



# The Prowler

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



February 23, 2022

250-567-2267

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

Issue 23

Hadi, Bonjour and Hello,

Happy Pink Shirt Day! Thank you for wearing pink today to honour kindness, caring and inclusion. Today your child will be bringing home their own special pink shirt creation. We hope they can keep it for many years to come. Don't our pink hearts out in the community look great? We have enjoyed making them this year as well as making our pink shirts, our "adult who believe in me" mini posters and this week we have also been watching videos and slide shows of our Pink Shirt Day history. It is so much fun to see our staff and students celebrating kindness over the years.

Best of luck to all our scientists who will be participating in the District Science Fair on Friday. We are very proud of you!

Please don't forget to keep your kids home if they are sick (do the Daily Health Check) and encourage them to keep wearing the mask properly and to wash their hands lots. Thank you!!

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.

Ms. L. Hart

Proud to be McLeod

## Rapid Antigen Tests for Students

Students in BC schools are being provided with a box of 5 Artron rapid antigen at-home tests that will be distributed through schools. Please see instructions on 'When to Use the Test' and how to interpret test results at <https://22.files.edl.io/.../161200-0fd652c9-16f3-42db...>

Tests may be picked up at the McLeod office starting on **Friday, February 25th, 2022.**

We love that you can visit again (yes, the guidelines have changed) but we ask that you make this pick up short and sweet as our office could get very busy.

Thank you and don't hesitate to reach out if you have any questions.



## COMING SOON:

Feb 23—Pink Shirt Day  
Feb 25—District Science Fair  
Mar 11— Report Cards Go Home  
Mar 14—Kindergarten Registration Begins  
Mar 15—Student-Led-Conferences  
(Early Dismissal)



We hope you love the pink shirt that your child created.

The pink shirts were washed prior to painting but should be washed inside out in cold water for the first wash now that they have been painted.

## Housing Accommodations for UNBC

This year we are expecting 7 student teachers from UBC to visit our district this spring. They are new grads that have requested to be part of UBC's Education Department Community Field Experience program. This program provides an opportunity for interested grads to live in a rural community for 3 weeks to experience rural schools and small town life. It is hoped that after their experience they'll be more likely to apply to work in rural school districts.

The secondary school group will be in our district from **May 16 to June 3, 2022**. The elementary school group will be here from **June 6 to June 24, 2022**.

We're looking for host families who are interested in taking in one of these students for the duration of their 3 week visit. Each host family will be given \$500 in district funds to assist with the costs associated with this visit. The number of students staying in each community will depend in part on the number of home-stays available there.

The students will have completed their training by the time they arrive, and will no longer be needing a practicum experience. They want to visit schools, engage with kids on a volunteer basis, and get a taste of your town and local life. Some may want to help coach a team or share some of their skills and interests.

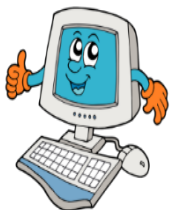
This experience provides districts like ours with a new and exciting way of recruiting. We look forward to working with you to place these students throughout our district.

**Check out our McLeod website**

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



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



Check out our McLeod website

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

**Out-of-Catchment**  
**applications /Kindergarten registration will**  
**begin**

**on Monday, March 14, 2022,**

**at 8am**

**for the 2022/2023 school year.**

## Daily Health Check and What to Do When Sick

### Daily Health Check

Everyone going into to school must complete a daily health check, including staff, visitors, and students. A daily health check means checking yourself or your child for new symptoms of illness, including symptoms of COVID-19.

Symptoms of illness (including COVID-19) include things like:

- Fever or chills
- Difficulty breathing
- Runny nose
- Headache
- Diarrhea
- Cough
- Sore throat
- Sneezing
- Body aches
- Loss of sense of smell or taste
- Loss of appetite
- Extreme fatigue or tiredness
- Nausea or vomiting

**If you are sick or feel unwell, stay at home. This is important to stop the spread of illness, including COVID-19, in schools.**

You can attend school if:

- Your symptoms are consistent with a previously diagnosed health condition (e.g., seasonal allergies), OR
- You have existing symptoms that have improved to where you feel well enough to return to regular activities,

AND you are not required to self-isolate, or your self-isolation period is over (based on a positive COVID-19 test result, if taken).

