

November 4-8, 2019

Ama sah, Good afternoon Parkside families and students,

With only two weeks left 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 indicating any student absences from Parkside. 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 email and I will respond to your message as soon as possible.

NEXT WEEK Let’s Talk Trades: The local college is having an Open House at the local Terrace Campus on **Tuesday November 12th 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.

NEW 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.

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 attached Parent Tip Sheet resource with information about 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.

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.

Safety Drill at Parkside: On **TUESDAY** there will be a safety fire drill at school for all students and staff.

Parkside Helping Hands: On **WEDNESDAY** any students interested in helping seniors at Terraceview Lodge need to indicate their interest to Parkside teacher, Colleen Annibal. On **FRIDAY** Ms. Arbuckle will be looking for students to help fill backpacks with food for the Starfish program.

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.

Remembrance Day Assembly: On **FRIDAY at 11:00 AM** students and staff will gather in the Parkside gym to remember Canadians who have served in conflicts protecting our freedoms.



Jane Arbuckle

Principal of Parkside Secondary School

“Love, Strength and Courage”

Terrace, B.C.

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