

October 15, 2019

Ama sah, Good afternoon Parkside families and students,

Happy Thanksgiving everyone. This week classes will be in session at Parkside for only four days (Tuesday-Friday) due to the Thanksgiving Holiday. Below I have listed some items for your reference and consideration. If you have any questions or concerns please “reply” to this message and I will respond to your email as soon as possible. We appreciate your phone calls indicating 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 lunch from Noon-1PM. Thank you for encouraging your teenager to attend Parkside Secondary School.

**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.

**Indigenous Education:** On **TUESDAY from 10:00AM -2:00PM** Ms. Arbuckle, and student, Kianna Seymour, will be attending a meeting at the local school board to discuss issues connected to indigenous education. Andy Ruygrok will be acting as the Parkside Teacher-In-Charge while Ms. Arbuckle is away from the school.

**Outdoor Education:** This week on **TUESDAY morning (9:00AM – noon)** and **on FRIDAY afternoon (1:00-3:00PM)** students will be fishing on the Lakelse River. Any students interested in this activity need to express their interest to Phil Blundon, our Outdoor Education teacher, and bring appropriate footwear and clothing.

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

**Parkside Helping Hands:** Any students interested in helping at the Terrace Food Bank this week need to express their interest to Ms. Arbuckle. Students will be taken to the Food Bank to work **TUESDAY – THURSDAY from 9:30 AM – 11:30 AM**. Ms. Arbuckle is also looking for volunteers to help pack food into Starfish backpacks destined for students at Cassie Hall and Suwilaawks Community School on **FRIDAY at 8:30 AM**. This Starfish Backpack program is operated by the Rotary Club of Terrace Skeena Valley every Friday morning at Parkside Secondary School.

**Safety Earthquake Drill:** On **THURSDAY at 10:17 AM** Parkside students and staff will be participating in an earthquake safety drill. This is a provincial date for the Great BC Shake Out program. Check out this website for tips about what to do before, during and after an earthquake.

<https://www2.gov.bc.ca/gov/content/safety/emergency-preparedness-response-recovery/preparedbc/know-your-hazards/earthquakes>

**Driver's Education "L" Classes:** Lucy Sager, certified driving instructor with All Nations Driving, will be offering classes **October 21-24 from 5:30PM-8:30 PM at Parkside Secondary** for students and their family members who are 16 years old, possess two pieces of identification and want to get a "L" driver's license. Dinner will be provided. Refer to the attached poster for details. **Space is limited** so students need to submit a completed attached Driver's Ed Consent form to Ms. Arbuckle be registered for the classes. **All participants will need one piece of primary and one piece of secondary** (participants could bring 2 primary ID if they wanted like a birth certificate and a secure status card). ICBC will not accept expired ID. Here is the link for the accepted ID for ICBC:

<https://www.icbc.com/driver-licensing/visit-dl-office/Pages/Accepted-ID.aspx>

**Vaping Concerns at Parkside:** Check out this website from Health Canada about the health impacts related to vaping. <https://www.canada.ca/en/health-canada/services/smoking-tobacco/vaping/risks.html>. **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.

**Employment Opportunity:** The school district is looking to hire additional teachers and educational assistants. Please refer to the attachment for details.

**Student Photos Re-Takes Available:** Photo Re-Take Day will be **October 24<sup>th</sup> at 1:00 PM** for any students who were absent on the original photo day in September or for students wanting to retake their school photo.

**Youth Groups:** Every week the Kermode Friendship Society operates a Youth Group **(MONDAYS 3:30-6:00PM)** and Youth Drop Ins **(WEDNESDAY 3:30-5:30PM)** at 3313 Kalum Street. Refer to Youth Group Program attachment and Registration form. For more information please phone 250-635-4906 extension 1028.



*Jane Arbuckle*

**Principal of Parkside Secondary School**

***“Love, Strength and Courage”***

**Terrace, B.C.**

**250-641-2170**