

November 28, 2022

Ama sah, Good afternoon Parkside Parents and Students,

This week marks the second week of Term 2 for our students. First term report cards will be given to students on Wednesday afternoon. If your teenager is going to be absent from our school, please phone **250-635-5778** and leave a message for our staff. Please reply to this email if you have any questions or concerns about the information below 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.**



**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.



**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.



**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.



**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.



**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. This is our final skating fieldtrip for students. In the new year there will be opportunities for students to participate in cross country skiing at Onion Lake.



**FIRST TERM REPORT CARDS:** On **WEDNESDAY at 3PM** students will be given their first term report cards. Teachers are available to connect with parents when a request has been made by phoning the office (250-635-5778).



**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.



**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.