



# PARKLAND SECONDARY SCHOOL

*An Innovative, Inspiring, Inclusive Learning Community*



## February 10 - 14, 2025

### TIMELY!! (all new)

- **Learning Updates (Report Cards)** are available after 5:00 PM on Thursday February 13, 2025. Parents and students access these reports through Brightspace.
  - Parents link - (<https://saanichschools.ca/resources/studentsfamilies/d2l-brightspace.>),
  - Student link - using their Outlook email accounts with the link to their Brightspace link (<https://sd63.onlinelearningbc.com/>) .
- **Grade 9 Immunizations** - February 11th, during block 1 & 2
- **Early Dismissal** - Thursday, February 13 students will be dismissed at 2:00pm. Buses will be running on their normal schedule.
- **Celebration of Learning and Grade 8 Evening** - Wednesday, February 12 in the theatre @ 6:00 pm
- **Non-Instructional Day** - Friday, February 14 is a non-instructional day. Classes are not in session.
- **Family Day Holiday** - Monday, February 17 is the Family Day stat. holiday. School will be closed. Classes resume on Tuesday, February 18.

### GRAD

- **The Magic Wand Project** - [The Magic Wand Project](#) can minimize students' expenses for grad night clothing. This successful program offers students the option to borrow rather than buy.

### PARKLAND COMMUNITY

#### ATHLETICS

- **(new) Times Colonist 10K** - Any students wanting to run the TC 10K, we have a Parkland Panthers team that is looking for more runners! Please sign up at <https://www.runsport.ca> under the School Teams.
- **(new) Girls Soccer Team** - Sign up has begun for the Girls Soccer Team! Any players in grades 9-12 who would like to be part of our team, please come to the gym office and add your name to the list. Try-outs will get started next week!
- [Click here](#) for the Athletics Calendar.

## CAREER CENTRE

- **(new) - Peninsula Co-op** - This 100% locally owned Vancouver Island based co-operative in Saanichton, is looking to hire two students for their Deli/Bakery department. If you are interested click the link to the job posting - [Deli Bakery Associate \(Saanichton\) at Peninsula Co-op](#)
- **(new) - Parkland Student - Seaside Magazine** - We are proud to have two of our Parkland students highlighted in the Feb. 2025 issue of Seaside Magazine. To read about these extraordinary students click the link - <https://issuu.com/seasidetimes/docs/seaside0225forweb>
  - **Luke Davidson** - Influence and Enthusiasm - Carpentry - page 65
  - **Rose Hannah** - Volunteering at the Shoreline Youth Clinic - page 67
- **Job Opportunities:**  
Check out the job board outside the Career Centre or visit the [CareerEd website](#).  
Jobs are updated weekly.

## COUNSELLING DEPARTMENT

- **The Ministry of Education and Child Care**, in partnership with adolescent clinical psychologist Dr. Hayley Watson from [Open Parachute](#), will host three, free virtual sessions for parents, guardians and caregivers that will focus on practical skills you can teach your child and youth (ages 0-19) to prevent substance use and mental health needs. These sessions will build on a previous presentation, which focused on practical conversation tools for speaking about substance use prevention with your children/youth. The [previous session](#) is not a pre-requisite for this session.

### **Key takeaways for participants during this session:**

- Learn the factors that lead to substance use and mental health needs from a trauma-informed lens
- Focus on prevention rather than intervention/response
- Applies to parents, guardians and caregivers of all age groups (youth aged 0-5, 6-10, and 11-18)
- Learn ways that these skills can be applied to yourself and the rest of your family to support the mental health of parents, guardians and caregivers

### **Participants must register in advance. Session dates are:**

- [February 20, 6:00-7:30 pm PST](#)
  - [February 25, 6:00-7:30 pm PST](#)
  - [February 26, 6:00-7:30 pm PST](#)
- **Family Smart Sessions** - Here are two virtual sessions on the topics of Emotional Regulation and understanding how to support students with ADHD.  
Follow the links for a more fulsome description of these Zoom sessions.
    - "ADHD - The Real Deal" Feb 6, 2025, 6:30-8:00 pm <https://familysmart.ca/event/adhd-the-real-deal-13/>
    - "Deepening Our Understanding of Emotion Regulation" Feb 12, 2025 6:30-8:00 pm <https://familysmart.ca/event/deepening-our-understanding-of-emotion-regulation-supporting-our-young-people-with-their-big-emotions-2/>

- **Crisis Lines** - Anybody can call these to get support (including if you want advice on how to support). Those listed below are all available 24/7:
  - Canada Crisis Helpline 988 (call or text)
  - Crisis Line of Vancouver Island 1-888-494-3888 (call), 250-800-3806 (text)
  - Kuu-uus Indigenous BC wide Crisis Line 1-800-588-8717 (1-800-KUU-US-17)
  - Métis Crisis Line 1-833-METIS-BC
  - Mental Health Support and Information Line 310-6789
  - Kids Help Phone 1-800-668-6868
- **Looking for a previous resource?** Click [here](#).

### LEARNING COMMONS (LIBRARY)

- **Reminder - All Semester One Textbooks must be returned to the Library before the start of Semester Two.** Failure to return overdue items will result in fines on your account and difficulties signing out textbooks for Semester 2. If you have any questions or concerns , please see Ms. Kallechy or Mr. Mueller.

**Thank you to everyone who has returned their books.**

### IMPORTANT DATES

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- Feb. 11 - Grade 9 Immunizations
- Feb. 12 - Celebration of Learning and Grade 8 Evening - 6:00 PM
- Feb. 13 - Early Dismissal Day
- Feb. 13 - Learning Updates (Report Cards) Out
- Feb. 14 - Non-Instructional Day
- Feb. 17 - Family Day Holiday
- Feb. 20 - Grade 11 & 12 Immunizations
- March 7 - Course Selection Forms Due
- March 7 - Panther Cup
- March 17 - 28, 2025 - Spring Break