

Ama sah, Good afternoon Parkside families and students,

As the COVID-19 cases in our province continue to rise on a daily basis it is very important that students 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. **Parents / guardians MUST complete a health checklist before any student leaves 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. 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 any student refuses to follow our school's COVID-19 safety plan (see attachment) parents will be contacted immediately to schedule a 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.



**Bus Schedule Changes:** Due to a shortage of bus drivers the following school bus routes have been changed for this week:  
**Bus Route #4 will be delayed by 20 minutes for morning pickup and delayed for afternoon drop off times.**

This change is for the duration of the week from October 26-30, 2020. Your understanding and patience is appreciated.



**Say Cheese:** A photographer will be taking pictures of Parkside students on **MONDAY 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

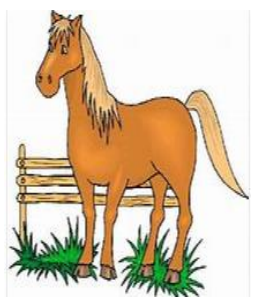
Information Line at [1-844-645-7811](tel:1-844-645-7811). All Northern BC residents can call this line for information, health advice, or virtual screenings and assessments.



**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.



**Progress Reports:** This week progress reports will be mailed to parents for students who are struggling to meet expectations in their courses. 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.



**Horseback Riding:** On **MONDAY at 9:00 AM** and **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.



**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 telling the time of day and doing personal introductions.



**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.



**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 the physical, educational, emotional, mental and social benefits of yoga for teenagers <https://www.doyou.com/5-benefits-of-yoga-for-teens-77981/>.



**Youth Group:** Any indigenous youth Ages 14-20 living in the Terrace, Kitsumkalum, and 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 7<sup>th</sup>, Location TBA. Click here for more info:

<https://documentcloud.adobe.com/link/track?uri=urn:aaid:scds:US:912d8ad5-899c-4882-a3ae-a0d91887cee6> **Applications are open until Sunday November 1st at 9PM. Live Zoom Info Sessions: Monday October 26th from 7-8pm**

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

