

Ama sah, Good afternoon Parkside families and students,

We appreciate your efforts to encourage your teenager to attend our school so their courses can be completed. Please call and leave a message (250-635-5778) if your teenager is going to be absent from class. Below is information for your reference and consideration. If you have any questions please hit "reply" to this email and a response will be sent.



Community Donation: Last week Brian Downie made a donation of \$3500 on behalf of the Terrace Rotary Club to help support programs for our Parkside students.



Sleeping Advice: Teenagers should be getting 8 to 10 hours of sleep each night to be well rested for school and learning the next day. Check out the following website about getting a good night's sleep:

<https://www.heretohelp.bc.ca/wellness-module/wellness->

[module-6-getting-a-good-nights-sleep](https://www.heretohelp.bc.ca/wellness-module/wellness-module-6-getting-a-good-nights-sleep)



PINK SHIRT DAY: On **WEDNESDAY** students and staff are encouraged to wear a pink shirt to school to show support for safety in schools. Click on this website for information about Pink Shirt Day

<https://www.pinkshirtday.ca/resources>



Scent-Free School: Parkside Secondary is a **scent free building** which means students and staff must not wear perfume or cologne because it triggers severe reactions for some of our students and staff. Your cooperation with this medical issue is needed.



Earthquake Safety Drill: This week students and staff will be participating in a safety earthquake drill. This is the third time our staff will be reviewing safety procedures with our students.



Vaping: Parkside students and staff are entitled to a smoke free working environment. Vaping is not allowed inside our school. 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.



Online Survey for Parents/Guardians with a teen in Grade 10 or Grade 12: The website below is an opportunity for parents/guardians with teenagers in grade 10 or grade 12 to share their opinions about Parkside Secondary School. This survey is available until April 3, 2020.

<https://www.awinfosys.com/SurveyFull1/central/main/access.asp>

Direct Access — no logon number required

District:

School:

Language:





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 morning 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.



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 **TUESDAY February 25th** a public health nurse will be giving immunizations to our grade nine students at Parkside.



Art Therapy: Rowan Sanderson from Northwest Inter-nation Family and Counseling Services will be offering art therapy every **THURSDAY from 9:00 AM – 10:30 AM** to Parkside students interested in working in our art room. Supplies will be provided.



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.



Parkside Helping Hands: On **WEDNESDAY at 10:45 AM** Colleen Annibal, Parkside teacher, will be looking for students to assist seniors at Terraceview Lodge. On **FRIDAY at 8:45 AM** student volunteers are needed to help fill backpacks with food for 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 **FRIDAY February 28th** 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 the principal, 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