



# The Prowler

*the news of the week*  
*les nouvelles de la semaine*



January 19, 2022

250-567-2267

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

Issue 18

Hadi, Bonjour and Hello,

Our first week back of 2022 was a great one.

So far this year we have only had a small number of students absent due to sickness. It is very important that you inform the school if your child is absent due to illness. This helps us track numbers and will allow us to act appropriately if we have an unusual change in attendance patterns. And, thank you so much for keeping sick kids at home until they are symptom free and ready to be back with us at school. It helps to keep us all healthy.

Please don't forget to do the Health Check every day and remind your child to wear their mask properly on the bus and at school.

The first day of grade 3 Ski S'Kool went very well. Our students took risks and, for many of them, learned to do something new. Way to go grade 3s!

ALL grade 4 to 6 students who have signed up for a Murray Ridge ski/snowboard day must have an Informed Consent on file with the school. Families or guardians of students who do not have a form on file must attend an online meeting on Thursday, January 20<sup>th</sup> at 4:00. **Please see meeting information in this newsletter.**

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 20, 27—Grade 3 Ski School

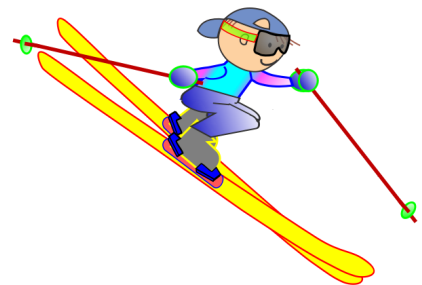
Jan 28—Murray Ridge Ski Day

Feb 4—Murray Ridge Ski Day



**Careful on the ice!**

It is very slippery in the parking lot and playground right now.



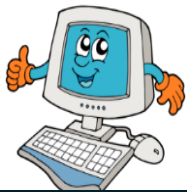


### CONTACTING ME

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



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

## 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](mailto:smeads@sd91.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 VANDERHOOF**  
**LIBRARY.COM**  
**OR PHONE 567-4060**

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



### Superintendent's Report to the Board

Regular Board Meeting of January 17, 2022

Superintendent Manu Madhok presented his 'Superintendent's Report to the Board' at the January 17, 2022, Board Meeting.

Please click on the link below to view the report:

<https://www.sd91.bc.ca/apps/news/article/825683>



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](http://nbc.ymca.ca)**

## Murray Ridge Ski & Board Trip Informed Consent Meeting



Each student must have a signed informed consent form on file at our office in order to participate in our Murray Ridge ski and snowboard trip. Families or guardians of students who do not have a form must attend an online meeting on Thursday, January 20<sup>th</sup> at 4:00 before signing the form. A link will be sent to the email address families provided on their trip forms, but the meeting can also be accessed through this link:

[https://teams.microsoft.com/l/meetup-join/19%3ameeting\\_NTZhN2M2YWQtMjBkMCM0MTcwLTgyYzQtYmE4ZmZINDkyOTEx%40thread.v2/0?context=%7b%22Tid%22%3a%224104c2a2-a3e0-4e86-9ef6-a387f80f7267%22%2c%22Oid%22%3a%22fbdef30a-4641-4f0a-8e77-a6977aa494d6%22%7d](https://teams.microsoft.com/l/meetup-join/19%3ameeting_NTZhN2M2YWQtMjBkMCM0MTcwLTgyYzQtYmE4ZmZINDkyOTEx%40thread.v2/0?context=%7b%22Tid%22%3a%224104c2a2-a3e0-4e86-9ef6-a387f80f7267%22%2c%22Oid%22%3a%22fbdef30a-4641-4f0a-8e77-a6977aa494d6%22%7d)



# School District No. 91 (Nechako Lakes)

P.O. Box 129, Vanderhoof, BC V0J 3A0

Phone: (250) 567-2284 Fax: (250) 567-4639

## Daily Health Check for Students (Parents)

Updated January 12, 2022

Parents and caregivers must perform a daily health check and follow directions as to when students must stay home:

| Symptoms                                                                                                                                                                                                          | What To Do                                                                                                                                                                                                               |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"> <li>Fever</li> <li>Chills</li> <li>Cough</li> <li>Loss of sense of smell or taste</li> <li>Difficulty breathing</li> </ul>                                                     | <p><b>1 or more of these symptoms:</b><br/>Get tested and stay home.</p>                                                                                                                                                 |
| <ul style="list-style-type: none"> <li>Sore throat</li> <li>Loss of appetite</li> <li>Headache</li> <li>Body aches</li> <li>Extreme fatigue or tiredness</li> <li>Nausea or vomiting</li> <li>Diarrhea</li> </ul> | <p><b>If you have 1 symptom:</b><br/>Stay home until you feel better.</p> <p><b>2 or more of these symptoms:</b><br/>Stay home and wait 24 hours to see if you feel better. Get tested if not better after 24 hours.</p> |
| <p>If you are a close contact* of someone who has COVID-19 and have any of the symptoms listed above:<br/><b>Get tested and stay home.</b></p>                                                                    |                                                                                                                                                                                                                          |

\*For more information and instructions on close contacts, go to: [www.bccdc.ca/covid19closecontacts](http://www.bccdc.ca/covid19closecontacts).

### Self Monitoring for Close Contacts

- Monitor for symptoms of COVID-19 listed above for 14 days from the day you last had contact with the person who has COVID-19, even if you are fully vaccinated or had COVID-19 in the last 90 days. If you develop symptoms of COVID-19 listed above, please use the [BC COVID-19 Self-Assessment Tool](#) to see if you should get tested for COVID-19.

### Self-Isolation for Close Contacts

- If you are **fully vaccinated or had COVID-19 in the last 90 days**, including children with two doses, you are not required to self-isolate but should self-monitor closely. If an individual develops symptoms they should isolate immediately and isolate for five days. Please note, symptoms override close contact status in terms of self-management.
- If you are **not fully vaccinated and did not have COVID-19 in the last 90 days**, you are required to self-isolate for 10 days from the day you last had contact with the person who has COVID-19, even if you do not have any symptoms. If an individual goes on to develop symptoms and tests positive, their isolation is five days from their onset of symptoms which may end up shorter than the initial 10 days.

### Stay Home When Required to Self-Isolate

When you self-isolate, you stay home and keep away from others to help stop the spread of COVID-19. You should self-isolate if:

- You have symptoms of COVID-19.
- You are a close contact of someone with COVID-19 and you are not fully vaccinated.
- You have been asked to self-isolate by public health or because of recent travel.

For more information on self-isolation and self-monitoring, please visit the [BCCDC webpage on self-isolation](#).



# 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

