



The Prowler

the news of the week

les nouvelles de la semaine

October 16, 2019

250-567-2267

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

Issue 07

Hadi, Bonjour and Hello,

Anyone ever been duct taped to a wall? Well, Mrs. Nemethy and I can now say, "Yes!" And it's a lot scarier than it looks. But it was all for a great cause. Thank you to everyone who helped us raise our Terry Fox Foundation donation of \$821.

Way to go Cross Country runners. You did a fantastic job representing McLeod with your coaches, Mrs. Nemethy and Mrs. Loewen at the Distract run last week.

This week our grade 4 students are preparing for the provincial Foundation Skills Assessments (FSA). These assessments in reading, writing and numeracy are one of the many ways we see how our students are learning. It also highlights any areas of need for our students or areas in which we need to adjust our teaching so better learning is happening. We're excited to give our big class of grade 4s this chance to show off their learning.

Tomorrow is our first Student-Led Conferences for the year. 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 Mrs. Bailey to book into a ½ hour time slot.**

As we look ahead to the end of the month and Halloween I wanted to make sure you are thinking about a few things. Please remember that any treats brought to school must be NUT FREE. As well, we ask that students do not wear masks to school or bring any items that resemble a weapon. Both of these things can scare our little ones and make it more difficult for us to monitor our playground safely. Thank for your support.

Also, as part of this season, we want to scare hunger away. Our Me to We is sponsoring We Scare Hunger 2019. We are gathering non-perishable food items for our local food bank. Please send in items as soon as possible. Thank you for your support!

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



*Class Pictures
and Retakes*

*Tuesday,
October 22nd*



Coming Soon:

Oct 17: Early Dismissal - 12:00
Oct 17: Student Led Conferences -
2:00-6:00
Oct 21: Board Meeting - 6:00PM SBO
Oct 22: Class Photo's & Retakes
Oct 23: Take Me Outside Day
Oct 25: Pro-D Day *NO SCHOOL*
Oct 31: Dress Up Day

Grade 6 Immunizations

If you have not already brought in your consent form for immunizations, please have them in by October 22nd

Thank you

Please remember that any treats brought to school must be **NUT FREE**. As well, we ask that students do not wear masks to school or bring any items that resemble a weapon. Both of these things can scare our little ones and make it more difficult for us to monitor our playground safely.
Thanks for your support.



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

Hello! This is the McLeod Me to We group, and we need your help! We are trying to scare hunger away by October 31st by asking you to help us meet our goal of donating 750 food items to Vanderhoof families in need.

If you can't bring any food, you can donate money. You can leave your food donations in boxes in your classroom.

Thanks, from McLeod Me to We

BE somebody
WHO MAKES
EVERYBODY
FEEL LIKE A
somebody.
-Kid President



"Double Digits" Girls Book Club

3:15 to 4:30 pm

THURSDAYS:

October 24
November 21
December 19
January 23

Ages 10-12



Register Now



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.

Our buses are full to capacity and **we do not** allow courtesy riders under any circumstances!

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

Our One McLeod Council is hosting an Intermediate Dress-Up Day dance for grade 4, 5 and 6 students On Wednesday, October 31st for 1:00 to 2:30. Students should bring \$2.00 for the dance as soon as possible. Please come and dance the afternoon away with us.



"Beyond the Book" Girls Book Club

3:15 to 4:30 pm

THURSDAYS:

October 10
November 7
December 5
January 9



Ages 8 & 9



Register Now



Check out our McLeod website

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



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.

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



Thanks for remembering
this is a



Peanut/Nut
Free School

At the Board meeting on Monday, September 23, 2019, the following Policy was given first reading:

- 504.10 – Provision of Menstrual Products to Students

Please visit

<http://www.sd91.bc.ca/apps/pages/policies-and-regulations>

to view the draft policy. Please click on the “feedback” link located above the list of policies to send your comments via email. The closing date for comments is October 17, 2019.

Elementary Wrestling Camp



Starts Oct 23rd

Open to all students gr. 2-6

Every Wednesday in NVSS Mezzanine to

December 18th

3:30-4:45

\$80 registration fee

<https://forms.gle/B3yqjRjxVUZAS7kJ8>

LEGO CLUB



3:15 - 4:15 pm

Wednesdays:

Sept 18

Oct 2 + 16 + 30

Nov 13 + 27

Dec 18



Preschoolers
must be
accompanied
by an adult.



