

Carole Gagnon

From: Jane Arbuckle
Sent: Friday, October 15, 2021 4:59 PM
Subject: This Week at Parkside Secondary October 18-22, 2021
Attachments: CYMH Intake Oct.2021.pdf; Amended-CMSD82-2021-2022-School-Calendar.pdf; Circles Promo Fall 2021.pdf; Daily Health Check.pdf; October Events at Foundry.png

Ama sah, Good afternoon Parkside parents and students,

As we begin the fifth week of classes at Parkside, teachers will be preparing progress reports for students who are struggling with their courses in the first term. These reports will be mailed to parents at the end of the week. The purpose of these reports is to share concerns and develop a plan of support so improvements can happen before the first term ends on November 12th. If you have any questions or concerns about the information listed below, please call (250-635-5778) and leave a message so we can phone you or hit “Reply” to this email and I will respond as soon as possible. If students are sick, please phone our school (250-635-5778) and leave a message explaining the absence. Our secretary, Nicole Boivin, works daily from 9:00 AM – 3:15 PM. The office is closed from noon-1:00PM.



Safety at Parkside: All students and staff must complete a **Daily Health Check (see attachment)** each day before coming to Parkside. In addition to the health check, all adults and students entering our school must wash their hands with soap and water for 20 seconds and wear a face mask while inside our school. Face masks are available in the main office. Click on this website [Parents and Students \(bccdc.ca\)](https://bccdc.ca) for information about safety

measures in place for students.

Support for Youth: Child and Youth Mental Health will be offering a drop-in clinic starting October 26th. Parents and youth can choose to drop in on Tuesdays from



9AM – noon and 1PM-3PM. To book an appointment call or text 250-641-0077. Booked appointments can be made Monday – Friday from 8:30 AM – 3:30 PM. Refer to the **attached “CYMH Intake”** poster for more details.

Survey: Terrace Foundry is wanting feedback from youth by completing this online survey. Participants completing the survey will be entered to win a \$50 gift card from Subway: https://www.surveymonkey.com/r/Terrace_Youth

Horseback Riding Resumes at Parkside: On **TUESDAY afternoon** and **WEDNESDAY morning** Kirsty Evans will be taking students to Copperside Stables to learn how to groom and ride horses. This program is sponsored by the Jumpstart Foundation. The school van departs at 9AM for the stables.



Earthquake Safety Drill: On **THURSDAY at 10:20 AM** there will be a safety earthquake drill for all students. Staff will review the safety procedures with their students prior to this drill.

Yoga at Parkside: On **THURSDAY at 11AM** yoga will be offered in our gym. Yoga instructor Barb Yawrenko, and Parkside teacher, Colleen Annibal, will be supporting students as they experience the benefits of gentle exercise. Yoga mats are supplied. For information about the benefits of yoga for teenagers click on this



article [10 Benefits Of Yoga For Teenagers And 13 Simple Poses \(momjunction.com\)](https://www.momjunction.com)

Youth Culture Group: On **THURSDAY** from 4-6PM at the **Kermodei Friendship Society located at 3313 Kalum Street**, youth aged 12-18 years old can learn about indigenous culture, traditional arts and crafts, Grandfather teachings, traditional medicines and help create a Powwow drum. Snacks and refreshments will be provided. All youth are welcome to attend. Refer to the attached poster “Youth Culture Group” for more details.



Outdoor Education: On **THURSDAY** and **FRIDAY** afternoon Robert Whitmell will be taking students hiking and mushroom picking. Students need to dress for the outdoor weather conditions.

Non-Instructional Day: School will be closed on **FRIDAY October 22nd** due to workshops for staff. A school **calendar has been attached** for your reference that indicates when school will be closed this school year.

Weekend Groceries: On **FRIDAY** morning Parkside students will be assisting Terrace Rotary Club members in our school gym preparing weekend bags of groceries. These complimentary bags of food will be available for Parkside students in the main office to take home to their families at the end of each school week.





