

Ama sah, Good afternoon Parkside families and students,

As we enter the fifth week of classes at Parkside it is very important that students continue to wear a face mask travelling on the school bus and in the school's hallways, wash their hands frequently and keep distance from other learning groups. When any student refuses to follow **our school's COVID-19 safety plan (see attachment)** parents will be contacted immediately to schedule a family meeting with the principal. Safety is a priority and it takes a team effort. 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.



FREE Counselling: Refer to the attachment "Free Counselling Poster" for supports available.



Progress Reports: Now that we have completed four weeks of classes at Parkside, teachers will be preparing reports this week for any of their students who are struggling to meet expectations. These reports will be mailed to parents / guardians at the end of the week.



Parkside Staff: If you have any inquiries about your teenager's progress at school please call (250-635-5778) and leave a message for your teenager's teacher or refer to the **attachment for email address information** to connect with our staff.



Bus Schedule Changes: Due to a shortage of bus drivers the following school bus routes have been changed for this week: **Bus 1 & 16 will be combined, expect 5 minute delay for morning pickup.** **Bus 16 students using Stop 29 (Northwest Trades Centre) will be using Bus 15.** This change is for the duration of the week, including and ending on October 22, 2020.



Outdoor Education: On **TUESDAY at 10:40 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.



Attendance Matters: The expectation is for Parkside students to attend classes every day so they can receive support from our staff and complete their assignments. **Parents / guardians MUST**

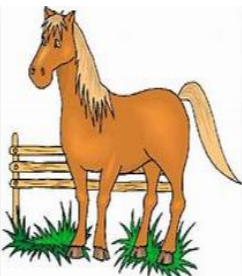
complete a health checklist before students leave for school (see attachment). If a student is sick and cannot attend school please call (250-635-5778) and leave a message so the absence for the day can be excused.



Youth Group: Any indigenous youth Ages 14-20 living in the Terrace, Kitsumkalum, Kitselas area, are invited to apply to the “Speaking From One Heart” (refer to **attachment**). The purpose is to empower youth through the practice of acting from the heart! The initiative will take place over 5 months, from November 2020 to April 2021. Topics will be: Resilience, Authenticity, Empathy,

Growth, Altruism and Values. Weekly Monday afterschool meetings will start December 7th, Location TBA. **Click here for more information:**

<https://tinyurl.com/y689tsrtto> Applications are open until Sunday November 1st at 9PM. Live Zoom Info Sessions: Monday October 19th from 7-8pm and Monday October 26th from 7-8pm



Horseback Riding: On **WEDNESDAY at 9:00 AM** our horseback riding teacher, Kirsty Evans, will take a group of students to the 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.



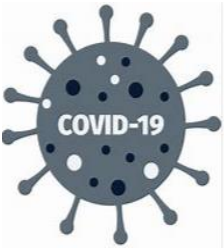
Yoga Anyone: Every **THURSDAY at 11:00 AM** a certified yoga instructor, Barb Yawrenko and Parkside teacher, Colleen Annibal, will be teaching students to relax by doing yoga in the gym. Mats are provided and safety precautions will be taken.



No Classes for Students: On **FRIDAY October 23rd school will be closed**. Staff are participating in workshops. Classes will resume on Monday October 26th. I have attached a school calendar indicating holidays for your reference.



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.



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.

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