Ama ganlaak, Good morning Parkside families and students,

Below I have listed information for your consideration as we begin our third week of classes in the new year. If you have any questions or concerns please hit "reply" to this message and I will respond. When your child is unable to attend class please call the school at 250-635-5778 and leave a message on our answering machine so the absence can be excused.

**Vandalism at Parkside:** Unfortunately there has been ongoing vandalism to our school building this year so I am asking parents to stress to their children the importance of **Respect**. The damage to the hallways, bathrooms and classrooms puts additional strain on our custodian and our school budget for student programs.



**Student Assessment :** This week all students who have completed a Math 10 course must also complete an online numeracy assessment to graduate. The numeracy assessment will take place from **January 20**<sup>th</sup> – **January 24**<sup>th</sup>. For more details and samples refer to this website

<u>https://curriculum.gov.bc.ca/assessment/grade-10-numeracy-assessment</u> . A literacy assessment will be scheduled in April for students who have completed their grade 10 English course.

**Audit Documentation:** Our school is being audited by district staff this year. Parkside staff will be contacting parents to make arrangements for the following documents to be copied and placed in students' files as soon as possible:

Birth Certificate for Student (proof of age requirement)

Care Card for Student (proof of B.C. residency requirement)

Care Card for Parent (proof of B.C. residency requirement)

Second piece of Parent Identification (driver's licence, status card, utility bill with current address)

Mindful Walking: Due to the cold weather walking was cancelled last week. **EVERY DAY** from 10:00-10:30 AM, weather permitting, 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.

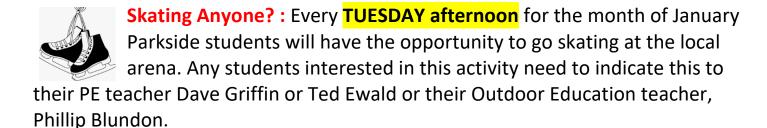


Equestrian Program at Parkside: Due to the extreme cold weather last week's equestrian program was cancelled. This week, weather permitting, any students interested in learning how to care for and ride horses at Copperside Stables on MONDAY and WEDNESDAY mornings

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.





Parkside Helping Hands: 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.

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. This program is available on a weekly basis thanks to financial assistance from the

Fieldtrip to Shames Mountain: Due to extreme cold weather last week's fieldtrip to Shames Mountain was cancelled and will be rescheduled. Any students interested in going to Shames Mountain to participate in downhill skiing / snowboarding for the day need to connect with our Outdoor Education teacher, Phillip Blundon. Attached permissions slip and fees must be given prior to departure.



**Students Leaving School:** Any students needing to leave our school before final dismissal at 3:08 PM must show consent (note or phone call) 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.



JumpStart foundation.

Jane Arbuckle
Principal of Parkside Secondary School
"Love, Strength and Courage"
Terrace, B.C.,
250-641-2170

