



The Prowler

the news of the week
les nouvelles de la semaine



January 26, 2022

250-567-2267

<http://wlm.sd91.bc.ca>

Issue 19

Hadi, Bonjour and Hello,

This week we will celebrate the snow and the beach all in one day. Friday is our first grade 4 to 6 Murray Ridge ski trip. It will also be Beach Day for those of us still at school.

Caregivers of intermediate students going to Murray Ridge, if you have not yet met with us AND signed the Informed Consent paper, your child will not be able to participate in this trip. Please contact the office immediately if you have not completed both of these steps. Many, many thanks to Mme Leclerc for organizing our Murray Ridge trip again this year. We sure appreciate all the work she does to make it happen.

Thank you for the things you are doing to keep our McLeod family and your family safe. Please continue to keep sick kids home and inform the school if your child is absent due to illness. A Daily Health Check helps with this. Encourage your child to wear their mask properly on the bus and at school. We have been doing pretty well at McLeod – with reminders - but we don't want to slip. The same goes for hand washing. We need to do this lots!

Friday is also the day that interims will come home. If your child is on the ski trip they will get their interim Thursday or Monday. Never hesitate to reach out to the teacher about learning, especially if there is something in the interim that you weren't expecting.

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

Ms. L. Hart

COMING SOON:

Jan 27—Grade 3 Ski School
Jan 28—Murray Ridge Ski Day
Jan 28—Interims go home
Jan 28—Beach Day
Feb 4—Murray Ridge Ski Day
Feb 14- Red/Pink Shirt Day
Feb 21—Family Day (No School)

Notes on Numbers

January 26 - Almost everyone carries a phone with a calculator these days and in real life, we use those calculators on a regular basis, but we still need to know how to estimate to see if those answers make sense. In fact, mathematicians think that estimation may actually be more important to learn than calculation. When you see a group of things, talk to your child about how many things they think they see at a glance, and how they came up with that answer.



Babysitters Training

Friday, February 11, 2022

(Pro-D Day)

9:00am - 3:00pm

\$80

Vanderhoof Campus

C 250 567 3200

E nechako@cnc.bc.ca



HYBRID BOOK CLUBS FOR KIDS

BOYS BOOK CLUB

AGES 10-12

DATES:

JANUARY 28

FEBRUARY 25

MARCH 25

APRIL 29

TIME: 3:30-4:45

GIRLS BOOK CLUB

AGES 10-12

DATES:

JANUARY 14

FEBRUARY 11

MARCH 11

APRIL 15

TIME: 3:30-4:45

MIDDLE GRADE BOOK CLUB

BOYS & GIRLS AGES: 8-10

DATES:

JANUARY 20

FEBRUARY 17

MARCH 17

APRIL 21

TIME: 3:30-4:45

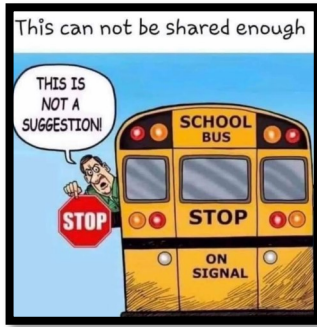


REGISTRATION REQUIRED

CONTACT [SARA VANDERHOOFLIBRARY.COM](http://SARA.VANDERHOOFLIBRARY.COM)

OR PHONE 567-4060

BOOK CLUB MEETINGS WILL BE HELD VIA ZOOM OR IN PERSON ACCORDING TO CURRENT HEALTH ORDERS



Let's all use our
WITS at home and
at school



YMCA After School Care

YMCA school age care is your child's home away from home where children will **become connected to their community** with a **true sense of belonging** in a safe and fun, values-based environment.

We serve students from:

- WL McLeod Elementary •
- Sinkut View Elementary •
- Evelyn Dickson Elementary •
- Mapes Elementary •
- Independent and home-based schools •

Our **caring and enthusiastic staff** will ensure that your child is transported safely from WL McLeod to our program each day where children will **engage in active, healthy activities**, including **healthy snacks, physical activity, homework help, and daily outdoor play**.

**Ensure your child
excels after the bell.**

**Register today at
nbc.ymca.ca**

Kids in the Know Education Program for Grade 6's

We are pleased to announce that W.L. McLeod Elementary is offering the Kids in the Know Education program to grade six students to teach online personal safety strategies. Lessons on child personal safety are divided equally throughout the program to provide children with the tools to help them to respond to dangerous or threatening situations. The program is starting Wednesday February 01, 2022. Please watch for Kids in the Know letters sent home with our grade six learners today.

www.kidsintheknow.ca

Daily Health Check and What to Do When Sick

Daily Health Check

Everyone going into to school must complete a daily health check, including staff, visitors, and students. A daily health check means checking yourself or your child for new symptoms of illness, including symptoms of COVID-19.

