

November 30, 2020

Ama ganlaak, Good morning Parkside families and students,

As the cases of confirmed COVID-19 rise in our province, it is important that we all work together to keep each other safe. It is vital that **every day parents / guardians complete a health checklist before any student arrives at our school**. Refer to the **attachment “Daily Health Checklist”**. Our school has a COVID safety plan designed to follow all the recommendations mandated by public health officials. Refer to the **attachment “Parkside COVID 19 Safety Plan”**. If you have any questions about the information listed below just reply to this email message and I will respond as soon as possible. Take care ☺



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



Parkside Staff Contact Information: Whenever you need to



Speak with your child’s teacher please phone (250-635-5778) or send an email message (refer to **attachment “Parkside Staff Contact Information”**).



Student Absences: When 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.



Report Cards: Report cards were given to students last week. If you have not seen your teenager's first term report please call the school and we will make arrangements for you to receive this important document.



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"** or click on their 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.



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 and FRIDAY afternoon** our outdoor education teacher, Zack Frankel, will be focusing on survival skills with students.



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.



COVID Update: For more information about the recent province-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**. All Northern BC residents can call this line for information, health advice, or virtual screenings and assessments. For advice, refer to the **attachment "Managing COVID 19 Stress, Anxiety and Depression"**.

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