



The Prowler

the news of the week
les nouvelles de la semaine



February 9, 2022

250-567-2267

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

Issue 21

Hadi, Bonjour and Hello,

We made it! Four classes of grade 3 Cross Country Ski S'Kool and two intermediate Murray Ridge Ski/Snowboard trips happened this winter. It's the first year ever that the weather and everything else has cooperated fully. Thank you so much to everyone who made all of this possible.

In this newsletter I am sharing a bit more of our grade 4 Foundation Skills Assessments (FSA) data. This week it's about writing. Grade 4 caregivers please be on the outlook for an envelope that is coming your way. It includes your child's FSA booklet and results from their assessment from this Fall. Please remember the FSA is just one snapshot of learning and is not part of our report cards.

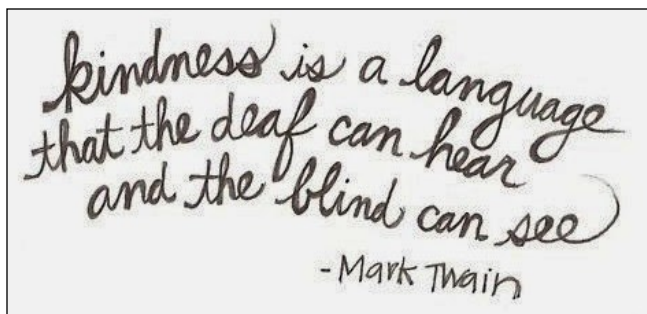
Please don't forget to keep your kids home if they are sick (do the Daily Health Check) and encourage them to keep wearing the mask properly and to wash their hands lots. Thank you!!

Friday is a Pro-d Day and there will be no school for students. Our adults will be growing their brains.

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:

Feb 11—Pro D-day
Feb 14- Red Day—Valentines Day
Feb 21—Family Day (No School)
Feb 23— Pink Shirt Day

Out-of-Catchment
applications /Kindergarten registration
will begin
on Monday, March 14, 2022,
at 8am
for the 2022/2023 school year.

Notes on Numbers

If you look at the world around you, you'll see examples of estimation frequently in your daily life. You might, for example, estimate how much your grocery bill will be, how long it will take you to drive somewhere, or how many cups of milk are left in the carton.





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 •

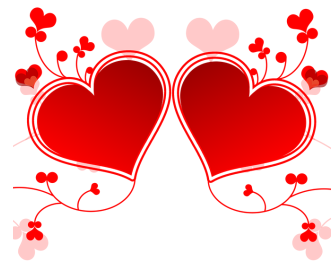
Our **caring and enthusiastic staff** will ensure that your child is transported safely from WL McLeod to our program each day where children will **engage in active, healthy activities**, including **healthy snacks, physical activity, homework help, and daily outdoor play**.

Ensure your child
excels after the bell.

