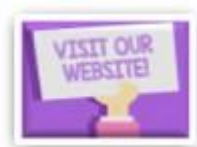


February 6, 2023

Ama sah, Good afternoon 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. Just a friendly reminder that any students who are feeling sick are not permitted to be at school. Our staff appreciate the efforts of parents to keep us safe. Take care and have a safe weekend,



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 \(cmsd.bc.ca\)](https://www.parkside.bc.ca)



STAFFING UPDATE: This week Parkside will be helping a student from the local college gain experience for their social worker program. Jen Wilson picked Parkside as her top choice of placement. Jen will be assisting students in our "Chill Room" under the supervision of Tammy Bulleid for the next two weeks.



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.



KINDNESS MATTERS: Throughout the month of February staff will be highlighting the importance of kindness. Check out this brief **You Tube video** about [The Power of Kindness - YouTube](#)



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 \(awinfosys.com\)](https://www.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.



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 Gylak'yoo.



REPORT CARDS: On **WEDNESDAY** students will be given their second term report cards that describes their achievement in courses from November 21st -January26th. Parents are encouraged to email teachers (**see attachment "Parkside Staff Email Info"**) or phone the school (**250-635-5778**) and leave a message to discuss their teenager's progress. If your teenager has not shown you their report cards then a copy can be made available for pick up from our main office.



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.



GIRLS and SCIENCE: UNBC will be hosting an event that introduces grade 10-12 girls to careers in Science on **THURSDAY from 4-8PM**. Refer to the **attached poster "UNBC Girls and Science"**. Prizes, dinner and transportation from Parkside to the event and home afterwards will be provided by Ms. Arbuckle. Any girls interested in this event need to **register online at www.skeenawild.org/education** If you have any questions, please feel free to contact the Quantum leaps committee at **northwest@unbc.ca**



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