



The Prowler

the news of the week
les nouvelles de la semaine



Sept 10, 2025

250-567-2267

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

Issue 02

Hadi, Bonjour and Hello,

Thanks for a wonderful first week back everyone!

This week brings some exciting events. On Monday we had our first school-wide assembly and yesterday and today our grade 5 and 6 students who signed up started band at NVSS. On Friday we will have our Fall Fun Day which will be planned by our grade 5/6 classes. We'll be outside for the morning so please make sure kids are ready for whatever the weather may be.

And don't forget that our Open House/Ice Cream Social is on Thursday, September 11th from 6:00 to 7:30. After visiting your child's classroom, we invite you and your family to our gym where you can all enjoy an ice cream sundae and meet other McLeod families. We'd like to thank our PAC for hosting this event. At 7:00 our PAC will be having their first meeting of the year in our TLC. We invite ALL caregivers and families to come out and join us.

If you haven't returned the Verification Page (the green paper) to the school, please do this as soon as possible. It's so important we have the most updated information to contact you if we need to. We have tried something new with our verification page this year so please let us know if you have any feedback.

Remember that our Core Competency focus this year is "COMMUNICATE TO CONNECT." Our September learning will answer the questions, "What is communication?"

Please contact Ms. Lindsay at our office to get on our e-mail newsletter list to get full copies of our newsletter each week.

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:

Sept 11: Ice Cream Social Open House—6-7:30

PAC Meeting—7:00

Sept 12: Fun Day

Sept 18: Crazy Hair Day

Sept 19: District Planning Day—**NO SCHOOL for Students**

Sept 25: Terry Fox Run



See the whole newsletter

anything is possible

We would like to remind you that doors in our school are **locked** apart from the front door. Adults should **only** enter through the front door. Please **sign in and out** at the office. Please **do not go to classrooms** without permission from our office staff.

W.L. McLeod PAC Corner

wlmcleod.pac@gmail.com



First PAC meeting this Thursday! Please join us



SEPTEMBER MENU

Student's Name: _____

Teacher: _____

Total Amount: _____

If your child regularly receives a Hot Lunch, please check the menu for meals that they cannot or will not eat. Please provide a lunch for your child on those days. Thank you! **Cheques should be made payable to SD91**

Monday	Tuesday	Wednesday	Thursday	Friday
1 Labour Day	2 ½ day Dismissal at 12:00.	3 Spaghetti 	4 Ham and Cheese Bun 	5 Mac and Cheese 
8 Chili 	9 Pancakes and Eggs 	10 Fish Sticks 	11 Taco Wrap  <i>6:00-7:30 - Open House/Ice Cream Social</i> <i>7:00 PAC Meeting</i>	12 Grilled Cheese and Tomato Soup  Fun Day
15 Sausage and Eggs 	16 Perogy Casserole 	17 French Toast 	18 Butter Chicken Lasagna  Crazy Hair Day	19 DISTRICT PLANNING DAY (NO SCHOOL)
22 Chicken and Rice Casserole 	23 Beef Broccoli 	24 Breakfast Sandwiches 	25 National Quesadilla Day  Terry Fox Run	26 Chicken Caesar Wrap  Ultimate Frisbee Tournament
29 Cheese Tortellini in Alfredo Sauce 	30 School Honouring of National Day for Truth and Reconciliation (No School)			

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

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



<https://www.facebook.com/WLMPAC>

T-Shirt Tuesdays



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

JUNIOR VIKES WRESTLING



- Open to athletes grades 2-6
- No previous experience necessary
- October 16th - December 18th
- \$100

 **Hurry, spaces fill quickly!**

INFORMATION/REGISTRATION:
[HTTPS://FORMS.GLE/VOZDERVKMSPQC3QB7](https://forms.gle/vozderVKMSPQC3QB7)




Contact Shannon
shimmelright@sd91.bc.ca

MCLEOD IS **NOT FREE.**



Thanks for keeping our McLeod family safe.

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



Every Child Matters

We are very proud that we offer additional support and connection for students of Indigenous ancestry at our school. In BC schools, students/families can self-identify as being of Aboriginal ancestry. There is no paperwork or "proof" required. Please contact Ms. Hart if you are interested in finding out more about this support at our school.

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

How do you solve a problem?

Use your WITS!

Walk Away
Ignore
Talk it Out
Seek Help

www.witsprogram.ca

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



Please do not send bags of unpopped popcorn or the KD cups for lunches. It takes too long to cook in the microwave and we end up running out of time to eat. They also burn in the microwave too easily.

Thank you!



