



The Prowler

the news of the week
les nouvelles de la semaine



We are grateful to live, work, and play on the unceded, ancestral territories of fourteen First Nations representing the Dakelh, Nedut'en and Wet'suwet'en peoples.

Sept 25, 2024

250-567-2267

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

Issue 04

Hadi, Bonjour and Hello,

Tomorrow is our 25th Annual Ultimate Frisbee Tournament. 25 years of dedication to spinal cord research is too much to summarize here. Please read the attached article by Mrs. Worthington to learn more. We will be welcoming intermediate students from schools all around our area for a day of play and awareness of the need to support spinal cord research. We invite you to come out and watch some games.

Monday is the 4th Annual Day for Truth and Reconciliation. We will honour this day in SD91 on Friday – but this is not just about one day. It is about what we all do continually to acknowledge and learn from the past to create a new world where reconciliation is a reality. I encourage you to talk to your kids about what they have learned in school about the tragic residential school history, its continued impact and why we must recognize that EVERY CHILD MATTERS. If you have not read it recently, I have included Phyllis's Story in this newsletter. Thank you for working with us to help our kids understand the important role we each play in truth and reconciliation. A heads-up to everyone that we are going to do a special version of our panorama picture on Friday as well. We think this is an extra special way to acknowledge National Truth and Reconciliation Day. We hope, as usual, everyone will wear orange in honour of EVERY CHILD MATTERS, and we will take a school picture that shares how important this message is at McLeod. There will be no school on Monday for the Statutory Holiday.

Next Wednesday, October 2nd, after recess, we will have our 2024 Terry Fox Run. We will meet in the gym for a quick assembly and then all head over to Riverside Park. Like Terry, we will walk rain or shine.

It's almost October and that means that we are starting the new Munch-a-Lunch hot lunch ordering system. Please see this newsletter for more information about this. Thanks to those of you who have already signed-up to be able to order online. We are learning this new way of doing things together. Please call the school if you have any questions. We'd also love to hear your feedback.

We are excited to welcome the Stream of Dreams Fish on Our Fence program to McLeod October 7th to 10th. Our students will learn all about watersheds and will create their own painted fish. These will be attached to our fence and will be part of our McLeod landscape for years to come. WE NEED ADULT HELP WITH INSTALLATION. ON OCTOBER 10th at 9:00. WE NEED 6-8 ADULTS TO HELP INSTALL THE PAINTED FISH. WE ARE TOLD IT WILL TAKE ABOUT THREE HOURS. PLEASE LET THE SCHOOL KNOW ASAP IF YOU CAN HELP OUT.

For those of you that have one or more of our talented singers and dancers in your house, I am happy to announce that we are taking on our 16th Proud to be McLeod Production this year. Our show will be Annie! Our show will be the first week of May 2025. Auditions are the week of October 7th. Check out the info in this newsletter. I can't wait to get started again!

We are continuing to work on our Be a Bridge theme and our year pledge. In September we are working on "I will be the one to reach out and say hello." This week we learned how to say "hello" in many different languages and watched a video about some kids who reached out to welcome a new friend at a local skate park.

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 26: Ultimate Frisbee Tournament
Sept 27: School day honouring Day for
Truth & Reconciliation
Sept 30: National Day for Truth &
Reconciliation – **NO SCHOOL**
Oct 9: Picture Day (Individual)
Graphic "T" Day

OCTOBER 2024 MENU

Each meal is \$6.00. Place your order online through Munch A Lunch.

