

February 13, 2023

Ama ganlaak, Good morning Parkside students and parents,

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. Report cards were given to students last week on February 8th so if you have not seen your teenager's second term report card please phone the school (250-635-5778) and a copy will be made available for you (emailed or pick up at main office). Take care and have a safe weekend,



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.



STAFFING UPDATE: This week Jen Wilson, social worker student from Coast Mountain College, will be finishing her practicum placement at Parkside. Jen has enjoyed supporting students and staff at Parkside.



STUDENT SURVEY: This month grade 11 students will be completing an online survey. For participating they will have their names entered for an Amazon gift card valued at \$50. For further information about the survey refer to the **attachment "YDI Survey Topics"** and this video: [Youth Advisory Council: Introducing the YDI - YouTube](#)



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 \(awinfosys.com\)](#)



SCHOOL WEBSITE: Check out information posted to Parkside's website by clicking on this link: [Parkside Secondary School | 3824 Eby Street Terrace, B.C. V8G 2Z8 Phone: 250-635-5778 \(cmsd.bc.ca\)](#)



SUPPORTS for YOUTH: Refer to the **attachment “Feb.2023 Foundry”** for a list of events 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.



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.



STUDENT VOICE: On **MONDAY afternoon** a group of Parkside students will be meeting with District Principal, Phillip Barron, to share their ideas, opinions and give feedback. Mr. Barron has visiting several school connecting with students to gain their valuable insights into education.



KINDNESS MATTERS: Throughout the month of February staff will be highlighting the importance of kindness with all students. On **TUESDAY** February 14th students will be offered can kisses and hot chocolate. Check out this brief Ted Talk about [TED Talk - Kindness - Orly Wahba - YouTube](#)



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



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.



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 Benefits of Yoga for Teens? - YouTube](#) highlighting the importance of doing yoga and why it is available to Parkside students every week.



Jane Arbuckle
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