



The Prowler

the news of the week
les nouvelles de la semaine



December 16, 2020

250-567-2267

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

Issue 15

Hadi, Bonjour and Hello,

Tomorrow is the day for the release of our Christmas Concert 2020 Movie. Students will watch the movie in their class in the afternoon - in their pajamas of course! After that we will share the link with families who are on our newsletter list by e-mail. **If you are not on this list, please contact Ms. Lindsay at the school as soon as possible to get your address added.** If the e-mail link isn't going to work for you because of your access to technology and/or internet, please let me know and we will try to figure out another option for you.

Here we are, the last few days before Christmas break 2020. It's going to be a break like no other I'm sure. On behalf of our entire staff and all our truly amazing students, I hope you and your family can make the break special and filled with kindness and caring. We will be thinking of you and we can't wait to see to again in January. Let's bring on 2021!!

WE'RE ALL IN THIS TOGETHER!

Proud to be McLeod

Ms. L. Hart

COMING SOON:

Dec 17: Pajama Day

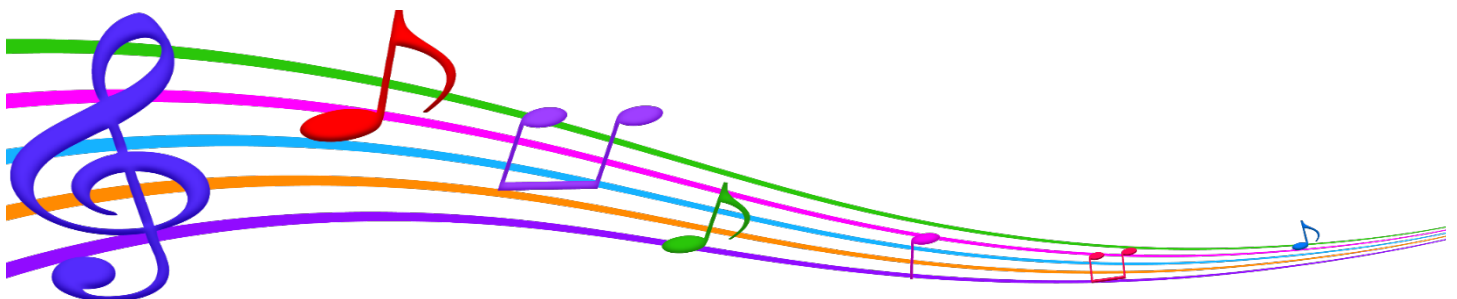
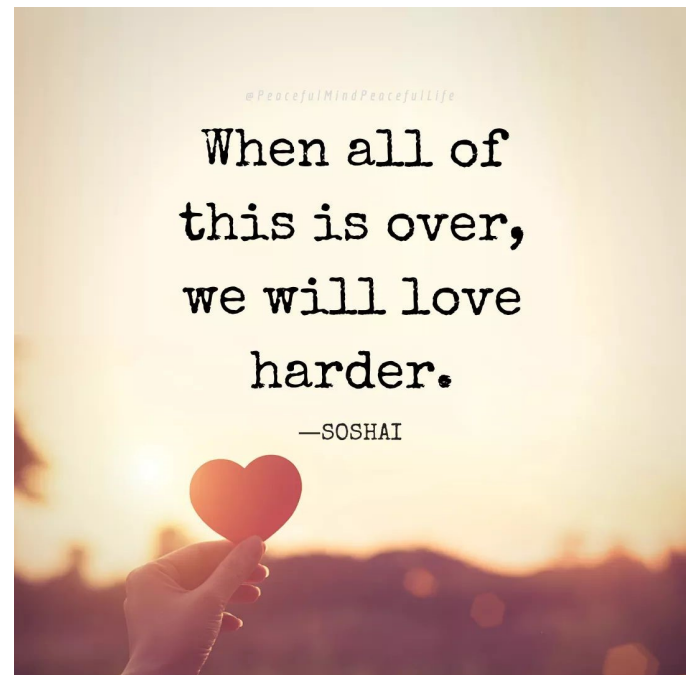
Christmas Concert watch party

Dec 18: Last Day of School

Dec 21 - Jan 1: **WINTER BREAK**

Jan 4: First Day Back to School

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



**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.



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.

~Ms. Hart



T-Shirt Tuesdays



Please wear your McLeod wardrobe every Tuesday. It's a great way to show your school spirit and earn points for your house team. Anything McLeod works. We love homemade stuff too!



Our Lost & Found is getting very full!

Please take a look at our PAC Facebook page and let your child's teacher know which items belong to your family 😊



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

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



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

Please don't forget to do the
Daily Health Check each morning.
We are very grateful to all our
families who are working with us
to follow the COVID-19
guidelines.

SCHOOL BOARD OFFICE NEWS



Superintendent's Report to the Board Regular Board Meeting of Dec 14th, 2020

Superintendent Manu Madhok presented his 'Superintendent's Report to the Board' at the December 14, 2020, Board Meeting.

