

The Prowler

the news of the week les nouvelles de la semaine



May 10, 2023 250-567-2267 http://wlm.sd91.bc.ca Issue 31

Hadi, Bonjour and Hello,

We are very excited that we will be having a teaching assistant from France joining McLeod for the 2023-2024 school year. We need to find accommodation for this young man. We are looking for an apartment, shared accommodation, or room and/or board. Please let me know if you know of any possibilities or if you might be able to host Yacine yourself. Renumeration for hosting is negotiable. This is a great experience for a family who might be willing to welcome him into your home for the year.

May 17th is Share the Love Day in School District #91. This year, to spread the message of kindness, caring, and inclusion we will be listening to an address by our superintendent Karla Mitchell, reading picture books about kindness and community, making a kindness pledge, and celebrating through art. If you would like more information, please contact Mrs. Lawrence at the school.

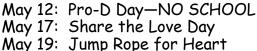
McLeod is very happy to announce that we are opening a Just B4 Preschool Program for 3 and 4-year-olds. Our 8-class pilot session will begin on Tuesday, May 30th and will run Tuesday and Thursday afternoons from 1:15-3:15 in our Strong Start room. Registration opens on Tuesday, May 16th at 10:00 at our office. Please see the poster in this newsletter, on our PAC Facebook page or call the school for more information.

Friday is a Pro-d Day this week. Enjoy the longer weekend with your kids!

Remember, our theme this year is "Me, You and Us!" It is our goal to work together with you and the kids to help our McLeod students become adults who can take on the world. Please feel free to contact the school if you ever have any questions or concerns.

Proud to be McLeod

COMING SOON:



May 25: Primary Fun Run May 31: Track and Field

The hard copy of the newsletter only includes page 1 and the hot lunch menu. To access the rest of the newsletter, please contact us to be added to the email list. lswanson@sd91.bc.ca





MAY 2023 MENU

Each meal is \$5.00 (reg) or \$4.50 for 10 or more meals/month Please Pre-Order and Pre-pay

Student's Name: Teacher:										
Total Amount:										
If your child regularly lunch for your child or	receives a Hot Lunch, pleas n those days. Thank you! C	se check the menu for meals heques should be made pay	that they cannot or will not vable to SD91	eat. Please provide a						
Monday	Tuesday	Wednesday	Thursday	Friday						
1 Pizza Bagels	2 Crepes	3 Meatloaf 5:00 PAC Meeting	4 Roast Beef	5 Breaded Chicken Wrap						
8 Chicken Strips	9 Pancakes	10 Perogy Casserole	11 Snack Plate	PRO-D DAY						
15 Pizza Sub	16 Sausage and Eggs	17 Chicken Ranch Wrap Share The Love Day	18 Chow Mien & Spring Rolls	19 Baked Spaghetti						
VICTORIA DAY	23 French Toast	24 Ham & Cheese Buns	25 Taco Wrap Primary Fun Run	26 Caramel Chicken						
29 Beef Stew	30 Baked Omelet	31 Pulled Pork Sandwich Intermediate Track and Field								







'Registration is now open for the 2023 Summer Season! We offer full and 1/2 summer registration packages. Summer registration fees includes all practices, fun events, BCSSA annual fees, and swim meet entries! Please see our website below for more information and join our FB page: Nechako Valley Swim Club. Join the fun!

Nechako Valley Swim Club Website/Registration



Please like our PAC
Facebook page to stay up to date with
what is going on in the school!

https://www.facebook.com/WLMPAC



JUMP ROPE FOR HEART

On May 19th W.L McLeod will be hosting a Jump Rope for Heart event!

Throughout this month we are building awareness for healthy living. Students are encouraged to help fundraise for the Heart and Stroke Foundation. All fund raising is done online at jumproprforheart.ca. Just follow the instructions found on the attachment to register your child and begin fundraising. Our school goal is to raise \$3000. So far, we have raised \$200, and we would love to have your support. When registering your child and joining the school online and you need to search the school type in W (space) L (space) McLeod Elementary. The school's name should pop up. Complete the registration and then you will be able to start fundraising.

There will also be a cookie sale on May 19th to help fundraising for the Heart & Stroke Foundation. Heart shaped cookies will be available for \$2 each.

Students are building their skipping skills during PE classes and during recess times. If you have any questions or concerns, please contact Mrs. Nemethy by phoning the school or emailing her at wnemethy@sd91.bc.ca.





