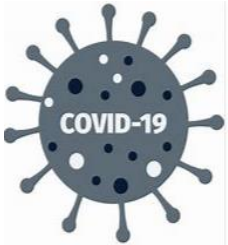


Happy Thanksgiving Parkside families and students,

On behalf of the Parkside staff I want to wish you and your family a restful Thanksgiving holiday weekend. Parkside will be closed on Monday October 12th. As we enter our fourth week of classes at Parkside it is crucial that parents ensure their teenager does not have any symptoms related to COVID-19 before sending them to school. Please refer to the **attachment “Daily Health Checklist”**. Safety is important and it takes effort by everybody to ensure that students and staff are not being put at risk. 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) improve then your teenager may return to school when they feel well enough. If the symptom(s) persists or worsens **phone 811** for assistance. If you have any questions or concerns please hit “reply” to this email message and I will respond as soon as possible. Take care and have a safe weekend.



No Classes for Students: **Monday October 12th** is the Thanksgiving Holiday. **School will be closed.** Classes resume on Tuesday October 13th.



COVID Outbreaks: For details about Northern Health’s Online COVID-19 Clinic and Information Line refer to the **attachment “Northern Health Online COVID”**. 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 . Northern Health updates this list with information of possible exposures to COVID-19 within schools in the Northern Health Region.

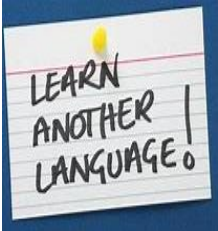


Free Film about Anxiety: Parkside students and families have access to a FREE film called ANGST: Raising Awareness About Anxiety until October 15th by clicking on the following link <https://www.indieflix.com/ocs/Angst/MCFD/watch.html>

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



Introducing Parkside Counsellor: Carol Passmore is our school's counsellor. Refer to the **attachment "Introducing Carol"** for a description of the supports she provides Parkside students every day except Thursday.



Language Engagement at Parkside: 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 for Parkside students.



Earthquake Safety Drill: On **THURSDAY morning** our staff will be teaching Parkside students the safety procedures for an earthquake drill. Check out these You Tube earthquake safety videos

https://www.youtube.com/playlist?list=PL4hqvJ76NiSQvqvQuu_jSJZ9orJGCeqGq



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.



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.

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

