

Ama ganlaak, Good morning Parkside families and students,

Students will only be in classes for four days this week since Friday is a non-instructional day. Whenever a student is unable to attend class please call our school at **250-635-5778** and leave a message on our answering machine so the absence can be excused. . If you have any questions or concerns about the information listed below please hit “reply” to this message and I will respond to your email.



Attendance Expectations: Any enrolled student who demonstrates ongoing absences from classes will have the risk of being withdrawn from Parkside to allow a new student on our waitlist the opportunity to participate in our programs.



No Classes on Friday: On **FRIDAY January 31st** there will be no classes for students since teachers will be participating in workshops. Attached is our school district calendar indicating when school will be closed.



Immunization for Students: Last week grade nine students were given information and consent forms (see “Immunization Information” attachment) to give to their parents. On February 25th a public health nurse will be giving immunizations to our grade nine students at Parkside.



Workshop for Teens: There is a suicide workshop available for teens to offer them information is assisting others who are struggling. Refer to the “Safe Talk Workshop” attachment for details and the registration form.



Parkside School Website: Our school’s website has been activated and updated. Check it out at <http://parkside.cmsd.bc.ca/>

Parkside Secondary School
3825 Eby Street Terrace BC V8G 2Z8
Tel: 250-635-5778
Email: prk@cmsd.bc.ca

Please call our office (250-635-5778) and leave us a message if your child will be absent from class or if your child needs to leave our school early for an appointment.



GRADES 8 - 12

OUR STAFF

OUR SCHOOL

PROGRAMS

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HOW TO APPLY

PARENTS & STUDENTS



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.

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)

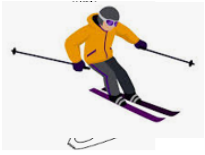
Second piece of Parent Identification (driver's licence, status card, utility bill with current address)

Mindful Walking: **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: 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.



Skating Anyone? : Every **TUESDAY afternoon** for the month of January Parkside students will have the opportunity to go skating at the local arena. Any students interested in this activity need to indicate this to their PE teacher Dave Griffin or Ted Ewald or their Outdoor Education teacher, Phillip Blundon.



Parkside Helping Hands: On **WEDNESDAY at 10:45 AM** any students interested in assisting seniors at Terraceview Lodge can connect with Parkside teacher Colleen Annibal. On **THURSDAY 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.

Fieldtrip to Shames Mountain: Any students interested in going to Shames Mountain to participate in downhill skiing / snowboarding on **THURSDAY January 30th** need to connect with our Outdoor Education teacher, Phillip Blundon. Attached permissions slip and fees must be given prior to departure.



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 JumpStart foundation.



Jane Arbuckle

Principal of Parkside Secondary School

“Love, Strength and Courage”

Terrace, B.C.

250-641-2170