

March 1, 2021

Ama sah, Good afternoon Parkside students and families,

The Parkside staff appreciate updates from parents when students are absent from school. 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. With only two weeks remaining until the annual Spring Break holiday, staff are encouraging students to attend school and focus their attention on their school assignments. If you have any questions or concerns about the information listed below, please reply to this email message and I will respond as soon as possible. Take care and be safe.



Parkside Pedal Power: Thanks to a provincial grant and financial support from our local Rotary Club, Parkside Secondary School has received 15 “SMART bikes” for students to access in their classrooms. These bikes are designed to promote wellness and assist students with their focusing ability. For more information about our new bikes check out this website:

<https://www.ergonomyx.com/products/smart-under-desk-bike/>



Student Progress: Teachers have prepared progress reports for students who are struggling in the third term indicating the area(s) of concern. These reports will be mailed to parents this week so there is time for parents to contact their teenager’s teacher(s) before the Spring Break vacation.



Work Habits Reward: On March 12th, the final day of classes before Spring Break begins, a Parkside student will win a \$100 gift card to a local merchant (store to be determined). Every time a Parkside student completes a course, he/she will earn a ticket for the gift card draw. Proceeds from our school’s canteen sales pay for the gift card. Please encourage your teenager to keep working and focusing on their school assignments.



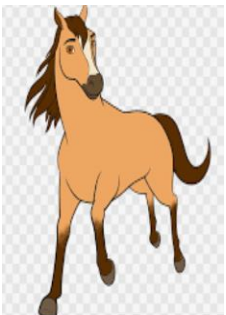
Outdoor Education: On **TUESDAY** morning **FRIDAY** afternoon students will have an opportunity to go orienteering using compasses with our outdoor education teacher, Zack Frankel. Students need to bring outdoor clothing appropriate for winter weather conditions.



Invitation for Planning Session: Parents and guardians are invited to share their opinions regarding planning for our school district. Your input is important and valued. Your ideas can be shared by clicking on this link:

<https://my.thoughtexchange.com/#957348863/hub>

Interactive meetings will be held virtually via zoom. Refer to the **attached** **“Invitation and Planning Poster”** for more details. The next Zoom meeting is **WEDNESDAY March 3rd at 6:30PM**. The Zoom link details are Meeting ID: 629 1472 3673 / Passcode: 431350 <https://cmsd-bc-ca.zoom.us/j/62914723673>



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.



Parent Survey: Any parent/guardian who has a teenager in Grade 10 and or Grade 12 is encouraged to complete an online survey at

<https://www.awinfosys.com/SurveyFull1/central/main/access.asp> This is an opportunity for students and parents to share their opinions. Refer to the **attachment “Parent Survey”** for more information.



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>



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.



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