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 Corn Chowder 	2 Pulled Pork  Terry Fox Run	3 Cheese Quesadilla (V) 	4 French Toast (V)  1:30 Earth Rangers Assembly
7 Taco Casserole 	8 Bacon Breakfast Wrap 	9 Pancakes & Sausage (V)  Picture Day (Individual)	10 Chicken Caesar Wrap  Cross Country Run	11 Cheeseburgers  Graphic 'T' Day Informal Learning Updates Home
14 Thanksgiving NO SCHOOL	15 Ham & Cheese Bun 	16 Mac & Cheese (V) 	17 Chili  10:20 BC Shake Out Earthquake Drill	18 Caramel Chicken 
21 Sausage & Eggs 	22 12:00 Dismissal 2:00-6:00 Talk about learning time	23 Spaghetti (V)  Take Me Outside Day	24 Pizza Bagel 	25 PRO-D DAY NO SCHOOL
28 Creamy Chicken Noodle Casserole  DEAR (Drop Everything and Read)	29 Perogy Casserole (V)  Pictures Retakes and Class Pictures	30 Meatball Sub 	31 Chicken Ranch Wrap  Dress-Up Day Activities	



W. L. McLeod Elementary School Feeding Futures Hot Lunch Program



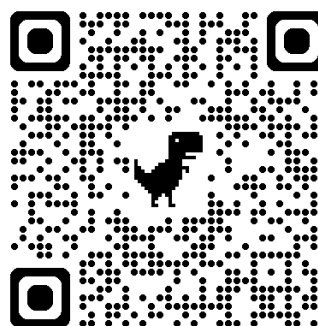
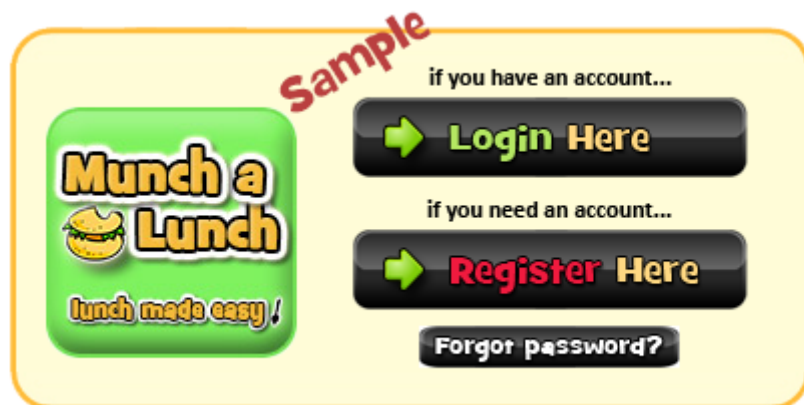
Hello McLeod family!

As you already know, the McLeod Farm to School PAC Program is now the SD91/BC Feeding Futures Program. We can't make this change without a HUGE thank you to the many adults who have worked tirelessly and selflessly for over a decade to create an incredible hot lunch program. We will forever be so proud of our home-grown success.

As part of the new Feeding Futures Program, we will now be using MunchaLunch.com for hot lunch ordering. You can pay for your orders online using a credit card (Visa/Mastercard), debit-credit card, Google Pay, Apple Pay or pre-paid credit card. The website will be ready to go for registration and ordering meals starting on Monday, September 23rd for meals starting on Wednesday, October 1st. We will still accept paper orders at the office, but we encourage everyone to use Munch-a-lunch as much as possible please.

HOW TO REGISTER.

- 1) Go to [MunchaLunch](https://MunchaLunch.com)
- 2) Click the "**Register Here**" button (as shown below). The system will guide you through.
- 3) After adding your children, click the green "Order Lunch!" button to order.
- 4) Next time, just click the "**Login Here**" button to access your account.



This is a new system for all of us so we will work together to make the transition as easy as we can. Please don't hesitate to call the school with any questions or feedback.

Proud to be McLeod,
Ms. Hart

More McLeod News



Please like our [PAC Facebook Page](#) to stay up to date with what is going on in the school!



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 Indigenous 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.



