

Parkside Secondary Programs

PERIOD	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:45 – 9:00	Checking In with Students Mindfulness Moments Setting Goals Daily/Weekly Work Memo	Checking In with Students Mindfulness Moments Setting Goals Daily/Weekly Work Memo	Checking In with Students Mindfulness Moments Setting Goals Daily/Weekly Work Memo	Checking In with Students Mindfulness Moments Setting Goals Daily/Weekly Work Memo	Checking In with Students Mindfulness Moments Setting Goals Daily/Weekly Work Memo
9:00 – 10:30	ACADEMICS	ACADEMICS	ACADEMICS	ACADEMICS	ACADEMICS TLC Gym with Mathieu
10:30 – 10:40	BREAK	BREAK	BREAK	BREAK	BREAK
10:40 – 12:00	ACADEMICS TLC Gym with Mathieu Colleen Testing Students 11:00-12:00	ACADEMICS TLC Gym with Ted 10:40 – 11:40 Lakelse Cooking with Robert	ACADEMICS TLC Gym TLC Gym with Ted 10:40-11:40 Lakelse Cooking with Robert	ACADEMICS YOGA with Colleen + Barb (11:00 – 12:00)	ACADEMICS Applied Skills Ted TLC Cooking with Robert
12:00 – 12:45	LUNCH Tammy McBride	LUNCH Tammy McBride	LUNCH Robert Whitmell	LUNCH Tammy McBride	LUNCH Tammy McBride
12:45 – 1:00	Checking In with Students Mindfulness Moments	Checking In with Students Mindfulness Moments	Checking In with Students Mindfulness Moments	Checking In with Students Mindfulness Moments	Checking In with Students Mindfulness Moments
1:00 – 2:00	ACADEMICS P.E. with Ted (gr.8-10) Culture Activities at Suwilaawks	ACADEMICS P.E. with Ted (gr.8-10) Family Visits Tammy & Vivian	ACADEMICS Colleen Testing Students Chill Room Culture Club Drum & Dance in Gym with Vivian Equestrian Program with Kirsty	ACADEMICS Colleen Testing Students Outdoor Education with Dave	ACADEMICS ART with Marc & Vivian P.E. with Ted (gr.8-10)
2:00 – 2:10	BREAK	BREAK	BREAK	BREAK	BREAK
2:10 – 3:05	ACADEMICS Culture Activities at Suwilaawks	ACADEMICS Family Visits Tammy & Vivian Lilian's Group in the Chill Room P.E. with Dave (gr.10-12) Colleen Testing Students	ACADEMICS P.E. with Dave (gr.10-12) Chill Room Culture Club Equestrian Program with Kirsty	ACADEMICS Outdoor Education with Dave	ACADEMICS ART with Marc & Vivian
3:05 – 3:11	Students Reflecting on their goals	Students Reflecting on their goals	Students Reflecting on their goals	Students Reflecting on the Day	Students Reflecting on the Day