



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

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)



**Helmets MUST be worn by**

**ALL adults on the ice  
at the arena.**



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](http://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](http://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](mailto: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

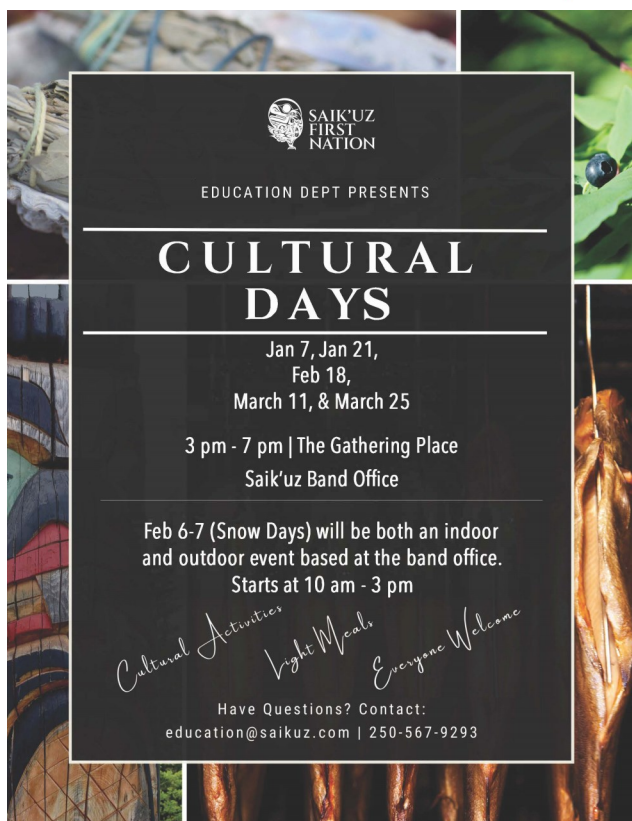
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1 New Years Day	2 Winter Break - Winter Wonderland 9:30am - 3:30pm 6-12	3	4
5 Little Learners 11:00am-12:00pm   3-5Y  Science Day - Winter 3:30PM-4:30PM   6-12Yrs	6 Little Movers 10am-11am   3-5Yrs Winter Crafts 11:30am-12:30pm   3-5 Winter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



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

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

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



SAIK'UZ FIRST NATION  
EDUCATION DEPT PRESENTS

## CULTURAL DAYS

Jan 7, Jan 21,  
Feb 18,  
March 11, & March 25

3 pm - 7 pm | The Gathering Place  
Saik'uz Band Office

Feb 6-7 (Snow Days) will be both an indoor  
and outdoor event based at the band office.  
Starts at 10 am - 3 pm

*Cultural Activities*  
*Light Meals*  
*Everyone Welcome*

Have Questions? Contact:  
education@saikuz.com | 250-567-9293



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](http://WWW.SD91.BC.CA/SUPPORTSTAFFPOSTINGS)  
TO VIEW OUR CURRENT VACANCIES, INCLUDING OUR  
CASUAL LISTS!



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!

MCLEOD IS

# **NOT FREE.**



Thanks for  
keeping our  
McLeod  
family safe.

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

**PARKING**  
**LOT**



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.

<b>Date:</b>	January 5, 2026
<b>To:</b>	<b>Licensed Childcare Facility Operators</b>
<b>From:</b>	Northern Health Chief Medical Health Officer Northern Health Medical Health Officers
<b>CC:</b>	Northern Health Licensing Team
<b>RE:</b>	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**

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

Dr. Raina Fumerton,  
MD MPH FRCPC  
Medical Health Officer,  
Northwest and  
A/Northeast  
**Northern Health**

Dr. Trevor Corneil,  
MD FRCPC  
Medical Health Officer  
**Northern Health**

Dr. Diana Bark  
MD MPH FRCPC  
Medical Health  
Officer  
**Northern Health**