CHECK OUT OUR MCLEOD WEBSITE

School District No. 91 (Nechako Lakes) does not provide accident insurance coverage for student injuries that occur on school premises or during school activities. You may purchase coverage for your child at www.insuremykids.com or by calling toll free at 1-800-463-KIDS (5437)

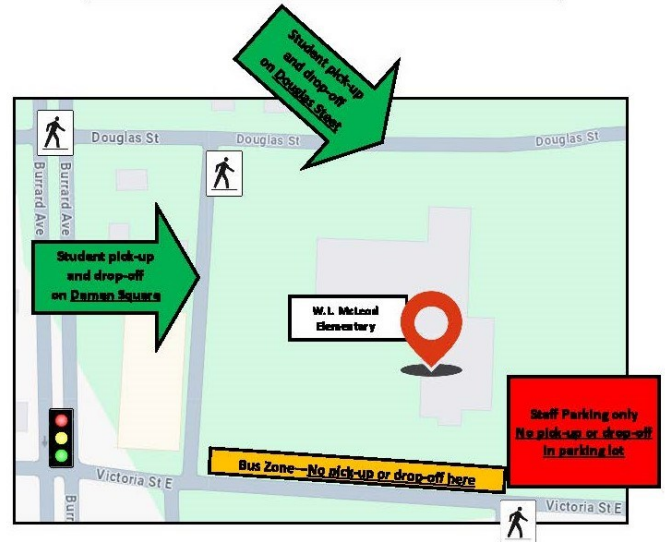
Knives in Schools

SD91 reminds families that knives are strictly prohibited at school and on school buses. We understand that many families in our region spend considerable time outdoors and often use these items. However, knives, including Leatherman tools, are not appropriate in a school setting at any time.

We ask that all caregivers and students check backpacks and jacket pockets, especially after camping, fishing, or hunting trips to ensure these items are not brought to school. The District Code of Conduct will be followed in these situations and appropriate consequences applied.

If you have any questions, please contact the school.

Student Pick-up & Drop-off at W.L. McLeod Elementary



Please help keep our students, caregivers, and staff safe. **NO drop off and pick up in the school bus zone (on either side of the street) or in our staff parking lot.** Please use Douglas Street and Damon Square as drop-off and pick up options.



Talking, listening, and sharing help us understand and care for one another.

◇ What is Communication?

Counsellor's Corner

The SD91 Inclusive Education Counselling Team would like to welcome you all back to school! While the start of a new year offers excitement and possibilities, it can also be a time of stress and anxiety for some of our learners. If your child is struggling with this, or other emotional burdens, you may be asking yourself,

"Does my child need to see the school counsellor?"

To help answer this question please use the QR Code to visit our Counsellor's Corner website, and read the related article posted in the "Services" section. While you're there, check out the other useful information about our team, the services we provide and lots of other great mental health resources.



Registration is Now open for the Fall Maintenance Season Sept 23 - Nov 29

Registration link

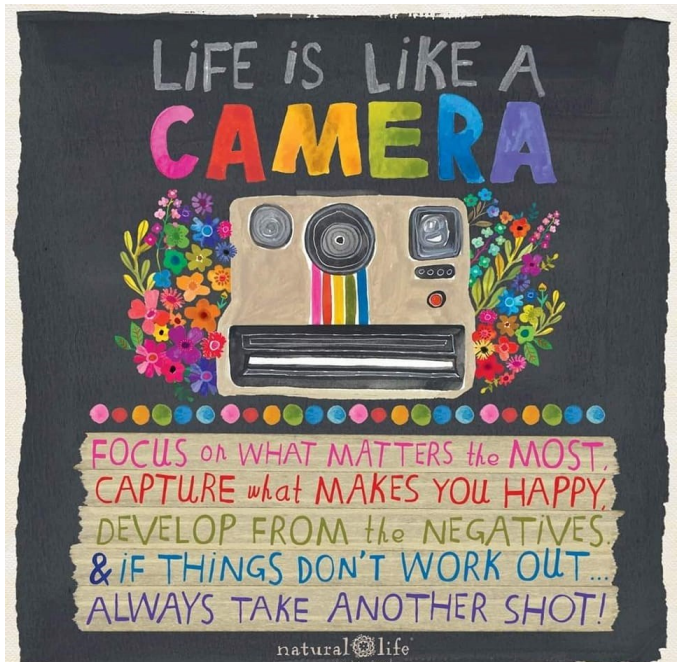
<https://www.active.com/vanderhoof-bc/water-sports/swimming-registrations/nechako-valley-swim-club-fall-maintenance-2025>

If your swimmer did NOT participate with us during the summer session, please remember to include the \$35 BCSSA fee (per swimmer) when registering.

