

Parkland News

"Expand Your Horizons"

MARCH 2025

MARK YOUR CALENDAR

MARCH 4	MBSS COUNSELORS VISIT GRADE 9s
MARCH 5	HOT LUNCH
MARCH 7	NON INSTRUCTIONAL DAY, School Closed
MARCH 11	GRADE 9s to MBSS for Visitation, 8:40—11:45 AM
MARCH 12	HOT LUNCH
MARCH 17-28	SPRING BREAK
MARCH 31	CLASSES RESUME
APRIL 2	GRADE 10 COURSE SELECTION FOR GRADE 9s
APRIL 4	NON INSTRUCTIONAL DAY, School Closed

Friday Rotations

MAR 14	Week 2 Monday
APR 11	Week 2 Tuesday



Course Selection 2025-26 Grade 7 & 8

Prior to March break students in Grade 7 & 8 will start making elective choices for next year. Copies of the course selection sheets will come home for you to discuss with your student, sign, and return.

Descriptions for all of the elective offerings can be found on the website under "Students".

CHECK OUT OUR NEW WEBSITE

<https://www.sd5.bc.ca/pms>

Parkland Middle School

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

Phone: 250-426-3327

Ms. Brenda Tyson – Principal, ext. 21203

Mrs. Pam Drydale – Vice Principal, ext. 21204

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



SD5 MOBILE APP

Download the SD5 Mobile App for parents/guardians and students! From events important school information, find all the information your family needs in one place.



Currently available for iOS. Google





Parkland Counselling



Ways to Contact Parkland Counselling Services

Walk-in. Students may, with teacher permission, leave their class and come down to the counselling office. If the counselling door is open, I am available to see them; if it is closed, they can let the office know and I will contact them asap.

Schedule an **appointment** (phone call, Zoom, or face-to-face meeting)

Parents, or students, get to choose the date, time, and type of meeting. Click the QR code above, or link below: 😊

<https://parklandcounsellor.weebly.com/contact.html>

Connect by **email** using the following address:

dan.vanderwalt@sd5.bc.ca

Connect **directly by phone** during school hours – 250 426-3327 ext 21209

Visit the counsellor's **website**:

<https://parklandcounsellor.weebly.com>

If all else fails, call the school for assistance 😊

(250) 426-3327 extension 0 to reach our office staff.

Are energy drinks safe for children and teens?

Energy and Sports Drinks | HealthLink BC

Experts recommend that children and teens not drink energy drinks.

One reason to avoid them is that the main ingredient is caffeine. It can cause problems in children and teens, including:

- Higher blood pressure.
- Sleep problems.

Energy drinks may make existing problems worse in children and teens. For example, energy drinks can:

- Make high blood pressure and abnormal heartbeats more likely in those who have heart problems.
- Increase blood sugar in those who have diabetes.

The best way for children and teens to improve energy is to eat a balanced diet and get enough sleep.



What are some concerns about energy drinks?

Concerns about energy drinks include the amounts of caffeine and sugar they contain and other issues.

Too much caffeine.

Energy drinks contain caffeine and other ingredients. A single energy drink can have as much as 180 mg of caffeine per serving.

Other ingredients.

Energy drinks may contain other ingredients, such as kola nut or guarana. There has been little research on how these ingredients may affect the body.

Sugar.

Energy drinks usually contain sugars, which add to the calories. This could lead to weight gain. The sugars can also lead to dental problems.

Withdrawal.

When your body gets used to a lot of caffeine and then you stop using it, you can get symptoms such as headaches, feeling tired, having trouble concentrating, and feeling grouchy.

Sleep.

The caffeine in energy drinks may make it harder to sleep. Some people may feel they need less sleep, due to the stimulation they get from the caffeine. This can lead to not getting enough sleep (sleep deprivation).



Upcoming Parent/Caregiver/Educator Info Session: Understanding and Guiding Youth in Online Gaming

PSSG is excited to share this learning opportunity from Public Safety Canada:

This session will explore strategies to protect children from sexual exploitation and abuse within online gaming environments, providing practical guidance and expert perspectives. The webinar is facilitated by GamerSafer, a safety tech company focused on protecting players and gaming communities from digital risks and harms.

This session will be hosted on Zoom. To register, please click on the link below. You will then receive a confirmation email with login details.

Understanding and Guiding Youth in Online Gaming, March 5, 2025 from 10:30 am – 12:00 pm PST.

[CLICK HERE TO REGISTER](#)

Targeted participants: Parents, caregivers, educators and civil society organizations.

Please feel free to share this information with your colleagues and parent/caregiver networks. Participants will be able to ask questions during the event. Please be advised that this event may be recorded.

For any questions about the event, please do not hesitate to email Public Safety Canada at: onlinecseeseenligne@ps-sp.gc.ca.

MBSS Counsellor Visit

COURSE INFORMATION

Tues March 4th 11:00 AM

Block 4 in the Gym

MBSS counsellors will share information on selecting courses for grade 10.

