

Ama sah, Good afternoon Parkside families and students,

Below is information for your reference. If you have any questions, please hit “reply” to this email and a response will be sent as soon as possible. With only one week remaining until the Spring Break we appreciate efforts encouraging your teenager to attend our school so their assignments can be completed. Please call and leave a message **(250-635-5778)** if your teenager is going to be absent.



Early Dismissal Days: This week on **WEDNESDAY** and **THURSDAY** students will be dismissed from school at 2:08 PM. School bus routes will operate one hour earlier. A calendar has been attached for your reference indicating upcoming holidays.



Progress Reports: Students who have struggled with any courses in the third term will be issued a progress report of concern from their teacher. These reports will be mailed to parents/guardians this week. The third term ends April 17th.



Cultural Fieldtrip: On **TUESDAY** any students wanting to visit a local Nass Valley oolichan fishing camp can express their interest to Tammy Bulleid or Dave Griffin. Transportation will depart the school at 8:45 AM. Lunch will be provided.



Spring Break: School will be closed for the annual spring holiday from **March 16th to March 27th**. Classes will resume for all students on Monday March 30th.



Parkside Helping Hands: Student volunteers will be working at our local food bank this week **MONDAY to THURSDAY from 9:30 AM – 11:30 AM**. Colleen Annibal is looking for students to assist seniors at Terraceview Lodge on **WEDNESDAY from 10:45 AM - noon**. On **FRIDAY at 8:30 AM** student volunteers are needed to help fill backpacks with food for students from Cassie Hall Elementary School and Suwilaawks Community School.



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



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.



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:

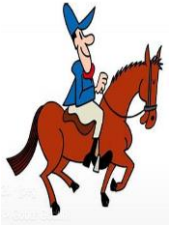
Language:



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.



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.



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.



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: The following documents need to be in each student's file to comply with the school district's registration process. School staff will be contacting parents/guardians to make arrangements for missing documents to be copied:

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