

February 15, 2021

Ama ganlaak, Good morning Parkside students and families,

On behalf of the Parkside staff we wish our students and their families a safe long weekend celebrating Family Day. Northern Health is urging residents not to let their guard down on COVID-19 prevention, heading into the Family Day weekend, and beyond. Refer to the **attached “Covid-19 Reminder”**. If students are staying home from school because they have a COVID-19 symptom, are isolating or are sick, please call (250-635-5778) and leave a message so the absence for the day can be explained.



School Closed: On **MONDAY** Parkside will be closed due to the Family Day Holiday. Classes will resume on Tuesday, February 16, 2021.



Keeping Schools Safe: Parkside Secondary has updated its COVID-19 safety plan for students and staff. Refer to the **attached “Covid-19 Safety Procedures”** for details. **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.

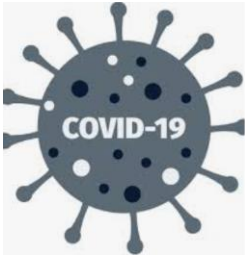


New K-12 Health Check App: The B.C. Ministry of Education has created a daily health check website and mobile app for students and their parents to complete before heading to school in the morning. The website and app will contain the most up-to-date BC health guideline information. Refer to this website for details

<https://www.k12dailycheck.gov.bc.ca/healthcheck?execution=e2s1>



Invitation for Planning Session: Parents and guardians are invited to share their opinions regarding planning for our school district. The meetings will be held virtually via zoom. Your input is important and valued. Several dates and varied times are available for sharing your ideas. Refer to the **attached “Invitation and Planning Poster”** for more details.



COVID-19 Health Advice: If you are wondering if you need to have a COVID test, then refer to the **attachment “When to Get Tested”**. 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.



Quitting Smoking: If you want to quit smoking, then there is a FREE program to help. Refer to the **attachment “BC Smoking Cessation Program”** for more information. Every month Parkside students and staff are encourage to set a health goal (see **attachment “Wellness Tracker February”**).



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.



Outdoor Education: On **FRIDAY** students will be going ice fishing with our outdoor education teacher, Zack Frankel. Students need to bring outdoor clothing appropriate for winter weather conditions.



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