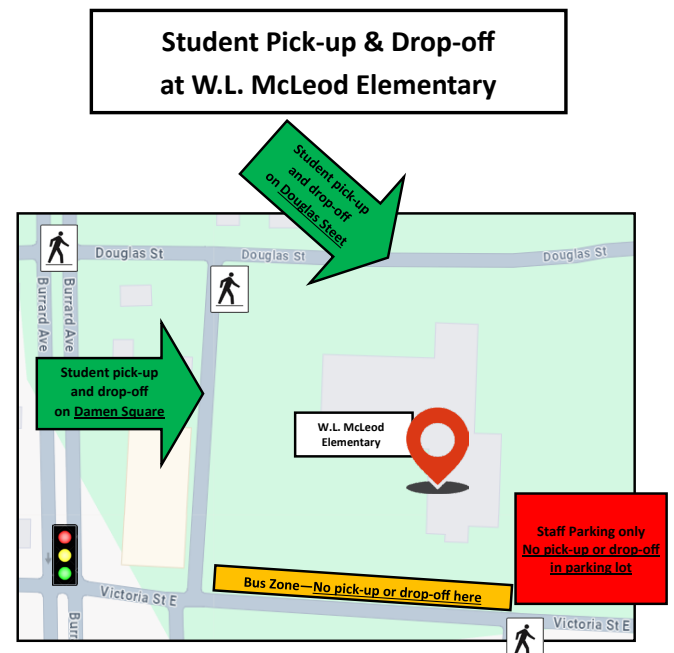
Thank you for keeping McLeod scent free (including essential oils).



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



I will be the one
to reach out
and say hello.



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.

Is your elementary aged child struggling socially or emotionally at school? Have they experienced an adverse or traumatic event that they are having difficulty processing? Have there been family changes or losses that are impacting their mood and/or behaviour? Maybe school counselling can help.

If you are considering school counselling for your child please visit the **SDg1 Counsellor's Corner** website. Under the Services tab there is an informative article titled "**Does My Child Need to See a School Counsellor?**", which can help you decide if school counselling is the right fit. You will also find instructions on the referral process, updated lists of each counsellor's school assignments, and loads of information and resources pertaining to a variety of mental health issues.

To find the website you can Google **SDg1 Counsellor's Corner** or click on the link found on the Inclusive Education page of the SDg1 website.



SEPT - JUNE
ONLY 10 SPOTS
AVAILABLE!

*2024/25 REGISTRATION OPENS SOON!

Just B4 PRESCHOOL PROGRAM

Tues & Thurs
1:15 - 3:15 pm

FEE: \$117
PER MONTH

SAFE & INCLUSIVE
OPEN TO CHILDREN AGES 3 AND 4
NOT ALREADY ENROLLED IN
PRESCHOOL

W.L. McLeod Elementary School
Vanderhoof

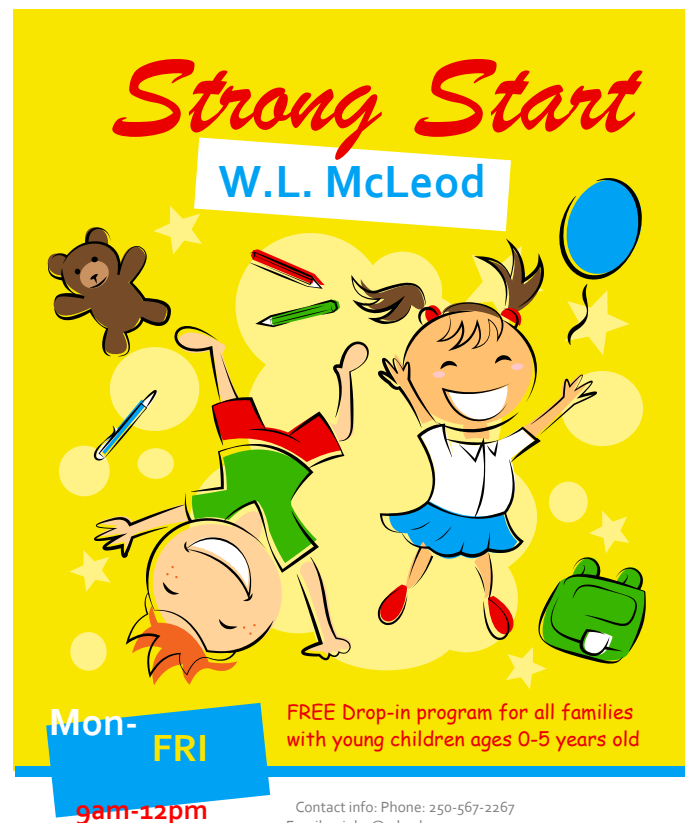
Registration opens at 10 am on Sept 5!
Bring your child's care card & birth
certificate.
Families can apply for Affordable Child
Care Benefits!



