

October 24, 2022

Good morning Parkside Students and Parents,

This week marks the sixth week of classes for Parkside students. There are three weeks remaining in the first term for students to improve their attendance and complete 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. Take care.



HELPING TEENAGERS: Refer to this website for information about supporting teenagers [Be Calm, Be Kind, Be Safe: 3 Ways to Help Teens Thrive | Heart-Mind Online \(heartmindonline.org\)](https://www.heartmindonline.org)



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.**



STUDENT PROGRESS: Reports have been mailed to parents for students who are struggling to meet the expectations of regular attendance and work habits in first term courses. Refer to the attachment "Parkside Staff Email Information" for the email addresses of Parkside staff should you wish to inquire about your teenager's progress at school.



PUMPKIN CARVING: This week Parkside students will have the opportunity to carve pumpkins for the local Heritage Park Museum. This is a community service partnership. Decorated pumpkins will be delivered to the museum by the end of the week.



FIRE DRILL: On **WEDNESDAY at 10:20 AM** there will be a fire 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.



HORSEBACK RIDING: On **FRIDAY at 9AM** students will have the opportunity to ride horses at Copperside Stables. Any students interested in participating need to express their interest to our riding teacher, Kirsty Evans. This program is possible thanks to the financial support of the JumpStart Foundation.



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.



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.



SUPPORTS FOR YOUTH: Foundry offers youth aged 12-24 access to a variety of supports. Refer to the website [Foundry Terrace - \(foundrybc.ca\)](http://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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