

# HomestayNews

September 2024 • Welcome Back Returning Students and Hello New Students

**W**elcome back to school! New students have arrived, registered, and are now getting their first

experience in a Canadian classroom. There is a big change this year with new cell phone rules at school. See page 2 for more details.

Please make a point of including your students in your lifestyle in these early days of their experience. They are looking for friends, but also to bond and spend time with their host parents. That will not look the same for all students, but as host parents, please make the first push to include them.

## New Homestay Family Zoom

On Thursday, September 26<sup>th</sup> at 6:00PM, we will be hosting a Zoom meeting for all families new to hosting over the past 12 months - September 2023 to September 2024.

All families are welcome to join. There will be a lot of useful information for those new to the experience. It can also serve as a great refresher for more experienced homestay families.

Please mark the date in your calendar and come with your questions / initial reactions to hosting.

[Click Here to Join Zoom Meeting](#)

Meeting ID: 368 801 7545

Passcode: Delta

### Conversation Starter Topic:

**What are the 3 best foods you have tried since arriving in Delta?**

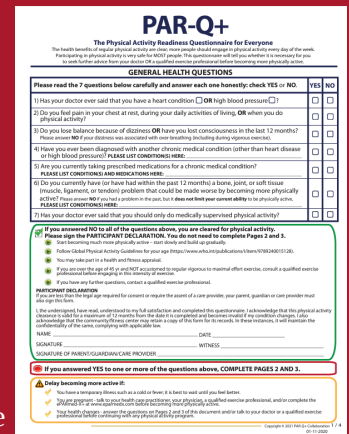
## Delta Recreation Centres and PAR-Q Forms

Students residing in Delta have free access to Delta Recreation Centres the same as other youth in Delta. Please add them to your online account (family account at your address). The first visit to the recreation centre may need to be done together as the staff often have a few questions.

Students can use the pool, weight room, skating, and participate in other drop in activities at no charge.

**PAR-Q Forms:** Students wanting to go to the gym (weightroom) will be required to have a PAR-Q form signed. That is a form that Karen Symonds needs to sign.

Youth between the ages of 13 years old to 15 years old require a weight room orientation before they can access the weight room. The signed PAR-Q form is required to obtain an orientation. [ParQ Plus Jan 2021 Pg 1 \(delta.ca\)](#). Appointments are recommended and can be made through [personaltraining@delta.ca](mailto:personaltraining@delta.ca).



**PAR-Q+**  
The Physical Activity Readiness Questionnaire for Everyone

**GENERAL HEALTH QUESTIONS**

PLEASE READ THE QUESTIONS CAREFULLY AND ANSWER EACH ONE HONESTLY. CHECK YES OR NO.	YES	NO
1) Has your doctor ever said that you have a heart condition? <input type="checkbox"/> OR high blood pressure? <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2) Do you feel pain in your chest at rest, during your daily activities of living, OR when you do physical activity?	<input type="checkbox"/>	<input type="checkbox"/>
3) Do you lose balance because of dizziness? OR have you lost consciousness in the last 12 months?	<input type="checkbox"/>	<input type="checkbox"/>
4) Have you ever been diagnosed with another chronic medical condition (other than heart disease or high blood pressure)? PLEASE LIST CONDITIONS HERE: _____	<input type="checkbox"/>	<input type="checkbox"/>
5) Do you currently take any prescribed medication for a chronic medical condition? PLEASE LIST CONDITIONS AND MEDICATIONS HERE: _____	<input type="checkbox"/>	<input type="checkbox"/>
6) Do you currently have (or have had within the past 12 months) a bone, joint, or soft tissue (muscle, ligament, or tendon) problem that could be made worse by becoming more physically active? PLEASE LIST CONDITIONS HERE: _____	<input type="checkbox"/>	<input type="checkbox"/>
7) Has your doctor ever said that you should only do medically supervised physical activity?	<input type="checkbox"/>	<input type="checkbox"/>

**If you answered YES to all of the questions above, you are cleared for physical activity.**

**Please sign the PARTICIPANT DECLARATION. You do not need to complete Pages 2 and 3.**

- I am at least 13 years old and am participating in this program on my own.
- I have read the Physical Activity Guidelines for my age group (https://www.who.int/publications/m/item/physical-activity-guidelines-for-everyone) and understand the importance of physical activity for my health and well-being.
- I have read the PAR-Q+ and understand the importance of physical activity for my health and well-being.
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- I have read the PAR-Q+ and understand the importance of physical activity for my health and well-being.

NAME: \_\_\_\_\_ DATE: \_\_\_\_\_  
SIGNATURE OF PARENT/GUARDIAN/PROCTOR: \_\_\_\_\_ WITNESS: \_\_\_\_\_

**If you answered YES to one or more of the questions above, COMPLETE PAGES 2 AND 3.**

**Only becoming more active:**

- My doctor has said that I can be more active and I have a plan to do so.
- I have read the PAR-Q+ and understand the importance of physical activity for my health and well-being.
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## Cameras in the Home

Students from other countries and cultures may not be used to security cameras on personal property. In some countries it is very common.