To all parents,

In an effort to keep all of our children safe online it is recommended parents of children, who have access to the internet, visit cybertip.ca

Cybertip.ca, Canada's national tipline for reporting the online sexual exploitation of children, is currently issuing a warning regarding the social networking app *Discord*. Cybertip.ca states children using Discord are at risk for being lured, groomed, and are vulnerable to online violence.

It is recommended that children always be monitored when engaging in online activities.

Debbie Scott,

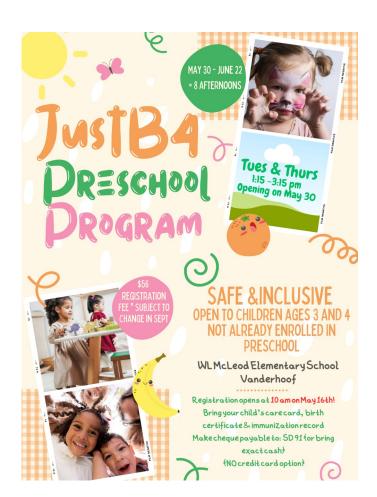
SD91 District Counsellor

McLeod is

NOT FREE.



No peanuts, Brazil nuts and hazelnuts (including peanut butter and Nutella)
PLEASE.



Please have all items you'd like to add to the newsletter to Ms. Lindsay by **noon** on Tuesday's. Any submissions after noon will be put in the following week's newsletter. Please email lswanson@sd91.bc.ca

Thank you

Dear families and supporters of McLeod,

Thank you for your generous donations to the community garden, and our Farm to School program!

We now have an abundance of tomato plants, potatoes, squash, onions, and various other plants.

Proud to be McLeod,

Mr. Reimer

Thank you for supporting our Hot Lunch Program!





LAKES School Board Meeting

Monday, May 15, 2023 6:00 pm

School Board Office Vanderhoof, BC

Important Public Attendance Notice:

Members of the public are invited to attend Regular Meetings of the Board of Education.

Due to limited space and seating availability, please reserve your seat prior to noon on meeting day if you wish to attend in person.

Alternatively, members of the public may attend this meeting virtually through Microsoft Teams. To take advantage of this online attendance option, please request your electronic invitation prior to 4:00 pm on meeting day.

Contact: Heather Silver Executive Assistant to the Superintendent 250-567-2284 ext. 244 hsilver@sd91.bc.ca

Please have all after-school messages to the office by 2:45 to ensure that we have time to get the message to the students.

Thanks!

Lindsay

W.L. McLeod Strong Start

Strong Start is a free drop-in program here at our school for families with children 0-5 years old.

We are open Monday to Thursday mornings 9am-12pm, and an extra evening class on Wednesdays 3:30pm-6:00pm. Closed on Fridays.

Connect on our Facebook page: W.L. McLeod Strong Start, or email smeads@sd91.bc.ca





Kennedy's Curious Kiddos

Did you know???

Mx. Kennedy has some eggsellent farm fresh eggs for sale!

The eggs are \$5/doz.

She also has some hatching fowl!

- Chicks are \$10
- Ducklings are \$20

100% of sales will be donated to Mx. Kennedy's Curious Kiddos and their classroom's cooking program! Please contact Mx. Kennedy at akennedy@sd91.bc.ca or text 250-570-9831 if you'd like weekly eggs or some chicks.

You can also pop into the office and we can grab you a dozen or two!

Thank you for helping us help the kids in their cooking endeavors!







Thank you for keeping McLeod scent free (including essential oils).
We appreciate your support for our students

Spring Fundraiser



Our improved flower mixes are sure to be a big hit! These hanging baskets can be exposed to full sun with the best flowering and trailing plants. Come in a variety of

mixes/colours.



All planters include an assortment of our top performing plant collections. Planters can be exposed to full sun areas. Perfect for creating a Spring patio or backyard paradise.



Planted in a 2 gallon pot, this perennial will add colour year after year. Floribunda roses are bred for their hardiness and can withstand colder temperatures.

Please note that colours cannot be selected.

May receive light pink, dark pink, white, or yellow.



A kid favourite! Enjoy fresh strawberries all growing season long. Everbearing strawberries with different coloured blossoms in white or pink. Beautiful and delicious!



Fast-growing in popularity, succulents are versatile & low-maintenance. Ideal as house decor and gifts! This 10-pack offers excellent variety and textures from the Echeveria, Sedum, Sedeveria, and Senecio families.

Duplicates & substitutes may occur.