If you are registering multiple swimmers, register them all at once to receive a multi-swimmer discount.

Any problems registering please contact Kathryn Egli

nvsc.registrar.otters@gmail.com





Nechako Figure Skating Club

REGISTRATION IS OPEN!

Do you want to learn to skate or have a child that wants to learn to skate?

Registration is open for Nechako Figure Skating Club!

Ages 3 and up

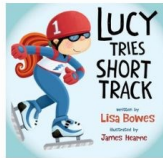
Please visit our website for schedules and information.

REGISTRATION LINK:

<https://nechakofsc.uplifterinc.com/registration>

Contact : nechakofsc@gmail.com www.nechakofsc.com

Vanderhoof Clippers Speed Skating Club 2025 - 2026 Season



Registration is Open!!

ACTIVE STARTS

Low cost, fun and fast winter sport!

Ages 4-5

Must be 4 years old on or before June 30th

Monday and Friday at **6:00pm**

All you need is a helmet and hockey skates to start

Cost: **\$200.00**

Questions? Contact:

vanderhoofspeedskating@gmail.com



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

Welcome to McLeod!

McLeod Families are invited on
Thursday, September 11

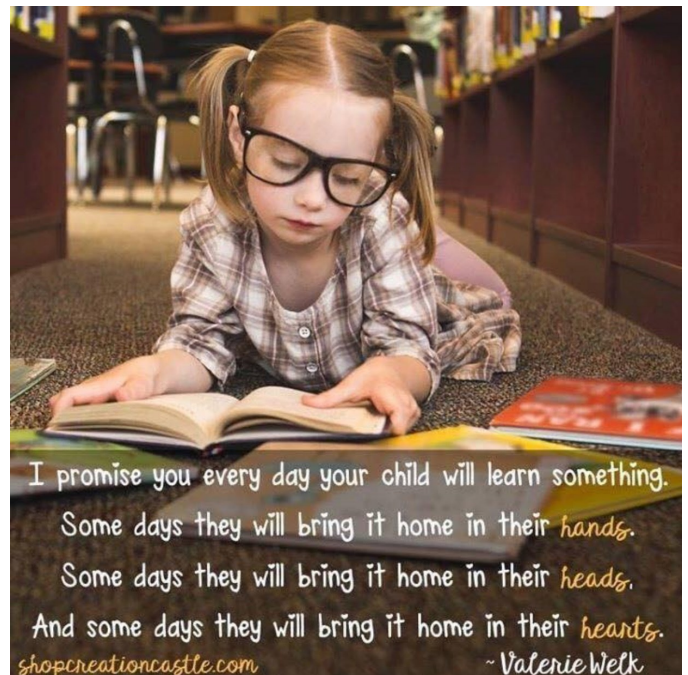
**Open House +
Ice Cream Social**

6:00-7:30pm

PAC Meeting

7:00pm

Call 250-567-2267 for more
information or go to Facebook:
www.facebook.com/WLMPAC



I promise you every day your child will learn something.
Some days they will bring it home in their *hands*.
Some days they will bring it home in their *heads*.
And some days they will bring it home in their *hearts*.
shopcreationcastle.com
- Valerie Welk

Does my child need to see the school counsellor?

This question comes up for many parents at some point in their child's life. Maybe your child doesn't seem the same lately, maybe you are noticing unusual behaviours, maybe your child received a recent diagnosis, maybe their teacher is concerned, or maybe they seem sad or anxious. The list goes on! You are not alone. Just like with adults, it is normal (and actually healthy) for kids to go through ups and downs.

So let us ask you some questions that may help:

- **Are your child's feelings or behaviours impacting their day to day life and functioning?**

As counsellors, we care a lot about this question because we get concerned if behaviours or feelings are getting to the point that most days are difficult. Perhaps your child has anger outbursts that are causing them to lose friends. Perhaps your child is so anxious or sad that they no longer want to do activities they would normally enjoy.

- **Has the difference in your child's mood or functioning been going on for more than a week?**

There are many reasons your child might be having an "off" day that do not warrant them needing to see a counsellor. There are hormonal times of the month, disappointments that happen at school, fights with friends, and many other reasons they may seem "off." If you notice your child is still struggling after a few weeks, this might indicate they need some additional support. If you've tried what you can to support them at home and they are still struggling, let's talk!