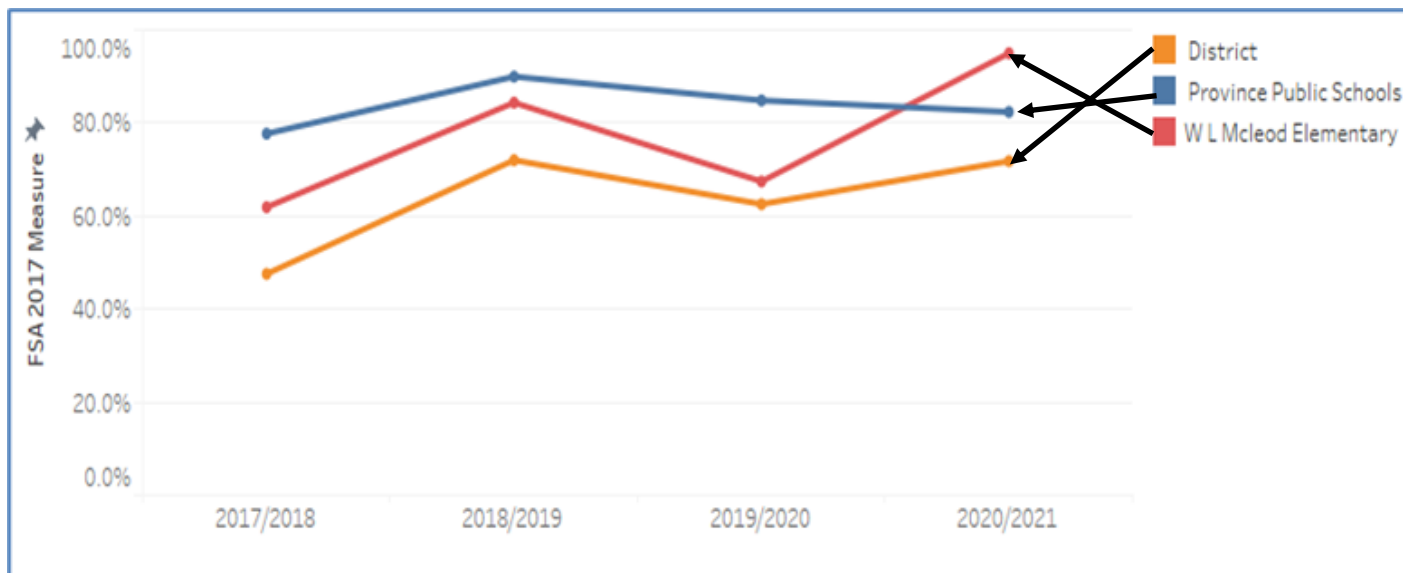
Register today at
nbc.ymca.ca

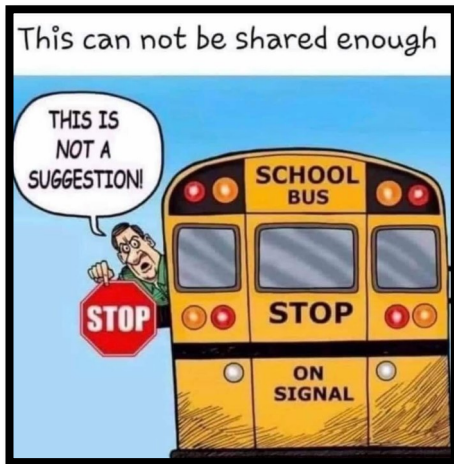


KINDNESS LOVE



Grade 4 FSA – Students On Track or Extending Learning in Writing





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

SCHOOL DISTRICT 91
NECHAKO LAKES

School Board Meeting
Monday, February 14, 2022
6:00 pm

Important Public Attendance Notice:
***With the current Covid-19 concerns, the Board of Education has changed the February Board meeting to a virtual format. Any public wishing to join the meeting will be provided a virtual link.

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.



Please have all items you'd like to add to the newsletter to Mrs. Bernier by **noon** on Tuesday's. Any submissions after noon will be put in the following week's newsletter. Please email tbernier@sd91.bc.ca

With love

Thank you



Daily Health Check and What to Do When Sick

Daily Health Check

Everyone going into to school must complete a daily health check, including staff, visitors, and students. A daily health check means checking yourself or your child for new symptoms of illness, including symptoms of COVID-19.

Symptoms of illness (including COVID-19) include things like:

- Fever or chills
- Difficulty breathing
- Runny nose
- Headache
- Diarrhea
- Cough
- Sore throat
- Sneezing
- Body aches
- Loss of sense of smell or taste
- Loss of appetite
- Extreme fatigue or tiredness
- Nausea or vomiting

If you are sick or feel unwell, stay at home. This is important to stop the spread of illness, including COVID-19, in schools.

You can attend school if:

- Your symptoms are consistent with a previously diagnosed health condition (e.g., seasonal allergies), OR
- You have existing symptoms that have improved to where you feel well enough to return to regular activities,

AND you are not required to self-isolate, or your self-isolation period is over (based on a positive COVID-19 test result, if taken).

What to Do When Sick

If you have mild symptoms of COVID-19, you usually don't need a test. Mild symptoms are symptoms that can be managed at home. Most people don't need testing for COVID-19.

Stay home and away from others (as much as possible) until you feel well enough to return to your regular activities and you no longer have a fever. You should also avoid non-essential visits to higher risk settings such as long term care facilities and gatherings, for another 5 days after ending isolation.

If you have a Rapid Antigen Test at home, use it when you have symptoms. How long you should stay home depends on your test result. Find out more about [Rapid Antigen Test results](#).

If you do not have symptoms of COVID-19, you do not need a test.

If you are unsure about your symptoms, you can use the [Self-Assessment Tool](#), contact your health care provider or call 8-1-1.

Testing may be recommended for some people who may be more likely to get severe disease. See BCCDC for information on [who testing is recommended for](#).

What to Do if Someone in Your Household is Sick

You can continue to attend school if someone in your household is sick and/or self-isolating as long as you do not have any symptoms of illness and feel well. This includes if they have tested positive for COVID-19.

Try to stay apart from the person in your household who is sick as much as possible.

Ensure you closely monitor yourself (or your child) for symptoms of illness and stay home if you develop symptoms of illness or feel unwell.

