

December 9, 2019

Ama ganlaak, Good morning Parkside families and students,

Our staff 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.

Thanks: On behalf of Parkside students and staff I want to thank people who purchased Purdy’s chocolates. We raised approximately \$500 for our school’s programs.

School Closed: There are two weeks of classes remaining and then our school will be closed for the winter holiday break from December 23rd -January 5th .

Work Habits Incentive for Students: Every time a Parkside student completes a course their name is entered for a draw to be held on the final day of classes December 20, prior to the winter break. The student must be in attendance to collect the prize of a \$100 gift card to a local business. The more courses that are completed the better the chance is for winning the \$100 gift card, just in time for Christmas.

Christmas Lunch: On **Thursday December 19th** a ham and turkey festive lunch will be served to Parkside students, staff and their families from noon to 1PM. The meal will be prepared by Chef Brad Vennard from the local college and Parkside students participating in the Discover Culinary program. Refer to the attached invitation.

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 by

TUESDAY December 10th . Space is limited to sixteen students. This program is sponsored by the local college and our school district.

Work Experience: Any students in grades 10-12 who are currently employed and want to earn a course credit from their employer are encouraged to talk to Ms. Arbuckle or Kirsty Evans, our Careers Coordinator, to register for this program. See attached paperwork package.

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.

CULINARY College Classes for Students: On **MONDAY at 9:00 AM** sixteen Parkside students will be learning culinary skills in our kitchen from Coast Mountain College instructor Chef Brad Vennard. This program is sponsored by the local college and our school district.

Equestrian Program at Parkside: This week any students interested in learning how to care for and ride horses at Coppersive 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.

Vaping Education: Vaping is not permitted on school property. Our staff are encouraging students to reduce or quit vaping due to the harmful side effects. Check out this article about teens warning their peers about vaping <https://www.cbc.ca/radio/whitecoat/it-was-terrifying-teen-who-collapsed-after-vaping-nicotine-is-now-warning-her-peers-1.5376073> and the attachment “**How to Quit Vaping**”. On **WEDNESDAY** afternoon Parkside students will be participating in a vaping information session sponsored by local public health nursing students.

Public Consultation Meeting: A public consultation forum will be held on **WEDNESDAY, December 11, 2019 from 6:00 p.m. to 7:30 p.m. in the meeting room at the Northwest Trades & Employment Training Centre (formerly the Thornhill Junior/Secondary School)** located at 3120 Highway 16 East in Terrace to share the consultant’s report based on administrators being moved in the school district. If you are unable to attend the public consultation forum, or you prefer to submit your thoughts electronically, please email your thoughts to feedback@cmsd.bc.ca.

Art Therapy: Every **THURSDAY from 9AM – 10:30 AM** Parkside students have the opportunity to participate 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.

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.

Parkside Helping Hands: 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.

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.



Jane Arbuckle

Principal of Parkside Secondary School

“Love, Strength and Courage”

Terrace, B.C.

250-641-2170