

Ama sah, Good afternoon Parkside families and students,

If a student is unable to attend school our staff values a phone call to our school **250-635-5778** so the student's absence can be excused by leaving a message on our answering machine. 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 at my earliest convenience. Second term report cards will be given to students on Wednesday

Public Consultation: The Board of Education invites any interested parties to attend a public consultation to provide input and share their views on action planning relating to the Independent Consultant's report and recommendations on **TUESDAY, Feb.11th from 6:00 p.m. to 7:30 p.m. at the Northwest Trades & Employment Training Centre** (formerly the Thornhill Junior Secondary School, 3120 Highway 16 East, Terrace). **If you are unable to attend the consultation, or if you prefer to submit your thoughts electronically, please email to feedback@cmsd.bc.ca.** Members of the public who attend the public consultation forum will be participating in a working session around the recommendations. The report is provided for your information by accessing this link: [Independent Consultant's Report to the Board of Education, November 27, 2019](#)

Report Cards: On **WEDNESDAY Feb.12th** students will be given their report cards describing progress observed in the second term. Any parents wanting further information about their teenager's achievement can phone the school **250-635-5778** to leave a message for a teacher(s).

Expect Respect and a Safe Education: The following website <https://www2.gov.bc.ca/gov/content/erase> contains information for students and parents about various topics (online safety, substance use, mental health and well being)

Vaping: Vaping is not allowed inside our school. All Parkside students and staff are entitled to a smoke free working environment. Any student who disregards this expectation will have their vaping device stored in the main office until returned to a parent at a family meeting with the principal.



Parkside Helping Hands: Any students interested in helping at the local Food Bank this week from **MONDAY to THURSDAY 9:30 AM – 11:30 AM** need to express their interest. On **FRIDAY at 8:45 AM** staff will be looking for students to help fill

backpacks with food for students at Cassie Hall Elementary School and Suwilaawks Community School.



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.



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 worker Vivian Watson as well as the school principal, Jane Arbuckle and Parkside teacher Kirsty Evans.



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.



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.



Outdoor Education Fieldtrip to Shames Mountain: Any students interested in going to Shames Mountain to participate in downhill skiing / snowboarding on **FRIDAY Feb.14th** need to connect with our Outdoor Education teacher, Phillip Blundon. Attached permissions slip and fees must be received prior to departure.

Immunization for Students: Last month Grade nine students were given information and consent forms (see “Immunization Information” attachment) to give to their parents and return to our main office. 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/>

A banner for Parkside Secondary School. On the left, it lists the school's name, address (3825 Eby Street Terrace BC V8G 2Z8), telephone number (250-635-5778), and email (prk@cmsd.bc.ca). In the center, there is a message: "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." On the right, there is a silhouette of a tiger in a pouncing position. Below the tiger, it says "GRADES 8 - 12". At the bottom of the banner is a red navigation bar with white text for "OUR STAFF", "OUR SCHOOL", "PROGRAMS", "WEEKLY NEWSLETTER", "HOW TO APPLY", and "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 our school’s secretary, 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)



Jane Arbuckle

Principal of Parkside Secondary School

"Love, Strength and Courage"

Terrace, B.C.

250-641-2170