



The Prowler

the news of the week

les nouvelles de la semaine

January 22, 2020

250-567-2267

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

Issue 19

Hadi, Bonjour and Hello,

Wasn't last week a bit crazy? Cold and snow and more cold and more snow.

Unfortunately, we have had to make some changes to our Ski S'Kool and Murray Ridge days due to the weather. Our Ski S'Kool lesson number 2 for grade 3s has already been made-up and we are exploring possibilities for rescheduling downhill skiing.

I just wanted to make sure everyone is aware that there is NO curriculum day on Monday, January 27th. I apologize for any confusion around this.

We received a very exciting letter from the Spirit of Healthy Kids Challenge. It looks like the school is not only receiving \$5,000 for our project, but also each student and staff can access free tickets to the February 15th Cougars game! Please see the attached letter, and we are working on details about how to get the tickets.

It is our goal to work together with you and the kids to help McLeod students USE THEIR HEADS AND THEIR HEARTS to be the children and adults who can take on the world. Please feel free to contact the school if you ever have any questions or concerns. We are in this together!

Proud to be McLeod

Ms. L. Hart

Me 2 We will be hosting a book sale in the Learning Centre February 5-7th at lunch time. We are fundraising for clean water in India and Canada



Don't be afraid to be who
you are. Someone out
there needs to meet
someone like you.



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

Coming Soon:

**Jan 27: Classes in session *error on
previous calendar***

Jan 31: Beach Day

Feb 11: McLeod Science Fair

**Feb 14: Pink and Red Day
100th Day**

SCHOOL BOARD OFFICE NEWS

Have a great week!

BOARD MEETINGS – 6:00 PM

JANUARY 20, 2020	APRIL 20, 2020
FEBRUARY 24, 2020	MAY 25, 2020
MARCH 16, 2020	JUNE 15, 2020



“As winter sets in we would just like to remind parents of Kindergarten, Grade one, and Grade two, that ride our school buses, that there must be someone at the bus stop to meet the students. We do not drop these students off if no one is there to meet them. We do this for the safety of these students. If parents would like these students dropped off without someone there to meet them, they need to contact the bus garage in their area.”

Vanderhoof: 250-567-9618 ext. 1



**THANK YOU FOR REMEMBERING
THAT WE ARE A NUT FREE SCHOOL**

If you would like to help save paper and be added to our Newsletter email list, please send your email address to lbailey@sd91.bc.ca



Our Lost & Found is very full!

Please come and take a look to see if any of the items belong to your family 😊

***We will be donating excess items on
February 17th***

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

Thank you



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.

Important notice!



*If you are making new or alternate bus arrangements for your child(ren), you **must** contact the bus garage at **250-567-9618 ext. 1** before 1:30pm on the day of the change.*

Due to buses being at full capacity at the present time, we are unable to accommodate courtesy riders.



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

10 WAYS TO KEEP THE WINTER BLUES AWAY

- Bright Light Therapy
- Increasing Circulation through massage or skin brushing
- Mood and Immune boosting essential oils
- Plan enjoyable, mood boosting activities
- Drinking water
- Committing yourself to a *simple* self-care routine
- Surround yourself with green or vibrant plants
- Talk to someone (even if it's just a short phone call to say "hi")
- Wear warm fun socks
- Plan physical activities





January 20, 2020

Re: Spirit of Healthy Kids Regional Program

Dear McLeod Elementary School,

Congratulations on your school winning the top prize for the Spirit of Healthy Kids Regional Challenge! It is with great excitement that W.L. McLeod Elementary will be awarded:

- *A \$5,000.00 Spirit of Healthy Kids grant from Northern Health Authority for the McLeod Healthy Kids and Families school project*
- *FREE tickets to the Prince George Cougars game on Saturday February 15, 2020 for ALL students and teachers. In addition, parents and families can purchase extra tickets at a reduced rate for only \$11 each! (Regular tickets cost up to \$28 each!) At the game, there are two exciting and incredible door prizes to be given away. (Adults will have to fill out a ballot & be at the game to win):*
 - *1st prize is a trip for 4 to Disneyland for FIVE DAYS! (Prize includes airfare, 6 nights hotel, and 4 'parkhopper' Disneyland passes)*
 - *2nd prize is a trip for 2 to see a Vancouver Canucks game. (Prize includes airfare, hotel, and two high-end tickets!)*
- *For those families travelling for the above mentioned game and would like to overnight in Prince George, the Sandman Hotel Group is offering the following discounted rates:*
 - *Sandman Signature – located beside Northland Dodge, with Rockford | Wok | Bar | Grill onsite*
 - *One king bed or two queen beds - \$114/night*
 - *Family suite with bunk beds and a separate king bed - \$154/night*
 - *Sandman Inn & Suites – located on Central St., with Denny's onsite*
 - *Two double beds, standard queens, and rooms with one double bed - \$104/night*
 - *Suites that can accommodate larger families - \$114/night*

To book, please contact Debie Hemich, Sales Manager, and use the code SPIRIT to access rates and to confirm reservation. Her direct line is 250-645-2154.

We would like to congratulate all the students for their outstanding participation in the 2020 Spirit of Healthy Kids Regional challenge and thank all the teachers for supporting this initiative.