Scent Free School: Due to allergies and scent sensitivities amongst students and staff Parkside is a scent free school. Please remind your teenager to NOT bring any scented items to school or wear any perfumes / colognes. Your support with this safety issue is appreciated.

School Photo Day: On **November 4th** a photographer will be taking photos of Parkside students at 1:00 PM. Ordering information will be distributed to students soon to share with their families.

Circles: Come join us for a series of meaningful conversations in Circles! This will be led by a small team of Indigenous Youth Leaders as part of Algyaga K'üülm Goot which means 'to speak from one heart'. Refer to the **attached poster "Circles"** for more details.

Where: Terrace Art Gallery (basement of the library), or if necessary, we will move all sessions to online

When: November 1st to December 8th Twice Weekly meetings held on **Mondays 4-6pm and Wednesdays 5-7pm**, with dinner!

Why: Connect with like-minded youth, have some good talks to guide your life, attend all 12 meetings and receive \$120

Eligibility: Indigenous youth ages 12-20, living in Kitsumkalum, Terrace and Kitselas

Note: We can offer help with rides home after meetings if needed. Just ask in advance.

How to Sign Up:

Click the link to register:

<https://forms.office.com/r/ZL0NuHbSQd> Deadline:
November 1st



Contact: Britt McDougall 250-631-7122 Dm Syl
Haaytk Gyibaaw - Emily Bryant 250-641-2551

Parkside Website: Check out our school’s website [Parkside Secondary School | 3824 Eby Street Terrace, B.C. V8G 2Z8](#)

Phone: [250-635-5778 \(cmsd.bc.ca\)](tel:250-635-5778) for information about various topics.

Parkside Secondary School

3824 Eby Street Terrace, B.C. V8G 2Z8 Phone: 250-635-5778

[HOME](#) [OUR STAFF](#) [OUR SCHOOL](#) [PROGRAMS](#) [WEEKLY NEWSLETTERS](#) [HOW TO APPLY](#) [PARENTS & STUDENTS](#)

October Foundry Events: Refer to the attachment “October Events at Foundry” for a list of activities that are being offered at the local Foundry site located at 3219 Eby Street. For more information about the Foundry check out their website at [Foundry Terrace - \(foundrybc.ca\)](http://foundrybc.ca)

Jane



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





Terrace



Child and Youth Mental Health— October 2021 update

Hello families and community partners. Thank you for your patience during the pandemic.

Our drop-in clinic is starting up again effective October 26

We now offer a blended model—

parents and youth can choose to drop in on Tuesdays

From 9:00 to noon and 1:00 p.m. to 3:00 p.m. or

To book an appointment for a virtual or in-person appointment

- call or text 250-641-0077
- Leave a message or speak to the intake worker
- Drop-in Tuesdays only
- Booked appointments can be Monday to Friday 8:30 to 3:30
- *Virtual intake interviews are encouraged for safety reasons.*
- *Covid protocol still in effect— please do not come to the office if you are ill, have been in contact with someone who is ill, have traveled outside of Canada in the last 2 weeks or have a compromised immune system. Masks are mandatory and will be provided if needed.*

Child and Youth Mental Health



Ministry of Children and Family Development

Child and Youth Mental Health
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OUNDRY TERRACE YOUTH GROUPS

MONTH: OCTOBOR

DATES	MONDAY 3:30-5:30PM	WEDNESDAY 3:30-5:30PM	FRIDAY 3:30-5:30PM
OCT 4,6,8	MUFFINS	DEPRESSION	PICTIONARY
OCT 11,13,15	CLOSED	LEADERSHIP SKILLS	BINGO
OCT 18,20,22	BROWNIES	PUBLIC SPEAKING	CARD & BOARD GAMES
OCT 25,27,29	CHALK ART	ANXIETY	COOKIE & PUMPKIN DECORATING

GROUPS SUBJECT TO CHANGE