

April 3, 2023

Ama sah, Good afternoon Parkside students and parents,

This week our staff will be welcoming students back to classes after the Spring Break holiday. There are two weeks remaining in the third term for Parkside students to finish their assignments and complete courses for their upcoming report card. Reports for struggling students were mailed to parents before the Spring Break holiday. School will be closed on Friday due to the Easter holiday. If you have any questions or concerns about the information listed below, please respond to this email message and I will reply at my earliest convenience. Take care,



**ATTENDANCE:** Parkside students are expected to attend school every day unless a parent/guardian have contacted the school to excuse an absence. Attendance and satisfactory work habits must be demonstrated on an ongoing basis by students to ensure their enrolment continues at Parkside. Refer to the **attached "Parkside Attendance Policy"** which parents and students signed prior to the commencement of classes at Parkside.



**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.



**MENTAL HEALTH:** During the month of April Parkside staff and students will be focusing on their mental health. Refer to this **YouTube video** for suggestions to maintain your mental health: [Top 10 tips to maintain your mental health - YouTube](#)



**CULTURE:** On **MONDAY afternoon** a group of Parkside students will be learning from George Peal at Suwilaawks Community School how to make their own cultural items. Tammy Bulleid and Vivian Watson will be assisting Parkside students with this learning opportunity.



**SWIMMING:** On **TUESDAY at 1:00PM** Parkside students will have the opportunity to go swimming at the local aquatic centre for one hour. Transportation will be provided. All costs will be covered thanks to the generous financial support provided by the local Terrace Rotary Clubs.



**HORSEBACK RIDING:** On **WEDNESDAY at 12:30PM** Parkside students will have the opportunity to ride horses at Copperside Stables. Any students wanting to participate need to express their interest to our riding teacher, Kirsty Evans. This program is possible thanks to financial support from the JumpStart Foundation.



**CULTURAL DANCE:** On **WEDNESDAY at 1PM** Parkside students will have the opportunity to participate in cultural dancing with students from Kitsumkalum's school Na Aksa Gylak'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.



**EASTER HOLIDAY:** On **FRIDAY** school will be closed due to the Easter holiday. Refer to the attachment "**School Calendar 2022-23**" for dates of school closures.



**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 \(awinfosys.com\)](https://awinfosys.com)**



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