

December 4, 2020

Ama sah, Good afternoon Parkside families and students,

Our staff and students continue to follow our school's COVID safety plan and stay home when any symptoms appear from the **attached "Daily Health Checklist"**. Please call our school (250-635-5778) and leave a message if your teenager is not going to attend class so absences are explained. If you have questions about the information listed below just reply to this email and I will respond as soon as possible. Take care ☺



**COVID Health Advice:** 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.



**Work Habits Reward:** Every course a student completes will qualify him/her for an opportunity to win a \$100 gift card for Sportchek to be drawn on December 18<sup>th</sup>.



**Staffing Update:** Our school counsellor, Carol Passmore, will be available to help students this week on **MONDAY** and **THURSDAY**. Refer to the **attachment "Introducing Carol Passmore"**.



**Horseback Riding:** On **MONDAY and 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 sponsored by the Jumpstart Foundation. Any students interested in this opportunity need to tell Kirsty they want to go the stables. Space is limited to seven students each session.



**Parkside Secondary Website:** Check out our school's website at <http://parkside.cmsd.bc.ca/>



**Indigenous Learning:** On **TUESDAY at 11AM** students have the opportunity to hear traditional stories being shared by local role model, Larry Derrick. On **FRIDAY at 9AM** students will learn how to prepare fry bread in our kitchen with First Nations support worker Vivian Watson.



**Immunization Needles:** On **TUESDAY at 1PM** public health nurses will be at Parkside to offer immunization to students as indicated on the information notice attached to the first term report cards.



**Outdoor Education:** On **TUESDAY morning and FRIDAY afternoon** our outdoor education teacher, Zack Frankel, will be focusing on survival skills and ski tuning. Next month Parkside students will have three opportunities to be at Shames Mountain on January 11, 18 and 25. Any students wanting to participate need to return a registration form to Zack Frankel. Cost is \$40 for each day trip.



**Yoga Anyone:** Every **THURSDAY at 11:00 AM** a certified yoga instructor, Barb Yawrenko and Parkside teacher, Colleen Annibal, will be helping students to relax by doing yoga in the gym. Mats are provided and safety precautions will be taken. Students can receive PE credit for participating in this weekly activity.



**Jane Arbuckle**  
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**Parkside Secondary School**  
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