**MCLEOD IS
NOT FREE.**

Thanks for
keeping our
McLeod
family safe.

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



Strong Start

W.L. McLeod

Mon- FRI
9am-12pm

FREE Drop-in program for all families
with young children ages 0-5 years old

Contact info: Phone: 250-567-2267
Email: mjohn@sdg1.bc.ca

Community News

SAIK'UZ FIRST NATION

K-12 TUTORING



Tutoring

Tuesday & Thursday
4:00pm - 5:00pm

Saik'uz Band Office

Snacks Provided

The Parents, Guardians, Aunties or Uncles
are Encouraged to Join!



Registration is now open for the Fall Session, October 1st - December 14th. Pick one day or two days per week options. We're always accepting new swimmers to the club! There is a payment plan available and all family members must register at the **SAME** time for the family discount to apply. Please see the following website for more info. or check out our Facebook page: Nechako Valley Swim Club.

[Nechako Valley Swim Club Website/Registration](#)

-Nechako Valley Swim Club



Nechako Figure Skating Club

Do you have a child ready to skate?
REGISTRATION IS OPEN!

Nechako Figure Skating Club (NFSC) has programs for children and youth of all ages! Come out and join us for a fun year!

REGISTRATION LINK:

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

Contact: nechakofsc@gmail.com

www.nechakofsc.com

VANDERHOOF PUBLIC LIBRARY
CHILDREN & YOUTH PROGRAMS

SEPTEMBER 2024



TUE	WED	THU	FRI	SAT
3 Rhymes & Songs 10:30 - 11:15 	4 Storytime with Sara 10:30 - 11:15 Lego Time 3:20 - 4:30 	5	6 Chill Zone: Games & more 3:15 - 4:45 	7 Saturday Hours: 10:00 - 3:00
10 Rhymes & Songs 10:30 - 11:15 	11 Storytime with Sara 10:30 - 11:15 Minecraft 3:20 - 4:30 	12	13 After School Movie Time 3:20 - 4:45 	14 Saturday Hours: 10:00 - 3:00
17 Rhymes & Songs 10:30 - 11:15 	18 Storytime with Sara 10:30 - 11:15 Imagination Station 3:20 - 4:30 	19	20 Pre-D Day Imagination Station Drop-in 2:00 pm - 4:00 pm 	21 Saturday Hours: 10:00 - 3:00
24 Rhymes & Songs 10:30 - 11:15 	25 Storytime with Sara 10:30 - 11:15 	26	27 Chill Zone: Games & more 3:15 - 4:45 	28 Closed
1	2	3	4	5

Vanderhoof Clippers Speed Skating Club 2024 - 2025 Season



Registration is Open!!

From beginners to advanced skaters from age 4 years to adult.

Speed skates available for rent.

Low cost, fun and fast winter sport!

Must be 4 years old on or before June 30th.

Questions? Contact Terry Lazaruk 250-570-8444.

Registration link: <https://icereg.ca/#!/events/vanderhoof-clippers-speed-skating-club-20242025-2025>

vanderhoofspeedskating@gmail.com

JUNIOR VIKES WRESTLING



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



Only a few spaces remain

INFORMATION/REGISTRATION:

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

Register Now

VANDERHOOF PUBLIC LIBRARY'S

KIDS BOOK CLUBS

2024/25

BOOKS - GAMES - CRAFTS - FRIENDS

ENGAGING IN A BOOK CLUB FOSTERS A LOVE FOR READING BY INTRODUCING KIDS TO CAPTIVATING STORIES AND DIVERSE GENRES

MORE INFO AND TO REGISTER:
SARA@VANDERHOOFLIBRARY.COM
250-567-4060

BOOK BUDDIES
FOR EMERGING
CHAPTER BOOK READERS

WEDNESDAY

THE CLUB MEETS ON THE LAST WEDNESDAY OF EACH MONTH, FROM OCTOBER TO JUNE. THE FIRST MEETING WILL BE ON OCTOBER 30TH.
3:15 PM - 4:30 PM

