

December 16, 2019

Ama sah, Good afternoon Parkside families and students,

Due to a recent tragic accident involving a young citizen in Stewart I have been transferred to the Bear Valley School to offer support and assistance to the local community the final week of classes December 16-20, 2019. In my absence Parkside teachers will be sharing the responsibilities of being a principal. 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.

**Teacher In Charge at Parkside:** Andy Ruygrok on Monday and Tuesday. Phillip Blundon on Wednesday. Kirsty Evans on Thursday. Colleen Annibal on Friday.

**School Closed:** Our school will be closed for the winter holiday break from December 23<sup>rd</sup> -January 5<sup>th</sup> . Refer to the attached school calendar

**Christmas Lunch:** On **Thursday December 19<sup>th</sup>** 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.

**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 the attachment about vaping information for families.

**Cross Country Skiing Opportunity:** Kermode Friendship Society is offering a cross country ski program at Onion Lake for youth ages 12-18 every Monday from 3:30-6:00 PM starting January 6, 2020. Transportation is provided. Please refer to the attached poster for more details and registration form.

**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.

**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 – 2PM. Students must wear steel toed footwear. Safety glasses and supplies will be provided. 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 8:45 AM** a group of Parkside students will be learning culinary skills at the Coast Mountain College under the supervision of 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 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 going on a fieldtrip to the **Nass Valley Hotsprings on TUESDAY morning from 9:00 AM – 1:00 PM** need to connect with our Outdoor Education teacher Phillip Blundon. It is important that students bring appropriate clothing and footwear suitable for the outdoors. This program operates on a weekly basis thanks to the financial support from the JumpStart foundation.

**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.

**Parkside Helping Hands:** On **THURSDAY at 11:00AM** Colleen Annibal will be taking student volunteers to Terraceview Lodge. On **FRIDAY at 8:45 AM** staff 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**