

November 11-15, 2019

Ama sah, Good afternoon Parkside families and students,

On Monday November 11<sup>th</sup> school will be closed due to the Remembrance Day holiday. Regular classes resume on Tuesday November 12<sup>th</sup>. With only one week remaining in the first term attendance is very important so students can complete their assignments and finish courses. Thank you for encouraging your teenager to attend Parkside Secondary School. We appreciate your phone calls to our school (250-635-5778) indicating any student absences. Our answering machine is always on if our secretary, Nicole Boivin, is not available to respond to your call. The office is open daily from 9AM – 3PM but closed for break from 10:45-11:00 and for lunch from Noon-1PM. If you have any questions or concerns about the information below, please “reply” to this message and I will respond to your email as soon as possible.

**NEW Culinary Trades Course at Parkside:** From December 2-20, a group of Parkside students will be working with a Red Seal Chef from Coast Mountain College, to learn about the culinary trade. Students will be working in our Parkside kitchen as well as the professional kitchen at the local college. Students must participate in all 15 days of learning. Any students interested in this FREE experience need to see Ms. Arbuckle to register for the program. Space is limited.

**New Vaccination Regulation in BC:** Refer to the attached letter explaining the new vaccination status reporting regulation in British Columbia.

**Vaping Concerns at Parkside:** It is illegal for students to be smoking and or vaping on school property. All school employees are entitled to a safe working environment free from second hand smoke/vape scents. Students must respect this rule. Failure to do so will result in a family meeting (parent and student) with the principal and students being sent home. **Check out this website with information about vaping and how to quit:** <https://www.quitnow.ca/quitting/e-cigarettes-and-vaping>

**Mindful Walking:** EVERY DAY from 10:00-10:30 AM Parkside students have the opportunity to walk in our local area for 30 minutes with our school counsellor,

Carol Passmore, or our Outdoor Education teacher, Phil Blundon. Students are reminded to dress for the weather with proper footwear and clothing. The mindful walking is a voluntary option that allows students to get connected and reduce their stress/anxiety.

**School Closed:** On **MONDAY November 11<sup>th</sup>** school will be closed due to the Remembrance Day holiday. Regular classes resume on Tuesday November 12<sup>th</sup>

**Let's Talk Trades:** The local college is having an Open House at the local Terrace Campus on **TUESDAY November 12<sup>th</sup> from 4:30 – 6:30 PM**. There will be representatives from the various trades departments to discuss their programs with interested students and offer tours. Light refreshments will be available. Refer to the attachment for more details.

**Outdoor Education:** Any students interested in participating in hiking on **TUESDAY morning 9:00 AM - Noon** and or working on bike trails for Terrace Off Road Cycling Association on **FRIDAY afternoon 1-3PM** need to connect with our Outdoor Education teacher Phillip Blundon. Last week students went hiking and harvested tea leaves.

**Equestrian Program at Parkside:** This week any students interested in learning how to care for and ride horses at Copperside Stables on **WEDNESDAY** morning from **9:00AM – noon** need to express their interest to Kirsty Evans, Parkside teacher and certified riding instructor. This program operates on a weekly basis thanks to the financial support from the JumpStart foundation.

**Yoga Anyone?** : Yoga is available every **THURSDAY from 11AM – Noon** in our school gym to help students manage their anxiety and stress. A certified yoga instructor, Barb Yawrenko, and Parkside teacher, Colleen Annibal, will be in the gym supporting students. Mats are provided. Students need to wear comfortable clothing.

**Parkside Helping Hands:** On **FRIDAY at 8:30 AM** Ms. Arbuckle will be looking for students to help fill backpacks with food for the Starfish program operated by the local Terrace Skeena Valley Rotary Club that distributes food to students at Cassie Hall Elementary and Suwilaawks Community School.



*Jane Arbuckle*

**Principal of Parkside Secondary School**

***“Love, Strength and Courage”***

**Terrace, B.C.**

**250-641-2170**