

May 29, 2023

Ama sah, Good afternoon Parkside parents and students,

There are several items listed below for your consideration and reference. If you have any questions or concerns about the information, please reply to this email and I will respond at my earliest convenience. Take care,



SUPPORTS for YOUTH: Foundry offers youth peer support, health care assistance, mental health support, and social services. Refer to the **attachment "Foundry 2023"** for a list of events being offered at the Foundry office for youth aged 12-24 years old at 3219 Eby Street.



YOUTH ON WATER: The Skeena Watershed Society is offering a FREE 4 day river guide training program for youth ages 14 to 19 years old. The program is scheduled to be in Terrace July 4-7, Gitwangak July 10-13, Smithers July 17-20, Witset July 24-27 and Hazelton July 31-August 3. Parents or guardians of youth under the age of 19 must attend the first morning of the program to sign a waiver form. Refer to more information on **YOW Outreach attachment and YOW Application.**



WORK HABITS: On the final day of classes, June 28th, there will be a draw for a \$100 gift card to Amazon. 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.



GRADUATION: On **June 21st at 1PM** Parkside students and staff will be attending the graduation celebration at the R.E.M. Lee theatre. This is a special time to celebrate the accomplishments of our grade 12 students.



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](#)**



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.



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 **FRIDAY** 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.



SAFETY DRILL: On **FRIDAY** afternoon there will be a fire drill. Staff will review the evacuation procedures with their students prior to the drill.



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