10-pack 4" Herbs
An assortment of our finest herbs!
Varieties include:

-Basil (Sweet) -Mint Mojito

-Basil (Thai) -Peppermint

-Thyme -Oregano -Chives Onion -Parsley

-Chives Garlic -Rosemary

Duplicates & substitutes may occur.



10-pack 4" Veggies

Grow your own food this year in a garden or planter box!
Varieties include:

-Tomatoes (x4) -Cucumber

-Zucchini -Peppers (x2) -Kale -Romaine

Duplicates and substitutes may occur.



10-pack 4" Zonal Geraniums

These easy-to-grow bedding plants add vibrant colour to your garden. Resistant to pests such as deer/rabbits.

Colours: Red, White Pink Cannot mix & match colours in a flat.



10-pack 4" Wave Petunias

The popular cascading Wave petunias bring eye-catching colour to gardens, planter boxes, and hanging baskets.

Colours: Purple, White, Pink Cannot mix & match colours in a flat.



10-pack 4" Marigolds

Marigolds add a pop of colour and brightness to enjoy all season.
Excellent companion plants for many vegetables!
Only available in orange.



Premium Soil 30 L

A bag of organic potting soil, perfect for filling containers. This hearty mix helps plants grow to their full potential. Enriched with: compost, kelp, fish meal, peat moss, glacial rock dust, and rice hulls.



Fertilizer Shaker 18 kg

Enhance your garden with an easy-to-use fertilizer shaker. Made with organic granular kelp, this blend is great for both flowers and veggies.

Duplicates and Substitutions may occur. Availability is based on what is in the greenhouse.



Customer Name and Info	На	12" anging askets		Patio nters		on Rose nters	Straw	1" berry kets	10-p Succu			pk 4" erbs		-pk 4" eggies	1	0-pk 4 Geran			10)-pk 4' Petui	' Wave nias		10-p Mari _s	k 4" golds	Org Pottir			ilizer r 1.8kg	S	
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	# Baskets	\$ Total	# Planters	\$ Total	# Roses	\$ Total	# Strawberry	\$ Total	#10-packs	\$ Total	# 10-packs	\$ Total	#10-packs	\$ Total	Red	White	Pink	\$ Total	Purple	White	Pink	\$ Total	# 10-packs	\$ Total	# Soil Bags	\$ Total	# Shakers	\$ Total		
PAGE TOTALS																														

Visit our website to place an order online: _____.growingsmilesfundraising.com

Have Questions? Contact:

Phone:









2025-26 DISTRICT CALENDAR

www.sd91.bc.ca

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Non-Instructional Vacation Period Statutory Holiday

GOVERNMENT APPROVED HOLIDAYS:

July 1 Canada Day
August 4 BC Day
September 1 Labour Day

September 30 National Day for Truth & Reconciliation

October 13 Thanksgiving
November 11 Remembrance Day
December 25 Christmas Day
January 1 New Years Day
February 16 Family Day
April 3 Good Friday
May 18 Victoria Day

PROPOSED START & END DAYS

September 2 Opening Day (morning only)

June 25 Closing Day (morning only)

June 26 Operational Day (no students)

PROPOSED EXTENDED BREAKS:

Summer July 1 - August 29
Vinter December 22 - January 2
Spring March 23 - April 6

TENTATIVE PRO-D & PLANNING DAYS

September 19 District Planning Day October 24 Provincial Pro-D Day

November 21Pro-D DayFebruary 6Pro-D DayApril 24Zone Pro-D DayMay 8District Pro-D Day

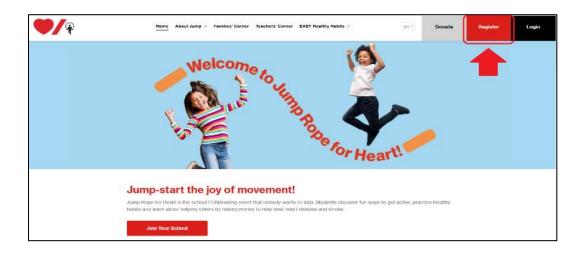




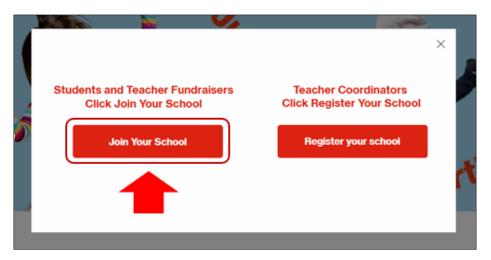
Registering your Child for Jump Rope for Heart

Online fundraising allows you to easily raise funds and share life-saving information with your friends and family. Here's how to get started:

1. Go to www.jumpropeforheart.ca and click on the "Register" button at the top right.



2. When prompted, click the "Join Your School" button.

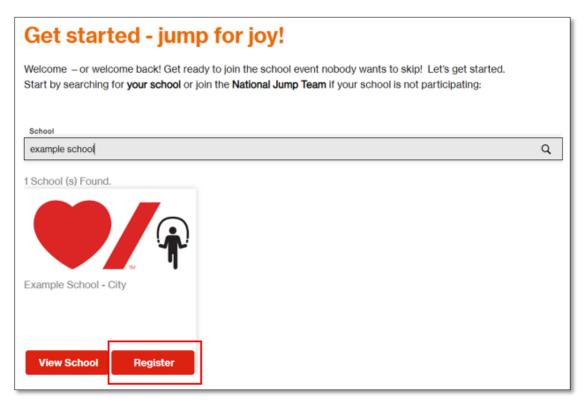




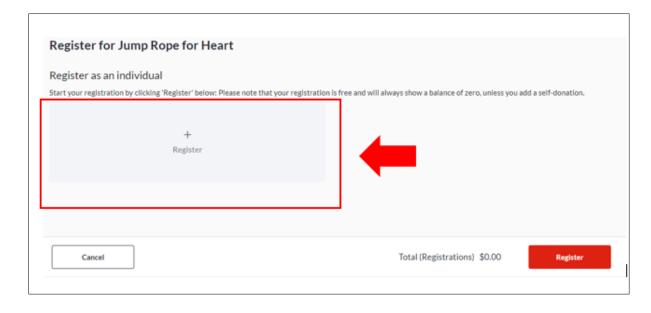


Search for your school. Once found, click "Register".

Tip: If you cannot find your school, remove an accent or punctuation. For example: change École to Ecole or St.to St



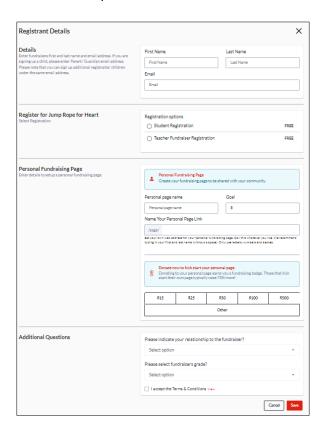
4. Select the large, grey, rectangular button that says "+ Register".



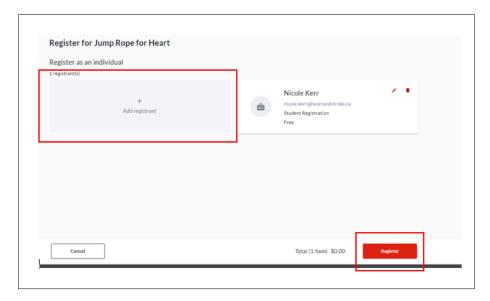




5. Complete the "**Registrant Details**" and click the red "**Save**" button. If you would like to kick-start your child's fundraising and donate, this is now the spot to do so.



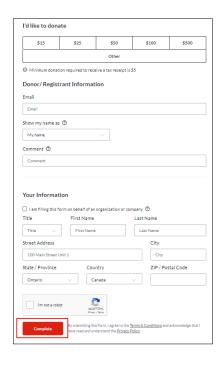
6. If you would like to register a second child, select the large, grey rectangular button that says, "+ Add registrant" and complete the registrant details for your second child (and if you'd like to donate to kick start your child's fundraising, the Registrant Details page is the spot to do so). If not, select the red "Register" button to proceed to the next step.



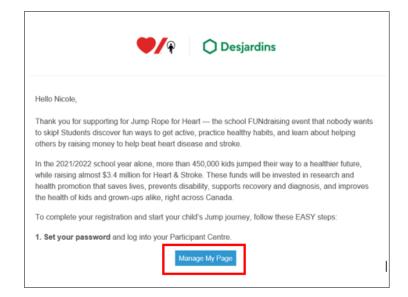




7. Then complete the **Your Information** section and select the "Complete" button to finish your registration!



8. Once you click **Complete** an email will be sent to your inbox with the subject line "**Thanks for joining Jump Rope for Heart!**". Within the email, there will be a blue "**Manage My Page**" button that you can click to set up your password. Your username will be your email.







9. You will be prompted to create a password for your Jump Rope for Heart account*. Please record your password for future use.

