

November 23, 2020

Ama sah, Good afternoon Parkside families and students,

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. Students will be dismissed early on Wednesday and Thursday to allow for parents to meet with teachers regarding first term report card. There will be no classes for students on FRIDAY because staff will be participating in workshop activities. Take care ☺



COVID Update: For more information about the recent provide-wide restrictions refer to this website

<https://www2.gov.bc.ca/gov/content/safety/emergency-preparedness-response-recovery/covid-19-provincial-support/restrictions>



COVID in Schools: 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.



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



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



Student Absences: If your child is going to be away from school please call us (250-635-5778) and leave a message on our answering machine so we know why an absence is happening. It is very important that **parents / guardians complete a health checklist before any student leaves for our school.** Refer to **attachment “Daily Health Checklist”**



Report Cards: Student will receive their first term report cards on **WEDNESDAY** afternoon. To make arrangements for a face to face discussion or a phone conversation with a teacher(s) parents can phone the school (250-635-5778) to book an appointment time.



Counselling Support at the Foundry: The Foundry will offer support for Parkside students while our school counsellor, Carol Passmore, is away. For more details refer to the **attachment “Foundry Calendar”** and website <https://foundrybc.ca/terrace/>.



Skiing Discounts: There is a **50% discount** off day passes, rentals and lessons at Shames Mountain for Indigenous people. Refer to the **attachment “Indigenous Adventure Pass”** for more details.



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 **attachment “TYES Poster”** for more information.



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 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.



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



Early Dismissal: On **WEDNESDAY and THURSDAY** students will be dismissed from school at 2:15PM. Refer to the attachment for the revised schedule. School bus routes will be operating one hour earlier than their normal departure time.



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. Students can receive PE credit for participating in this weekly activity.



Skating Anyone: On **THURSDAY 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.



No Classes for Students: On **FRIDAY November 27th school will be closed**. Staff are participating in workshops. Classes will resume on Monday November 30th. I have attached a school calendar indicating holidays for your reference.

Jane Arbuckle
Principal
Parkside Secondary School
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