

September 23, 2019

Ama sah, Good afternoon Parkside families and students,

Below I have listed some information for your reference. If you have any questions or concerns about the contents of this message then hit "Reply" to this email and I will contact you as soon as possible. Please call our school (250-625-5778) if your teen is not attending class any day. We appreciate these phone calls indicating student absences. Our answering machine is always on if our secretary, Nicole Boivin, is not available to answer the phone. Our office is open from 9AM – 3PM but closed for lunch from Noon-1PM.

**School Photo Day : "Say Cheese"**: A photographer will be taking pictures of Parkside students on **MONDAY at 10:30 AM**. *Payment is due on the day of the photos being taken*. Refer to attached School Photo Day information.

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

**Howe Creek Fieldtrip**: On **TUESDAY morning (11AM – noon and 1-2PM) and WEDNESDAY afternoon (1-2PM and 2-3PM)** there will be a fieldtrip to Howe Creek for our students to learn about ecology and help elementary students from Suwilaawks Elementary school. This event is being sponsored by the Ocean Wise Foundation from the Vancouver Aquarium.

**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 **TUESDAY 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.

**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. Check out this article about the benefits of yoga for teenagers: <https://ilovenamaste.com/5-benefits-yoga-mindfulness-teens/>

**Parkside School Growth Plan:** This year our focus at Parkside is supporting students who have experiences trauma. I have attached our school's growth plan for you to know that our intention is to help every student at Parkside reach their full potential using mindfulness and social-emotional strategies to support learning.

**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 EACH YEAR to travel on the school bus.**

**Safety in Schools:** Please refer to the attachments from our Superintendent, Janet Meyer, about procedures in place to ensure all students are working in a safe environment at all schools.



*Jane Arbuckle*

**Principal of Parkside Secondary School**

***"Love, Strength and Courage"***

**Terrace, B.C.**

**250-641-2170**