



# PARKLAND SECONDARY SCHOOL

*An Innovative, Inspiring, Inclusive Learning Community*



## February 3 - 7, 2025

### Welcome to Semester 2

#### **TIMELY!!** (all new)

- **Cafeteria is closed for semester start-up** - Closed on Mon Feb 3 & Tue Feb 4
- **Rugby Season** - For anyone in any grade with an interest in the upcoming rugby season, there will be a meeting on Wednesday, February 5 at 11:00 am/LUNCH in the Foods Room.
- **Last Day Course Changes** - Feb. 7, 2025. Make an appointment with a Counsellor if you need to discuss a course change.
- **Timetables 2nd Semester** - Parents and students can access timetables on Brightspace. Next week is a great week to make a counselling appointment if you need to make any changes.
- **First Semester Learning Updates (Report Cards)** - Learning Updates will be available on Feb. 13, 2025 on Brightspace.
- **School Fees** - Any unpaid semester 1 fees should be paid asap.
- **Mamma Mia** - Good luck to all the students involved in this year's musical - Mamma Mia!

### IB Chemistry Projects



## GRAD

- **(new)** - **Grad Committee** - There will be a meeting Monday, February 3 in Ms. Frith's room 108 to talk about the second grad gear order.
- **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

- [Click here](#) for the Athletics Calendar.

### CAREER CENTRE

- **(new)** **Police and Fire Camp** - Congratulations to our three Parkland students that have been chosen to attend the Victoria Police Foundation Leadership Camp for a week at Spring Break!  
Bravo to Mikyla H., Jesse J. and Liam P.  
Christain M. has also been chosen to attend the Pender Island Fire Cadet Camp for a week this March.

All the students above had to apply, and compete against other applicants across the Greater Victoria and Gulf Islands area by taking part in an intensive interview. We are proud of all the Parkland students who applied!

- **Butchart Gardens** - Job Fair at Butchart Gardens! February 5th, 5:30-7:30pm. Bring a cover letter and resume. [Click for more information.](#)
- **Sidney Pharmasave** - is looking for a pharmacy assistant! A great opportunity and great job! See Ms. McNamee for more information.
- **Job Opportunities:**  
Check out the job board outside the Career Centre or visit the [CareerEd website](#).  
Jobs are updated weekly.

### COUNSELLING DEPARTMENT

- **(new)** - **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](#)

- **(new)** - **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)

- **(new)** **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.**

## MATH CONTESTS

- **Sign Up for Math Contests** - There is still lots of time to sign up for this year's math contests! Please tell Mr. Burnham if you want to write one. You can find him in his classroom, Room 103, or email him at [dburnham@saanichschools.ca](mailto:dburnham@saanichschools.ca) with your name and which grade you are in. Grade 9-11 contests take place on February 26th and the Grade 12 contest on April 2nd.

## IMPORTANT DATES

- Feb. 3 - Semester 2 Starts
- Feb. 5 - Musical Theatre Opening Night
- Feb. 7 - Last Day of Course Changes
- 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