

October 5, 2020

Ama sah, Good afternoon Parkside families and students,

If your teenager was absent last Monday for school pictures, don't worry. A second photo session has been scheduled for Monday October 26th in the afternoon. As we begin the third week of classes for Parkside students I want to ask families to remind their teenager of the importance of wearing a mask on a school bus and in the school's hallways as we strive to keep everyone safe. If your teenager is feeling sick please **phone (250-635-5778)** and leave a message so we know why they are not attending class. Below I have listed information for your consideration. If you have any questions or concerns please hit "reply" to this email message and I will respond as soon as possible.

Bus Schedule Changes: Due to a shortage of bus drivers the following school bus routes have been changed for this week:



Morning Route #1 Copper River / Terrace East delayed by 15 minutes

Morning Route #16 Lower Thornhill / Copper River / Copper Mountain students at the Trades School use Bus Route #15

Morning Route #4 Queensway / Old Remo starting 25 minutes earlier

Afternoon Route #4 Queensway / Old Remo expect later drop off times



College Information: On **WEDNESDAY from 2-6 Pm and THURSDAY from 3-8PM** Parkside students are invited to participate in an online events sponsored by colleges and universities in BC so they can be aware of programs available after graduation. Refer to **attachment "PSBC Virtual Fairs"** for further information.



Free Film about Anxiety: Parkside students and families have access to a FREE film called ANGST: Raising Awareness About Anxiety until October 15th by clicking on the following link <https://www.indieflix.com/ocs/Angst/MCFD/watch.html>

Use Email: mcfid@indieflix.com **Use Password:** mcfid
Refer to **attachment "Anxiety Film"** for details.



Introducing FN Team: Every day Tammy Bulleid and Vivian Watson support the indigenous students at Parkside. I have **attached letters** from Tammy and Vivian to parents. On **THURSDAY** Tammy and Vivian will be asking students to help them prepare a cultural lunch of fry bread tacos.



Language Classes: Every **TUESDAY at 11:00 AM** school district language coordinator, Colleen Austin, and Parkside First Nation support worker Vivian Watson will be offering language activities to Parkside students.



Lockdown Safety Drill: On **WEDNESDAY afternoon** our staff will be teaching Parkside students the safety procedures for a lockdown drill.



Yoga Anyone: Every **THURSDAY at 11:00 AM** a certified yoga instructor, Barb Yawrenko and Parkside teacher, Colleen Annibal, will be teaching students to relax by doing yoga in the gym. Mats are provided and safety precautions will be taken.



Fieldtrips: On **FRIDAY at 9:00 AM** our outdoor education teacher, Zack Frankel, will be taking a group of students fishing. Students need to wear proper clothing and footwear to participate in this fieldtrip.



Health Checklist: Every day students and staff must check to see if they have any key symptoms of COVID-19. Refer to the **attachment "Daily Health Checklist"**. If your teenager has any symptom(s) then they should stay home for 24 hours from when the symptom(s) started. If the symptom(s) improves then your teenager may return to school when they feel well enough. If the symptom(s) persists or worsens **phone 811** for assistance.



COVID Outbreaks: Refer to the following website <https://www.northernhealth.ca/health-topics/public-exposures-and-outbreaks#COVID-19-school-exposures> for information about COVID-10 public exposures and outbreaks. This website lists school exposures according to our local northern health region. The Northern Health Authority follows a procedure if any student or staff members has a positive COVID-19 test result. Refer to the **attachment “BC Covid School Outbreaks Information”** for more details.

Support for Terrace Youth: The **FOUNDRY** program is now operating in Terrace at #101 – 3219 Eby Street. Please see the **attachment “Foundry Terrace”** about the variety of services offered for young people ages 12-24.



New Parkside Clothing: A long sleeved Parkside shirt will be available for students, families and staff to purchase by giving our secretary **\$20 cash** and indicating the size needed (XS / S / M / L / XL). Sample sizes will be on display in our main office. Payment and order information must be given to our secretary by the first week of October.

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