

October 7, 2019

Ama sah, Good afternoon Parkside families and students,

Below I have listed some items for your reference and consideration for this week. 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. Our 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.

**Vaping Concerns at Parkside:** It is against school district regulations 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/scents. Students must respect this rule of smoking/vaping off school grounds. Failure to do so will result in a family meeting with the principal. Check out this video about the health impacts related to vaping: <https://www.msn.com/en-ca/video/viral/looking-at-the-long-term-effects-of-vaping/vi-AAHbxCR>

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

**Student Photos:** On Friday afternoon students were given their photo packages from our school photographer, Lifetouch Photography. Online ordering information is included in the packages that were distributed. Photo Re-Take Day will be October 24<sup>th</sup> at 10:30 AM.

**Youth Groups:** Every week the Kermode Friendship Society operates youth groups and Drop Ins at 3313 Kalum Street. Refer to Youth Group Program attachment and Registration form. For more information phone 250-635-4906 extension 1028.

**3 C General Challenge:** The Kermode Friendship Society is supporting a 3C Community/Culture/Cash challenge for Indigenous Youth ages 15-29. The program offers 3 days of business training and a \$1000 micro loan. Refer to the 3C General Challenge attachment and Pre Registration form for more details.

**Outdoor Education:** This week on **TUESDAY morning (9AM – noon)** and **on FRIDAY afternoon (1-3PM)** 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.

**Terraceview Lodge:** This week students will have the opportunity to work with senior living in Terraceview Lodge on **WEDNESDAY from 11AM – noon**. Any students interested need to connect with Colleen Annibal, Parkside teacher, and liason with Terraceview Lodge.

**Native Youth Sexual Health Workshop:** Kermode Friendship Society is hosting a full day sexual health workshop for youth from **9AM – 3PM on WEDNESDAY and THURSDAY at 3313 Kalum Street**. Refer to poster and registration attachments for more details and registration forms. The presentation is open to youth from all cultures and backgrounds. Students do not have to identify as Indigenous to attend.

**Yoga Anyone?** : This year our school is becoming trauma informed to support students so yoga is available every **THURSDAY from 11AM – Noon** in our school gym. A certified yoga instructor, Barb Yawrenko, and classroom teacher, Colleen Annibal, will be in the gym supporting our students. Mats are provided. Students need to wear comfortable clothing.

**Breakfast and Lunch:** Every day a **FREE breakfast (8:00AM – 8:45 AM)** and **FREE lunch (noon – 12:45 PM)** are prepared for all Parkside students so they will have the energy they need to focus on their learning. Breakfast includes cereal, bagels, muffins, eggs and fruit smoothies. Lunch items vary each day. Thank you to the Breakfast Club of Canada, President's Choice Children's Charity and the local school district for funding our food program.

**Canteen Cash Cards:** Cash cards of \$5 and \$10 amounts are available for purchase from the main office. All profits from canteen sales are used to support activities for our students.



*Jane Arbuckle*

**Principal of Parkside Secondary School**

***“Love, Strength and Courage”***

**Terrace, B.C.**

**250-641-2170**