



The Prowler

the news of the week
les nouvelles de la semaine



Sept. 27, 2023

250-567-2267

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

Issue 04

Hadi, Bonjour and Hello,

Did you hear about our boogying on Monday? We were very lucky to have Ikue from Jess Dance at McLeod. She did dance workshops with all of our students. It was so much fun!

Tomorrow is our 24th Annual Ultimate Frisbee Tournament. 24 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.

This Saturday is the 3rd 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. There will be no school on Monday for the Statutory Holiday.

As most of you know, there is a New Reporting Order in British Columbia. Most of what you will see as we move forward is extremely similar in philosophy and approach to what we have been doing at McLeod for many years already. The first "new" thing coming your way is an *Informal Learning Update*, this is the new term for our interims. This will set us up for *Talk About Learning Time* which we have called student-led conferences in the past. Our Informal Learning Updates will come home on October 13th and our first Talk About Learning Time will be on October 17th. On this day students will be dismissed at 12:00 and we invite you to come back with your kids between 2:00 and 6:00 so they can show off their learning. **Please**

call Ms. Lindsay to book into a 15 minute time slot. As always, please feel free to connect with your child's teacher about progress and learning at any time.

Remember, our theme this year is "An attitude of GRATITUDE." 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 28: Ultimate Frisbee Tournament
- Sept 29: Honouring of National Day of Truth and Reconciliation (Orange Shirt Day)
- Oct 2: National Day for Truth and Reconciliation—**NO SCHOOL**
- Oct 6: Graphic T Day
DFS Fundraiser Due
- Oct 9: Thanksgiving—**NO SCHOOL**
- Oct 11: Picture Day
PAC Meeting—5:00
- Oct 12: Cross Country Meet
- Oct 13: Informal Learning Updates Home
- Oct 17: 12:00 Dismissal
2:00-6:00 Talk About Learning Time
- Oct 20: Pro-D Day—**NO SCHOOL for students**

We are trying to be kind to our earth and reduce the amount of paper we use at school. We will send out the front page of the newsletter and the Hot Lunch Menu in a hard copy, but the rest of the newsletter will be sent electronically. Please call the office to get your name on our newsletter e-mail list



OCTOBER 2023 MENU

Each meal is \$5.00 (reg) or \$4.50 for 10 or more meals/month.
Please Pre-Order and Pre-pay

Student's Name: _____ Teacher: _____
Total Amount: _____

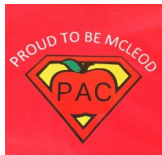
If your child regularly receives a Hot Lunch, please check the menu for meals that they cannot or will not eat. Please provide a lunch for your child on those days. Thank you! **Cheques should be made payable to SD91**

Monday	Tuesday	Wednesday	Thursday	Friday
2 Day for Truth and Reconciliation	3 Hotdogs and Fries (V)  To celebrate the French soccer game (ask your kids!)	4 Grilled Cheese and Tomato Soup (V) 	5 Chicken Enchiladas 	6 Chicken Chow Mien (V)  Graphic "t" Day
9 Thanksgiving	10 Sausage and Eggs (V) 	11 Ham and Cheese Sandwich (V)  PICTURE DAY (Individual pictures)	12 Pizza Bagels and Salad Bar (V)  Cross country meet	13 Chicken Alfredo  Informal learning updates Interims home
16 Taco Salad 	17 12:00 Dismissal 2:00-6:00 Talk About Learning Time (Student-LED conferences)	18 Snack Plate (V) 	19 Hamburgers and Salad Bar  10:20 Great BC Shake Out (earthquake drill)	20 PRO-D DAY
23 Spaghetti (V) 	24 Tater Tot Casserole (V) 	25 Chicken Caesar Wrap 	26 Sloppy Joes and Salad Bar  PICTURE DAY #2 (Retakes, class pictures, panorama)	27 Mac and Cheese (V) 
30 Meatball Subs 	31 French Toast (V)  Dress Up Day			