- **What other supports does your child have in place?**

We ask this because counselling may not even be the most relevant support for your child. Perhaps your child is struggling with behaviours that are related to a behavioural diagnosis or a learning disability. While we never like to put things into one box, perhaps behaviour intervention or learning support could be a more relevant support. Another consideration is how busy your child already is. Sometimes overloading a child with support can be overwhelming, and sometimes it even creates the idea for kids that they are not capable of succeeding on their own.

- **What have you already tried?**

Have you had conversations with your child? Emotional support and validation from a caregiver go a long way. [Caregivers](#) has some great videos and resources that we encourage you to look at to help with developing a healthy/communicative relationship with your child. Other ideas that help many families include spending time together outside, doing activities with your child that they enjoy, or even considering getting support for yourselves (as parents). The best thing you can do for your children is to make sure you are getting the support you need.

- **What do you think they could gain from going to counselling?**

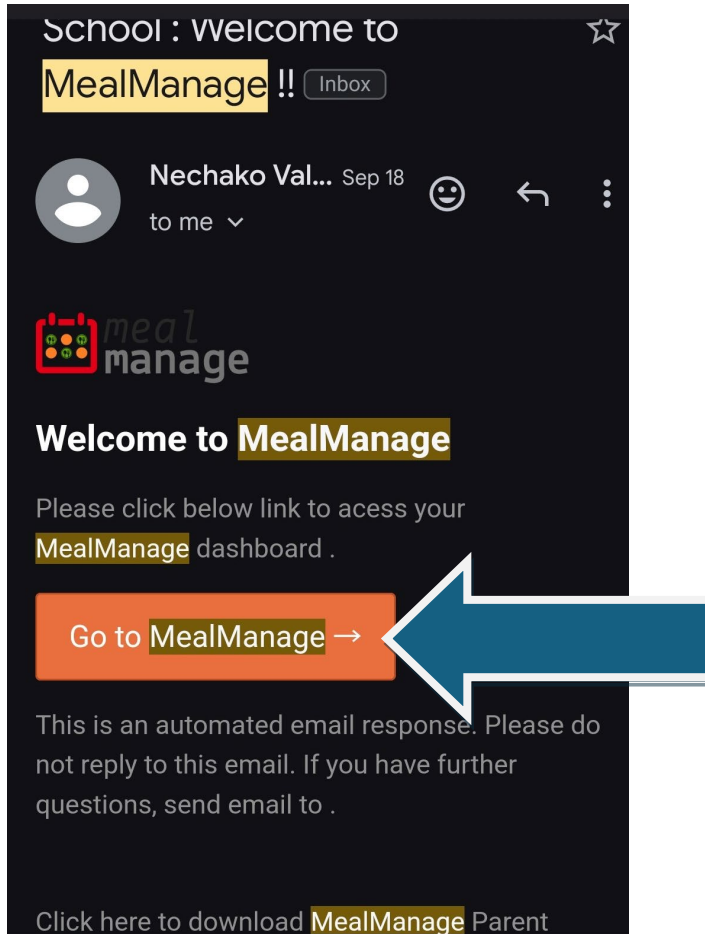
We often hear the message "they just need someone to talk to." As much as counsellors love listening and talking to kids, we try to encourage you (as parents or caregivers) to try to be this person. A healthy attachment relationship is most helpful and healing when it comes from a regular caregiver, versus a helping professional. If your child is really struggling emotionally or with another counselling related need, this answer may vary widely. Counselling methods vary but can include emotional coaching/validation, problem solving, offering tools for your child, helping your child walk through a difficult memory or scenario to process, and helping them find healthier ways of coping with their challenges. If you are unsure as to whether or not counselling could be helpful for your child, please reach out and ask. We are happy to point you in the right direction.

WL McLeod

Meal Manage

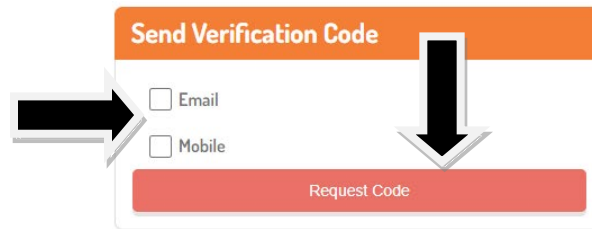
Here's how to get started...

- 1) Click <https://app.mealmanage.com/wlm/parent>
 - a. Enter the email address the school has on file
- 2) A link to join Meal Manage will be emailed to you. Click on "Go to MealManage" to create an account.



