



The Prowler

*the news of the week
les nouvelles de la semaine*



January 7, 2026

250-567-2267

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

Issue 16

Hadi, Bonjour and Hello,

Happy 2026! From all of us at McLeod, we wish you a year full of happiness and all you need and want. It is an honour for us to be part of the lives of your kids.

January is a skiing month. Our grade 3 students will be participating in the Nechako Nordics Ski S'kool. Thank you so much to our PAC for sponsoring these lessons each year as well as helping with transportation costs in 2026. Our intermediate Murray Ridge Ski and Snowboard trips are coming up on the 22nd and 30th. Permission slips (with specific class schedules) went home early this week and need to be returned by January 13th – no exceptions. It is very important that every student who wishes to join us at Murray Ridge has a high- risk activity Informed Consent Form on file. The online TEAMS meeting for caregivers of those who do not yet have a form will be at 4:00 on Tuesday, January 13th. All chaperones for the trip must have a Criminal Record Check with a vulnerable sector check. Please drop by to get a letter from Ms. Lindsay and then head over to the RCMP station to get this done as soon as possible.

Our next PAC meeting is at 5:00 on January 13th. We welcome all McLeod caregivers to come out to the meetings or to join online. Our PAC is a great way to get involved with our amazing school to make it even more amazing.

Our “**LET’S COMMUNICATE TO CONNECT**” focus in January is communication and conflict resolution. We will be learning how to use communication to avoid or resolve problems.

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:

- Jan 8: First Grade 3 Ski S'kool
- Jan 13: PAC Meeting—5:00 PM
- Jan 22: Murray Ridge—Meads, Tait, Leclerc (A-M)
- Jan 30: Murray Ridge—Ko, Reimer, Leclerc (N-Z)
- Feb 6: Pro-D Day—No School



See the
whole
newsletter

We would like to remind you that doors in our school are **locked** apart from the front door. Adults should **only** enter through the front door. Please **sign in and out** at the office. Please **do not go to classrooms** without permission from our office staff.

We love your help! If you are planning to be a volunteer at our school in any way this year or in the future you will require a Criminal Record Check. **If you are doing ready to do your check please drop by the school to get a letter from Ms. Lindsay so it is free.** You can pop into our local RCMP detachment to do this or there is more info at <https://www2.gov.bc.ca/gov/content/safety/crime-prevention/criminal-record-check>.

Thank you!

W.L. McLeod PAC Corner
wlmcleod.pac@gmail.com



PAC Meeting
Jan 13 at 5:00



JANUARY MENU

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
* Please note: Our kitchen is not fully vegetarian or Gluten free*	1 Winter Break "Happy Holidays" 	2 Winter Break "Happy Holidays" 	3 Winter Break "Happy Holidays" 	
5 Spaghetti 	6 Pancakes and Sausages 	7 Bacon, lettuce, cheese ranch wrap 	8 Butter Chicken Lasagna 	9 Ham and Cheese Bun 
12 Corn Chowder 	13 Fish Sticks 	14 Roast Beef 	15 Breakfast Sandwich 	16 Chicken Chow Mein 
19 Turkey Sandwich 	20 Beef Barley Soup 	21 Perogy Casserole 	22 Burgers  Intermediate Murray Ridge Trip 1	23 Sausage and Eggs 
26 Mac and Cheese 	27 Taco Wrap 	28 French Toast 	29 Chicken Strips 	30 Lasagna  Intermediate Murray Ridge Trip 2

Link to Meal Manage



Instructions to Meal
Manage



Upcoming Murray Ridge Trips

The QR codes on the Murray Ridge forms are not working. If you are hoping to pay online please try to use the following links.

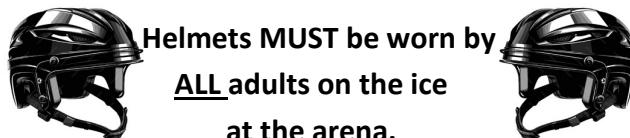
Student Registration: <https://sd91.schoolcashonline.com/Fee/Details/145/551/False/True>

Chaperone Registration: <https://sd91.schoolcashonline.com/Fee/Details/148/551/False/True>

If you are planning to chaperone, please make sure your Criminal Record Check is completed and the school has a copy.

January 22: Mr. Meads, Ms. Shawna, Mme Leclerc (A-M)

January 30: Ms. Ko, Mr. Reimer, Mme Leclerc (N-Z)



This includes staff and caregiver volunteers

Please Label Snow Gear

Please ensure all outdoor snow gear (mitts, toques, coats, snowpants and boots) are labeled with your child's name



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



School Board Meeting

Monday, January 19, 2026
6:30 pm

**Virtual Meeting
via MS Teams**

Important Public Attendance Notice:

Members of the public are invited to attend Regular Meetings of the Board of Education.

Due to limited space and seating availability, please request your seat in advance if you wish to attend in person.

Alternatively, members of the public may attend this meeting virtually through Microsoft Teams. To take advantage of this online attendance option, please visit www.sd91.bc.ca/meeting-information for the Teams link.

To view the meeting agenda, please visit www.sd91.bc.ca/board-agendas-and-minutes.

