

October 17, 2022

Good afternoon Parkside Students and Parents,

This week marks the fifth week of classes for Parkside students. Progress reports will be mailed to parents this week for any students who are struggling to meet the expectations of attendance and work habits in their courses. Refer to the **attachment “Parkside Staff Email Information”** for the email addresses of Parkside staff should you wish to inquire about your teenagers progress at school. There will be no classes for students on Friday because staff will be participating in workshops. If you have any questions or concerns about the information below, please reply to this email and I will respond at my earliest convenience. Enjoy the weekend.



**SPENDING MONEY:** Our school district has been given a one-time grant of **\$510,045** from the provincial government to help make life more affordable for families who are facing financial challenges. Before any decisions are being made about how the money should be spent, our school district wants to gather suggestions from the public. Thought Exchange is the online *discussion management* tool being used to collect opinions. You can go online to share your ideas, as well as engage with those thoughts already posted by others. Your opinion matters and is important when it comes to deciding how to spend this money. It only takes a few minutes to participate in Thought Exchange. Please feel free to share this link with others. Thank you in advance for sharing your ideas. **The Thought Exchange online platform is now available until October 19<sup>th</sup> at: <https://tejoin.com/scroll/556848871>**



**MANAGING ANXIETY:** Refer to this website for information about [5 Ways to Help Teens Manage Anxiety | Heart-Mind Online \(heartmindonline.org\)](https://www.heartmindonline.org)



**HEALTH CHECK:** Students, staff and visitors entering the school must complete a daily health check (**see attachment “Health Check”**). If anyone is sick or experiencing any of the following symptoms you must stay home: **Fever, chills, cough, loss of sense of smell / taste, difficulty breathing, sore throat, runny nose, sneezing, extreme fatigue or tiredness, headaches, body aches, diarrhea, nausea or vomiting.**



**HORSEBACK RIDING:** On **MONDAY** AT 1pm students will have the opportunity to ride horses at Copperside Stables. Any students interested in participating need to indicate their interest to our riding teacher, Kirsty Evans. This program is possible thanks to financial support from the JumpStart Foundation.



**Say "CHEESE":** On **TUESDAY** a photographer will be taking pictures of students and staff. Anyone who missed the first Photo Day opportunity can have their picture taken.



**CULTURAL DANCE:** Every **WEDNESDAY at 1PM** Parkside students will have the opportunity to participate in cultural dancing with students from Kitsumkalum's school Na Aksa Gyilak'yoo.



**SKATING:** Physical activity and wellness is promoted and encouraged at Parkside. On **WEDNESDAY at 2PM** students will have the opportunity to go skating at our local arena. There is no cost for this event. Skates are available at school for students to use.



**EARTHQUAKE DRILL:** On **THURSDAY at 10:20 AM** there will be a lockdown drill at Parkside. Staff will review the safety procedures with students prior to the drill.



**SCHOOL CLOSED:** On **FRIDAY** there will be no classes for students. Staff are participating in workshops. Refer to the **attachment "School Calendar 2022-23"** for a list of school holidays.



**SCENT FREE:** Just a friendly reminder that Parkside is a **scent free school**. Students and staff are not permitted to use perfumes, after shaves, or scented lotions. We have students and staff that are very sensitive to these items. Your cooperation is appreciated.



**WHAT'S FOR LUNCH:** Parkside students are served a **free hot lunch** every day prepared by our meal coordinator, Tammy McBride, and our culinary teacher, Robert Whitmell. This program is possible thanks to financial assistance from the school district and local charities.



**GRADE 9 IMMUNIZATIONS:** Grade 9 students at Parkside were given immunization information from Terrace Public Health. Forms need to be returned to the main office this week. For more information **refer to the attachment "Grade 9 Immunizations"**



**SUPPORTS FOR YOUTH:** Foundry offers youth aged 12-24 access to a variety of supports. Refer to the website [Foundry Terrace - \(foundrybc.ca\)](http://foundrybc.ca) for more information about this local organization in Terrace. **Refer to the attachment "Foundry October 2022"** for a description of events happening at the Terrace Foundry site located on **3219 Eby Street**.



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