

Ama sah, Good afternoon Parkside families and students,

I hope you were able to have a safe Halloween weekend and take advantage of the extra hour of time on Sunday due to the time change. As the COVID-19 cases in our province continue to rise on a daily basis it is very important that **parents / guardians complete a health checklist before any student leaves for our school (see attachment)**. When a student is sick and cannot attend school please call (250-635-5778) and leave a message so the absence for the day can be excused. To talk to a nurse, doctor, or nurse practitioner, call **Northern Health's Online Clinic and Information Line at 1-844-645-7811**. All Northern BC residents can call this line for information, health advice, or virtual screenings and assessments. If you have any questions or concerns about the information listed below click "reply" to this email message and I will respond as soon as possible. Take care ☺



**Say Cheese:** A photographer will be taking pictures of Parkside students on **November 12th at 1PM**. An **order form has been attached** for any parents/guardians wanting to purchase photos or redo photos (bring original photos to return to the photographer).



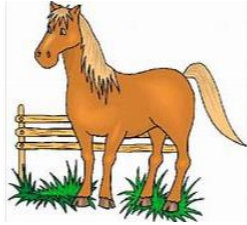
**COVID Outbreaks:** To learn about COVID-19 public exposures / outbreaks in schools access the following website: [www.northernhealth.ca/health-topics/public-exposures-and-outbreaks#covid-19-school-exposures](http://www.northernhealth.ca/health-topics/public-exposures-and-outbreaks#covid-19-school-exposures). Northern Health updates this list with information of possible exposures to COVID-19 within schools in the Northern Health Region. To talk to a nurse, doctor, or nurse practitioner, call Northern Health's Online Clinic and Information Line at **1-844-645-7811**. All Northern BC residents can call this line for information, health advice, or virtual screenings and assessments.



**Outdoor Education:** This week our outdoor education teacher, Zack Frankel, will be taking a group of students hiking on **TUESDAY morning from 9AM – noon** and **FRIDAY afternoon from 1-3PM**. Students need to wear proper clothing and footwear to participate in this fieldtrip.



**Language Learning:** On **TUESDAY at 11AM** students have the opportunity to learn the traditional language of our local area. This week the focus will be on storytelling with local role model Larry Derrick.



**Horseback Riding:** On **WEDNESDAY at 9:00 AM** our horseback riding teacher, Kirsty Evans, will take a group of students to Copperside Stables to groom, feed and learn how to ride horses. This program is supported financially by the Jumpstart Foundation. Any students interested in this unique opportunity need to tell Kirsty they want to go the stables.



**Immunization for Students:** On **WEDNESDAY at 1PM** a nurse from the local public health office will be offering immunizations to Parkside students.



**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. Check out this article that describes **eight benefits of yoga for teenagers** <https://www.theteenmagazine.com/8-benefits-of-doing-yoga-for-teens>



**Skating Anyone:** On **THURSDAY at 1PM** Parkside students will go skating at the local arena. Any students interested in this opportunity need to connect with our PE teachers, Ted Ewald or Dave Griffin.



**Safety Drill:** On **FRIDAY** we will be having a fire drill. Staff will review safety procedures with students.



**Student Counselling Support:** Carol Passmore is the counsellor at Parkside. She works every day except Thursday to support our students. Refer to the attachment for more details about Carol.



**FREE Counselling:** Refer to the **attachment “Free Counselling Poster”** for supports available. 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. Check out their website at <https://foundrybc.ca/terrace> for more details.

**Jane Arbuckle**  
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**Parkside Secondary School**  
**Terrace, B.C.**  
**250-641-2170**