Contact:

Heather Silver

Executive Assistant to the Superintendent

250-567-2284 ext. 9003

hsilver@sd91.bc.ca



Talking, listening, and sharing help us understand and care for one another.

★ What is Communication

♫ Skills of Listening and Speaking

🤝 Teamwork



Recreation Schedule

January 2026

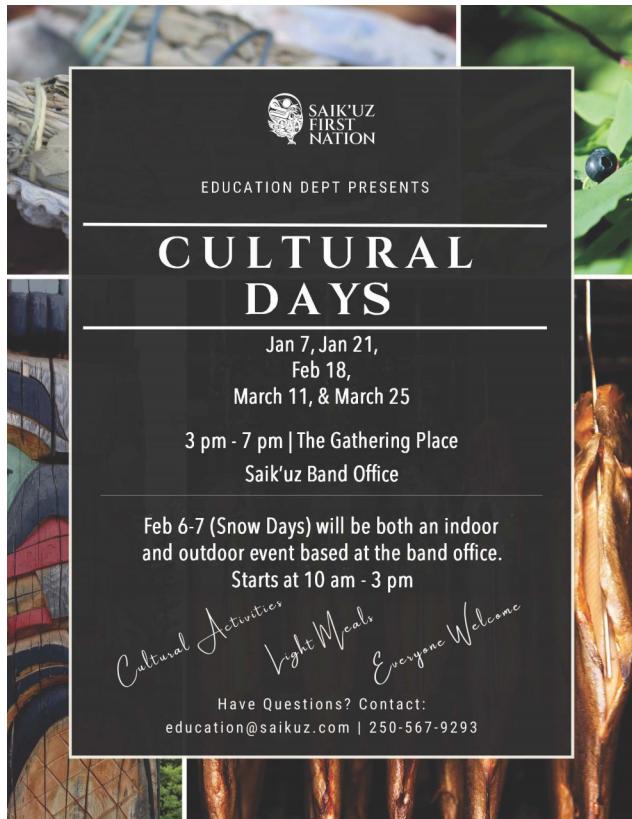
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1 New Years Day	2 Winter Break - Winter Wonderland 9:30am - 3:30pm 6-12	3	4
Little Learners 11:00am-12:00pm 3-5Y	5 Little Movers 10am-11am 3-5Yrs Winter Crafts	6 Tiny Tumblers 10am-11am 0-3 Yrs Winter Explore	7 Winter Create 10:00am-11:00am 3-5Y	8 Winter Art 10am-11am 3-5 Yrs Arctic Animals 11:30-12:30pm 3-5 Yrs Winter Create 3:30PM - 4:30PM 6-12	9	10
Science Day - Winter 3:30PM-4:30PM 6-12Yrs	11:30am-12:30pm 3-5 Winter Explore 3:30PM -4:30PM 6-12 yrs	11:30am-12:30pm 3-5 Winter Games 3:30PM -4:30PM 6-12 Yrs	Y Theatre 1:00pm- 2:00pm 3-5Yrs			11
Little Learners 11:00am-12:00pm 3-5Y	12 Little Movers 10am-11am 3 Yrs Winter Crafts	13 Tiny Tumblers 10am-11am 0-3 Yrs Winter Explore	14 Winter Create 10:00am-11:00am 3-5Y	15 Winter Art 10am-11am 3-5 Yrs Arctic Animals 11:30-12:30pm 3-5 Yrs Winter Create 3:30PM - 4:30PM 6-12	16	17
Science Day 3:30PM-4:30PM 6-12Yrs	11:30am-12:30pm 3-5 Winter Explore 3:30PM -4:30PM 6-12 Yrs	11:30am-12:30pm 3-5 Winter Games 3:30PM -4:30PM 6-12 Yrs	Y Theatre 1:00pm- 2:00pm 3-5Yrs			18
Little Learners 11:00am-12:00pm 3-5Y	19 Little Movers 10am-11am 3-5 Yrs Winter Crafts	20 Tiny Tumblers 10am-11am 0-3 Yrs Winter Explore	21 Winter Create 10:00am-11:00am 3-5Y	22 Winter Art 10am-11am 3-5 Yrs Arctic Animals 11:30-12:30pm 3-5 Yrs Winter Create 3:30PM - 4:30PM 6-12	23	24
Science Day 3:30PM-4:30PM 6-12Yrs	11:30am-12:30pm 3-5 Winter Explore 3:30PM -4:30PM 6-12 Yrs	11:30am-12:30pm 3-5 Winter Games 3:30PM -4:30PM 6-12 Yrs	Y Theatre 1:00pm- 2:00pm 3-5Yrs			25
Little Learners 11:00am-12:00pm 3-5Y	26 Little Movers 10am-11am 3-5 Yrs WinterCrafts	27 Tiny Tumblers 10am-11am 0-3 Yrs Winter Explore	28 Winter Create 10:00am-11:00am 3-5Y	29 Winter Art 10am-11am 3-5 Yrs Arctic Animals 11:30-12:30pm 3-5 Yrs Winter Create 3:30PM - 4:30PM 6-12	30	31
Science Day 3:30PM-4:30PM 6-12Yrs	11:30am-12:30pm 3-5 Winter Explore 3:30PM -4:30PM 6-12 Yrs	11:30am-12:30pm 3-5 Winter Games 3:30PM -4:30PM 6-12 Yrs	Y Theatre 1:00pm- 2:00pm 3-5Yrs			



