

December 2-6, 2019

Ama ganlaak, Good morning Parkside families and students,

We appreciate your phone calls to our school (250-635-5778) indicating any student absences. 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 from 10:45-11:00 and for lunch from Noon-1PM. If you have any questions or concerns about the information below, please “reply” to this message and I will respond to your email as soon as possible.

Report Cards: First term report cards were distributed to parents last week during our Parent Teacher Evening on Wednesday November 27th and then to students the following day on Thursday November 28th. If you have not seen your child’s report card please call (250-635-5778) so arrangements will be made for you to receive a copy.

Students Leaving School: Any students needing to leave school before final dismissal at 3:08 PM need to get consent from a parent or guardian and relay this permission to our office staff, Ms. Arbuckle or Nicole Boivin, so the student can be signed out.

Vaping Education: On **MONDAY morning and afternoon** Parkside students and staff will be participating in a vaping education presentation sponsored by Health Canada at Skeena Middle School. Vaping or filling vaping devices is not permitted on school property. Any students who do not follow this expectation will meet with Ms. Arbuckle to discuss a strategy to change behaviour.

CULINARY College Classes for Students: On **MONDAY at 10:00 AM** sixteen Parkside students will be learning culinary skills in our kitchen from Coast Mountain College instructor Chef Brad Vennard. Students need to be at Parkside each day for this three week program.

NEW Carpentry Trades Course at Parkside: From January 6-17,2020, a group Parkside students will be working with a Red Seal tradesperson from Coast Mountain College, to learn about the carpentry trade from 10AM – 3PM.

Registration forms (see attachment) must be returned to Ms. Arbuckle as soon as possible. Space is limited to sixteen students.

NEW Work Experience: Any students in grade 10 who are currently employed and want to earn a course credit from their employer are encouraged to see Ms. Arbuckle or Kirsty Evans, our Careers Coordinator, to register for this program. See attached paperwork package.

NEW Art Therapy: Every **THURSDAY from 9AM – 10:30 AM** Parkside students have the opportunity to participating in an Art Therapy class operated by Rowan Sanderson and Emily Bryant from Northwest Inter-Nation Family and Community Services Society. Refer to the attached poster and registration form. This class is available for any Parkside student.

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 need to dress for the weather with proper footwear and clothing. The mindful walking is a voluntary option that allows students to be connected to nature 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 and WEDNESDAY mornings 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.

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. Language Revitalization role model, Larry Derrick, 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 the school principal, Jane Arbuckle and Parkside teacher Kirsty Evans.

Outdoor Education: Any students interested in participating in Outdoor Education activities on **TUESDAY mornings from 9:00 AM - noon** and **FRIDAY afternoons from 1:00m- 3:00 PM** need to connect with our Outdoor Education teacher Phillip Blundon. It is important that students bring clothing and footwear suitable for the outdoors. This program operates on a weekly basis thanks to the financial support from the JumpStart foundation.

Parkside Helping Hands: On **WEDNESDAY at 11:00 AM** Colleen Annibal will be taking students to Terraceview Lodge to work with seniors. On **FRIDAY at 8:45 AM** Ms. Arbuckle will be looking for students to help fill backpacks with food for the Starfish program operated by the local Terrace Skeena Valley Rotary Club giving food to students at Cassie Hall Elementary School and Suwilaawks Community School.

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