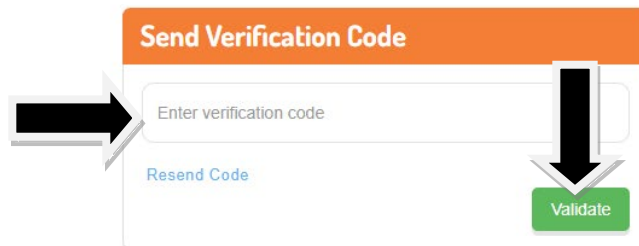
- 3) A new window will pop up to register your device. You will see a request to send a verification code as in the image below. Select email or mobile. Then "request code".

Register Device



- 4) The code will be sent by email or mobile. A new box will appear with a box to enter the verification code. Click “validate”.

Register Device



- 5) You now have an account!

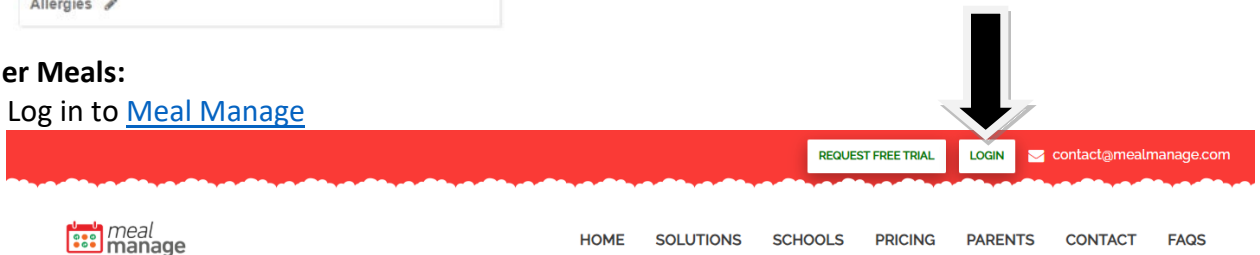
You will see the option to order meals, view order, and account history.

- 6) ****Optional****: On the student account image there is a line for “allergies”. Click on the pencil icon. A window will pop up, select the allergens to add to the file. Scroll down and select “save”.

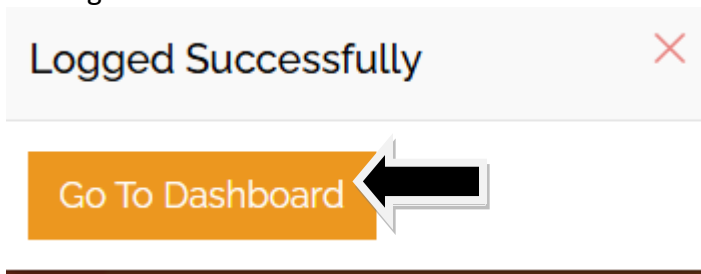


To Order Meals:

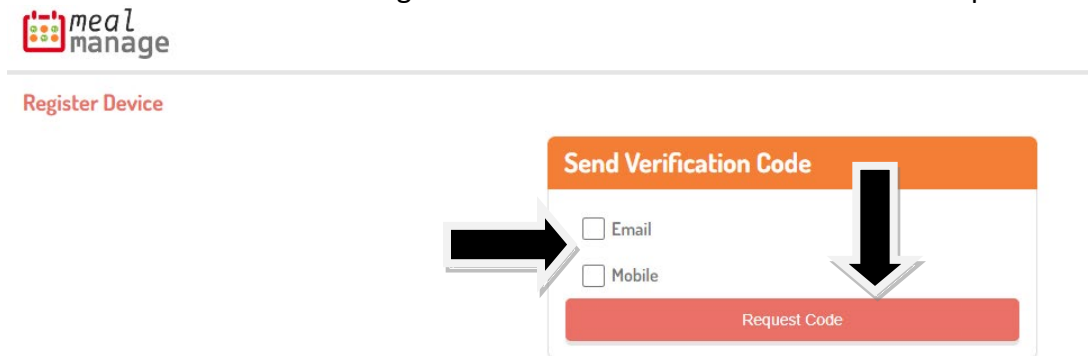
- 1) Log in to [Meal Manage](#)



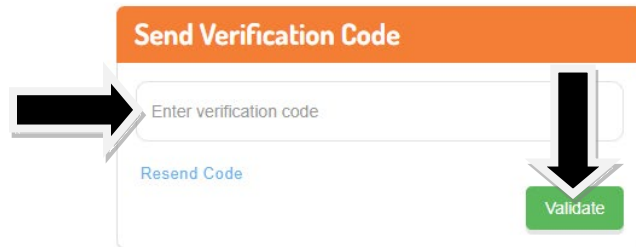
- 2) Click “go to dashboard”



- 3) A new window will pop up to register your device. You will see a request to send a verification code as in the image below. Select email or mobile. Then “request code”.

