



The Prowler

the news of the week

les nouvelles de la semaine

June 10, 2020

250-567-2267

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

Issue 28

Hadi, Bonjour and Hello McLeod family,

I hope everyone had a wonderful first week of June. We are happy to see lots of learning continuing at home.

At school, we have been busy with about 100 student each day. And, even at school we've been learning in new ways including LOTS of outside time. Hopefully as June continues it will warm up and dry up a bit more.

If you have driven by the school lately you may have noticed, we have two new special things on our playground. We have planted two beautiful trees. We want to say a huge thank you to our PAC for purchasing the trees and to Mr. and Mrs. Lawrence, Keom and Learick for doing the planting. We can't wait to see them grow and grow.

To all our grade 6 students, we know this is a very weird way to end your time at McLeod. Even though some of you aren't at school physically you are still in our hearts. We want to make sure we honour your time at McLeod in a way that shows you how much we care. For this reason, we have decided to wait until we are able to gather together again and at that point, we will invite you back to McLeod for a little celebration.

For everyone, please don't forget all the important rules we need to follow in our unique time:

- continue to make appointments at the front office for work pick up, student pick up or other things that might bring you to the school.
- do a health assessment each morning. Children who are showing any signs of being sick will need to stay home.

- remind your kids about hand hygiene, respiratory hygiene and physical distancing.

We are here to continue to help our students to use THEIR HEADS AND THEIR HEARTS to be the children and adults who can take on the world. We are in this together!

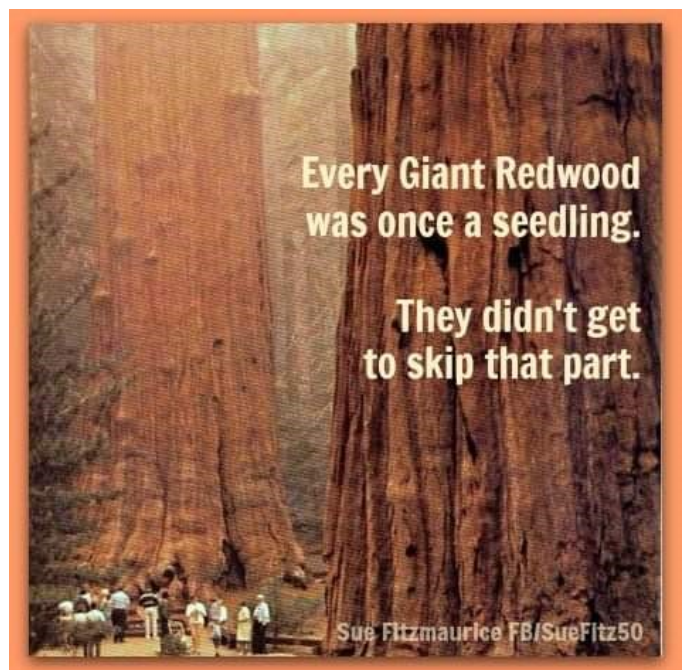
Proud to be McLeod

Ms. L. Hart

Our June 11th to 14th

Happy Birthday babies are:

Rebecca, Ronan M., Danika T., and Chloe W.



Sue Fitzmaurice FB/SueFitz50

YOUR CHALLENGE

FOR THE WEEK.

How many Simple Acts of Kindness have you done?

This week I challenge you to do 5 more!

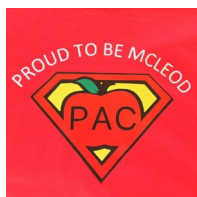
And, don't forget to tell us about them!