LIT LEGENDS
ESPECIALLY FOR
MIDDLE GRADE READERS

FRIDAY

THE CLUB MEETS ON THE THIRD FRIDAY OF EACH MONTH, FROM OCTOBER TO JUNE. THE FIRST MEETING WILL BE ON OCTOBER 18TH.
3:15 PM - 4:30 PM

EDUCATION DEPT PRESENTS

CULTURAL DAYS

SEPT 19	3PM-7PM
OCT 22	3PM-7PM
NOV 12	3PM-7PM
DEC 10	3PM-7PM

THE GATHERING PLACE
(SAIK'UZ BAND OFFICE)

Cultural Activities
Light Meals
Everyone Welcome

Have Questions? Contact:
education@saikuz.com | 250-567-9293

BASKET BALL

REGISTRATION

We're excited to kick off a fresh season of youth basketball. Registration ends October 11th.
Practises will start October 25th.

K-GR.3 SEASON ENDS FEBRUARY 14TH.
GR.4-7 EXTENDS UNTIL SPRING BREAK

FOR MORE INFORMATION JOIN THE FACEBOOK GROUP

VANDERHOOF YOUTH BASKETBALL (JR NBA PROGRAM)

JOIN NOW!

<https://zone4.ca/register.asp?id=36527>



Phyllis (Jack) Webstad's story in her own words



I went to the Mission for one school year in 1973/1974. I had just turned 6 years old. I lived with my grandmother on the Dog Creek reserve. We never had very much money, but somehow my granny managed to buy me a new outfit to go to the Mission school. I remember going to Robinson's store and picking out a shiny orange shirt. It had string laced up in front, and was so bright and exciting – just like I felt to be going to school!

When I got to the Mission, they stripped me, and took away my clothes, including the orange shirt! I never wore it again. I didn't understand why they wouldn't give it back to me, it was mine! The color orange has always reminded me of that and how my feelings didn't matter, how no one cared and how I felt like I was worth nothing. All of us little children were crying and no one cared.

I was 13.8 years old and in grade 8 when my son Jeremy was born. Because my grandmother and mother both attended residential school for 10 years each, I never knew what a parent was supposed to be like. With the help of my aunt, Agness Jack, I was able to raise my son and have him know me as his mother.

I went to a treatment centre for healing when I was 27 and have been on this healing journey since then. I finally get it, that the feeling of worthlessness and insignificance, ingrained in me from my first day at the mission, affected the way I lived my life for many years. Even now, when I know nothing could be further than the truth, I still sometimes feel that I don't matter. Even with all the work I've done!

I am honored to be able to tell my story so that others may benefit and understand, and maybe other survivors will feel comfortable enough to share their stories.



Today

Phyllis Webstad is Northern Secwepemc (Shuswap) from the Stswecem'c Xgat'tem First Nation (Canoe Creek Indian Band). She comes from mixed Secwepemc and Irish/French heritage, was born in Dog Creek, and lives in Williams Lake, BC. Today, Phyllis is married, has one son, a stepson and five grandchildren. She is the Executive Director of the Orange Shirt Society, and tours the country telling her story and raising awareness about the impacts of the residential school system. She has now published two books, the "Orange Shirt Story" and "Phyllis's Orange Shirt" for younger children.

She earned diplomas in Business Administration from the Nicola Valley Institute of Technology; and in Accounting from Thompson Rivers University. Phyllis received the 2017 TRU Distinguished Alumni Award for her unprecedented impact on local, provincial, national, and international communities through the sharing of her orange shirt story.



ICORD Ultimate Tournament

Contributed by Mrs. Kim Worthington

School begins, fall is in the air and elementary schools in the Vanderhoof and surrounding area are gearing up for the annual Ultimate Frisbee tournament at W.L. McLeod Elementary School. All money raised is forwarded to ICORD, a research and development institution dedicated to finding an answer to cure spinal cord injuries.

