

Ama sah, Good afternoon Parkside families and students,

With only two weeks remaining until the Spring Break holiday we appreciate your efforts encouraging your teenager to attend school so their assignments 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. If you have any questions, please hit “reply” to this email and a response will be sent to you as soon as possible.



Reminder about Indoor Gym Shoes: Students participating in gym activities **must wear indoor shoes**. Outdoor shoes are not allowed inside our school’s gym due to safety concerns for debris being tracked from the outside and entering our gym.



Work Incentive: Any student finishing a course at Parkside will have their name entered for a \$100 gift card to be awarded on the final day of classes before Spring Break, Friday March 13th. The more courses a student completes the better their chance of winning. The student must be present on March 13th to claim their prize.



How Much Sleep do Teens Need: Teenagers should be getting 9 - 10 hours of sleep each night. Check out the following article about teenagers and sleep: <https://www.hopkinsmedicine.org/health/wellness-and-prevention/teenagers-and-sleep-how-much-sleep-is-enough>



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.



Vaping: Parkside students and staff are entitled to a smoke free working environment. Vaping is not allowed inside our school or outside on school property. Any student who disregards this expectation will have their vaping device seized and 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.



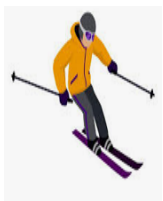
Art Therapy: Rowan Sanderson from Northwest Inter-nation Family and Counseling Services will be offering art therapy every THURSDAY from 9:00 AM – 10:30 AM to Parkside students interested in working in our art room. Supplies will be provided.



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 **FRIDAY at 8:45 AM** student volunteers are needed to help fill backpacks with food for students from 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 March 3rd** 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