

March 13, 2023

Ama sah, Good afternoon Parkside students and parents,

This is the final week of classes at Parkside before the “Spring Break” begins so staff are encouraging students to focus on their assignments and complete courses before the holidays. There will be a one hour early dismissal for students on Wednesday and Thursday. 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.



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.



STUDENT PROGRESS: Term 3 progress reports for struggling students were mailed to parents last week. These reports highlight area(s) of concern as observed by teachers since January 30th. Parents are encouraged to contact teachers by phone (250-635-5778) or by email (see attachment “Parkside Staff Email Information”) to discuss the information in the progress reports and develop a plan of support so improvements can happen as soon as possible.



WELLNESS: For the month of March staff and students have been focusing on managing stress as part of our ongoing wellness program. Refer to the attachment “Stress Calendar Tips” for a chart of suggested activities to manage stress.



YOUTH SOCCER : Any youth 14 years old and younger interested in playing soccer this summer need to register. Refer to the attachment “TYSA flyer” for more information.



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.



SWIMMING: On **TUESDAY at 1:00PM** Parkside students will have the opportunity to go swimming at the local aquatic centre for one hour. Transportation will be provided. All costs will be covered thanks to the generous financial support provided by the local Terrace Rotary Clubs.



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: On **WEDNESDAY at 1PM** Parkside students will have the opportunity to participate in cultural dancing with students from Kitsumkalum's school Na Aksa Gyilak'yoo.



EARLY DISMISSAL: On **WEDNESDAY and THURSDAY** students will be dismissed at 2:11 PM. Bus schedules will be operating one hour earlier.



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.



WEEKEND GROCERIES: Every **FRIDAY** the local Terrace Rotary Club prepares bags of food for students to take home and share with their families. The club is requesting that the SaveOn plastic bags containing the groceries be returned to our school so they can be sanitized and used again.



WORK HABITS: On **FRIDAY** there will be a draw for a \$100 Amazon gift card to. To be eligible for the draw Parkside students must finish a course. Every completed course will result in an entry for our "Work Habits" draw.



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 \(awinfosys.com\)](#)**



PARKSIDE PROGRAMS: For an overview and schedule of the programs offered to Parkside students refer to the attachment **"Parkside Secondary Programs"**



SUPPORTS for YOUTH: Refer to the attachment **"Foundry March 2023"** 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.



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