### What to Do When Sick

**If you have mild symptoms of COVID-19**, you usually don't need a test. Mild symptoms are symptoms that can be managed at home. Most people don't need testing for COVID-19.

Stay home and away from others (as much as possible) until you feel well enough to return to your regular activities and you no longer have a fever. You should also avoid non-essential visits to higher risk settings such as long term care facilities and gatherings, for another 5 days after ending isolation.

If you have a Rapid Antigen Test at home, use it when you have symptoms. How long you should stay home depends on your test result. Find out more about [Rapid Antigen Test results](#).

**If you do not have symptoms of COVID-19**, you do not need a test.

**If you are unsure about your symptoms**, you can use the [Self-Assessment Tool](#), contact your health care provider or call 8-1-1.

Testing may be recommended for some people who may be more likely to get severe disease. See BCCDC for information on [who testing is recommended for](#).

## What to Do if Someone in Your Household is Sick

You can continue to attend school if someone in your household is sick and/or self-isolating as long as you do not have any symptoms of illness and feel well. This includes if they have tested positive for COVID-19.

Try to stay apart from the person in your household who is sick as much as possible.

Ensure you closely monitor yourself (or your child) for symptoms of illness and stay home if you develop symptoms of illness or feel unwell.

## If You Test Positive for COVID-19

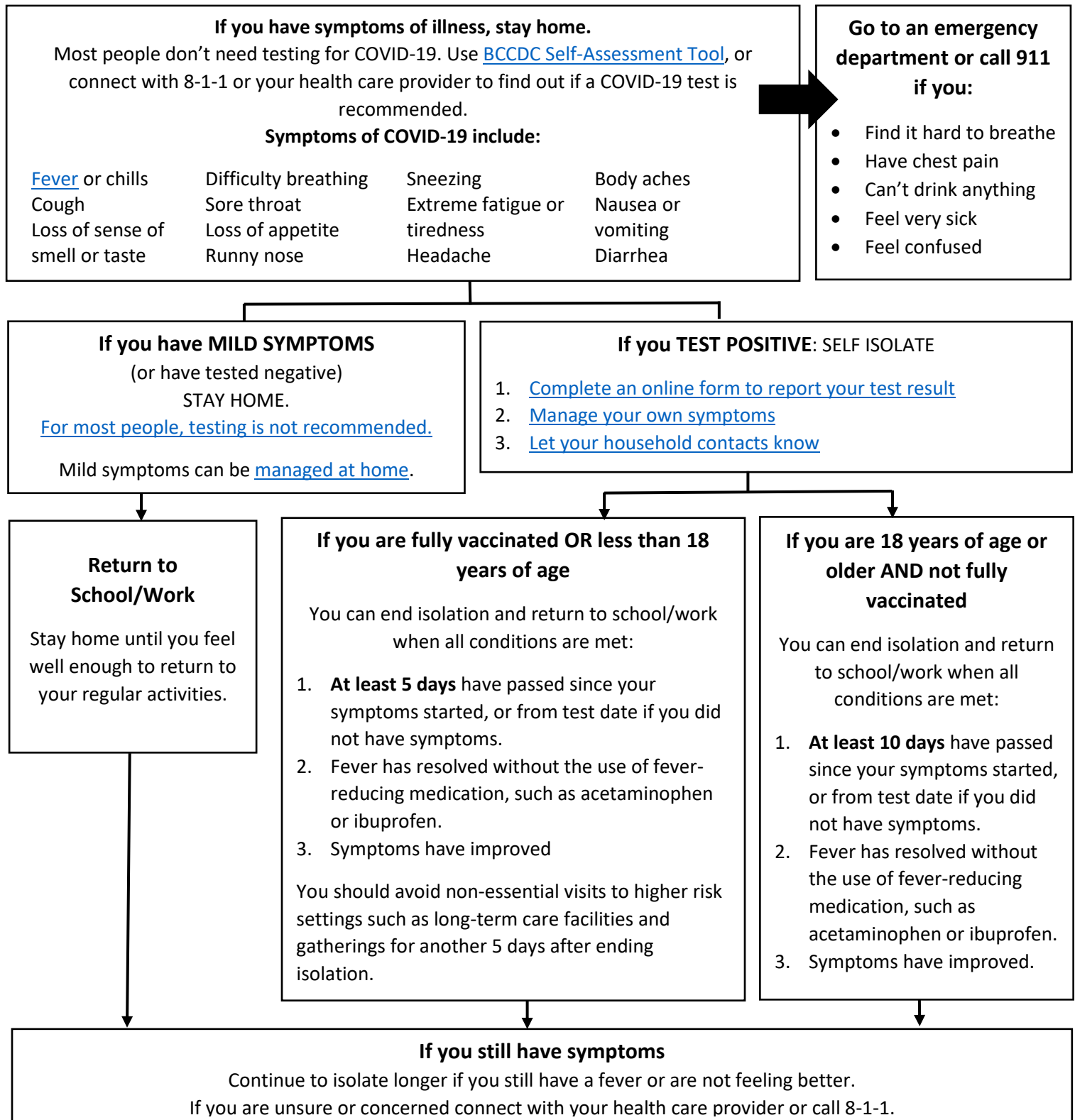
Your age and vaccination status determine how long you should self-isolate for if you test positive for COVID-19.

