



Bouchie Lake
Elementary School

Our Website:

<https://bouchielake.sd28.bc.ca/>

Facebook: Bouchie Lake Elementary School

<https://www.facebook.com/profile.php?id=100057280368531>

Autumn 2023/24 Newsletter

Happy Autumn!

The 2023/24 School Year is shaping up to be a good one. Our school staff offer strong programs which offer our students wonderful learning opportunities. The Gavin Lake trip for Div 6 & 7 was particularly noteworthy, and numerous clubs like Volleyball, Drawing, Floor Hockey, and Pokemon are underway! **A huge thank you** to our staff who make this place a vibrant, safe, and inclusive environment for all.

I look forward to seeing you all this **Thursday from 6:00 - 7:30 PM at our Fall Back to School Festival** run by our Parent Advisory Council!

Next **Wednesday (25th) and Thursday (26th) are our Early Release Days for Conferences.** Please speak to your child's classroom teacher for the details on times to visit the school and classroom.

When your child is away from school...

Three ways to contact us:

1. Call the school at 250-249-5913
2. Email the school at BOU@SD28.BC.CA
3. Email using the contact form on our website: <https://bouchielake.sd28.bc.ca/absence-late/bou>



Please let us know if your child is ill or just away. If there is significant illness in your child's classroom, we will be contacting our school district for a special cleaning in your child's room.

Warm regards, Corry Climenhage



Principal: Corry Climenhage

Secretary: Sonya Ouellette

Email the school:

bou@sd28.bc.ca

2074 Blackwater Road

Quesnel, BC V2J 7B3

Phone 250.249.5913 / Fax

250.249.5610



Upcoming Events at Bouchie Lake School

Thursday, October 19 - PAC Fall Back to School Festival! 6:00-7:30PM

Friday, October 20 - Professional Development Day - No School for Students

Monday, October 23 - Assembly: The Wendy Lady gets her hair cut! All welcome! 1:30PM

Wednesday, October 25 - Early Release Day for Conferences - buses leave at 11:23AM

Thursday, October 26 - Early Release Day for Conferences - buses leave at 11:23AM

Friday, October 27 - Pajama Day and Halloween Deck the Halls!

Tuesday, October 31 - Halloween Costume Parade (8:30AM) and Dance (1:30PM)

Wednesday, November 1 - Read-In Morning & Pajama Day

Monday, November 6 - Bouchie Lake CARES Assembly 8:30AM

Thursday, November 9 - Remembrance Day Assembly 11:00AM

Friday, November 10 - Remembrance Day (Observed) - No School

November 13 - 17 - Scholastic Book Fair!

Tuesday, November 14 - Wheelchair Basketball

Monday, November 20 - Bouchie Lake CARES Assembly 8:30AM

Thursday, November 23 - Grade 6 Immunizations (morning)

Monday, November 27 - Non-Instructional Day - No School for Students



Bouchie Lake Bell Schedule:

- 8:10am Morning Bell Warning
- 8:15am Morning Bell Classes begin
- 10:00am Recess Begins
- 10:15am Recess Ends
- 11:45am Lunch Playtime
- 12:20pm Lunch Eating Time
- 12:40pm Warning Bell
- 12:44pm Classes Resume
- 2:23pm Dismissal time



StrongStart located at Bouchie Lake from 8:15am to 11:15am Mon-Fri

Did you know...

- focuses on activities for 3-5 year olds but children 0-5 years are welcome.
- is a free program that runs every morning at Bouchie Lake
- is open to all Quesnel and area families
- operates September to June, closed on all school holidays and non-instructional days
- Parent/Care Providers “stay and play” and share in your child’s learning
- bring your child’s Birth Certificate to register!



APPENDIX A – FAIR NOTICE



Notice to our Students and Parents/Guardians/Caregivers Quesnel School District Threat Assessment Protocol

The Quesnel School District and our community partners are committed to having safe, caring and inclusive schools. In the event that a student makes a threat of violence or harm to other students, staff or the school community, the school will initiate the Quesnel School District threat assessment protocol.

Violence, Threat and Risk Assessment Protocol

In the event of a serious threat to the wellbeing of students or staff, A Violence, Threat and Risk Assessment Protocol will be initiated.

A threat is an expression of intent to do harm or act out violently against someone or something. They may be verbal, written, drawn, posted on the internet or made by gesture. Threats must be taken seriously, investigated and responded to.

What is the purpose of a threat assessment?

- to ensure the safety of all students, staff, parents and others
- to ensure a full understanding of the context of the threat
- to understand factors contributing to the threat makers' behaviour
- to be proactive in developing an intervention plan that addresses the emotional and physical safety of the threat maker
- to promote the emotional and physical safety of all

What behaviours initiate a VTRA?

A VTRA will be initiated when behaviours include, but are not limited to, serious violence with intent to harm or kill, verbal/written threats to harm/kill others, Internet website/social media threats to harm/kill others, possession of weapons (including replicas), bomb threats, and fire setting.

Duty to report

Staff, parents, students and community members have a duty to report all threat-related behaviours to keep our school community safe.

VTRA Team

Our school has a multi-disciplinary threat assessment team. The team includes principal, vice-principal, district staff, school counsellors and police.

What happens in a student threat assessment?

After a report, the principal will activate the protocol for initial response. The team is activated and interviews may be held with the student(s), the threat maker, parents and staff to determine the level of risk and develop an appropriate response to the incident. Intervention plans will be developed and shared with parents, staff and students as required.

Can someone refuse to participate in a threat assessment process?

It is important for all parties to participate. If someone is reluctant to participate for some reason, the threat assessment process will continue in order to keep our school safe.