In 1999 John Ryan, a paraplegic, married to Penny McLeod, the daughter of our school's namesake, decided to fight for a cause that was dear to his heart. John was injured in a vehicle accident a couple of years earlier and because he was not wearing his seat belt, he sustained a spinal cord injury. John decided to cycle across Canada hoping to raise money and awareness for spinal cord injuries. His tour, called the Regeneration Tour, ended in October 1999 and John came here to Vanderhoof to celebrate the successes of his trip.

It was in October of '99 that three staff members of W.L. McLeod Elementary School organized a "John Ryan Ultimate" tournament. The choice to play ultimate was an easy decision. Ultimate Frisbee is an organized wheelchair game and one that John participated in. He was excited to hear of our idea to help him in his efforts to find a cure for spinal cord injuries; first by hosting an event that would raise money for the cause and secondly by choosing a sport he enjoys. John and Penny with Bill and Judy McLeod also attended our fundraiser. It was successful and we decided to continue hosting the tournament the following year. One year followed the next and soon it became an annual fall event for the elementary schools in our community.

John, Penny, and their daughter Janel attended some of our tournament days, although living in Whistler was a long trip for them to make each year. Probably one of the most memorable tournaments was the year that John and Penny surprised everyone with the inclusion of their friend, Mr. Trevor Linden. It was a real treat for everyone in attendance. Our tournament has created some exciting moments for everyone involved!

That was twelve years ago and this year we are hosting our 25th Ultimate tournament. We have shortened the name to the Ultimate Frisbee tournament and all the money raised goes directly to ICORD. ICORD is the International Collaboration on Repair Discoveries, a research centre in the UBC Faculty of Medicine & VCH Research Institute.

Over the years we have seen thousands of students participating and have raised thousands of dollars. All the money raised has gone to research. A key to our successful fundraising during the tournaments must be credited to our local Co-op. Each year, without fail, they have supplied our concession needs. This donation of food has allowed for a 100% donation of money raised.

Leading up to our 10th tournament, in 2008, we worked with CI Radio, our local radio station, and held a telethon. This was another example of the support we enjoyed from the community. Again, thanks to the prizes contributed by our local businesses, we were able to donate 100% of the money generated from our afternoon on the air.

As we are a small community, we rely on our neighbours to support the kids and adults working behind the scenes. Our vision is that this is a day we come together in a positive and inclusive spirit to help researchers find answers they seek.

Our local newspaper, Omineca Express, has covered our events with write-ups and pictures from the various fields of play. Pictures say a thousand words about kids playing hard for the cause. Everyone wins! We always appreciate the buildup in the paper and then look for action shots in the week following.

In 2018 we played our 20th tournament and it was a big deal in our school and through the community. ICORD wanted to be here to celebrate in our achievement and were able to send two scientists. They were great representatives that shared some of their research stories with us, as well as participated in some of the games. Rick Hansen also became involved with our tournament that year. Rick was kind enough to record a message for all the participants to hear. He was proud and humbled by the efforts our community for all the years raising research dollars for ICORD and for raising awareness of the challenges for persons with spinal cord injuries.

We are the only charity still operating and raising money for John's dream of a cure for spinal cord injuries. We are proud of our efforts and even prouder of the community that supports this event. In the end, we will all have contributed to finding a cure. The students involved will know they were a part of the solution. Together, all of us will one day be able to say "Yes, I was a part of finding the answers for spinal cord injuries!"

This year, on Sept. 26th, our tournament will play out again. This will be our 25th tournament. ICORD is sending two students from their program to visit us during the games. They hope to help out with the games and maybe join the students on the fields. We have five local elementary schools participating on Thursday.

Please feel free to join us and cheer on all the kids playing on the grounds around W.L.McLeod School. Our concession is open to everyone!

Thank you to everyone that has been, and continues to be, a part of our efforts!



AUDITIONS

For grade 1 to 6 students.

Tuesday, October 8th at lunch

Wednesday, October 9th at lunch

Thursday, October 10th at lunch

You just need to come to one time and
be ready to sing a song

(Twinkle, Twinkle Little Star or Happy Birthday are good ones!)