

February 8, 2021

Ama sah, Good afternoon Parkside students and families,

Second term report cards will be given to students to take home to their parents this week. If students are staying home 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. The expectation is for healthy Parkside students to attend school every day so they can complete their assignments and receive support from our staff. **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.



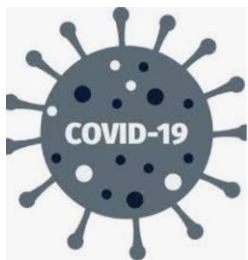
Keeping Schools and Students Safe: On February 4, 2021 the provincial government updated safety procedures for all schools. Refer to this website for more details

<https://www2.gov.bc.ca/gov/content/education-training/k-12/covid-19-safe-schools>



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>



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.



Report Cards: Second term report cards will be made available for students to take home to their parents on **TUESDAY** February 9, 2021. Please call the school (250-635-5778) if you have not received a report card and a copy will be emailed to you.



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.



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