

January 18, 2021

Ama sah, Good afternoon Parkside students and families,

As the third week of classes begin at Parkside, our staff are very concerned about ongoing student absences due to COVID-19 anxiety. *If parents are keeping their children home due to COVID-19 concerns, then parents need to withdraw their teenager from Parkside and decide if their teenager will enroll in a home school program where parents become their teenager's teacher or enter into an online program* such as the Northcoast Distance Education School www.ncdes.ca. Parkside staff can only provide support to students in their classrooms. 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.



Safety Concerns: Every day each Parkside staff member completes 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. Students and staff are wearing face masks, washing their hands frequently and keeping physical distance from each other. Every student has a three sided plexiglass shield on top of their desk for additional protection.



Attendance Matters: The expectation is for healthy Parkside students to attend school every day so they can receive complete their assignments and receive support from our staff. *If parents are keeping their children home due to COVID-19 concerns, then parents need to withdraw their teenager from Parkside and decide if their teenager will enroll in a home school program where parents become their teenager's teacher or enter into an online program* such as the Northcoast Distance Education School www.ncdes.ca . Parkside staff can only provide support to students in their classrooms.



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.



Numeracy and Literacy Assessments: From **January 18-28** students in grades 10-12 must complete a mandatory Literacy and Numeracy online assessment after finishing their English 10 and Math 10 courses. For more information and samples refer to these websites:

[Grade 10 Numeracy Assessment | Building Student Success - B.C. Curriculum \(gov.bc.ca\)](http://www.gov.bc.ca)

[Grade 10 Literacy Assessment | Building Student Success - B.C. Curriculum \(gov.bc.ca\)](http://www.gov.bc.ca)



Shames Mountain Fieldtrip: Any student interested in participating in a full day ski trip to Shames Mountain on **MONDAY January 25** need to see Zack Frankel, our Outdoor Education teacher, to get paperwork for parents to complete and return. 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 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.



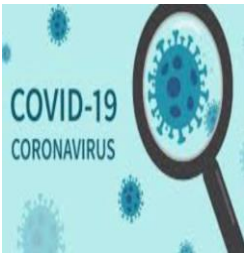
Learn to Cope with Stress: Every **THURSDAY** from **4 - 6PM** Terrace Foundry is offering support for youth aged 13-18 years old beginning January 28th, 2020 – March 11th, 2020 virtually via Zoom. To sign up call **250-635-5596** or email foundryterraceinfo@tdcss.ca. Refer to the **attachment “YMCA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



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.



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



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.



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>



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