| Age                      | Vaccination Status                                     | Guidance                                                                                                                                                                                                                                    |
|--------------------------|--------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Under 18 years of age    | Unvaccinated, partially vaccinated or fully vaccinated | Self-isolate at home for 5 days AND until your symptoms improve and you no longer have a fever. Avoid non-essential visits to higher risk settings like long-term care facilities and gatherings for another 5 days after ending isolation. |
| 18 years of age or older | Fully vaccinated                                       |                                                                                                                                                                                                                                             |
|                          | NOT fully vaccinated                                   | Self-isolate at home for 10 days AND until your symptoms improve and you no longer have a fever.                                                                                                                                            |

Close contacts, who are usually others in your household, do not need to self-isolate (regardless of vaccination status), but should closely self-monitor for symptoms. BCCDC has more information for [close contacts](#).

**If you find it hard to breathe, have chest pain, can't drink anything, feel very sick, and/or feel confused, contact your health care provider right away or go to your local emergency department or call 9-1-1.**

## Summary: What to Do When Sick



### What to do if someone is sick in your household:

You can continue to attend school if someone in your household is sick and/or self-isolating as long as you do not have any symptoms of illness and feel well. This includes if they have tested positive for COVID-19. Ensure you closely monitor yourself (or your child) for symptoms of illness and stay home if you feel unwell. The best way to protect yourself and your family from COVID-19 is to get vaccinated. Vaccines are available for anyone ages 5 and up. Register now at: [Getvaccinated.gov.bc.ca](https://getvaccinated.gov.bc.ca)



# MARCH 2022 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: \_\_\_\_\_

Total Amount: \_\_\_\_\_

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                                                              |
|-------------------------------------------------------------------------|----------------------------------------------------------------------------|----------------------------------|----------------------------------------------------------------------|---------------------------------------------------------------------|
|                                                                         | <b>1</b><br>Sausage & Eggs<br>                                             | <b>2</b><br>Ham & Cheese Bun<br> | <b>3</b><br>Chicken Noodle Soup<br>                                  | <b>4</b><br>Chicken Alfredo<br>                                     |
| <b>7</b><br>Roast Chicken<br>                                           | <b>8</b><br>Crepes<br>                                                     | <b>9</b><br>Pizza Bagel<br>      | <b>10</b><br>Cheeseburgers<br>                                       | <b>11</b><br>Filipino Pork Stew<br><br><b>REPORT CARDS HOME</b><br> |
| <b>14</b><br>Spaghetti<br><br><b>KINDERGARTEN<br/>REGISTRATION WEEK</b> | <b>15</b><br>12:00 Dismissal<br>1:00-5:00 "Student-Led<br>Conferences"<br> | <b>16</b><br>Snack Plate<br>     | <b>17</b><br>Butter Chicken<br><br>Crazy, Green, Backward<br>Day<br> | <b>18</b><br>Chicken Ranch Wrap<br>                                 |
| <b>21</b><br>                                                           | <b>22</b><br>                                                              | <b>23</b><br>                    | <b>24</b><br>                                                        | <b>25</b><br>                                                       |
| <b>28</b><br>                                                           | <b>29</b><br>                                                              | <b>30</b><br>                    | <b>31</b><br>                                                        |                                                                     |