

May 22, 2023

Ama ganlaak, Good morning Parkside parents and students,

There is no school on Monday due to the Victoria Day holiday and no school on Friday due to a teacher workshop day. This week classes will be scheduled for students on Tuesday, Wednesday and Thursday. If you have any questions or concerns about the information listed below please reply to this email and I will respond at my earliest convenience. Take care,



PROGRESS REPORTS: This week progress reports for students struggling in the fourth term will be mailed so there is time for improvement to happen before the school year ends.



NORTHERN HEALTH: Refer to the **attached "Newsletter Issue 4"** from Northern Health with information about being active, safety advice, youth mental health and wellness.



SCHOOL CALENDAR 2023-2024: Next year's school calendar has been established. Refer to the **attachment "2023-2024 Amended School Calendar and Backgrounder"** for detailed information.



SCENT FREE SCHOOL: Parkside is a scent-free building due to the sensitivities of Parkside students and staff. This means students and staff are not permitted to wear perfume, cologne or scented lotions. This is a safety issue for those who have allergies. Please ensure your teenager arrives at school fragrance-free. Your cooperation with this matter is appreciated.



ATTENDANCE MATTERS: Parkside students are expected to attend school every day unless a parent/guardian has contacted the school to excuse an absence. Attendance and satisfactory work habits must be demonstrated on an ongoing basis by students to ensure their enrolment continues at Parkside. Refer to the **attached "Parkside Attendance Policy 2022"** which parents and students sign prior to the commencement of classes at Parkside. If your teenager is unable to attend class, please phone and leave a message **(250-635-5778)** explaining the absence so our staff know why a student is not in class.



ART CONTEST: Terrace Pride Pals is sponsoring an art contest for youth under the age of 19. The theme is “Pride-What It Means To You”. Submissions are due June 1st. For more information refer to the **attachments “Art Contest” and “Art Contest Info”**.



DRESS CODE: As the weather becomes warmer all students and staff are expected to follow the school’s code of conduct for appropriate clothing. This means no revealing clothing, no drug/alcohol images, no swear words, no gang-related clothing, or any clothes that show sexually explicit acts. Refer to the **attached “Code of Conduct 2022”**.



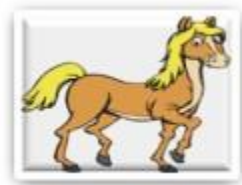
HEALTH CHECK: Students, staff and visitors entering Parkside must complete a daily health check **(see attachment “Health Check”)**. If anyone is sick or experiencing any of the following symptoms then they must stay home: **Fever, chills, cough, loss of sense of smell / taste, difficulty breathing, 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.



GRATITUDE: During the month of May Parkside staff are focusing on gratitude with students. Check out this website with a variety of gratitude videos [Gratitude Is Good For You - Bing video](#)



SCHOOL CLOSED: On **MONDAY** school will be closed due to the Victoria Day holiday.



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



GROCERIES ANYONE?: On **THURSDAY** Parkside students may receive a **FREE bag of groceries** thanks to donations from the local Terrace Rotary clubs and SaveOn Foods. Students may express their interest to any Parkside staff member so a bag will be reserved for them to take home at the end of the day.



NO CLASSES: On **FRIDAY** Parkside teachers will be participating in workshops. There will be no classes for students on May 26th.



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