

December 5, 2022

Good evening Parkside Parents and Students,

Parkside students were given their first term report cards on November 30th. If you have not seen your teenager's report card yet, please 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, phone **250-635-5778** and leave a message for our staff. If you have any questions or concerns about the information below, 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.**



SLEEP TIPS: Refer to the **attachment "10 Sleep Tips for Teens"** for suggestions to help teenagers get a good night's sleep. On average teenagers should get 8-10 hours of sleep each night.



WORK HABITS: On December 16th 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.



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 at 3219 Eby Street.



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 with this safety issue.



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.



FIRST TERM REPORT CARDS: Parkside students were given their report cards on November 30th. If you have not seen your teenager's report card please phone the school to make arrangements for a copy to be made available for you.



INDIGENOUS KNOWLEDGE: On **TUESDAY at 1PM** Parkside students can learn about indigenous culture from local role model George Peal at Suwilaawks Community School. Transportation will be provided for the afternoon learning session. Tammy Bulleid will accompany and support our students as they learn about the importance of cedar.



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.



HORSEBACK RIDING: On **FRIDAY at 9:15AM** 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.