



The Prowler

the news of the week
les nouvelles de la semaine



January 13, 2021

250-567-2267

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

Issue 17

Hadi, Bonjour and Hello,

It's hard to believe but we are already at the mid-point of term 2. This Friday we will connect with families with our second interim of the year. Please read it with your child and talk about their progress with them. It's so important that we are all working together to help these amazing kids succeed. Never hesitate to connect with your child's teacher.

It is our goal to work together with you and the kids to help our McLeod students become children and adults who can take on the world. Please feel free to contact the school if you ever have any questions or concerns.

WE'RE ALL IN THIS TOGETHER!

Proud to be McLeod
Ms. L. Hart

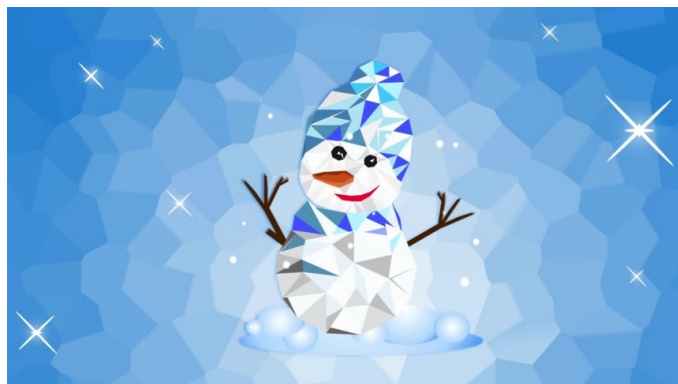
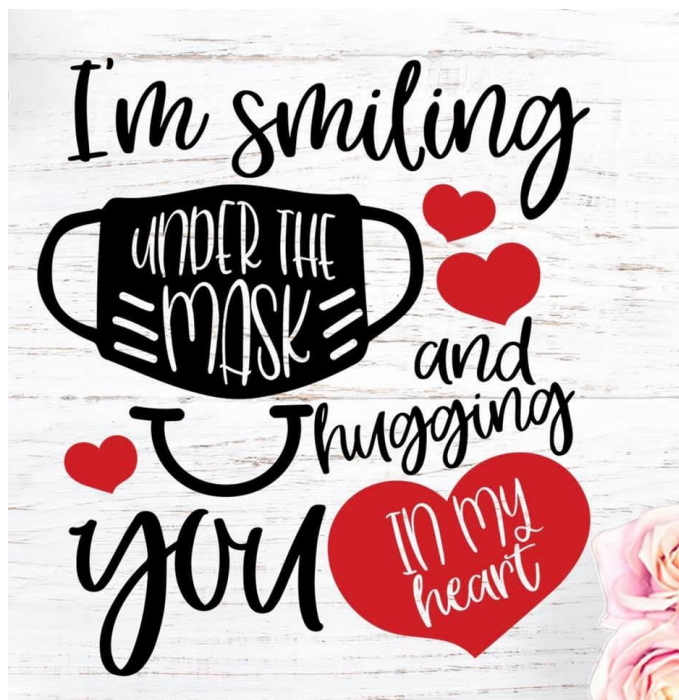
COMING SOON:

Jan 14: Grade 3 Ski S'kool

Jan 15: Interims Home

Jan 28: Grade 3 Ski S'kool

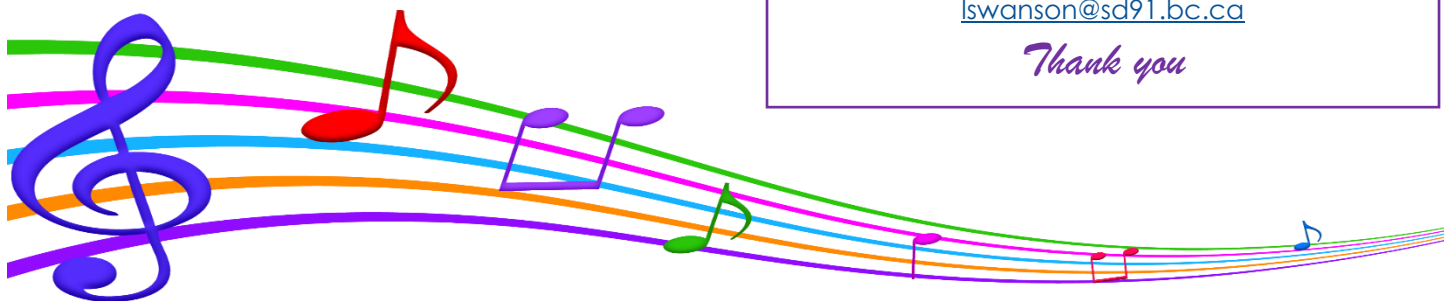
Jan 29: Beach Day



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



**PARKING
LOT**



SAFETY

Please **DO NOT** use the staff parking lot (the lot by the EBUS entrance) to drop off or pick-up students. Students **MUST NOT** be walking through this parking lot at any time. Drop off angle parking is available on Damon Square (behind the strip mall). Thank you for your help to keep our kids safe.