Please click on the link below to view the report:

<https://www.sd91.bc.ca/apps/news/article/815161>

Upcoming Board Meetings:

January 18, 2021

February 22, 2021



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

**An important message
from Batman regarding
this time of year:**



Murray Ridge Ski/Board Days for grade 4-6

Our school has dates to go to Murray Ridge in January and February. Depending on the situation in January, students will get a permission slip and more information the first week back 😊

- Mme. Leclerc



Microwave Reminder



Please do not send bags of popcorn or KD Cups to be made at school. These items take too long to cook and overheat our microwaves. Students are welcome to bring pre-cooked popcorn and KD in their lunches 😊

Daily Health Check

1. Key Symptoms of Illness*	Do you have any of the following key symptoms?	CIRCLE ONE	
	Fever	YES	NO
	Chills	YES	NO
	Cough or worsening of chronic cough	YES	NO
	Shortness of breath	YES	NO
	Loss of sense of smell or taste	YES	NO
	Diarrhea	YES	NO
	Nausea and vomiting	YES	NO
2. International Travel	Have you returned from travel outside Canada in the last 14 days?	YES	NO
3. Confirmed Contact	Are you a confirmed contact of a person confirmed to have COVID-19?	YES	NO

If you answered “YES” to one of the questions included under ‘Key Symptoms of Illness’ (excluding fever), your child should stay home for 24 hours from when the symptom started. If the symptom improves, your child may return to school when they feel well enough. If the symptom persists or worsens, seek a health assessment.

If you answered “YES” to two or more of the questions included under ‘Symptoms of Illness’ or your child has a fever, seek a health assessment. A health assessment includes calling 8-1-1, or a primary care provider like a physician or nurse practitioner. If a health assessment is required, your child should not return to school until COVID-19 has been excluded and symptoms have improved.

When a COVID-19 test is recommended by the health assessment:

- ☐ If the COVID-19 test is positive, your child should stay home until you are told by public health to end self-isolation. In most cases this is 10 days after the onset of symptoms. Public health will contact everyone with a positive test.
- ☐ If the COVID-19 test is negative, your child can return to school once symptoms have improved and they feel well enough. Symptoms of common respiratory illnesses can persist for a week or more. Re-testing is not needed unless you develop a new illness.
- ☐ If a COVID-19 test is recommended but is not done because you choose not to have the test, or you do not seek a health assessment when recommended, and symptoms are not related to a previously diagnosed health condition, your child should stay home from school until 10 days after the onset of symptoms, and then they may return if they are feeling well enough.

If a COVID-19 test is not recommended by the health assessment, your child can return to school when symptoms improve, and they feel well enough. Testing may not be recommended if the assessment determines that the symptoms are due to another cause (i.e. not COVID-19).

If you answered “YES” to questions 2 or 3, use the COVID-19 Self-Assessment Tool to determine if you should seek testing for COVID19.

A health-care provider note (i.e. a doctor’s note) is not required to confirm the health status of any individual.

Holiday Care

Connexus Community Resources

Counselling for children and youth, family support, infant development program
Ph. 250-567-9205

Carrier Sekani Family Services

Holistic health and wellness services for Carrier and Sekani people
Ph. 250-567-2900
Ph. 250-570-9993 for Maternal Child Health
Ph. 250-617-4780 for Youth Services

Neighbourlink

Food bank and Wednesday hot lunches
Ph. 250-567-0691 to register for food bank or to call for emergency food

Kids Help Phone

Ph. 1-800-668-6868 (toll free)
Txt. CONNECT to 686868
Available 24hrs/day to Canadians aged 5 to 29. Confidential and anonymous care from professional counsellors.

Wellness Together Canada: Mental Health and Substance Use Support

Get connected to mental health and substance use support, resources, and counselling with a mental health professional.
Ph. 1-866-585-0445 to speak with a Program Navigator
Txt. Adults text WELLNESS to 741741
Txt. Kids text WELLNESS to 686868
Web. <https://ca.portal.gs/#>
Available 24/7 to everyone.

Hope for Wellness Help Line

1-855-242-3310 (toll free)
Available to all Indigenous people who need immediate crisis intervention. Telephone and online counselling.



Calling parents and youth in BC!



COVID-19 and Youth Mental Health

Since COVID-19 was declared a pandemic, many public health responses have been implemented including social distancing measures and school closures.

These measures may have an impact on the mental health of children and teens, and we need to adjust the type and amount of resources being offered our children.

The MyHEARTSMAP team needs your help to measure how much and in what ways the changes in our lives during the pandemic have affected the social and psychological wellness of our children and youth.

Using the MyHEARTSMAP online psychosocial self-screening tool, children, youth, and (or) their parents, can learn about which aspects of their mental health may be of concern and might benefit from support resources, and where to find them in BC.

Learning about our children's needs will **help guide our provincial mental health resource planning.**

Who can participate in this study?

- Children and youth aged 10-17 in BC
- Parents with a child aged 6-17 in BC

What is involved?

- Answer questions about how COVID-19 has affected you
- Complete the MyHEARTSMAP Self-Screening Tool after enrolling, and again in 3 months



If you are interested in learning more and participating, please visit our website at:

MyHEARTSMAP-Pandemic.bcchr.ca



**THE GREATEST POWER
YOU POSSESS IN LIFE IS
YOUR UNDERSTANDING
THAT LIFE GIVES YOU A
FRESH START ANY
MOMENT YOU CHOOSE
TO START FRESH**
WWW.LIVELIFEHAPPY.COM

JANUARY 2021 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
4 Spaghetti 	5 Crepes & Ham 	6 Perogy Casserole 	7 Pizza Bagels Gr. 3 Ski School	8 Filipino Pork Steak w/ rice
11 Hamburgers 5:00 PAC Meeting	12 Sausage & Eggs 	13 Pork Cutlets in Gravy 	14 Chow Mein & Springrolls Gr. 3 Ski School	15 Chicken Ranch Wrap INTERIMS HOME
18 Quesadillas 	19 French Toast 	20 Ham & Cheese Bun 	21 Chicken Strips Gr. 3 Ski School	22 Sweet & Sour Meatballs w/ rice
25 Enchiladas 	26 Pancakes & sausages 	27 Lasagna 	28 Roast Chicken Gr. 3 Ski School	29 Mac & Cheese Beach Day Int. Ski School Day 1 (details to follow)