If you have installed a doorbell cam and / or other security cameras around your home, please show your student and explain why you have them. It can show them that it is for their safety and prevent any confusion, worry, or misunderstandings.

## Restricting Cell Phone Usage in Schools

If you have children of your own in the school system, you may have already seen this information. I wanted to share it here with all our homestay families.

Please be reminded that restrictions on the use of cellphones and other personal digital devices came into effect on July 1<sup>st</sup>, 2024. The district emailed families regarding these changes on June 20<sup>th</sup>. You can read the letter here:

<https://district.public.deltasd.bc.ca/wp-content/uploads/sites/2/2024/06/DS-Letter-home-Personal-Digital-Devices-June-20-2024.pdf>

For more information and frequently asked questions, please also visit:

[Elementary school restrictions](#)

[Secondary school restrictions](#)

## Delta ISP October Activity - BC Lions Game

On October 19<sup>th</sup>, Delta ISP will be going to its second BC Lions game! It was a popular activity last October.

That Saturday, the Lions are taking on the Montreal Alouettes at 4:00PM. We will try to arrive early to take in some of the pre-game fun.



Lets hope the Lions are back to their winning ways by then!

**Sign up for the October Activity will start on Thursday, September 26<sup>th</sup> at 4:00PM**

## Travel

Contact [Brent](#) so we can get the documentation and permission in place before your trip!

Please let us know early about travel plans. Driving to the US requires an [ESTA](#) and [I-94 form](#). Not all nationalities can visit the US freely. We will prepare a travel letter to the US, even for day trips, with your international student.

If you are planning a day trip, please let us know.

The same documentation is not required if staying in Canada, but because Karen Symonds, the Program Director, is the custodian for the majority of our students, we do need to know where they are travelling to outside of the Lower Mainland. It allows us to stay in the loop and be ready to assist if the need arises.

## Cell Phone Numbers

Thank you for jumping into action when your student arrived and helping them get their local cell phone number. We were all very impressed with the amount of students who already had their local number when we did the school orientations at the end of August. Please remind them to have a notification in their calendar to make their monthly payment (or to cancel their service at the end of their time in Delta if they pre-paid the entire duration of their stay). Students with E-Sims will need to remember to stay switched on to the local sim and not their home number sim.

## Tsawwassen Mills VIP Card

Tsawwassen Mills Mall has a VIP Card that international students can acquire. It provides discounts and other benefits to "visitors" shopping in the mall. Click on the image below to follow the link to more information.



## An English Speaking Environment, Joking and Sarcasm

Early feedback from students is very positive. Thank you for making their initial few weeks here interesting. We are hearing from some students about the principal language being spoken in their homestay being one other than English.

**It is an expectation of the homestay program that an English speaking environment is provided for all students**

That means English is used when they are in the home. It is important for them to know they are included.

In terms of sarcasm and humour, please be aware that not all students will have a comfortable understanding of English sarcasm. If you get an odd look or reaction to a comment that may have been sarcastic, please address it right away to ensure everyone understands the purpose / meaning of the comment.

## Concerts and Sporting Events

A quick reminder that students are not allowed to attend evening concerts or sporting events in downtown Vancouver on their own. They require an approved adult, aged 25 or above, to be with them.

## Community Sports

A lot of school sports are starting up soon. Interest in community sports is also strongly encouraged. Here are a few websites to help students who may not know where to start:

[SD United](#) - soccer in Ladner and Tsawwassen



[NDFC](#) - soccer in North Delta



[South Delta Basketball Association](#) - community basketball program ran by homestay parents!



## Food and Eating Habits

If your student says they like chicken, it does not mean they can ONLY eat chicken. The same goes if they state they do not like (or do not eat) vegetables. Everyone needs to have some vegetables. Ask them what kind of vegetable they will eat. We do not want any homestay families to be incurring large amounts of food wastage.

If it becomes a point of frustration, please reach out as we can assist in helping students understand you have their health in mind and want to provide them with a balanced diet.

It is always nice to share the food knowledge we all have. Interest in food from your student's homeland is a great way to show interest in their background and perhaps allow you to try something new.

Help them to explore some new and delicious foods during their time here as well!

### Homestay Handbook

We have uploaded a working version of our [Homestay Handbook](#). We are continuing to make adjustments and edits to it. Please review it on our website and reach out to your Homestay Coordinator if you have any questions.

## Homestay Referral Gift Card

We are still actively recruiting more homestay families. If you refer a family who completes the application process and is able to host a student, you will receive a \$100 referral incentive gift card.

**Karen Symonds – Delta School District International Programs Director**

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Our dedicated team of Homestay Coordinators are here to support you. Feel free to reach out to them.

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**Tania Hope** (Tsawwassen) ♦ Ph: 604-952-5385 ♦ [THope@GoDelta.ca](mailto:THope@GoDelta.ca)

**Michele Ramsden** (Burnsview, Delview, Seaquam and feeder schools) ♦ Ph: 604-952-5352 ♦ [MRamsden@GoDelta.ca](mailto:MRamsden@GoDelta.ca)

**Brizeida Hall** (North Delta, Sands and feeder schools) ♦ Ph: 604-952-5396 ♦ [BHall@GoDelta.ca](mailto:BHall@GoDelta.ca)

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