A fun
drop-in
program



Group	Age	When	Where
Sparks	5 – 6 yrs	Tuesdays 6 – 7:30 pm	United Church, 2592 Church St.
Brownies	7 – 8 yrs	Tuesdays 6 – 7:30 pm	United Church, 2592 Church St
Guides	9 – 11 yrs	Mondays 6 – 7:30 pm	St. Joseph's Gym, 2980 Burrard

Register Online at:

<https://register.girlguides.ca/web/en/login?returnUrl=%2Fen%2Fdashboard>

Questions:

Email: valley.district@yahoo.com

Call: 250-570-9563 Phoebe

Proud to be McLeod

Student Name _____ **Teacher** _____

Youth Size: XSmall Small Medium Large XLarge

Short sleeve T-Shirt: Orange, Kelly Green, Sangria, Purple, Sapphire, Royal Blue, Heather Red

Cost \$15

Long sleeve T-Shirt: Orange, Kelly Green, Sangria, Purple, Royal Blue, Black

Cost \$20

Parent Signature _____



Come Join the Fun!

Ski S'Kool Students are welcome!

The Jackrabbit Program has been developed for children six to nine years of age but our Club accepts children into this program, with no previous skiing experience, up to the age of twelve.

The objective of the Jack Rabbit Program is for children to learn basic cross country ski skills (**both classic and skating**) and to instill a lifelong interest in the sport, thereby enhancing their quality of life and health!

Lessons are twice a week, Tuesdays from 6:00 PM to 7:00 PM and Saturdays 10:00 AM to Noon, starting January 4th to March 14th, 2020.

Cost: \$80 Register online at: <https://www.zone4.ca/> by searching for: Nechako Nordics and clicking on: Nechako Nordics Registration 2019-2020

Ski Equipment Options: Purchase (locally at Earthenware) or rent from our club at \$5.00 per lesson or \$50.00 for the season.

For more information please visit our Facebook page at:

<https://www.facebook.com/groups/1302526809779153/> or contact Richard D. Burkholder at bur9000@telus.net or phone (250) 567-9000



October 11, 2019

**Superintendents of Public Schools, Independent School Authorities
and First Nations Schools**

Re: Vaping Awareness

Schools and the health system have a shared interest in helping students be safe, healthy and protected from harm. The increased uptake of vaping products among children and youth is a cause for increased concern for healthcare providers, school districts, community members and parents. Statistics from the 2018 BC Adolescent Health Survey shows that Northern Health has the highest use for non-nicotine vape users in the province and is the second highest provincially for nicotine vape use among youth.¹

In this letter, we would like to outline Northern Health's recommendations with respect to vapour products, as well as share vaping resources that are available for schools to help increase awareness, and educate children and youth on the harms associated with vaping.

Health Effects of Vaping:

- Vaping can increase exposure to harmful chemicals, which can cause lung damage.²
- Individuals that do not vape can be exposed to harmful chemicals found in the vapour/aerosol.
- Nicotine containing vaping products can lead to nicotine addiction. Nicotine affects the developing brain.
- Emerging evidence raises the possibility that vaping may lead to smoking.
- There is potentially a higher risk to using unregulated or modified vaping products.
- The long-term consequences of vaping are unknown.

RECOMMENDATIONS:

Non-smokers:

- Do not start vaping, and if vaping, quit. If you want to quit or decrease your vapour use, talk to your healthcare provider (such as a doctor or nurse practitioner).
- Northern Health strongly recommends children, youth, pregnant women or non-smokers not to vape.

Smokers:

- Vaping is likely less harmful than smoking, and is likely an effective harm reduction measure for those who continue using tobacco or cannabis. However, vaping is **not harmless**. Quitting remains the healthiest choice.
- There is limited evidence of the effectiveness of e-cigarettes helping adults to quit smoking.
- Switching from vaping back to cigarette smoking is not recommended. For those interested in quitting smoking contact <https://www.quitnow.ca/> or a pharmacist for tobacco related cessation treatment and support.

