

October 10, 2022

Happy Thanksgiving Parkside Students and Parents,

School will be closed on Monday due to the Thanksgiving holiday. This upcoming week marks the fourth week of classes for Parkside students. Progress reports will be mailed to parents during the fifth week for any students who are struggling to meet the expectations of attendance and work habits in their courses. If you have any questions or concerns about the information below, please reply to this email and I will respond at my earliest convenience. Enjoy the weekend.



**SCENT FREE:** Just a friendly reminder that Parkside is a **scent free school**. Students and staff are not permitted to use perfumes, after shaves, or scented lotions. We have students and staff that are very sensitive to these items. Your cooperation is appreciated.



**HEALTH CHECK:** Students, staff and visitors entering the school must complete a daily health check **(see attachment "Health Check")**. If anyone is sick or experiencing any of the following symptoms you must stay home: **Fever, chills, cough, loss of sense of smell / taste, difficulty breathing, sore throat, runny nose, sneezing, extreme fatigue or tiredness, headaches, body aches, diarrhea, nausea or vomiting.**



**SCHOOL CLOSED** On **MONDAY** there will be no classes for students due to the Thanksgiving holiday. Refer to the **attachment "School Calendar"** for a list of dates when Parkside will be closed.



**LOCKDOWN DRILL:** On **WEDNESDAY at 10:00 AM** there will be a lockdown drill at Parkside. Staff will review the safety procedures with students prior to the drill.



**CULTURAL DANCE:** Every **WEDNESDAY at 1PM** Parkside students will have the opportunity to participate in cultural dancing with students from Kitsumkalum's school Na Aksa Gyilak'yoo.



**SKATING:** Physical activity and wellness is promoted and encouraged at Parkside. On **WEDNESDAY at 2PM** students will have the opportunity to go skating at our local arena. There is no cost for this event. Skates are available at school for students to use.



**WELLNESS TIPS:** Refer to this website [Teens and sleep: Why you need it and how to get enough | Caring for kids \(cps.ca\)](#) and the attachment **“Tips For A Better Sleep”**.



**WHAT'S FOR LUNCH:** Parkside students are served a **free hot lunch** every day prepared by our meal coordinator, Tammy McBride, and our culinary teacher, Robert Whitmell. This program is possible thanks to financial assistance from the school district and local charities.



**GRADE 9 IMMUNIZATIONS:** Last week Grade 9 students at Parkside were given immunization information from Terrace Public Health. Forms need to be returned to the main office this week. For more information **refer to the attachment “Grade 9 Immunizations”**



**SUPPORTS FOR YOUTH:** Foundry offers youth aged 12-24 access to a variety of supports. Refer to the website [Foundry Terrace - \(foundrybc.ca\)](#) for more information about this local organization in Terrace. **Refer to the attachment “Foundry October 2022”** for a description of events happening at the Terrace Foundry site located on **3219 Eby Street**.



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