

January 23, 2023

Ama sah, Good afternoon Parkside parents and students,

This is the final week of the second term for Parkside students to finish courses for their report card. **School will be closed for students on Friday because teachers are participating in workshops all day.** Students who are feeling sick are not permitted to be at school. If you have any questions or concerns about the information listed below, please respond to this email message and I will reply at my earliest convenience. Take care,



SUPPORTS for YOUTH: Refer to the **attachment "Foundry January 2023"** for a list of events in January being offered at the Foundry office for youth aged 12-24 years old at 3219 Eby Street. Foundry offers youth peer support, health care assistance, mental health support, and social services for youth aged 12-24 years old.



IMPORTANCE of SLEEP: Sleep can affect a student's ability to learn at school. Check out these **YouTube videos** about [6 tips for better sleep | Sleeping with Science, a TED series - YouTube](#) and [Smartphones are KILLING your sleep - here's how you can fix it - YouTube](#). Our staff appreciate the efforts of parents to keep their teenager's smartphone out of the bedroom to help their teenager get **9 hours of sleep each night**. Refer to the **attachment "How to Sleep Better Each Night"**



HEALTH CHECK: Students, staff and visitors entering Parkside must complete a daily health check (**see attachment "Health Check"**). If anyone is sick or experiencing any of the following symptoms then they 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**. Your cooperation is appreciated as we strive to focus on health and safety for everyone at Parkside.



PARENT SURVEY: An online survey is now open and available for completion until April 28, 2023. All responses are anonymous and confidential. The survey is for grade 10 and 12 Parkside students and their parents. To learn more about the survey visit the Ministry's website at [2022/2023 Student Learning Survey](#). Parkside students in grades 10 and 12 will complete the survey at school. **Parents of**

Parkside students in grades 10 and 12 can log in by using the *Direct Access (no logon number required)*. To take the survey simply click on this link: [Student Learning Survey - Province of British Columbia \(awinfosys.com\)](#)



CULTURE: On **MONDAY afternoon** a group of Parkside students will be learning from George Peal at Suwilaawks Community School how to make their own cultural items. Tammy Bulleid and Vivian Watson will be assisting Parkside students with this learning opportunity.



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.



HORSEBACK RIDING: On **WEDNESDAY at 12:30PM** Parkside students will have the opportunity to ride horses at Copperside Stables. Any students interested in participating need to express their interest to our riding teacher, Kirsty Evans. This program is possible thanks to the financial support from the JumpStart Foundation.



YOGA ANYONE?: On **THURSDAY at 11AM** our yoga instructor, Barb Yawrenko, and Parkside teacher Colleen Annibal, will be offering a yoga session for Parkside students in our gym. Yoga mats will be provided. Refer to this **You Tube video** about [What are the The Benefits of Yoga for Teens? - YouTube](#) highlighting the importance of doing yoga and why it is available to Parkside students every week.



CROSS COUNTRY SKIING: On **THURSDAY at 12:30PM** Parkside students will have the opportunity to go cross country skiing at Onion Lake. All expenses will be paid thanks to financial support from the JumpStart foundations. Any students wanting to participate in this wellness opportunity need to express their interest to Dave Griffin, our Outdoor Education teacher.



SCHOOL CLOSED: On **FRIDAY** there will be no classes for students because teachers are participating in workshops. Refer to the **attached “School Calendar 2023”**.



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