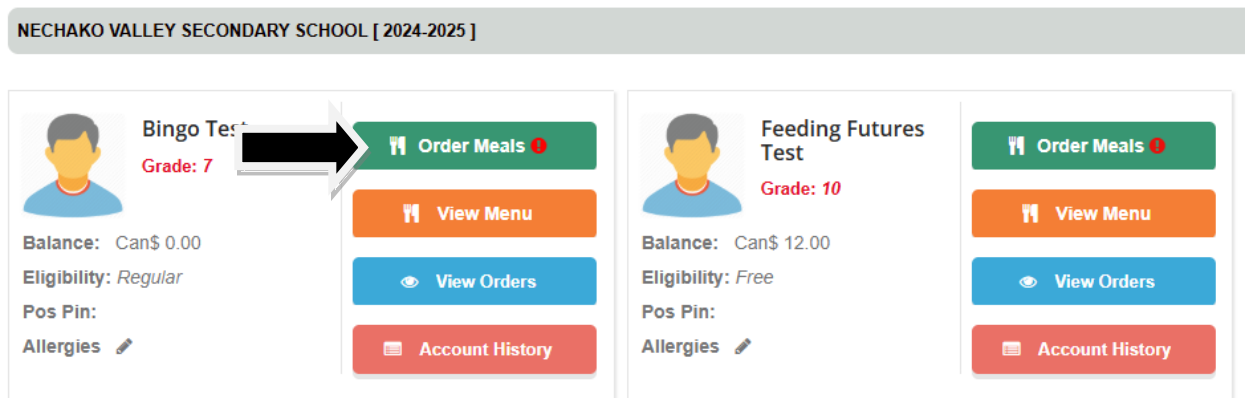


- 4) The code will be sent by email or mobile. A new box will appear with a box to enter the verification code. Click “validate”.



The form is titled "Send Verification Code" in an orange header. It contains a text input field labeled "Enter verification code", a blue link for "Resend Code", and a green "Validate" button. A large black arrow points to the input field, and another large black arrow points down from the top right of the form to the "Validate" button.

- 5) When you log in, all student accounts connected to the email address will show up, for example:



The screenshot shows a header for "NECHAKO VALLEY SECONDARY SCHOOL [2024-2025]". Below it are two student account cards. The first card is for "Bingo Test" (Grade: 7) with a balance of Can\$ 0.00 and eligibility of Regular. The second card is for "Feeding Futures Test" (Grade: 10) with a balance of Can\$ 12.00 and eligibility of Free. Both cards have buttons for "Order Meals", "View Menu", "View Orders", and "Account History". A large black arrow points from the "Order Meals" button of the first card to the "Order Meals" button of the second card.

- 6) Click “order meals”
7) A calendar for the month will show up. Click on the items the student wants to be added to the cart. If an item is in red, it means the menu item contains an allergen. Where possible, food allergens will be accommodated if the school kitchen has at least 24 hours notice.

On the calendar, there is a food item, for example “spaghetti”, and “Feeding Futures” listed. To continue offering a pay-what-you-can lunch program, the “Feeding Futures” item is listed so households can select how much they can pay for lunch each month.

The lunch program is at the school for each child to be able to access nourishment at school to be ready to learn. If there is something that can be done to make the program more accessible, please let us know.

JUNE-2025

Clear Selections

Review Order

Paid Amount : Can\$0.00 | Order Amount : Can\$0.00

MON	TUE	WED	THU	FRI
Entree 2 Pork Skewers Can\$ 6.00	Entree 3 Pancakes and Eggs Can\$ 6.00	Entree 4 Quesadilla Can\$ 6.00	Entree 5 Beef Burger Can\$ 6.00	Entree 6 Penne with Alfredo Sauce Can\$ 6.00
Entree 9 BBQ Chicken Burger Can\$ 6.00	Entree 10 Perogies and Sausage Can\$ 6.00	Entree 11 Lasagna Can\$ 6.00	Entree 12 Chicken Chow Mein Can\$ 6.00	Entree 13 Chili Can\$ 6.00
Entree 16 Grilled Cheese and Tomato Soup Can\$ 6.00	Entree 17 Meatball Sub Can\$ 6.00	Entree 18 Chicken Caesar Wrap Can\$ 6.00	Entree 19 Tacos Can\$ 6.00	Entree 20 Pasta Can\$ 6.00
Entree 23 Soup and Sandwich Can\$ 6.00	Entree 24 Hotdog Can\$ 6.00	Entree 25 Pork Stew Can\$ 6.00	26 Half Day - Lunch available	27 No School