Best regards,

Petrina Bryant, RN, BScN
Regional Nursing Lead: Healthy Schools and Youth



JANUARY 27 & 28, 2020 BECOMING AN EFFECTIVE ADVOCATE FOR YOUR CHILD

Join us to better understand how the School Act provides parents/guardians with the right to appeal any decision they feel significantly affects the education, health or safety of the student. Parents and guardians are their child's natural advocate, making sure their child's rights, needs and opinions are respected. Advocacy is about working to achieve a successful solution for the benefit of the child. This workshop will provide you with knowledge and tools to successfully handle situations that negatively impact your child's education and to navigate the school district Appeals Process (Section 11 of the School Act).



School District No. 91

District Parent Advisory Committee (DPAC)



BC Confederation of
Parent Advisory Councils

SD91 DPAC Presents:

**'Becoming an Effective
Advocate for your Child'**

**By: John Gaipman,
Chief Executive Officer -
BC Confederation of
Parent Advisory
Councils (BCCPAC)**



Two Locations:

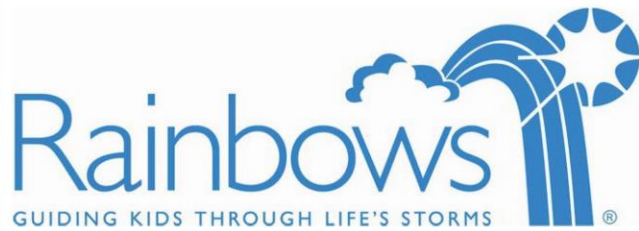
**Monday, January 27th
Burns Lake
LDSS
6:30 pm**

**Tuesday, January 28th
Vanderhoof
***Change in Location:
NVSS - Integris
Community Theatre
6:30 pm**

FOR MORE INFORMATION CONTACT:

Cheryl Work,
SD91 DPAC President

Email:
info@sd91.bc.ca



Rainbows

Guiding Kids Through Life's Storms

Rainbows programs are designed to assist children, adolescents and adults who are grieving a death, divorce or any other painful transition in their family to progress from Hurt through Healing to Hope.

12 week program for children ages 4-9
12 week program for parent/caregiver (optional)

Tuesdays beginning January 28th, 2020 | 157 West Victoria St. Vanderhoof
Registrations accepted until January 17, 2020

Questions?

Contact Paula Wylie
(250) 567-9205
pwylie@connexus.ca





JANUARY 2020 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 _____ \$ _____

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 School Not in Session	2 School Not in Session	3 School Not in Session
6 <i>Welcome Back!</i> Spaghetti 	7 Salad Bar + Drum Sticks 	8 Pancakes 	9 Salad Bar + Cream of Broccoli Soup <i>Gr. 3 Ski School (Cross Country)</i>	10 Salad Bar + Macaroni & Cheese <i>Murray Ridge Ski Day (Leclerc, Reimer, Wruth & Hancock)</i>
13 Hamburger Stew <i>6:30pm PAC Meeting</i>	14 Salad Bar + Pierogi Casserole 	15 French Toast 	16 Salad Bar + Beef Barley Soup <i>Gr. 3 Ski School (Cross Country)</i>	17 Salad Bar + Turkey Casserole <i>Murray Ridge Ski Day (Kuoppala, Meads, Kadonaga & Vienneau)</i>
20 Enchiladas 	21 Salad Bar + Chicken Strips 	22 Sausage & Eggs 	23 Salad Bar + Turkey Rice Soup <i>Gr. 3 Ski School (Cross Country)</i>	24 Salad Bar + Sloppy Joes
27 Pizza Subs 	28 Salad Bar + Frittata 	29 Crepes 	30 Salad Bar + Quesadilla <i>Gr. 3 Ski School (Cross Country)</i>	31 Salad Bar + Baked Beans <i>2:00 ❤️ Heart Groups Beach Day</i>



FEBRUARY 2020 MENU



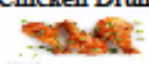
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Monday	Tuesday	Wednesday	Thursday	Friday
3 Spaghetti 	4 Salad Bar + Chicken Drumsticks 	5 Pancakes 	6 Salad Bar + Tomato Soup Grilled Cheese 	7 Mac & Cheese 
10 Beef Stroganoff 	11 Salad Bar + Perogy Casserole <i>McLeod Science Fair</i> 	12 French Toast 	13 Salad Bar + Chicken Stew & Dumplings 	14 <i>HAPPY Valentine's DAY</i> Salad Bar + Lasagna <i>Red/ Pink & 100th Day</i> 
17 <i>Family Day</i> (No School) 	18 Salad Bar + Chicken Strips 	19 Sausage & Eggs  <i>District Science Fair</i> 	20 Salad Bar + Cream of Potato Soup 	21 Salad Bar + Hamburger Stew <i>2:00 Heart Groups</i>
24 Meatloaf 	25 Salad Bar + Chowmein 	26 Crepes  <i>Pink Shirt Day</i> 	27 Salad Bar + Butter Chicken 	28 <i>Pro-D Day</i> (No School) <i>Learning is the best way to grow through sharing, creating, remembering, and understanding knowledge together.</i> 