



The Prowler

the news of the week
les nouvelles de la semaine



January 5, 2022

250-567-2267

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

Issue 16

Hadi, Bonjour and Hello,

Happy 2022!!

It was wonderful to welcome back a few of our students yesterday and today but we are missing everyone else. We can't wait to see you on Monday.

Our staff is working this week to make sure we are ready to implement the enhanced COVID safety guidelines including spreading out more, staggering our exits and entrances and making sure we are wearing our masks properly at all times. We are also planning in the event (let's hope not!) that we may need to close the school for any reason.

We have attached the new Daily Health Check for Students, but I encourage you keep your children home if they are sick in any way. The more we keep germs away from each other, the better for all of 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

Ms. L. Hart

COMING SOON:

Jan 10—Welcome Back
Jan 13, 20, 27—Grade 3 Ski School
Jan 28—Murray Ridge Ski Day
Feb 4—Murray Ridge Ski Day



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



THANK YOU FOR REMEMBERING THAT
WE ARE A NUT FREE SCHOOL



2022 Jackrabbit Ski Program



Ski S'Kool Students are welcome!

The Jackrabbit Program has been developed for children six to nine years of age, but our Club accepts children into this program, with no previous skiing experience, up to the age of twelve.

The objective of the Jack Rabbit Program is for children to learn basic cross country ski skills (**both classic and skating**) and to instill a lifelong interest in the sport, thereby enhancing their quality of life and health!

Lessons are twice a week, Tuesdays from 6:00 PM to 7:30 and Saturdays 10:00 AM to Noon, starting January 8th to March 19th, 2022.

Cost: \$80 Register online at: <https://www.zone4.ca/> by searching for: Nechako Nordics and clicking on: Nechako Nordics Registration 2021-2022

Ski Equipment Options: Purchase (locally at Earthenware) or rent from our club at \$5.00 per lesson or \$50.00 for the season.

To avoid disappointment, register soon, as space is limited!!!

For more information please visit our Facebook page at:

<https://www.facebook.com/groups/1302526809779153/> or contact Richard D.

Burkholder at bur9000@telus.net or phone (250) 567-9000



W.L. McLeod Strong Start

A free program here at our school for children ages 0 -5, with their caregivers. Snack is provided.

Please sign up ahead of time (5 families allowed per day).

Our program runs every Monday, Tuesday, Wednesday and Thursday from 9am to 12pm.

And a new afternoon/evening class every Wednesday 3:30pm to 6:30pm!

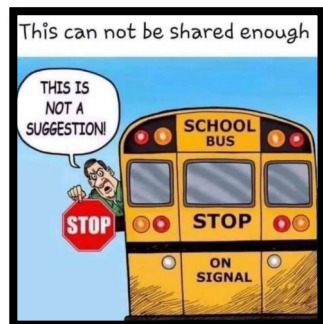
Adults must wear a mask while in the building.

Check out our Facebook page "W.L. McLeod Strong Start" for updates and for the weekly sign-up!

Please contact our program facilitator Sarah Meads at smeads@sd91.bc.ca



Check out our McLeod website
<http://wlm.sd91.bc.ca/>



CONTACTING ME

Each year I ask parents to connect with me by text. I have great plans to be able send you all pictures of your kids doing great things around the school.

Turns out, I need to carry my phone around more to get that done. That being said, I really do like to be able to contact parents by text when needed. Please send me a text at 250-567-8539 so I can add you to my contacts.

~Ms. Hart



Murray Ridge Alpine Team



2022 Ski Season Registration

January - March 2022

REGISTRATION IS NOW OPEN!

Skiers Age 7 and up
Must be able to ride the T-bar

For more information about costs and registering visit our Facebook Page.



Murray Ridge Alpine Team

Contacts

Erika Gardner - Registrar
erligirl@yahoo.ca

Amelia Ubleis - Registrar
aorcutt@live.ca

Jen Duncan - President
jenduncan168@gmail.com

Daily Health Check for Students:

Based on current evidence, some symptoms are more likely to be related to COVID-19 than others. If your child has any of the symptoms listed below, follow the instructions.

Key Symptoms of Illness	What to Do
Fever higher than 38C Chills Cough Difficulty breathing Loss of sense of smell or taste	If yes to 1 or more of these symptoms: Stay home. Contact a health care provider or call 8-1-1 about your symptoms and next steps.
Other Symptoms	What to Do
Sore throat Loss of appetite Diarrhea Nausea and vomiting Extreme fatigue or tiredness Headache Body aches	If yes to 1 of these symptoms: Stay home until you feel better If yes to 2 or more these symptoms: Stay home for 24 hours. If symptoms don't get better or get worse, contact a health care provider or call 8-1-1 about your symptoms and next steps.
International Travel	What to Do
Have you returned from travel outside Canada in the last 14 days?	If yes: Fully vaccinated students, staff and other adults who have travelled outside of Canada may qualify for the fully vaccinated traveller exemption . Students, staff and other adults who are not fully vaccinated and have travelled outside of Canada CANNOT attend school for 14 days after arrival , as part of federal requirements .
Close Contact	What to Do
Have you been notified by public health that you are a close contact of a person confirmed to have COVID-19?	If Yes: Follow the instructions provided by Public Health.

When a **COVID-19 test** is recommended by health assessment, stay home until test results are received:

- If the COVID-19 test is **positive**, follow health authority direction on when to return to school.
- If the COVID-19 test is **negative**, you can return to school once symptoms have improved and you feel well enough to participate in all school-related activities. Symptoms of common respiratory illnesses can persist for a week or more. Re-testing is not needed unless you develop a new illness.

If a COVID-19 test is not recommended by the health assessment, you can return when symptoms improve, and you feel well enough to participate in all school-related activities. Testing may not be recommended if the assessment determines that the symptoms are due to another cause (i.e. not COVID-19).



JANUARY 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 _____

\$ _____

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
	4 Sausage & Eggs 	5 Perogy Casserole 	6 Roast Chicken 	7 Lasagna 
10 Chili 	11 Crepes 	12 Ham & Cheese Bun 	13 Butter Chicken 	14 Mac & Cheese 
17 Quesadillas 	18 Pancakes & Sausage 	19 Snack Plate 	20 Chicken Strips 	21 Chicken Ranch Wrap  <i>Interims home</i>
24 Pizza Bagels 	25 French Toast 	26 Pork Cutlets 	27 Cheese Burgers 	28 Wowie Maui Chicken <i>Beach Day</i> 
31 Spaghetti 				