

November 25-29, 2019

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.

Student Absences: 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.

Early Dismissal Days: On **WEDNESDAY Nov.27th** and **THURSDAY Nov.28th** classes will be dismissed one hour early to accommodate Parent Teacher meetings. School bus routes will return students home one hour earlier. Refer to attached bell schedule.

Report Cards: First term report cards are available for parents and students to pick up at our Parent Teacher Evening on **WEDNESDAY Nov. 27th from 6-8PM.** Refreshments will be provided. There will be a **DOOR PRIZE DRAW of a \$100 gift card to Save On Foods.**

No Classes for Students: On **FRIDAY Nov.29th** teachers will be attending workshops so there will be no classes for students. Refer to the attached school calendar.

NEW Carpentry Trades Course at Parkside: From January 6-17,2020, a group Parkside students will be working with a Red Seal tradesperson from Coast Mountain College, to learn about the carpentry trade from 10AM – 3PM. Registration forms (see attachment) must be returned to Ms. Arbuckle as soon as possible. Space is limited. Our Discover Culinary Program operating from December 2-20, 2019 is full.

NEW Work Experience: Any students in grade 10 who are currently employed and want to earn a course credit from their employer are encouraged to see Ms. Arbuckle or Kirsty Evans, our Careers Coordinator, to register for this program. See attached paperwork package.

NEW Art Therapy: Every **THURSDAY from 9AM – 10:30 AM** students have the opportunity of participating in an Art Therapy class operated by Rowan Sanderson from Northwest Inter-Nation Family and Community Services Society. Refer to attached poster and registration. This class is available for any Parkside student.

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.

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

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 orienteering on **TUESDAY morning 9:00 AM - noon** 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 **THURSDAY at 8:45 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.



Jane Arbuckle

Principal of Parkside Secondary School

“Love, Strength and Courage”

Terrace, B.C.

250-641-2170