→ Bouchie Lake PAC ←

FALL BACK TO SCHOOL FESTIVAL

**Bring your own pumpkin to carve and favorite
fall treat to share
Join in on games for all ages
- Family Event -**



THURSDAY

.....

19 OCT
2023

BOUCHIE LAKE
SCHOOL GYM

6:00PM - 7:30PM



NI-DAY

Oct.20



NI-day camp is a Fun Soccer program for kids from 6 to 11 years old.

Host by QYSA at indoor Soccer Facility.

Drop in: 8:30am Pick-up: 3:30pm

Registration fees: **\$35.00**

Register at : <https://form.jotform.com/232565568964270>

More information: td.qysa@gmail.com



OCTOBER.20

High Performance Camp



They are the perfect opportunity for players between 12 and UP to improve their skills alongside other advanced.

Host by QYSA at indoor Soccer Facility.

Start: 9:30am End: 3:30pm

<https://form.jotform.com/232565568964270>



Hello

Parents/Guardians,

Your Bouchie Lake PAC is excited to be offering a fresh and healthy fundraiser this fall. We have partnered up with Sun-Oka Fruit Farms to sell their delicious farm-fresh apples.

Apples from this century-old Okanagan family-farm were recently judged to be the BEST APPLES IN CANADA for eight consecutive years – these are the highest quality apples available anywhere. We invite you to taste the difference for yourself.

Thank you for your support,
Bouchie Lake Elementary PAC



Supporting Our Fundraiser Is As Easy As... *Apple Pie!*

There are TWO ways you can choose to support our fundraiser:

1. You can buy some delicious apples for yourself.
2. You can easily share our sale with your friends and family. It's quick and hassle-free.
 - Fully online sales platform
 - No money or paper forms to handle
 - No record keeping required
 - Popular, fresh and healthy product
 - Simply share a link via email or text message

Buy Some *Better Apples!*

Deadline for sales is: Wed, October 26th

Find out more at: www.SunOkaFruit.com

SCAN HERE
to get
started



Terrific Twos

Friday November 17th
10:00 am to 12:00 pm
at the West Park Mall

Parents and caregivers sign up
your 2 year old and come enjoy
some fun activities,
developmental information and
receive a gift!

To reserve your spot call
Debbie at 250-992-8858



Hosted by the
Quesnel Community Early Years Table

Generation Health Program Information



- Generation Health is a **FREE family-based program** offered in communities across B.C. The program is for families who want to be on a healthy lifestyle path.
- It was **designed in B.C.** by healthy lifestyle and behaviour change experts.
- The program supports participants to make family changes to health behaviours such as **healthy eating, physical activity, positive mental health, screen time, and sleep.**
- The focus is on **practical, fun activities that build family connectedness** while building both the parent and child's skills to make lasting changes. The positive mental health components aim to **build resilience and self-confidence.**



Generation Health is currently offered in 2 formats:

- 1) **Weekly Group Sessions** – 9-weeks long. Delivered virtually via Zoom by a team of trained facilitators. Includes 2-hour group session each week, plus short weekly lessons in the Generation Health mobile app.
- 2) **Online Self-Paced Program** – 10-weeks long. Covers the same content and topics through weekly e-sessions.

We hope to resume In-Person programs starting in September 2023.

Eligibility & Attendance:

- Families must have **at least one child between the ages of 8–12 years old** to be eligible for the Weekly Group Session programs.
- If a family *does not* have at least one child age 8-12, we can offer our **Online Self-Paced Program** which is 10-weeks long and covers the same content and topics.
- At least **one parent or caregiver is required to attend** weekly sessions, but it does not need to be the same parent/caregiver each time.
- **As this is a family program, siblings outside the 8-12 year age range are also encouraged to attend.** Siblings who participate are usually 6, 7, or 13 years old. Please keep in mind that the content and activities were designed for the 8-12 year age range.

Additional Support:

- **During the 9-week program, families in Weekly Group Sessions are also offered:**
 - 3 virtual group cooking classes led by a Registered Dietitian
 - 1 virtual group Q&A / info session with a Registered Dietitian
 - 1 virtual group Q&A / info session with a mental health specialist
- After successfully completing the program, families will receive a **family recreation centre pass, continued access to the mobile app, and our monthly healthy living e-newsletter.**

Evaluation & Grocery Store Gift Cards:

- Participants will be provided with a **waiver and consent form** to review and sign.
- Generation Health is **being evaluated by researchers at the University of Victoria** to learn more about family health behaviors and to make ongoing program improvements so that we can better support B.C. families.
- As part of the evaluation, participants (both adults and children) will be asked to provide lifestyle information about themselves before the first program session and after the last session. There is also an opportunity to provide program feedback. **Families will receive a grocery store gift card for completing these surveys!**

Upcoming Programs & Registration:

- For information about upcoming programs, visit:
<https://generationhealth.ca/registration-contact/>
- To register or request further information, please email info@generationhealth.ca or call toll-free at **1-888-650-3141**





Quesnel Figure Skating Club



Approved by the Province of British Columbia

Success By 6
Helping all children succeed for life

CanSkate

TUESDAYS AND THURSDAYS 5:15 - 6:00PM

1 DAY/WEEK = \$137

2 DAYS/WEEK = \$274

+ \$58.65 annual Skate Canada insurance

11 weeks

October 3 - December 19 (no session Oct 31)

Register at quesnelfigureskatingclub.uplifterinc.com



No experience necessary

Fun & Skills Based

Skate Canada professional coaches

Ages 4 +

Need Skates?

email quesneljsc@hotmail.com to book
a fitting for loaner skates

