

April 12, 2021

Good morning Parkside students and families,

This is the final week of the third term for Parkside students. Every day Parkside staff complete a health checklist before arriving to work. **Parents / guardians MUST ensure their teenager completes the same 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. If your teenager is going to be absent from school please phone and leave a message (250-635-5778), so the absence can be excused. I have listed information below for your reference. If you have any questions, please hit reply to this email message and I will respond as soon as possible. Take care,



Stop the Spread of COVID-19: Parkside has updated its COVID-19 safety plan for students and staff to reflect recent changes in provincial restrictions. Please refer to the **attachment “Covid-19 Safety Procedures”** for details. Every Parkside student and staff member has a three-sided barrier placed on their desk for additional protection. Hand-washing, physical distancing and wearing a face mask when a barrier is not available continue to be expectations for everyone. Maintaining a safe working environment is a top priority at Parkside.



Attendance Matters: The expectation is for Parkside students to attend school every day so they can receive assistance from our staff and complete their assignments. Parkside offers a variety of supports for students as they learn to cope with the stress associated with COVID-19 while focusing on their school work.



Making a Film: Skeena Diversity is partnering with Reel Youth to offer a **FREE online filmmaking course. MY WORLD .** Youth will make personal films based on an original piece of poetry. Unleash your inner filmmaker! This program is suitable for youth 12-30 years of age. Space is limited. Skeena Diversity will provide space and laptop for editing. Refer to the **attachment “Film Program”** for registration details.



Youth Support: Any youth you have a family member with a mental illness are encouraged to register for a FREE online workshop entitled Teens in Control on **April 20 and April 22 from 4-5:30PM**. **Registration deadline is April 16th**. For more information refer to the **attachment “Youth Workshop”**.



Language Bingo: The Coast Mountains School District is located on the traditional territories of the Gitksan, 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 each Family Bingo Game Night by emailing Carole Gagnon at 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. Haisla Language Bingo will be **THURSDAY April 29th from 6-7PM** via Zoom.



Terrace Youth Support: For a list of youth support programs offered at Terrace Foundry in April refer to the **attachments “TYES Foundry April” and “TYES Foundry Monthly”**.



Outdoor Education: On **TUESDAY at 9AM and Friday at 1PM** students will have an opportunity to go hiking with our outdoor education teacher, Zack Frankel. Students need to bring outdoor clothing appropriate for weather conditions.



Safety Drill: On **WEDNESDAY at 1PM** Parkside students and staff will participate in a fire drill. Staff will review evacuation routes and procedures with students prior to the drill.



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.



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 until April 16th at 4PM:

<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 **THURSDAY April 15th at Noon**. The Zoom link details are Meeting ID: 620 0894 4686 / Passcode: 6537700 <https://cmsd-bc-ca.zoom.us/j/62008944686>



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 2021”** for 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](tel: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 \(thrive.health\)](https://www.thrive.health/BC-COVID-19-Self-Check) from the BC Ministry of Health.



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