If You Test Positive for COVID-19

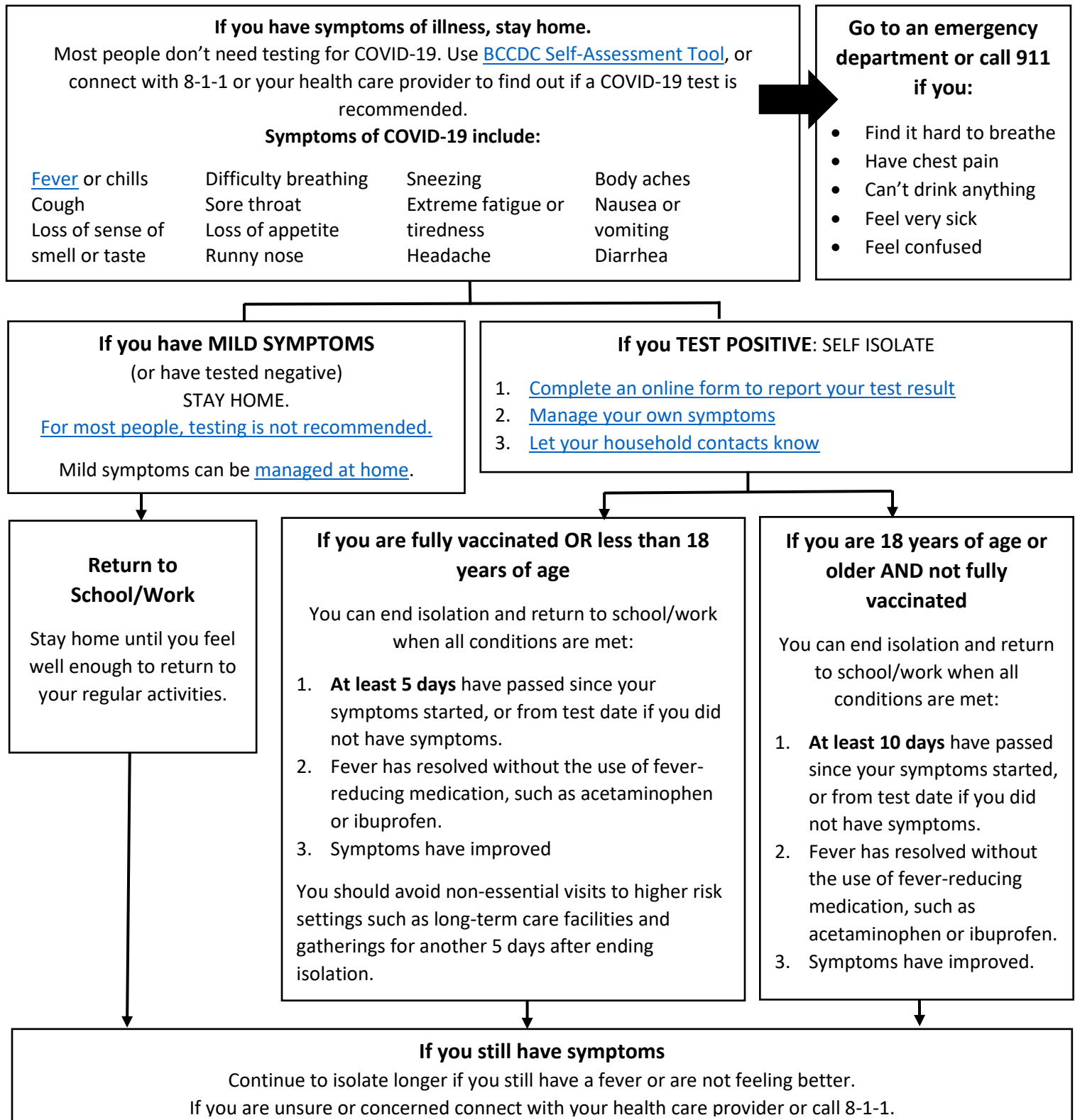
Your age and vaccination status determine how long you should self-isolate for if you test positive for COVID-19.

Age	Vaccination Status	Guidance
Under 18 years of age	Unvaccinated, partially vaccinated or fully vaccinated	Self-isolate at home for 5 days AND until your symptoms improve and you no longer have a fever. Avoid non-essential visits to higher risk settings like long-term care facilities and gatherings for another 5 days after ending isolation.
18 years of age or older	Fully vaccinated	
	NOT fully vaccinated	Self-isolate at home for 10 days AND until your symptoms improve and you no longer have a fever.

Close contacts, who are usually others in your household, do not need to self-isolate (regardless of vaccination status), but should closely self-monitor for symptoms. BCCDC has more information for [close contacts](#).

If you find it hard to breathe, have chest pain, can't drink anything, feel very sick, and/or feel confused, contact your health care provider right away or go to your local emergency department or call 9-1-1.

Summary: What to Do When Sick



What to do if someone is sick in your household:

You can continue to attend school if someone in your household is sick and/or self-isolating as long as you do not have any symptoms of illness and feel well. This includes if they have tested positive for COVID-19. Ensure you closely monitor yourself (or your child) for symptoms of illness and stay home if you feel unwell. The best way to protect yourself and your family from COVID-19 is to get vaccinated. Vaccines are available for anyone ages 5 and up. Register now at: [Getvaccinated.gov.bc.ca](https://getvaccinated.gov.bc.ca)



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 	24 Cheeseburgers 	25 Chicken Caesar Wrap
28 Chicken Chowmein 				