

September 16, 2019

Ama sah, Good afternoon Parkside families and students,

Finally the first day of classes for Parkside students is about to happen on **Monday September 16<sup>th</sup> at 8:45 AM**. I want to thank parents, guardians and students for spending time with our staff in a family meeting before the first day of classes start. If you have any questions or concerns about the contents of this message then please reply to my email and I will contact you as soon as possible. Below I have listed some information for your reference.

**First Day of Classes:** All Parkside students are expected to be in class on **Mon. Sept. 16<sup>th</sup> at 8:45 AM**. The staff will be making and serving breakfast to all students in the morning as a welcoming celebration. This is a full day of school. Dismissal is at 3:08 PM. I have attached a Parkside Bell Schedule and district calendar indicating holidays.

**Mindfulness Matters:** This year our staff are being trained to support students who have experienced trauma and anxiety. Every day our staff will be encouraging students to participate in brief mindfulness activities to help reduce anxiety and bring focus to their learning. Check out the following website for more information about mindfulness <https://www.mindful.org/>

**Career Fair:** Parkside students in the Intermediate and Senior classrooms will be participating in a career awareness fair at the Terrace Arena on **Wed. Sept. 18<sup>th</sup>** after lunch. This Career Education Event is an important opportunity for Parkside students to investigate possible careers for themselves and complete school tasks connected to their careers courses. Transportation will be provided.

**School Photo Day :“Say Cheese”:** A photographer will be taking pictures of our students on **Mon. Sept. 23<sup>rd</sup> at 10:30 AM**. ***Payment is due on the day of the photos being taken.*** Refer to attached School Photo Day information.

**Post-Secondary Event:** Any Parkside students interested in meeting recruiters/representatives from a variety of colleges and universities are invited to attend an event on **Tues. Sept. 24<sup>th</sup> from 7-9PM at Caledonia Secondary School**.

Registration forms will be distributed later this week to be returned to Ms. Arbuckle.

**Native Youth Sexual Health Workshop:** Kermode Friendship Society is hosting a full day sexual health workshop for youth from **9AM – 3PM on Oct. 9<sup>th</sup> -10<sup>th</sup> at 3313 Kalum Street**. Refer to attachments for more details. The presentation is open to youth from all cultures and backgrounds. Students do not have to identify as Indigenous to attend.

**Bus Transportation:** Any students living along a bus route must have a new registration form completed and submitted to our main office before the bus company will permit the student to ride the bus. Refer to the attached bus route information and bus registration form. **Students must be registered to travel on the school bus.**

**School Supplies:** All students in grades 8-10 or any student needing to complete PE 10 must have a pair of indoor shoes for PE class and a change of clothes (sweatpants/shorts and a t-shirt). Basic school supplies include the following: pens, pencils, binder, loose leaf, calculator and eraser.



*Jane Arbuckle*

**Principal of Parkside Secondary School**

***“Love, Strength and Courage”***

**Terrace, B.C.**

**250-641-2170**