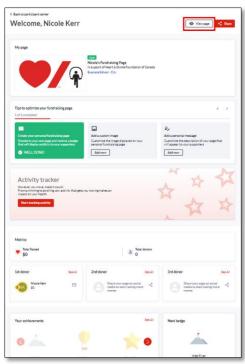


*Please note you may receive a prompt asking you to sign in, this is because Heart & Stroke uses the same fundraising platform (CrowdChange) as several other major Canadian charities with which you may have already created an account. If you receive a prompt to sign in, enter your email and password or if you do not have your password, click "Reset Password".



This will initiate an email to your inbox to set a new password. Once reset, return to the original email from Jump Rope for Heart, click "Manage Fundraiser", enter your email and your newly created password, and click "Sign in".

10. Once you are logged in, you will be taken to the dashboard of your child's **Participant Center**. Here you can update your child's fundraising page with a photo and personalized message. You can view your child's fundraising page to see what friends and family would see when visiting the page by clicking the "**View Page**" button on the top right corner.







Dear Parents/Guardians,

Jump Rope for Heart is the school FUNdraising event that nobody wants to skip. Students discover fun ways to get active, practice healthy habits and learn about helping others while raising money to beat heart disease and stroke.

We recently hosted our Jump Rope for Heart kick-off assembly to launch this year's program. From now until our Jump event, students will learn fun ways to get active for heart health while raising awareness and support for Heart & Stroke.

We love participating in Jump Rope for Heart because:

Students learn life-long habits:

Jump encourages kids to be active and live healthily. A lesson they will value for life!

Kids feel good by doing good:

Students learn the importance of giving back as they collect donations that help fund critical research that saves lives, prevents heart disease and stroke, and supports survivors and their families.

Fits any time, place and activity:

Kids can move their way by jumping, dancing, wheeling and more, on their schedule, at school or home.

Jump gives back:

Schools that raise a minimum of \$500 will receive 8% of their fundraising dollars back to put towards what they need most (think, sports equipment, or educational tools!) or can donate back to Heart & Stroke to make an even bigger impact.

Be part of the movement - register today!

Join our school and help Heart & Stroke save lives by jump-starting your fundraising. Here's how:

Visit jumpropeforheart.ca and click "Register" and search for our school's name or copy and paste the school link below to register right from our school page!

Help your child set up their fundraising page online. It's never been easier.

School Page Link:

(Copy and paste this link into your internet browser)

Kids helping kids!

The funds kids collect supports research that helps other kids and families across the country.



Was born with congenital heart disease.



ZoeWears a device in case
her heart isn't beating.



Nolen
Had a stroke before he
was born



Madeleine Had a cardiac arrest when she was five.

How Jump Works It's as easy as 1, 2, 3, 4!



Register online & start your Jump experience!



Play the EASY
Online Challenge & track Healthy Habits.



FUNdraise to help beat heart disease and stroke.



Jump into a fun-filled Event Day! Time to celebrate & redeem rewards!

EASY Healthy Habits

Jump Rope for Heart is more than a fundraiser. It teaches students 4 EASY Healthy Habits to help protect their heart and brain health - for a lifetime! Check out the EASY Online Challenge at **jumpropeforheart.ca** – it's full of fun activities that you can even do as a family at home!









Screens for 2 hours

to sugary drinks

Student Thank You Prizes:

As our heartfelt thank you for your support, students can earn one of five Thank You Prizes*, an online gift card from Toys "R" Us, Indigo, Amazon or Walmart - based on the fundraising levels, as follows:







Raise \$25 online: \$5 Gift Card (Walmart or Indigo only)

Raise \$75: \$15 Gift Card

Raise \$250: \$25 Gift Card



Raise \$500: \$50 Gift Card

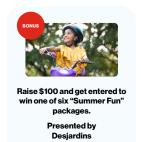
Raise \$1,000: \$200 Gift Card

Fundraise to earn contest entries:

With each donation you receive, you're one step closer to entering two great contests!



Raise \$50 and get entered to win one of five "Get Active" prize packages.



Track your EASY Healthy Habits to help your school win!

Presented by Desjardins

In addition to educating your child about the importance of having healthy habits to help reduce their risks of heart disease and stroke later in life, tracking their Healthy Habits online can help qualify our school for an entry into the Healthy Habits prize draw to purchase new equipment for the school.



National Top Prize Draw

- \$2,500 to spend on Phys. Ed equipment for their school
- \$1,000 donation Desjardins to add to their school's fundraising total
- A skipping rope for every student

Regional Prize Draw

- \$1,000 to spend on Phys. Ed equipment
- Additional skipping ropes for the school and more!

