

MARK YOUR CALENDAR

Sept 21 PAC Meeting: 7:00 PM
Sept 21 School Photo Day
Sept 19 Stat Holiday
Sept 27 Open House 6-7 PM
Sept 28 ROCK Solid
Sept 29 ROCK Solid
Sept 30 Day of Truth and Reconciliation,
School Closed
Oct 4 Student Fees Due
Oct 10 Stat Holiday

Friday Rotations

Sep 16 Week 2 Monday
Oct 7 Week 1 Wednesday
Oct 14 Week 1 Monday
Oct 28 Week 2 Tuesday



STUDENT ABSENCE

If your child will be absent, please email pms.absence@sd5.bc.ca or call 250-426-3327 and leave a message. **Always notify the office, even if the teacher has been advised.**

2021-2022 YEARBOOKS

Parkland yearbooks for the previous school year will be handed out in the next couple of weeks. Grade 10 students will pick their copies up at MBSS. All students will be notified via school announcements when it is time for them to pick up their copy.

Check Out Our Web Site pms.sd5.bc.ca

All sorts of great information about PMS right at your fingertips!

STUDENT PICK UP AND DROP OFF ON 2ND AVENUE

We ask that you **do not** drive into the parking lot to drop off or pick up students. Please park on 2nd Avenue and have your child meet you there.

A LIMITED NUMBER OF
PARKLAND CALENDAR
MAGNETS ARE
AVAILABLE AT THE
OFFICE. HAVE YOUR
CHILD PICK ONE UP IF
YOU'D LIKE ONE FOR
YOUR FRIDGE.



PARKLAND PAC IS ON FACEBOOK

Please visit our PMS website and click the link for the PARKLAND PAC and request to join the group.



Parkland Middle School

1115 – 2nd Avenue South, Cranbrook, BC, V1C 2B4

Phone: 250-426-3327

Ms. Brenda Tyson – Principal, ext. 21203

Mr. David Doll – Vice Principal, ext. 21204

Mr. Dan van der Walt—Counsellor, ext. 21209

Principal's Message

Welcome to the 2022-2023 school year! We have had a fantastic first week back and are looking forward to the year ahead. Cranbrook is growing as is our school population and I would like to extend a warm welcome to all of our new families.

With close to 500 students, the school will be a very busy place especially for after school pick-up. You will note the newly painted road lines near the entrance for our buses to turn into the parking lot. We are hoping to prevent any future fender benders with the bus! Students can exit out the 2nd Ave door further up the street for easier pick-up. Please **do not** enter the parking lot between 7:30 am – 3:45 pm. If you need to drop something at the office, the 2nd Ave Door is open and a quick route to the counter!

PAC Meeting

Our Parent Advisory Counsel meets the 3rd Wednesday of the month at 7:00pm. You can follow them on Facebook for updates and events. Our first meeting of the year is September 21st at 7pm.

Photo Day

School Photos are Wednesday, September 21st. We are looking for a couple of volunteers to help organize students. Note: we ask that students are not wearing hats in the photos.

Open House

We are excited to welcome parents to come tour the school and meet staff on Tuesday, September 27th from 6-7pm. This is a social opportunity to connect with the school. If you would like to discuss your child specifically with a teacher(s), please contact them for an alternate date and time.

[Fair Notice and Process](#)

HEALTH PROMOTING SCHOOLS NEWSLETTER



September 2022

MENTAL HEALTH

Teaching and Learning

Supporting your Child's Resilience

Heading back to school can be a stressful time for many children. Parents may want to read more about:

[How to Promote Resilience and Set Your Kids up for Success](#)

SUBSTANCE USE AND HARM REDUCTION

Teaching and Learning

Substance Use Podcast from BC Children's Kelty Mental Health Resource Centre

We know it's important to talk openly with children about substance use from an early age, but as parents and caregivers we don't always know where to start. In this new podcast on [Substance Use: Talking alcohol, vaping & other drugs with your kids](#), Michelle and Bryn sit down with Cindy Andrew and Art Steinmann, both parents and professionals with 30+ years of experience working in the field of youth substance use within BC schools and communities, to discuss how to talk about substance use with your child, how to prevent problematic substance use, and how you can help your child develop the knowledge and skills they will need to make decisions about vaping, alcohol and other drugs as they grow.

RESOURCES:

Kelty Webpage: [Substance Use & Related Challenges](#)

Resource: [Teach your kids to deal with peer pressure](#)

FamilySmart 'In the Know': [The ABCs of Substance Use and Connecting With Our Kids](#)

Resource: ABC's of Youth Substance Use - [Preparing Parents and Caregivers for Substance Use Connections](#)

Website: [Foundry](#) - Parents and caregivers can share this great resource with their youth to help them learn about alcohol, vaping, smoking and other drugs.

Parent Peer Support: Kelty Mental Health Resource Centre - [Parent Peer Support](#)