

December 12, 2022

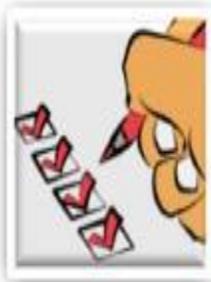
Ama ganlaak, Good morning Parkside Parents and Students,

It's hard to believe that this is the final week of classes in 2022 before the Winter holidays. If you have not seen your teenager's first term report card yet, then phone the school **(250-635-5778)** to request a copy be made available for you. If your teenager is going to be absent from our school this week, we appreciate a phone call **250-635-5778** leaving a message for our staff on the answering machine. 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,

P.S. 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 with this safety issue.



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**. Refer to the **attachment "Teen Health Tips"** for suggestions to help teenagers be healthy.



DENTAL INFORMATION: Refer to the **attachments "Canada Dental Benefit"** for details about this new program.



SUPPORTS for YOUTH: Refer to the **attachment "December Calendar Foundry"** for a list of events in December being offered at the Foundry office for youth aged 12-24 years old at 3219 Eby Street. Foundry offers youth peer support, health care assistance, mental health support, and social services.



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 winter clothing (footwear, jackets, gloves, toques, etc). Parkside staff are available to take students shopping this week to purchase their requested items.



SURVEY SAYS: On **MONDAY** there will be a draw for a \$50 Amazon gift card. To be eligible for this draw Parkside students must complete a survey.



HORSEBACK RIDING: On **WEDNESDAY at 12:30 PM** 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.



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 the **attachment “Why Yoga”** for the benefits of doing yoga and why it is important for students.



WORK HABITS: On **FRIDAY** there will be a draw for a \$100 gift card to Amazon. To be eligible for the draw Parkside students must finish a course. Every completed course will result in an entry for our “Work Habits” draw.



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

