

This week marks the first session of online provincial assessments for students in grades 10-12. There are three weeks remaining in the first term for students to improve their attendance and finish courses at Parkside. Progress reports for students struggling to meet expectations in their courses were mailed to parents last week. If you have any questions or concerns about the information below, please reply to this email and I will respond at my earliest convenience. If your teenager is going to be absent from school please phone (250-635-5778) and leave a message for our staff. Take care.



**MINDFULNESS:** For information about mindful breathing check out this website [How to Breathe Mindfully | Heart-Mind Online \(heartmindonline.org\)](https://www.heartmindonline.org)



**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 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.



**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.**



**ONLINE ASSESSMENTS:** From **MONDAY to FRIDAY** students who have finished English 10, Math 10 and or English 12 will be writing mandatory literacy and numeracy assessments online. For more information about these assessments refer to the websites listed below:

[Grade 10 Numeracy Assessment | Building Student Success - B.C. Curriculum \(gov.bc.ca\)](#)

[Grade 10 Literacy Assessment | Building Student Success - B.C. Curriculum \(gov.bc.ca\)](#)

[The Grade 12 Literacy Assessment | Building Student Success - B.C. Curriculum \(gov.bc.ca\)](#)



**HAPPY HALLOWEEN:** On **MONDAY** students and staff may wear costumes to school to celebrate Halloween. Last week pumpkins were carved. For Halloween safety tips refer to the [attachment "Halloween Safety"](#).



**HORSEBACK RIDING:** On **MONDAY at 1PM** 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.



**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.



**IMMUNIZATIONS:** On **WEDNESDAY at 1:30PM** grade 9 students will have the opportunity to receive their immunizations from a public health nurse. For information about the immunizations refer to the **attachment "Grade 9 Immunizations"**.



**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.



**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.



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