

November 16, 2020

Ama ganlaak, Good morning Parkside families and students,

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 ☺



Wellness: Mental health resources for youth as they cope with the challenges of COVID-19 are available on this website <https://ymhc.ngo/resources/covid-19/>



Counselling Support at the Foundry: Carol Passmore, our counsellor at Parkside, will be away from work for the month of November. The Foundry will offer counselling support for Parkside students while Carol is away. For more details refer to the **attachment "Foundry Calendar"** and website <https://foundrybc.ca/terrace/>.



TYES Update: On **MONDAYS, WEDNESDAYS & FRIDAY** from **3:30 PM – 5:30 PM** TYES will be running after school programs at the Foundry location on 3219 Eby Street. Refer to the poster for more information.



Horseback Riding: On **MONDAY 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. Space is limited.



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 time of day and personal introductions.



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



Say Cheese: A photographer will be taking pictures of Parkside students on **WEDNESDAY 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).



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 you tube video that describes what yoga does to your body and brain <https://www.youtube.com/watch?v=9cEdwIeLd1A>



Outdoor Education: On TUESDAY morning and FRIDAY afternoon our outdoor education teacher, Zack Frankel, will be focusing on survival skills with students.



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. 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.