

April 19, 2021

Good morning Parkside students and families,

Safety and wellness are very important as we strive to offer a safe working environment for everyone at Parkside. 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.** 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. On Friday April 23<sup>rd</sup> school will be closed for students because staff are participating in workshops. 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 and enjoy the sunshine,



**Report Cards:** This week teachers are verifying their comments and student grades for the third term. Students will be given their third term report card next week. Teachers will be available to connect with parents the final week of April to discuss any student concerns or to develop support plans for student improvement in the final few months of school.

**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.



**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”.**



**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](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. Haisla Language Bingo will be **THURSDAY April 29<sup>th</sup> from 6-7PM** via Zoom.

**Parkside Secondary Website:** Check out our school's website at <http://parkside.cmsd.bc.ca/>



**Tips for a Better Sleep:** To improve your sleep and wellness refer to the **attachment "Tips for a Better Sleep"**



**Outdoor Education:** On **TUESDAY at 9AM** 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.



**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.



**School Closed for Students:** On **FRIDAY** school will be closed for students because staff are participating in workshops. Refer to the **attachment “School Calendar”**



**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.



**Jane Arbuckle**  
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**Terrace, B.C.**  
**250-641-2170**