50 Simple Acts Of Kindness

Just For Kids

1. Clean Your Room Without Being Asked
2. Let Someone Have A Turn Before You
3. Help Someone Struggling With Homework
4. Smile At Everyone You See Today
5. Leave A Kind Note For Your Teacher
6. Be Caught Being Kind
7. Ask Someone Playing Alone To Play With You
8. Pick Up Trash In Your Neighborhood
9. Only Let Kind Words Out
10. Pick A Few Toys To Donate
11. Make It A No Complaining Day
12. Cheer Up A Friend In Need Of Cheering Up
13. Make A Card & Give It To Someone Special
14. Clean Up After Someone Else
15. Help Someone Before They Ask You
16. Walk A Neighbors Dog
17. Make Someone Else's Bed
18. Offer To Help Your Teacher At Recess
19. Compliment 5 People Today
20. Thank Those Who Help At Lunch
21. Tell Your Teachers Thank You
22. Say Hello To Everyone You Meet Today
23. Teach Someone Something New
24. Make A Card For Hospitalized Kids
25. Send A Card To A Soldier
26. Make A Pretty Book Mark & Leave It In A Library Book
27. Do A Chore For Someone Without Them Knowing
28. Use Only Positive Words
29. Let Someone Go Ahead Of You In Line
30. Write A Thank You Note To Your Principal
31. Tell A Loved One How Important They Are To You
32. Share A Smile With Someone Who Needs It
33. Rake Leaves or Shovel Snow For A Neighbor
34. Bring A Neighbors Garbage Can Up Their Driveway
35. Pick Up Litter On The Playground
36. Hold The Door For A Stranger
37. Return A Cart For Someone At The Store
38. Say Something Nice To Everyone You Talk To Today
39. Call Your Grandparents Just To Chat
40. Share A Joke With A Friend Who Needs It
41. Give A Extra Hug To Your Parents
42. Say Thank You All Day Long
43. Share Your Toys With Your Siblings
44. Do A Favor For Someone Today
45. Include A New Friend
46. Read A Book To A Family Member
47. Be A Positive Influence On Others
48. Share A Laugh With Someone Who Needs It
49. Write A Thank You Note To Your Teacher From LAST Year
50. Tell Someone Why They Are Important To You

WWW.CREATEKIDSLUB.COM



PAC Meeting

June 15th - McLeod Library

For updates and more, please "Like" us on Facebook WL McLeod Elementary PAC.

We also have a "Group Chat" on Facebook messenger where we call out for volunteers as we need them.



On June 19th I am encouraging students from our school to take part in a Virtual Jump Rope for Heart Event. This is organized by the Heart and Stroke Foundation (Jump Rope for Heart). Our school was scheduled to host this event midway through May but due to circumstances we have had to cancel. I'm hoping you will be able to participate in this event any time on the 19th as I will be along with students that are at school. Our school is registered with Jump Rope for Heart. You can register your family or child by going to www.heartandstrokefoundation.ca clicking on events (Jump Rope for Heart) and in the Participant Centre go to the Parents section. Please send an email to me at wnemethy@sd91.bc.ca to let me know you have participated. If you have any questions, please contact Mrs. Nemethy at the school.



IDEAS FOR PRACTICING SELF-CARE

PHYSICAL

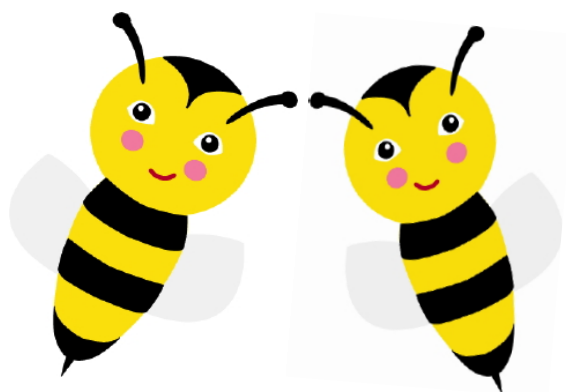
go for a walk
dance
hike
swim
get a hug
play with a dog
clean & reorganize your room
take a bath

MENTAL

read a book
learn a new skill like photography or drawing
do a DIY project
color
turn your phone off

EMOTIONAL

meditate
practice Yoga
light a candle
talk with a friend
go on a date
journal
write down a list of things you're grateful for





Greenspire Linden Trees

Thank you to our PAC for these two new additions to our school yard! Check out these beautiful trees that will grow to over 12 meters



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.



School Board Meeting

Monday, June 15, 2020
6:00 pm

***Please note the change in location:
the meeting will be held in the Integris Community
Theatre at Nechako Valley Secondary School
in Vanderhoof

Public Attendance Notice:

***Due to current public health and safety requirements, 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 so that seating arrangements for appropriate social distancing can be made.

Please have all items you'd like to add to the newsletter to Ms. Swanson 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

Kindergarten Registration for the 2020-2021 School Year is Open!

Call or email Ms. Swanson at the office for more
information ☺



JUNE 2020 MENU

Each meal is 5.00 (reg). or 6.00 (lg).

PLEASE PRE-ORDER AND PRE-PAY

**All meals will be individually wrapped and delivered to students in their classrooms*



*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 Pancakes & Eggs 	2 Spaghetti Watermelon 	3 Pancakes & Eggs 	4 Spaghetti Watermelon 	5
8 Meatball Subs Watermelon 	9 Mac & Cheese 	10 Meatball Subs Watermelon 	11 Mac & Cheese 	12
15 French Toast 	16 Pizza Subs 	17 French Toast 	18 Pizza Subs 	19
22 Eggs Sausages Hashbrowns 	23 Sandwiches 	24 Eggs Sausages Hashbrowns 	25 Last Day of School (12pm Dismissal) 	26 
29 	30 	1 	2 	3 