

October 28, 2019

Ama sah, Good afternoon Parkside families and students,

This week is Spirit Week at Parkside. Students and staff are encouraged to participate each day. 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 break 10:45-11:00 and for lunch from Noon-1PM. Thank you for encouraging your teenager to attend Parkside Secondary School. If you have any questions or concerns please “reply” to this message and I will respond to your message as soon as possible.

**Progress Reports:** Last week Progress Reports were mailed to the parents of students who have been struggling in the first term so there is time to make improvements before the term ends on November 15<sup>th</sup>. First Term report cards will be available for parents to pick up at the school on Parent Teacher Night, November 26<sup>th</sup> from 6-8PM.

**Spirit Week at Parkside:** This week will be Spirit Week at Parkside. Monday is school colours day RED and BLACK. Tuesday is TWIN DAY. Wednesday is CRAZY HAIR DAY. Thursday is COSTUME DAY. Friday is PYJAMA DAY.

**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. Indigenous Language 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 school principal, Jane Arbuckle.

**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 article about “How to

Talk to Your Kids About Vaping” <https://drugfree.org/article/how-to-talk-with-your-kids-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** 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.

**Outdoor Education:** This week on **TUESDAY morning (9:00AM – noon)** students will be hiking Terrace Mountain. On **FRIDAY afternoon (12:30-3:00PM)** students will be learning about outdoor survival skills. Any students interested in these activities need to express their interest to Phil Blundon, our Outdoor Education teacher, and bring appropriate footwear and clothing.

**Youth Advisors for Foundry Terrace:** On **TUESDAY at 3:30 PM** several Parkside students will be participating in an advisory committee meeting for the Foundry organization in Terrace. For information about this organization check out the menus option on this website <https://foundrybc.ca/terrace>

**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**