

January 30, 2023

Ama sah, Good afternoon Parkside parents and students,

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. This week marks the beginning of the third term. It's hard to believe that the school year is halfway over. Staff are finalizing second term report card information this week so students can be given their report cards the following week on February 8th. 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,



SUPPORTS for YOUTH: Refer to the **attachments "Foundry Jan. 2023"** and **"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 | Simon Sinek - 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 \(awinfosys.com\)](#)



GIRLS and SCIENCE: On **February 9th from 4-8PM** our local **UNBC campus** located on Keith Avenue will be hosting an event that introduces grade 10-12 girls to careers in Science. 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



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.



HOBIIYEE INVITATION: On **WEDNESDAY at 10AM** Parkside students will have the opportunity to participate in a Hobiye celebration for the Nisga'a new year at the local Kitsumkalum hall. Any students interested in this event need to express their interest to Dave Griffin, Tammy Bulleid or Vivian Watson. Transportation will be provided.



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 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.



Jane Arbuckle
Principal
Parkside Secondary School
Terrace, B.C.
250-641-2170

