

December 14, 2020

Ama sah, Good afternoon Parkside families and students,

As we enter the final week of regular classes for Parkside students I want to extend grateful appreciation to parents for completing the **attachment “Daily Health Checklist”** before sending teenagers to Parkside. Our staff and students continue to follow our school’s COVID safety plan and stay home if any symptoms appear. If your son/daughter is not going to attend class please call our school **(250-635-5778)** and leave us a message so absences are explained. If you have any questions or concerns 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. Check out the COVID-19 online assessment tool from the BC Ministry of Health at **BC COVID-19 Self-Check (thrive.health)** Refer to the Northern Health **attachment “Covid Test Info”** about what to expect after you have completed a COVID test.



BC Provincial Restrictions: Refer to this website for information about restrictions by the public health office to reduce COVID-19 cases in British Columbia [Province-wide restrictions - Province of British Columbia \(gov.bc.ca\)](https://www2.gov.bc.ca/gov/content/health/diseases/communicable/covid-19/restrictions).



School District Items For Sale: The School District is offering some of its surplus vehicles and equipment for sale to the public. For more details refer to **attachment “Vehicles For Sale”**



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 18th.



Student Progress: Reports for students struggling with their second term courses were mailed December 11th . Parents may phone the school (250-635-5778) to chat with teachers this final week of classes in December. Work packages will be prepared and available for pick up in our main office when requested by parents.



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.



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.



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 the **attached 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.



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