

November 18-22, 2019

Ama sah, Good afternoon Parkside families and students,

The second term of classes begins this week at Parkside Secondary. First term report cards are being prepared by teachers this week with final copies ready for distribution next week on **November 27<sup>th</sup> at our Parent Teacher Evening from 6-8PM**. There will be a **door prize draw of a \$100 gift card to SaveOn Foods**. 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. Registration forms must be returned to Ms. Arbuckle as soon as possible. Space is limited.

**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 the attachment about vaping information for parents**

**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 to nature and reduce their stress/anxiety.

**Mindfulness Matters:** This year Parkside students participate in mindful activities from 8:45 AM – 9:00 AM and again from 12:45 PM – 1:00 PM and finally at the end of the day from 3:00 PM – 3:08PM. Mindfulness helps students to regulate their emotions so they can be ready to learn. Refer to this website about the importance of mindfulness for teenagers <https://news.ubc.ca/2015/04/07/how-mindfulness-can-benefit-the-modern-teenager/> Also included is an attachment about the Zones of Regulation being used in Parkside classrooms this year as we become a Trauma Informed High School.

**FREE Counselling:** The Terrace Women’s Resource Centre is offering free counselling every Wednesday at 1:00 PM. Refer to the “Counselling with Deb” attachment for more details.

**Parenting Support Series:** Refer to the “How to Help Your Child” attachment for information about helping a child with anxiety and helping a child to have a healthy body image.

**Safety Drill:** On **MONDAY** all students and staff will participate in an earthquake drill.

**Equestrian Program at Parkside:** This week any students interested in learning how to care for and ride horses at Copperside Stables on **MONDAY and WEDNESDAY** mornings 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.

**Language Classes for Parkside Students:** Every **MONDAY from 1-2 PM** Parkside students will have the opportunity to learn the traditional language of the Tshimsian people. Language Revitalization teacher, Colleen Austin, will be facilitating this group in the Cozy Room for any student interested in learning a new language along with First Nations support workers Tammy Bulleid and Vivian Watson as well as the school principal, Jane Arbuckle and role model Larry Derrick.

**Outdoor Education:** Any students interested in participating in Outdoor Education activities on **TUESDAY morning 9:00 AM - Noon** and or on **FRIDAY afternoon 1-**

**3PM** need to connect with our Outdoor Education teacher Phillip Blundon. It is important that students bring clothing and footwear suitable for the outdoors. This program operates on a weekly basis thanks to the financial support from the JumpStart foundation.

**Parkside Helping Hands:** On **WEDNESDAY at 11AM** Colleen Annibal is looking for students to help seniors at Terraceview Lodge. 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 giving food to students at Cassie Hall Elementary School and Suwilaawks Community School.

**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.

**Work Experience:** There will be a meeting on **THURSDAY at 1PM** for any students who are currently employed and want to earn a work experience course credit from their employer. Interested students need to connect with Kirsty Evans for more information and registration paperwork.

**Cultural Lunch:** On **FRIDAY** local role models will be helping Parkside students prepare a cultural lunch of First Nations Tacos.



*Jane Arbuckle*

**Principal of Parkside Secondary School**

***“Love, Strength and Courage”***

**Terrace, B.C.**

**250-641-2170**