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

T-Shirt Tuesdays



Please wear your McLeod wardrobe every Tuesday. It's a great way to show your school spirit and earn points for your house team. Anything McLeod works. We love homemade stuff too!

Q. What do you call a pig that plays basketball?



A. A ball hog.

dsm4kids.com



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. J 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

Please don't forget to do the Daily Health Check each morning. We are very grateful to all our families who are working with us to follow the COVID-19 guidelines.



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



Thanks for remembering
this is a



Peanut/Nut
Free School

If you would like to help save paper and be added to our Newsletter email list, please send your email address to lswanson@sd91.bc.ca



School Board Meeting

Monday, January 18, 2021

6:00 pm

Video Conference

Public Attendance Notice:

***Due to current public health and safety requirements, we are requesting that members of the public interested in attending this meeting, contact Tracy Austin at taustin@sd91.bc.ca or 250-567-2284 prior to the meeting so that seating arrangements for appropriate physical distancing can be made at each video conference site.

Upcoming Board Meetings:

February 22, 2021|

March 15, 2021

Self-Care & Mental Health



Share your own feelings to encourage self-awareness.

Recognize toxic stress events.

Practice self-care for yourself to set the standard.

Cultivate interests and hobbies.

Set aside time for low stress or solo activities.



Encourage journaling and writing.



Encourage them to focus on the moment.

BlessingManifesting



Find social groups that help them feel like they belong.



Focus on articulating feelings.
"I am angry."
"I am sad."



Establish a self-care routine.



Daily Health Check			
1. Key Symptoms of Illness*	Do you have any of the following key symptoms?	CIRCLE ONE	
	Fever	YES	NO
	Chills	YES	NO
	Cough or worsening of chronic cough	YES	NO
	Shortness of breath	YES	NO
	Loss of sense of smell or taste	YES	NO
	Diarrhea	YES	NO
	Nausea and vomiting	YES	NO
2. International Travel	Have you returned from travel outside Canada in the last 14 days?	YES	NO
3. Confirmed Contact	Are you a confirmed contact of a person confirmed to have COVID-19?	YES	NO

If you answered “YES” to one of the questions included under ‘Key Symptoms of Illness’ (excluding fever), your child should stay home for 24 hours from when the symptom started. If the symptom improves, your child may return to school when they feel well enough. If the symptom persists or worsens, seek a health assessment.

If you answered “YES” to two or more of the questions included under ‘Symptoms of Illness’ or your child has a fever, seek a health assessment. A health assessment includes calling 8-1-1, or a primary care provider like a physician or nurse practitioner. If a health assessment is required, your child should not return to school until COVID-19 has been excluded and symptoms have improved.

When a COVID-19 test is recommended by the health assessment:

- ☐ If the COVID-19 test is positive, your child should stay home until you are told by public health to end self-isolation. In most cases this is 10 days after the onset of symptoms. Public health will contact everyone with a positive test.
- ☐ If the COVID-19 test is negative, your child can return to school once symptoms have improved and they feel well enough. 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 recommended but is not done because you choose not to have the test, or you do not seek a health assessment when recommended, and symptoms are not related to a previously diagnosed health condition, your child should stay home from school until 10 days after the onset of symptoms, and then they may return if they are feeling well enough.

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

If you answered “YES” to questions 2 or 3, use the COVID-19 Self-Assessment Tool to determine if you should seek testing for COVID19.

A health-care provider note (i.e. a doctor’s note) is not required to confirm the health status of any individual.

**THE GREATEST POWER
YOU POSSESS IN LIFE IS
YOUR UNDERSTANDING
THAT LIFE GIVES YOU A
FRESH START ANY
MOMENT YOU CHOOSE
TO START FRESH**
WWW.LIVELIFEHAPPY.COM

JANUARY 2021 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
				1 
4 Spaghetti 	5 Crepes & Ham 	6 Perogy Casserole 	7 Pizza Bagels  Gr. 3 Ski School 	8 Filipino Pork Steak w/ rice 
11 Hamburgers  5:00 PAC Meeting	12 Sausage & Eggs 	13 Pork Cutlets in Gravy 	14 Chow Mein & Springrolls  Gr. 3 Ski School 	15 Chicken Ranch Wrap  INTERIMS HOME
18 Quesadillas 	19 French Toast 	20 Ham & Cheese Bun 	21 Chicken Strips  Gr. 3 Ski School 	22 Sweet & Sour Meatballs w/ rice 
25 Enchiladas 	26 Pancakes & sausages 	27 Lasagna 	28 Roast Chicken  Gr. 3 Ski School 	29  Mac & Cheese  Beach Day Int. Ski School Day 1 (details to follow) 