Facility Hours
Monday-Friday • 8:00am-5:30pm
186 Columbia Street, Vanderhoof

Contact: vcc@bc.ymca.ca
(250) 570-9505
Register online: mynbc.ca

Vanderhoof Community Centre • (250) 570-9505 • nbc.ymca.ca



Please do not send bags of unpopped popcorn or the KD cups for lunches. It takes too long to cook in the microwave and we end up running out of time to eat. They also burn in the microwave too easily.

Thank you!

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

SCHOOL DISTRICT 91

We're Hiring!

BURNS LAKE, FORT ST. JAMES, FRANCOIS LAKE,
FRASER LAKE, GRANISLE, GRASSY PLAINS, VANDERHOOF



Positions Include:

- Administrative Assistants
- Before & After School Care Workers
- Bus Drivers/Bus Monitors/Bus Washers
- Custodians
- Indigenous Education Advocates
- Learning Support Workers
- Meal Program Workers
- Morning/Noon/Bus/Playground Supervisors
- Personal Attendant - Autism
- Personal Care Worker
- Trades/Maintenance
- Youth Care Workers

SCAN THE QR CODE, OR VISIT
WWW.SD91.BC.CA/SUPPORTSTAFFPOSTINGS
TO VIEW OUR CURRENT VACANCIES, INCLUDING OUR
CASUAL LISTS!



McLEOD IS
NUT FREE.



Thanks for
keeping our
McLeod
family safe.

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



Vanderhoof Elementary School/W. L. McLeod Elementary School
PHOTO ARCHIVE
1960 to 2005

<https://www.youtube.com/watch?v=jC-rDH5APAQ>

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!



Please **DO NOT** use the staff parking lot (the lot by the EBUS entrance) to drop off or pick-up students. Students **MUST NOT** be walking through this parking lot at any time. Drop off angle parking is available on Damon Square (behind the strip mall). Thank you for your help to keep our kids safe.

Students and adults **MUST NOT** be running between busses across Victoria St. Please use the crosswalk.

Date:	January 5, 2026
To:	Licensed Childcare Facility Operators
From:	Northern Health Chief Medical Health Officer Northern Health Medical Health Officers
CC:	Northern Health Licensing Team
RE:	2026-01-05 Memo on Influenza to Licensed Childcare Facilities

Staying healthy during flu season in Northern Health communities

Flu Season is here

Levels of influenza are rising in Northern Health, especially among children. Influenza (the flu) is an infection that mainly affects the nose, throat, and lungs. It is caused by influenza A and B viruses which spread every year from November to April. H3N2 is the main type of influenza virus that is spreading this year, and it can cause more severe illness especially in children and older adults. This makes it extra important to be protected from influenza this season.

Signs and symptoms

Infection with influenza can range from mild to severe. Common symptoms include:

- Fever
- Headache
- Sore throat
- Body aches
- Extreme tiredness
- Cough, sneezing, runny nose
- Nausea, vomiting, or diarrhea

Getting sick with influenza can also lead to serious diseases, like pneumonia (which affects the lungs), and life-threatening complications.

How influenza spreads

Influenza spreads through coughing, sneezing, close contact, and by touching surfaces with influenza germs and then touching your eyes, nose, or mouth.

Who is at higher risk?

Some people are more likely to get very sick from influenza. This includes:

- Adults over 65 years old
- Children under 5 years old
- People who are pregnant
- People with chronic health conditions

Vaccines are the best protection from the flu

Influenza vaccine is the safest and most effective protection from influenza. It's free for everyone 6 months and older in BC. You can get it at health units, pharmacies, or some doctor's offices. Even though this year's vaccine isn't a perfect match to the H3N2 influenza virus, it still helps prevent severe illness and hospitalization and protect against other types of influenza viruses.

- Register and book online through the BC Get Vaccinated system or by calling 1-833-838-2323

Other ways to stay healthy

- Keep sick kids home until they feel better
- Wash hand often with soap or sanitizer
- Cough or sneeze into your elbow
- Throw away used tissues right away
- Clean and disinfect surfaces that are touched often
- Wear a mask if you can't avoid others while sick

These measures also help prevent illness from other viruses, such as COVID-19, RSV, and parainfluenza.

If your kids get sick

Have your kids stay home, rest, and avoid close contact with other people until they feel better and their fever is gone. Call your health care provider if your child has a health condition that increases their risk of getting very sick, or if they are very ill (such as having trouble breathing, chest pain, or signs of dehydration like dizziness, extreme sleepiness, or not peeing much).

Helpful links

[Book your vaccine](#)



[Health Link BC](#)



[Common Childhood Diseases: Quick Guide](#)



Sincerely,

Dr. Jong Kim, MD
MSc FRCPC
Chief Medical Health
Officer
Northern Health

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Medical Health
Officer, Northern
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