Symptoms of illness (including COVID-19) include things like:

- Fever or chills
- Difficulty breathing
- Runny nose
- Headache
- Diarrhea
- Cough
- Sore throat
- Sneezing
- Body aches
- Loss of sense of smell or taste
- Loss of appetite
- Extreme fatigue or tiredness
- Nausea or vomiting

If you are sick or feel unwell, stay at home. This is important to stop the spread of illness, including COVID-19, in schools.

You can attend school if:

- Your symptoms are consistent with a previously diagnosed health condition (e.g., seasonal allergies), OR
- You have existing symptoms that have improved to where you feel well enough to return to regular activities,

AND you are not required to self-isolate, or your self-isolation period is over (based on a positive COVID-19 test result, if taken).

What to Do When Sick

If you have mild symptoms of COVID-19, you usually don't need a test. Mild symptoms are symptoms that can be managed at home. Most people don't need testing for COVID-19.

Stay home and away from others (as much as possible) until you feel well enough to return to your regular activities and you no longer have a fever. You should also avoid non-essential visits to higher risk settings such as long term care facilities and gatherings, for another 5 days after ending isolation.

If you have a Rapid Antigen Test at home, use it when you have symptoms. How long you should stay home depends on your test result. Find out more about [Rapid Antigen Test results](#).

If you do not have symptoms of COVID-19, you do not need a test.

If you are unsure about your symptoms, you can use the [Self-Assessment Tool](#), contact your health care provider or call 8-1-1.

Testing may be recommended for some people who may be more likely to get severe disease. See BCCDC for information on [who testing is recommended for](#).

What to Do if Someone in Your Household is Sick

You can continue to attend school if someone in your household is sick and/or self-isolating as long as you do not have any symptoms of illness and feel well. This includes if they have tested positive for COVID-19.

Try to stay apart from the person in your household who is sick as much as possible.

Ensure you closely monitor yourself (or your child) for symptoms of illness and stay home if you develop symptoms of illness or feel unwell.

If You Test Positive for COVID-19

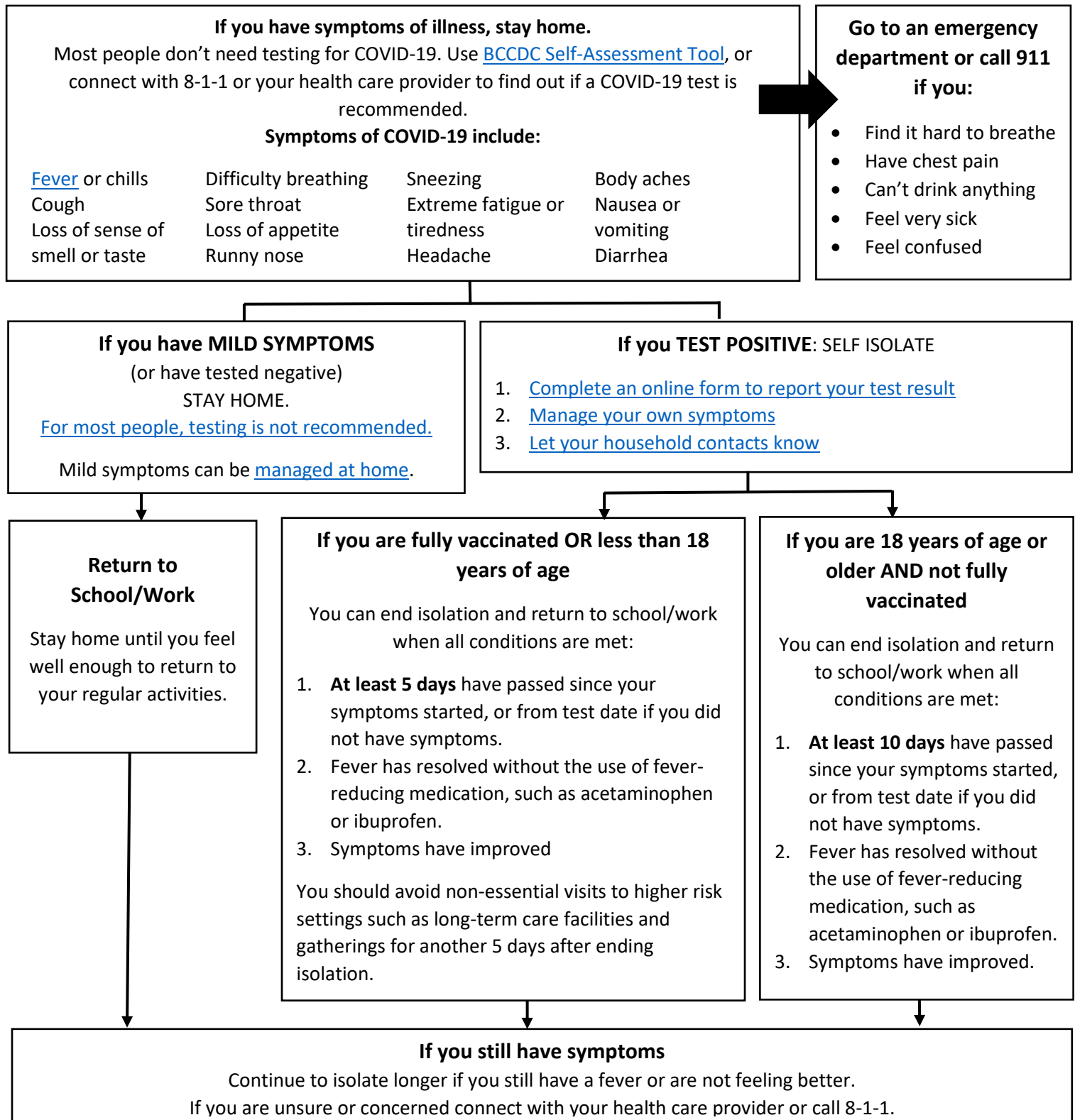
Your age and vaccination status determine how long you should self-isolate for if you test positive for COVID-19.

