

January 11, 2021

Ama sah, Good afternoon Parkside students and families,

Every day the Parkside staff complete a health checklist before arriving to work and **parents / guardians MUST ensure their teenager completes the attached “Daily Health Checklist” before leaving for school.** Safety and wellness are very important as we strive to offer a safe working environment for everyone at Parkside Secondary.

As the second week of regular classes resume the Parkside staff are eager to help students with their assignments so courses can be finished by the end of the second term on January 28th. If you have any questions or concerns about the information listed below please hit reply to this email message and I will respond as soon as possible. Take care and be safe.



Absences from School: If students are staying home because they have a COVID symptom, are isolating or are sick, please call (250-635-5778) and leave a message so the absence for the day can be excused.



Attendance Matters: The expectation is for healthy Parkside students to attend school every day so they can receive support from our staff and complete their assignments. Parkside offers a variety of supports for students as they learn to cope with the stress associated with COVID-19 while focusing on their school work.



BC Recovery Benefit: Check out this website that explains how to apply for a one-time tax free benefit of up to \$1000 for eligible families and single parents

<https://www2.gov.bc.ca/gov/content/economic-recovery/recovery-benefit#under-19>



Tips for a Better Sleep: To improve your sleep refer to the attachment **“Tips for a Better Sleep”**



Mindful Breathing: Mindful breathing has been proven to reduce stress and promote a feeling of calm when practiced regularly. Refer to the **attachment “Mindful Breathing”** for a few simple exercises to support your wellness.



Horseback Riding: On **WEDNESDAY and THURSDAY at 9:00 AM** our horseback riding teacher, Kirsty Evans, will be taking 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.



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.



Learn to Cope with Stress: Every **THURSDAY** from **4 - 6PM** Terrace Foundry is offering support for youth aged 13-18 years old beginning January 28th, 2020 – March 11th, 2020 virtually via Zoom. To sign up call **250-635-5596** or email **foundryterraceinfo@tdcss.ca**. Refer to the **attachment “YMCA Y Mind”** for more details.



COVID-19 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** at **[BC COVID-19 Self-Check \(thrive.health\)](https://thrive.health)** from the BC Ministry of Health. Refer to the Northern Health **attachment “Covid Test Info”** about what to expect after you have completed a COVID test.