

January 16, 2023

Ama sah, Good afternoon Parkside parents and students,

This month Parkside staff are highlighting the importance of sleep for students to be successful with their learning at school. If you have any questions or concerns about the information listed below, then respond to this email and I will reply at my earliest convenience. Students who are feeling sick are not permitted to be at school, please refer to the **attachment “Health Check”** for more details. Take care,



**IMPORTANCE of SLEEP:** Sleep can affect a student’s ability to learn at school. Check out this YouTube video about [How to Help Your Teen Get Enough Sleep - YouTube](#). Our staff appreciate the efforts of parents to help their teenager get **9 hours of sleep each night**, refer to the **attachment “10 Sleep Tips for Teens”**.



**HEALTH CHECK:** Students, staff and visitors entering Parkside must complete a daily health check **(see attachment “Health Check”)**. If anyone is sick or experiencing any of the following symptoms then they 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**. Your cooperation is appreciated as we strive to focus on health and safety for everyone at Parkside.



**PARENT SURVEY:** An online survey is now open and available for completion until April 28, 2023. All responses are anonymous and confidential. The survey is for grade 10 and 12 Parkside students and their parents. To learn more about the survey visit the Ministry’s website at [2022/2023 Student Learning Survey](#). Parkside students in grades 10 and 12 will complete the survey at school. **Parents of Parkside students in grades 10 and 12 can log in by using the Direct Access (no logon number required). To take the survey simply click on this link: [Student Learning Survey - Province of British Columbia \(awinfosys.com\)](#)**



**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.



**HORSEBACK RIDING:** On **WEDNESDAY at 12:30PM** Parkside students will have the opportunity to ride horses at Copperville 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.



**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.



**CROSS COUNTRY SKIING:** On **THURSDAY at 12:30PM** Parkside students will have the opportunity to go cross country skiing at Onion Lake. All expenses will be paid thanks to financial support from the JumpStart foundations. Any students wanting to participate in this wellness opportunity need to express their interest to Dave Griffin, our Outdoor Education teacher.



**SPIRIT DAY:** On **FRIDAY** staff and students are invited to wear pajamas to school. Popcorn will be served as a snack as we mark the end of the third week of classes in the new year.



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