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>



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

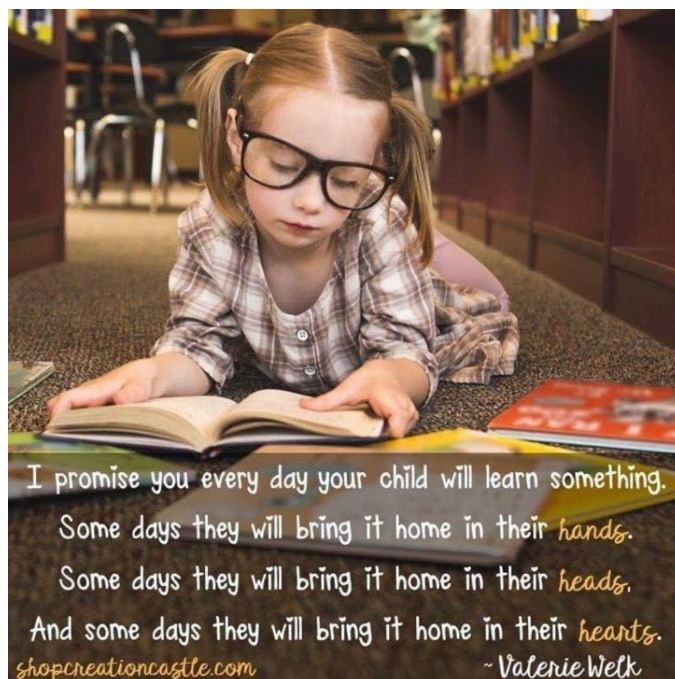


If you see one of our SD 91 Facilities Department people please say "THANK YOU" to them. They worked so hard at McLeod this summer. Our front office is freshly painted and our staff room, photocopy room, custodian storage room, pantry, breakfast room and blitz room washroom are all renovated. We are so lucky. I hope you can come and have a look. Please help us to share our heartfelt gratitude to this amazing team of people.



Wednesday, October 11
individual pictures

Thursday, October 26
retakes, class pictures,
panorama pic



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.

W.L. McLeod Strong Start

Strong Start is a free drop-in here at our school for with children 0-5 old.

We are
9am-
ing class
6:00pm.

Closed until further
notice

program
families
years
old.

open Monday to
Thursday mornings
12pm, and an extra even-
on Wednesdays 3:30pm-
Closed on Fri- days.



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

MCLEOD IS

NOT FREE.



Thanks for
keeping our
McLeod
family safe.

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

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

Parents and guardians, School District 91 and W.L. McLeod Elementary School would like to inform you that District Counsellors Toni Dagenais, Todd Blattner, Josline Thalheimer, and Debbie Scott are working in our school four days a week.

Counsellors will be working alongside staff and students in the school in a variety of ways. These may include: facilitating programs in the classroom, working with small groups, and individual counselling. If you have any questions or concerns or would like your child to be able to access support through our school counsellor, please contact Lindsay Swanson or Libby Heart at 250-567-2267.

Counsellors for SD #91 created a website for parents, guardians and caregivers to help support their kids, please take a look: <https://nechakowellness.wixsite.com/sd-91-counselling>

In addition, if you are looking for longer-term individual support for your child, please contact the appropriate community agency(s) below:

Connexus Services

Phone: 250-567-9205 (Vanderhoof and Fraser Lake)

Phone: 250-996-7645 (Fort St. James)

Carrier Sekani Family Services

Phone: 250-692-2387 (Burns Lake)

Phone: 250-567-2900 (Vanderhoof & Fraser Lake)

Phone: 250-996-7640 (Fort St. James)

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!

Nechako Figure Skating Club
2023/24 Registration is Open!



Nechako
Figure Skating Club

Do you have a child ready to skate?

Nechako Figure Skating Club (NFSC) has programs for all ages! From beginners to adults, please come out and join us for a fun year. Please visit us at www.nechakofsc.com to find out more about our programs, schedule, and registration. Have questions? Please reach out to us at: nechakofsc@gmail.com

Registration link is: <https://nechakofsc.uplifterinc.com/registration>



Exciting News!