8) Once all menu items are selected, click “review order”

JUNE-2025



Review Order

Paid Amount : Can\$0.00 | Order Amount : Can\$30.00

MON	TUE	WED	THU	FRI
Entree 2 Pork Skewers Can\$ 6.00	Entree 3 Pancakes and Eggs Can\$ 6.00	Entree 4 Quesadilla Can\$ 6.00	Entree 5 Beef Burger Can\$ 6.00	Entree 6 Penne with Alfredo Sauce Can\$ 6.00
Entree 9 BBQ Chicken Burger Can\$ 6.00	Entree 10 Perogies and Sausage Can\$ 6.00 1	Entree 11 Lasagna Can\$ 6.00 1	Entree 12 Chicken Chow Mein Can\$ 6.00	Entree 13 Chili Can\$ 6.00
Entree 16 Grilled Cheese and Tomato Soup Can\$ 6.00 1	Entree 17 Meatball Sub Can\$ 6.00	Entree 18 Chicken Caesar Wrap Can\$ 6.00	Entree 19 Tacos Can\$ 6.00 1	Entree 20 Pasta Can\$ 6.00
Entree 23 Soup and Sandwich Can\$ 6.00 1	Entree 24 Hotdog Can\$ 6.00	Entree 25 Pork Stew Can\$ 6.00	26 Half Day - Lunch available	27 No School

9) Confirm items, then click “go to payment summary”

JUNE-2025



Go To Payment Summary

Paid Amount : Can\$0.00 | Order Amount : Can\$30.00

MON	TUE	WED	THU	FRI	
	2	3	4	5	6
	9	10	11	12	13
	Entree Perogies and Sausage Can\$ 6.00 1		Entree Lasagna Can\$ 6.00 1		
	16	17	18	19	20
	Entree Grilled Cheese and Tomato Soup Can\$ 6.00 1		Entree Tacos Can\$ 6.00 1		
	23	24	25	26	27
	Entree Soup and Sandwich Can\$ 6.00 1				
	30				

10) If money is on the account, the order can be paid with the “meal account balance”

Back To Review Order

Pay With Card



Total order amount	Can\$ 30.00
<input type="checkbox"/> Meal Account Balance	Can\$ 0.00
Online Payment	
Amount to Pay	Can\$ 30.00
Transaction charges	Can\$ 1.41
Total Payment Amount	Can\$ 31.41

11) Otherwise, select “pay with card”. If choosing to pay with cash or cheque, please bring money to the school and it will be added to the account. Cheques can be made out to “School District 91 – Nechako Lakes”, note: food program in the memo line.



Total order amount	Can\$ 30.00
<input type="checkbox"/> Meal Account Balance	Can\$ 0.00
Online Payment	
Amount to Pay	Can\$ 30.00
Transaction charges	Can\$ 1.41
Total Payment Amount	Can\$ 31.41

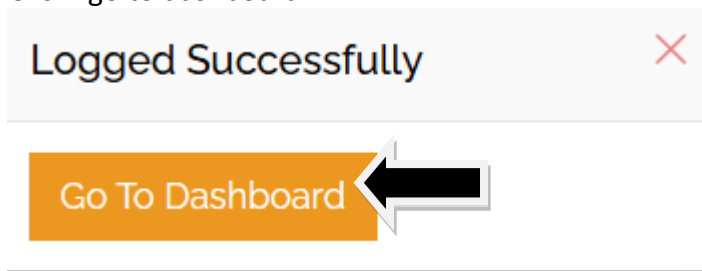
12) Enter the debit or credit card information, and follow the prompts to complete payment.

To Add Money to a Student Account (Optional)

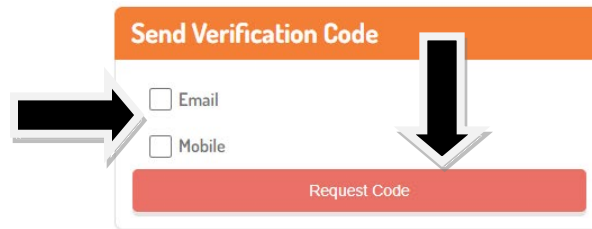
1) Log in to [Meal Manage](#)



