

September 30, 2019

Ama sah, Good afternoon Parkside families and students,

I hope you have been able to enjoy the sunshine this weekend. 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. Below I have listed some information items for your consideration. If you have any questions or concerns please “reply” to this message and I will respond to your email as soon as possible. Thank you for encouraging your teenager to attend school. Education is the key to a future with options.

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.

Orange Shirt Day: MONDAY September 30th is “Orange Shirt Day” so wear something orange to show support for the survivors of residential schools and their families. Check out this video that explains the origins of this important day: <https://www.youtube.com/watch?v=E3vUqr01kAk>

Outdoor Education: This week on **TUESDAY morning (9AM – noon)** students will be picking mushrooms and **on FRIDAY afternoon (1-3PM)** students will be doing jig tying and casting practice as preparation for upcoming fishing. Any students interested in this activity need to express their interest to Phil Blundon, our Outdoor Education teacher, and bring appropriate footwear and clothing.

Student Photos for Purchase: Any families wishing to order photos of students that were taken last week may submit money to our main office by **WEDNESDAY October 2nd**. Refer to the attached order form for pricing details. Students who were absent on photo day may have their picture taken on Re-Take Day October 24th.

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/>

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.

Expect Respect and a Safe Education: Check out the following website with information about several topics such as Online Safety, Mental Health and Well-Being, Substance Use, Sexual Orientation and Gender Identity
<https://www2.gov.bc.ca/gov/content/erase>

Native Youth Sexual Health Workshop: Kermode Friendship Society is hosting a full day sexual health workshop for youth from **9AM – 3PM on Oct. 9th -10th at 3313 Kalum Street**. Refer to 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.

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.**



Jane Arbuckle

Principal of Parkside Secondary School

“Love, Strength and Courage”

Terrace, B.C.

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