

Ama sah, Good afternoon Parkside families and students,

This week marks the end of the second term so we have reached the halfway point in the 2019-2020 school year. Teachers will be finalizing report card marks and comments for their students this week with distribution of report cards happening next week. If a student is unable to attend class our staff appreciate 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.



Trades Program: This week a group of Parkside students will be learning about various trades at our local college. The bus departs from our school each day at 8:45 AM and will return the students to our school at 3:00 PM. Expectations for our students is attached as "College Trades Expectations".



Vaping Information: Vaping is not permitted on our school grounds. We appreciate support from parents encouraging their teenager to keep a vape at home rather than bring it to school. Check out this recent article about the dangers of vaping for teenagers.

<https://stories.northernhealth.ca/stories/vaping-dangers-youths-new-nicotine-addiction>



Staffing Update: This month Chris Blois, local social worker student from Coast Mountain College, will be supporting Parkside students under the direct supervision of our staff. Chris is working at our school to complete the requirements for his Social Worker program at Coast Mountain College.

Immunization for Students: 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/>



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)

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.



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 **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 JumpStart foundation.



Jane Arbuckle

Principal of Parkside Secondary School

“Love, Strength and Courage”

Terrace, B.C.

250-641-2170