

November 21, 2022

Ama sah, Good afternoon Parkside Parents and Students,

This week marks the beginning of the second term for Parkside students. On Wednesday and Thursday there will be an early dismissal at 2:11 PM for Parkside students and school will be closed on Friday due to staff participating in workshops. 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,



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.



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.**



MENTAL HEALTH: Refer to the **attachment "Child and Youth Mental Health and Resource Guide for Families"** for information to support teenagers who are struggling with their mental health or substance use concerns.



FIRST TERM REPORT CARDS: Teachers are finalizing the grades and comments for their students this week. Students will be given their report cards the following week on November 30th.



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.



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.



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.



EARLY DISMISSAL: On **WEDNESDAY and THURSDAY at 2:11PM** Parkside students will be dismissed early from school. Bus students will be pick up one hour earlier than their regular departure time.



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.



SCHOOL CLOSED: On **FRIDAY** there will be no classes for students because staff are participating in workshops for the day. Refer to the **attached "School Calendar 2022"** for a list of school closures.



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