

April 26, 2021

Good morning Parkside students and families,

As we enter the final fourth term at Parkside the attendance expectation for students is to participate in their education by attending classes on a full time basis. 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. If your teenager needs to leave school early, please phone (250-635-5778) to give permission for an early dismissal. 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,



**Safety at Parkside:** Safety and wellness are very important as we strive to offer a safe working environment for everyone at Parkside. Students are not permitted to share any food, beverages or other personal items. 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.**



**Student Attendance:** The expectation in the final term at Parkside Secondary is for *students to attend their classes on a full time basis* in order to complete courses by the end of June.

Any student needing to leave school before dismissal at 3:15 PM must have a parent call the school (250-635-5778) to give permission for the student to leave early. Progress reports indicating the number of courses students in grades 10-12 need to complete in order to obtain their diploma have been attached to their third term report cards.



**Report Cards:** This week students will be given their third term report card on **WEDNESDAY** afternoon. Parents may phone teachers at Parkside **(250-635-5778)** to discuss any concerns and develop support plans for the final term.



**Health Tips:** Refer to the **attachment “Managing COVID-19 Stress, Anxiety and Depression”** to gain helpful tips and advice for your mental health.



**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. This is the final week for the survey. Your input is appreciated.



**Outdoor Education:** On **TUESDAY at 10:40AM** and **FRIDAY at 1:00 PM** 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.



**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/>



**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.



**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://thrive.health)** from the BC Ministry of Health.

