

November 14, 2022

Ama ganlaak, Good morning Parkside Parents and Students,

This is the final week of the first term for Parkside students. If your teenager is going to be absent from our school, please phone (250-635-5778) and leave a message for our staff. 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,



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.**



FINANCIAL HELP: Parents and caregivers can request financial help from the school district by completing the attached form “Student Family Affordability Fund” and giving the completed form to the principal for signature. The form can be used to request financial assistance for such miscellaneous items as bus transit passes, gym passes, pool passes, or clothing items such as footwear, jackets, gloves, toques, etc.



WORKSHOP OPPORTUNITY: The Kermodei Friendship Society is offering a two day training session for youth on November 16-17 about suicide awareness and support. Refer to the attached GRASP poster for more information about the workshop. Any students interested in participating need to complete the attached “Grasp Registration form” and give it to Ms. Arbuckle.



PARKSIDE DRESS CODE: Students should dress appropriately for school. This means no revealing clothing, no drug/alcohol images, no swear words, no gang-related clothing, or any clothes that show sexually explicit acts. Refer to the attached “Parkside Code of Conduct”



HORSEBACK RIDING: On **MONDAY at 12:30PM** 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 from the JumpStart Foundation.



EARTHQUAKE DRILL: On **WEDNESDAY at 10:25AM** there will be an earthquake drill. 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 Gylak'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.



YOGA ANYONE?: On **THURSDAY at 11AM** our yoga instructor, Barb Yawrenko, and Parkside teacher Colleen Annibal, will be offering a yoga session for Parkside students in our gym. Yoga mats will be provided. Refer to this article [5 Benefits of Yoga for Teens - DoYou](#) about the physical, educational, emotional, mental and social benefits of yoga for teenagers.



CONTACTING STAFF: Parents can contact their teenager's teachers anytime by using email (refer to **attachment "Parkside Staff Email Information"**) or by phoning the school (250-635-5778) to leave a message with our secretary Nicole or the answering machine. Our staff appreciate feedback and information from parents so together we can help students experience success.



Jane Arbuckle
Principal
Parkside Secondary School
Terrace, B.C.
250-641-2170

