

January 4, 2021

Ama ganlaak, Good morning Parkside students and families

This week marks the beginning of a new year 2021 and a return to regular classes at Parkside Secondary after the winter holiday. The second term will end on January 28th so report cards will be prepared for parents in early February. If your teenager is unable to attend school please call (250-635-5778) and leave a message explaining the absence. Below is information listed for your consideration. If you have any questions or concerns please hit reply to this email message and I will respond as soon as possible. Take care and be safe.



Attendance Matters: The expectation is for Parkside students to attend classes every day so they can receive support from our staff and complete their assignments. **Parents / guardians MUST ensure their teenager completes the attached health checklist before leaving for school.** If a student has a symptom or is sick please call (250-635-5778) and leave a message so the absence for the day can be excused.



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)** 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.



Response to COVID-19: Check out this website with various forms of information available to assist students and their families as we continue to confront the challenges of living with COVID-19 in our province. **[B.C.'s response to COVID-19 - Province of British Columbia \(gov.bc.ca\)](https://www2.gov.bc.ca)**



Shames Mountain Fieldtrip: Any student interested in participating in a full day ski trip to Shames Mountain on **MONDAY January 11, 18 and or 25** need to complete the **attached “Shames Ski Form”** and return it to Zack Frankel, our Outdoor Education teacher. The cost is \$40 for each day. This fee includes transportation, ski lessons and a lift pass. Cash or cheque payable to Parkside Secondary School can be given to Zack Frankel.



Horseback Riding: On **WEDNESDAY 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.



*Jane Arbuckle
Principal
Parkside Secondary School
Terrace, B.C.
250-641-2170*