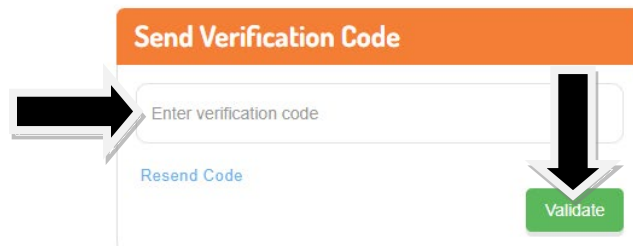
2) Click "go to dashboard"



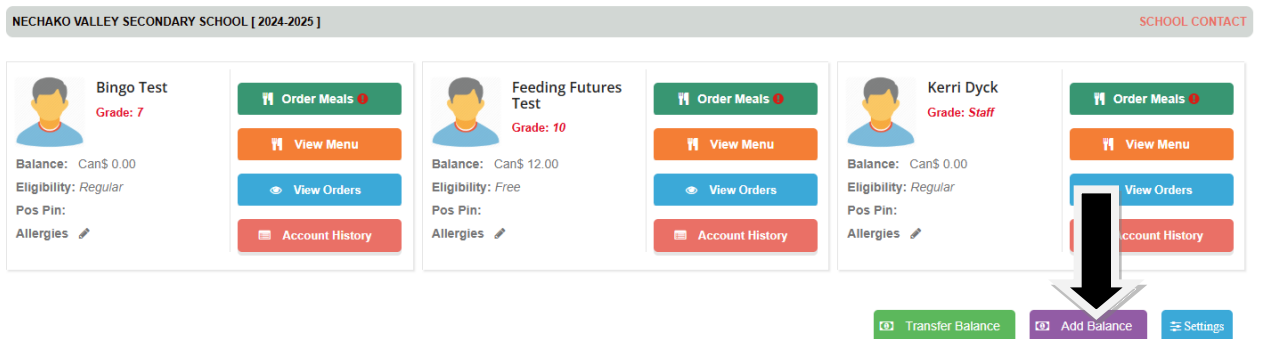
3) A new window will pop up to register your device. You will see a request to send a verification code as in the image below. Select email or mobile. Then "request code".



- 4) The code will be sent by email or mobile. A new box will appear with a box to enter the verification code. Click “validate”.



- 5) When you log in, all student accounts connected to the email address will show up. To show up, click “add balance”



- 6) Enter the dollar amount you want to add. You may share the amount with multiple students. Then go through the steps of paying with a debit or credit card.

Payment Options:

- 1) Credit Card (Visa/Mastercard), debit card or pre-paid credit cards
 - a. When adding funds in Meal Manage, credit card and debit payments are available. The system uses Stripe as the payment processor.

2) Cash or cheque

- a. If paying by cash or cheque, please bring the money to the school. Make cheques out to "School District 91 (Nechako Lakes)", note 'food program' in the memo line.

Frequently Asked Questions:

1) I am having issues signing up, who do I contact?

- a. Email rturnerklopper@sd91.bc.ca. Robyn is the Food Program manager with the school district and will happily help set up accounts.

2) My internet is poor or I cannot use the website.

- a. No problem! Please visit the school, they can assist with adding funds to accounts. However, only cash and cheque may be paid at the school.

3) How do I set up my account with multiple students?

- a. Accounts are set up by email. On log in, each student should show up that is connected to the email address. If there is a student missing from your account, please let us know. The email may be incorrect on our side.

- b. When adding funds, click "add balance", the following screen appears:

Add Lunch Balance - Nechako Valley Secondary School Back

Amount Equally distribute

NAME	AVAILABLE BAL	AMOUNT
Bingo Test	Can\$ 0.00	<input type="text" value="0"/>
Feeding Futures Test	Can\$ 6.00	<input type="text" value="0"/>
Transaction charges:		Can\$ 0.00
Total Amount:		Can\$ 0.00

Cancel Pay With Card

Enter the amount to be added. You can set an amount to add for each student, or pay a lump sum and have the system equally add to each account. Then select "pay with card".

With multiple students, on the main screen, there is a button "transfer balance". If one student has funds, and needs it moved to another student, please click this button. And follow the steps.



4) What happens if there is a balance on the account at the end of the year?

- a. It rolls over to the next school year.
- 5) Can two emails be on one student account? For example, students who have multiple care providers.
 - a. Yes, each student account has a primary and alternate email. If an alternate email needs to be added please email rturnerklopper@sd91.bc.ca or tell the person at the front desk at the school.
 - b. This can be helpful if two different people need access to one student account.
- 6) Where is data collected by Meal Manage stored?
 - a. All data is stored in one of the AWS global servers, which is cloud based. A full privacy statement can be made available.
- 7) Where do I find more information about Meal Manage?
 - a. <https://www.mealmanage.com/>