Age	Vaccination Status	Guidance
Under 18 years of age	Unvaccinated, partially vaccinated or fully vaccinated	Self-isolate at home for 5 days AND until your symptoms improve and you no longer have a fever. Avoid non-essential visits to higher risk settings like long-term care facilities and gatherings for another 5 days after ending isolation.
18 years of age or older	Fully vaccinated	
	NOT fully vaccinated	Self-isolate at home for 10 days AND until your symptoms improve and you no longer have a fever.

Close contacts, who are usually others in your household, do not need to self-isolate (regardless of vaccination status), but should closely self-monitor for symptoms. BCCDC has more information for [close contacts](#).

If you find it hard to breathe, have chest pain, can't drink anything, feel very sick, and/or feel confused, contact your health care provider right away or go to your local emergency department or call 9-1-1.

Summary: What to Do When Sick



What to do if someone is sick in your household:

You can continue to attend school if someone in your household is sick and/or self-isolating as long as you do not have any symptoms of illness and feel well. This includes if they have tested positive for COVID-19. Ensure you closely monitor yourself (or your child) for symptoms of illness and stay home if you feel unwell. The best way to protect yourself and your family from COVID-19 is to get vaccinated. Vaccines are available for anyone ages 5 and up. Register now at: [Getvaccinated.gov.bc.ca](https://getvaccinated.gov.bc.ca)



FEBRUARY 2022 MENU



Each meal is \$5.00 (reg). or \$6.00 (lg)

Please Pre-Order and Pre-pay

Pre-paid & pre-ordered meals of more than 10/mth receive a discounted rate of 4.50/meal

Student's Name: _____

Teacher: _____

Total Amount: _____

If your child regularly receives a Hot Lunch, please check the menu for meals that they can not or will not eat. Please provide a lunch for your child on those days. Thank you

Monday

Tuesday

Wednesday

Thursday

Friday



1
Sausage & Eggs



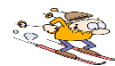
2
Lasagna



3
Pork Roast



4
Philipino Pork Steak



Murray Ridge Ski Trip #2

7
Chicken Strips



8
Crepes



9
Pizza Bagel



10
Chili



11
PRO-D Day



14
Meatball Subs



Red/Pink Day
6:00pm PAC Meeting

15
Pancakes & Sausages



16
Snack Plate



17
Caramel Chicken



18
Mac & Cheese



21
BC Family Day
(No School)

22
French Toast



23
Perogy Casserole

Pink Shirt Day

**KINDNESS
IS ONE SIZE
Fits All**

24
Cheeseburgers



25
Chicken Caesar Wrap



28
Chicken Chowmein

