

March 29, 2021

Ama ganlaak, Good morning Parkside students and families,

There are three weeks remaining until the end of the third term for students to complete courses at Parkside. Student attendance is very important as the school year creeps towards June. Please phone the school (250-635-5778) and leave a message if your teenager is not able to be in class for the day. Our staff appreciate these messages. This week school will be closed on Friday April 2 and Monday April 5 for the Easter holiday. Below I have listed some information for your consideration. Please hit reply to this email message if you have any questions. Take care,



**Language Bingo:** Coast Mountains School District is located on the traditional territories of the Gitxsan, Haisla, Nisga'a and Tsimshian Nations. We invite you to join our Indigenous Languages Revitalization Coordinator, Colleen Austin and other Knowledge-Keepers to experience the languages of these Indigenous Nations during Family Bingo Game Nights.

This is a fun learning opportunity to enjoy with your family and win a prize! **Registration is required** for a Family Bingo Game Night(s) by emailing Carole Gagnon at [carole.gagnon@cmsd.bc.ca](mailto:carole.gagnon@cmsd.bc.ca). Upon registration, Zoom details and distribution of bingo cards will be provided. *These events are free and everyone is welcome to join!* Refer to the **attachment "Family Bingo"** for more details including the virtual Family Bingo Game Night session dates and times. Tsimshian Language Bingo will be **TUESDAY March 30<sup>th</sup> from 6-7PM** via Zoom.



**Outdoor Education:** On **TUESDAY morning** students will have an opportunity to go hiking and picking mushrooms with our outdoor education teacher, Zack Frankel. Students need to bring outdoor clothing appropriate for winter weather conditions.



**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.



**No Classes for Students:** On **FRIDAY April 2** school is closed due to the Easter holiday. **Classes will resume on Tuesday April 6th.** I have **attached a school calendar** indicating holidays for your reference.



**Wellness:** Each day Parkside students and staff are encouraged to focus on their well-being. Refer to the **attachments about "Grounding", "Benefits of Walking" and "Calming Strategies"**. Spring offers new opportunities to start healthy habits.

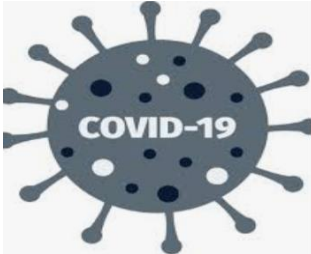


**Parent Survey:** Any parent/guardian who has a teenager in Grade 10 and or Grade 12 is encouraged to complete an online survey at

<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.



**Questions Answered for COVID-19 restrictions:** Click on this article to read answers to common questions about the new provincial restrictions [Your questions about B.C.'s new rules on social gatherings, answered | CBC News](#)



**Stop the Spread of COVID-19:** Information about province wide restrictions can be found on this website

<https://www2.gov.bc.ca/gov/content/safety/emergency-preparedness-response-recovery/covid-19-provincial-support/restrictions>



**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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