

Ama ganlaak, Good morning Parkside families and students,

On March 17, 2020 the provincial government suspended in class instruction in all K-12 schools. I have attached a letter from Janet Meyer, our school district's Acting Superintendent of Schools, regarding the COVID-19 situation. This Spring Break is certainly an interesting time folks, one that we will remember for years to come. There are some things that are beyond our control during these uncertain times, but we can choose to adopt a positive attitude, helping others and remaining calm. I personally am resting and focusing on my health and well-being while enjoying the sunshine in our amazing community. For information about your child's education, I encourage you to access our district's website <http://cmsd.bc.ca/>



For parents and guardians, a new government website has been launched with up-to-date non-clinical information on COVID-19.

<https://www2.gov.bc.ca/gov/content/safety/emergency-preparedness-response-recovery/covid-19-provincial-support>

BC COVID-19 SYMPTOM SELF-ASSESSMENT TOOL

Check out this self-assessment website

<https://covid19.thrive.health/>

NORTHERN HEALTH LAUNCHES COVID-19 INFO LINE FOR NORTHERN RESIDENTS

COVID-19 information phone line can be reached by dialing **1-844-645-7811**



COVID-19 Information: Check out this website from HealthLink BC at <https://www.healthlinkbc.ca/health-feature/coronavirus-disease-covid-19>.



The BC Centre for Disease Control has a website with helpful information at <http://www.bccdc.ca/health-info/diseases-conditions/covid-19>. Refer to attachment about frequently asked questions for students and children



For general COVID-19 health advice and answers to common questions check out <http://www.bccdc.ca/health-info/diseases-conditions/covid-19/common-questions?fbclid=IwAR3ScDSW8h-SldjgSDjDKt3wzgjKiSr0GkFCdmfMCXHLj8ULQyCfqFFjGwI>



Jane Arbuckle

Principal of Parkside Secondary School

"Love, Strength and Courage"

Terrace, B.C.

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