

January 9, 2023

Ama sah, Good afternoon Parkside parents and students,

Below I have listed a few items for your consideration as we begin our second week of the new year. 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 **attached "Disease Plan"** for more details. 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.**



STUDENT PROGRESS: This week progress reports will be mailed to parents for students who are struggling to meet expectations in their courses. Refer to the **attachment "Parkside Staff Email"** for contact information or phone the school (250-635-5778) and leave a message for your teenager's teacher to discuss the progress report.



LIFE SKILLS FOR TEENS: Check out this YouTube video about [Life Skills Every Teen Should Know - YouTube](#)



HAPPINESS AT PARKSIDE: Refer to the **attached "January 2023 Happiness Calendar"** for suggestions to improve your health and happiness.



CROSS COUNTRY SKIING: This winter 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.



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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