

January 3, 2023

Ama sah, Good afternoon Parkside parents and students,

On behalf of the staff at Parkside Secondary School I would like to wish everyone a happy new year. Below I have listed a few items for your consideration. Classes resume for students on TUESDAY January 3, 2023. If you have any questions or concerns about the information listed below please respond to this email and I will reply 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.**



TEEN HEALTH: Refer to the **attachment “Teen Health Tips”** for health living advice.



CAN'T SLEEP: Refer to the **attachment “Teen Sleep Tips”** for suggestions to help teenagers get a good night's sleep. On average teenagers should get 8-10 hours of sleep each night.



STUDENT PROGRESS: This week teachers will be preparing progress reports for students who are struggling to meet expectations in the second term. These reports will be mailed to parents. The second term ends on January 26, 2023.



SCHOOL OPEN: Classes will resume for Parkside students on **TUESDAY January 3, 2023**. Refer to the **attached “School Calendar 2022-23”** for a list of school holidays.



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** 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.



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.



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