Grade 10 Course Selection



Wed April 2nd Starting at 8:30 AM

Grade 9s will be called alphabetically to input/confirm their course selection.

Grade 10 Course Selections – important dates for grade 9s. Grade 10 Selection Guide and Planning Checklist can be found here: <https://www.sd5.bc.ca/mbss/page/7686/registration-course-selection>

Part 1 (March 4th during Block 4 - 10:57-12:03)- Information Session in the Gym.

- All grade 9 students will be called down shortly after attendance is completed (around 11:00).
- This will be an information session for all grade 9s.
- Students who miss this can see me for a brief summary.

This session is for information only – no registration will occur.

Part 2 (April 2nd from 8:30 – 12:00)- Online Course Registration.

Grade 9 students will be called down in groups to complete course registration. If all goes well, we should finish before noon.

Note (for Part 2):

- Students will be required to login to their portals to select their courses.
- **Students may bring their cell phone** and can use them to login and select their courses.
- **French Immersion Students** will need to access their portal to see courses, but will need to complete their course selections on a worksheet (provided).
- Students who are absent can see Mr. van der Walt in counselling.

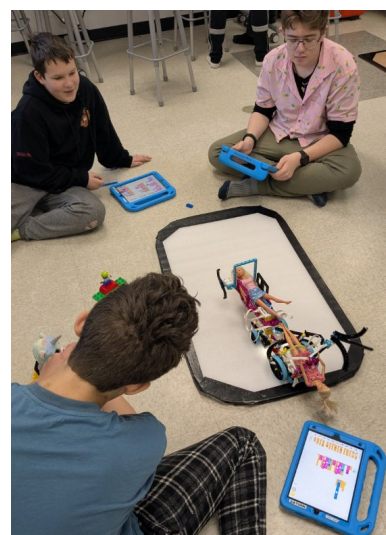
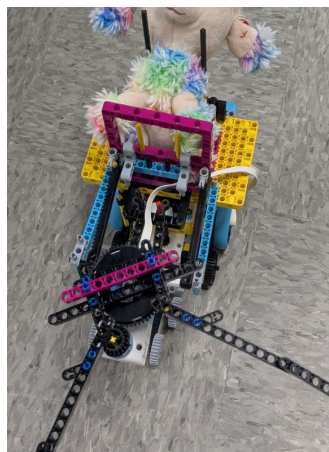


PARKLAND PAC IS ON FACEBOOK

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



WINTER ACTIVITY DAY #2



HOT LUNCH PROGRAM

Hot Lunch is back up and running with a new on-line ordering system and pay what you can for families.

1. Click on the link. <https://sd5.food-for-thought.ca/orders/menu>
2. Choose Register
3. Create an account
4. Add your child and click on the green *Add Child* button
5. It's that easy..... and works well on mobile device too!

MARCH MENUS

Butter Chicken and Coconut Rice, mixed greens

chicken, butter curry, onions, carrot, celery, coconut cream, rice, mixed greens

\$7.00

Beef and Bean Chilli, cheese and corn chips

beef, beans, thyme, garlic, onion, celery, paprika, cumin, carrot, beef stock, flour, cheese \$7.00

White or chocolate milk is available for \$1.00

STUDENT PICK-UP AND DROP

1. Slow down when entering the parking lot.
2. Ensure wheel chair zone is open for our bus.
3. Remind your student to watch for vehicles and to not cross in the middle of the driveway.
4. Watch for staff and student walking via the parking lot..

STUDENT ABSENCE

If your child is going to be absent please advise the office via School Messenger Safe Arrival or by calling the office and leaving a message on our answering machine.

Please call 250-426-3327, choose option 1.



HOMESTAYS NEEDED

Host parents receive monthly compensation and build global connections and lifelong friendships. Want to learn more about hosting an international student in the 2025-26 school year?

ATTEND AN INFO SESSION FOR PROSPECTIVE HOST PARENTS:



VIRTUAL VIA ZOOM:

**WEDNESDAY, MARCH 5
6:30 – 7:30 PM**

TO REGISTER FOR THE ZOOM MEETING, SCAN THE QR CODE
OR EMAIL ULLI.MURTAGH@SD6.BC.CA

**IN-PERSON AT MOUNT BAKER
SECONDARY SCHOOL (IN THE LIBRARY):**

**MONDAY, MARCH 10
6:30 – 8:00 PM**

RSVP TO ULLI.MURTAGH@SD6.BC.CA OR JUST STOP IN!

RMISIP welcomes students in grades 8-12 from Germany, Spain, France, Switzerland, Denmark, Brazil, Mexico, New Zealand, Australia, Japan and other countries around the world!



**ROCKY
MOUNTAIN**
International Student Program



250-332-5000
ulli.murtagh@sd6.bc.ca
minternational.ca/homestay