



Bouchie Lake
Elementary School

Our Website:

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

Facebook: Bouchie Lake Elementary School

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

Winter 2023/24 Newsletter

Dear Bouchie Lake Community,

Winter is here and all of us at Bouchie Lake School are enjoying playing in the snow! This time of year is hard for students when they don't have proper mitts, layered clothing, and water resistant boots - wet, cold hands and clothes make for a very uncomfortable day. The school is able to purchase these items on your behalf! Please contact your child's classroom teacher or myself if you would like us to do some shopping!



Our **Winter Concert** is on **Thursday, December 14 at 1:00pm** (coffee/tea/raffle tickets & 50/50 from 12:30!) Ms. Sasha and our students are working hard on preparing a show that will highlight our music program. PAC and classrooms are organising seven themed Holiday Baskets to be raffled off at the concert. Books of tickets (\$1/ticket) will be coming home next week. Please sell as many as you can and return the ticket stubs and money to the locked PAC box at school - we can always send more tickets home when requested. Raffle and 50/50 tickets will also be for sale before the concert.

Please see the next page of this newsletter for many exciting events coming up for Bouchie Lake students and staff!

Our school has whole school assemblies twice per month on the first and third Monday of the month at 8:30. We are exploring concepts such as diversity, inclusion, anti-bullying, peaceful conflict resolution, and our Bouchie Lake CARES philosophy: Bouchie Lake Community Cares for Ourselves, Others, and this Place. Please know that you are always welcome to join us for these assemblies to learn more about our school community.

All the best to you and yours this holiday season!

Warm regards, Corry Climenhage



We are here!



Principal: Corry Climenhage
Secretary: Sonya Ouellette
Email the school: bou@sd28.bc.ca

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Quesnel, BC V2J 7B3
Phone 250.249.5913 / Fax
250.249.5610

Upcoming Events at Bouchie Lake School

November 28-30 - Dakelh Language Classes at Bouchie Lake!

Monday, November 27 - Non-Instructional Day - **no school for students**

Monday, December 4 - Assembly 8:30 - all welcome

Tuesday, December 5 - Coffee & Conversation 8:15 (Parent/Caregiver group)

December 7-22 - Twelve Days of Christmas Spirit Days!

Thursday, December 14 - Winter Concert 1:00 (coffee/tea/raffle - 12:30)

Monday, December 15 - Assembly 8:30 - all welcome

Thursday, December 21 - Report Cards go home

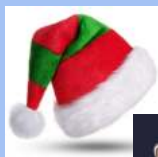
Friday, December 22 - Last Day of school before Winter Break

Monday, January 8, 2024 - Welcome Back to School! Happy New Year!

Monday, January 8 - Assembly - all welcome

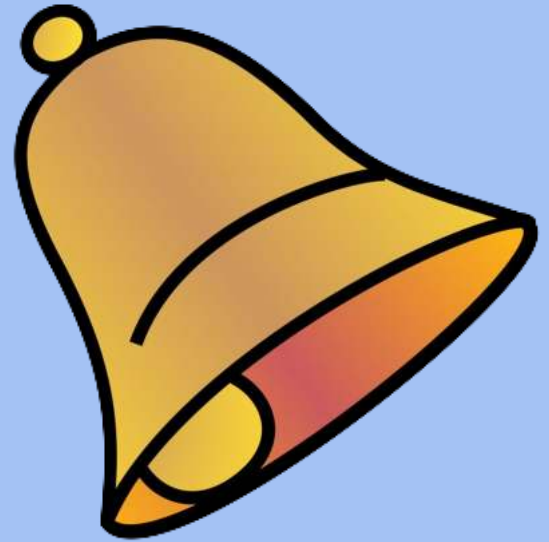
Friday, February 2 - Professional Development Day - **no school for Students**

 <p style="text-align: center;"><i>Bouchie Lake's</i> 12 Days of Christmas</p> 					Thursday, December 7 Sweater Weather Christmas Sweater Day!	Friday, December 8 Feelin' Frosty Wear as much WHITE as you can!
Monday, December 11 Old Silk Hat Day Wear something festive on your head!	Tuesday, December 12 Rudolf Day Wear as much RED as you can!	Wednesday, December 13 Grinch Day Wear as much GREEN as you can!	Thursday, December 14 Winter Concert Day Wear your performance Costume!	Friday, December 15 Toasty Tootsies Wear your Christmas Socks!		
Monday, December 18 Holiday Glow Up Wear something Shiny & Bright!	Tuesday, December 19 Winter Wonderland Wear as much BLUE as you can!	Wednesday, December 20 Mad for Plaid Wear anything Plaid!	Thursday, December 21 Solstice Celebration Dress for the Weather! (Outside Day)	Friday, December 22 Winter Holidays Christmas Pajama Day		



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!

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.



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**