**YMCA School Age
Care is at Evelyn
Dickson Elementary!**

Sign up today for
award-winning **Before
and After School Care.**

Register at
nbc.ymca.ca/child-care



Girl Guides

Vanderhoof Clippers Speed Skating Club Registration 2023-2024 Season



Summer is over, but there's lots to look forward to!!!

Registration for Speed Skating is open!!

For beginner to advanced skaters from age 4 to adult.

Speed Skates available for Rent = low cost, fun and
fast winter sport!!

Children must turn 4 on or before June 30th 2023 to
participate.

Registration link: [Vanderhoof Clippers Speed Skating
Club 2023/2024 | IceReg](#)

Early Bird Pricing available until Sept 11, Registration
closes Oct 31

Lots of great info about the club at: www.vcssc.ca

For more information, contact Terry Lazaruk at
terry.lazaruk@canfor.com,

or feel free to give me a call at 250-570-8444



For girls to just be. New skills, new friends, and new
experiences are waiting to be found. Valley District Girl
Guides has units available for Sparks (ages 5-6), Embers
(ages 7-8), Guides (ages 9-11), Pathfinders (ages 12-14),
and Rangers (ages 15-17). Sign up today at
girlguides.ca/register



Featuring our **Playing to Learn** curriculum, YMCA Preschool programs help your child **get ready for Kindergarten!**

Tues/Thurs • \$56.00/ Month
Mon/Wed/Fri • \$84.00/Month

Sign up today at
nbc.ymca.ca nbc.ymca.ca/child-care.



Registration is now open for the Fall 2023 Session (Oct.11 – Dec.16/23). Choose from one or two day per week options. 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 link below to our website for more information.

<https://nechakovalleyswimclub.teampages.com/clubs/6359>

Nechako Valley Swim Club



All SD91 websites are moving to a new platform. Please be patient with us as we learn how it works and we work to get our McLeod stuff updated.

**TODAY
WILL BE
WHAT IT IS.**

**I WILL BE
WHO I AM.**

**AND THERE WILL BE
BEAUTY IN BOTH.**

John 1:12



**JUNIOR
VIKES
WRESTLING**

- Open to athletes grades 2-6
- No previous experience necessary
- October 18th - December 20th

JOIN THE FACEBOOK PAGE "VIKES WRESTLING"

INFORMATION/REGISTRATION:
[HTTPS://FORMS.GLE/O6MLYSKEBJUEAKXD9](https://forms.gle/O6MLYSKEBJUEAKXD9)



A NOTE FROM YOUR PAC:

Hello W.L. McLeod Elementary Family:

Just a little reminder about the variety of fundraisers that will be coming home with your child throughout the school year. **Please remember that ALL funds raised from our fundraisers are used for the ENTIRE school's needs and there is NO OBLIGATION TO PARTICIPATE IN EVERY ONE.** Fund uses include but are not limited to: paying for a variety of activities (such as Pink Shirt Day, Ice Cream Social, End of Year BBQ, etc.), purchase of iPads and various other helpful tools, and to support many other classroom needs.

The upcoming fundraisers you can expect to see before the New Year are:

Dieleman Fundraising Sales (DFS)

Stofer's Art

Craft Fair

....and more great fundraisers in the New Year.

YOUR SUPPORT IS GREATLY APPRECIATED!

If you have any questions, please contact us via email at wlmcleod.pac@gmail.com

Thank you!

Your Proud to be McLeod PAC

PLEASE HAVE DFS FUNDRAISER FORMS
RETURNED TO YOUR CHILD'S
CLASSROOM BY OCTOBER 6, 2023



AUDITIONS

For grade 1 to 6 students.

Tuesday, October 3rd at lunch

Wednesday, October 4th at lunch

Thursday, October 6th 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!)

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 24th 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.

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.

