilities in grades 4 through 12. This seminar sold out early last time so call early. Get a head start on good grades.

Terry Small is Canada's #1 study skills expert. He is listed in Nationwide Who's Who. His ideas were recently featured on CKNW Radio, BCTV, Global, and in the Globe and Mail and Student Success. Terry speaks internationally.

**When:** Wednesday, April 7<sup>th</sup> - 7:00 - 8:30pm

**Where:** Delta Manor Education Centre

**Instructor:** Terry Small, B.Ed., M.A.

**Price:** \$39 for the whole family

To register: Call Delta Continuing Education at 604-940-5550.