

November 9, 2020

This week Parkside will be closed on November 11th for the Remembrance Day holiday. 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 ☺

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. Refer to the **attachment "Foundry Calendar"** for details.

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.

Lest We Forget: Students will be participating in classroom activities on **TUESDAY** for Remembrance Day. Due to COVID-19 safety protocols, there will be no school wide gathering for any Remembrance Day assembly at Parkside.

School will be closed on WEDNESDAY November 11th for Remembrance Day

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>

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

Safety Drill: On **FRIDAY** we will be having a *rescheduled fire drill*. Staff will review safety procedures with students.

Outdoor Education: This week our outdoor education teacher, Zack Frankel, will be taking a group of students hiking to Gunsight Lake **FRIDAY from 9AM-3PM**. Students need to wear proper clothing and footwear to participate in this fieldtrip.

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.