¹ Balance and Connection in BC (2019). The health and wellbeing of our youth. Retrieved from: https://www.mcs.bc.ca/pdf/balance_and_connection.pdf

² CDC Centers for Disease Control and Prevention (September 27, 2019). Outbreak of Lung Injury Associated with E-Cigarette Use, or Vaping. Retrieved from: https://www.cdc.gov/tobacco/basic_information/e-cigarettes/severe-lung-disease.html

For Schools:

- Smoking or vaping on or near schools (by staff, students or the public) remains illegal. Ensure the language in your smoke free grounds policies reflect the use of products that are vaped, tobacco, cannabis and other combustibles.
- Please be sure, if you are looking to post official no vaping or smoking signage, to check what specific rules may apply in your school districts. For no vaping or smoking signage visit: <https://bc.lung.ca/no-smoking-signage>
- The vaping education provided should be delivered in a culturally safe, non-judgemental way with factual information that is presented with open dialogue and an interactive format.
- Ensure a clear pathway to health care is identified so all students and staff know what to do if someone needs support relating to vaping use. Youth that are vaping are encouraged to see their family doctor.

VAPING RESOURCES:

Northern Health Vaping Awareness Presentation:

The **NH Vaping Awareness** power point presentation can help raise awareness and educate children and youth in regards to vapour related products and the potential health effects associated with vaping. See *Appendix A*

Websites:

- **Vaping Prevention Toolkit** with information for parents and teachers that includes a power point presentation, posters and FAQ sheet: <https://bc.lung.ca/how-we-can-help/vaping/vaping-prevention-toolkit>
- Health Link BC health file addressing **What is Vaping** and links to other resources: <https://www.healthlinkbc.ca/health-feature/vaping>
- Health Canada's **About Vaping** page discusses the mechanics of vaping as well as information on talking with your teens about vaping: <https://www.canada.ca/en/health-canada/services/smoking-tobacco/vaping.html>

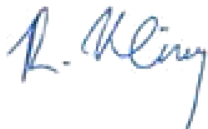
Health Canada's **Consider the Consequences of Vaping** awareness tour is offered across Canada to help educate teens on the health risks of vaping. This tour includes resources, tour information for students, teachers and school administration: <https://www.canada.ca/en/health-canada/services/smoking-tobacco/vaping/consider-consequences-vaping-awareness-tour.html>

Thank you for your attention to this information related to vaping. If you have any questions, please contact your local school Primary Care Nurse or your Integrated Primary and Community Care team.

Sincerely,



Dr. Raina Fumerton, MPH
FRCPC
Acting Chief Medical Health
Officer, and Medical Health
Officer, Northwest HSDA
Northern Health



Dr. Rakel Kling, MSc MPH
FRCPC
Medical Health Officer,
Northern Interior HSDA
Northern Health



Dr. Jong Kim, MSc, FRCPC
Medical Health Officer,
Northeast HSDA
Northern Health



Dr. Andrew Gray, MSc
FRCPC
Medical Health Officer
Northern Health

Appendix A

Northern Health Vaping Awareness PowerPoint

<https://innovationdevelopment.webex.com/innovationdevelopment/onstage/playback.php?RCID=87a8dc4afde3c10a8b31ddc47157abde>



OCTOBER 2019 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 Salad Bar + Drumsticks 	2 Sausage & Eggs 	3 Salad Bar + 	4 Salad Bar + Hot Dogs <i>Ultimate Frisbee</i> 
7 Spaghetti 	8 Salad Bar + Chow Mein 	9 Crepes 	10 Salad Bar + Cream of Broccoli soup <i>*Cross Country</i> 	11 Salad Bar + Mexican Lasagna <i>Graphic T-shirt Day*</i> 
14 Thanksgiving (No School) 	15 Salad Bar + Chicken Strips 	16 French Toast 	17 12pm Early Dismissal Interims Home 2-6pm Student Led Conferences 	18 Salad Bar + Tomato soup & grilled Cheese 
21 Taco Soup 	22 Salad Bar + Frittata 	23 Pancakes  <i>Take It Outside Day</i> 	24 Salad Bar + Turkey Shepherd's Pie 	25 Pro-D Day (No School) 
28 Hamburger Stew 	29 Salad Bar + Perogy Casserole 	30 Sausage & Eggs 	31 Salad Bar + Sandwiches <i>Dress-Up Day</i> 	