



**Bouchie Lake**  
Elementary School

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2074 Blackwater Rd, Quesnel BC V2J 7B3

Ph: 250-249-5913 / Fax: 250-249-5610

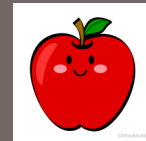
# November 2024 Newsletter



## Hello Bouchie Lake Families!

- ◇ PAC Hot Lunch is November 6, 2024
- ◇ Lost & Found has accumulated a lot since the beginning-be sure to stop by and see if your students belongs are there!
- ◇ Breakfast Program is open @ 7:30 and welcome to all students.

Donations are always welcome



## STUDENT ABSENCES

It is important to contact the school in the event your student will be absent or late. The school remains open on days when the school buses are cancelled, **but please let us know if your child will be staying home due to buses being cancelled.**

Student absences can be reported three ways: call the school 250-249-5913, email the school at [bouchielake@sd28.bc.ca](mailto:bouchielake@sd28.bc.ca), or complete the online form at: <https://bouchielake.sd28.bc.ca/>

### Parking and Student Drop off / Pick up

Please do not stop or park in the bus lane, Student drop off is at the far end of the parking lot; closest to the playground.




**Thank you for your cooperation!**

### Bell Schedule

8:10	First Bell Rings
8:15	Classes Begin
10:00	Recess Begins
10:15	Recess Ends
11:45	Lunch Begins (Play Time)
12:20	Lunchtime
12:40	Warning Bell
12:44	Afternoon Classes Begin
2:23	Dismissal

# NOVEMBER

Sun	Mon	Tue	Wed	Thu	Fri	Sat
27	28	29	30	31	1	2
3 Day light Savings- Clocks go back 1 hour	4	5	6 PAC hot lunch	7	8 Assembly @ 11:00	9
		Arlene Horutko (Carrier Language, Culture, and History) →				
10	11 STAT 	12	13	14	15	16
17	18	19	20 PAC Meeting 3:30 PM	21	22	23
	Scholastic Book Fair →					
24	25 NI DAY No School	26	27	28	29 Pajama Day	30
1	2	3	4	5	6	7

# Bouchie Lake Elementary

## Monthly Reminders



**COLD WEATHER:** Please remember to dress your child(ren) for the appropriate weather: jackets, sweaters, snow pants, boots, mittens and scarves/ & Toques. It is helpful if names are on boots, coats, and other clothing items. Please ensure your child (ren) are provided with extra pairs of pants, and socks, mittens for the wetter days.

**ATTENTION PARENTS AND VISITORS:** Our doors are open between 8:00am and 3:30pm but all parents and visitors are asked to report to and sign in at, the office when they come to the school. It is important for safety reasons that we know who is in the school at all times, students must be checked out if they are leaving early.

**DISTRICT LUNCH PROGRAM:** The District Lunch Program is available for students in families experiencing financial hardship. Please come to the office and fill out a form if you wish your child to be on the district lunch program.

**BREAKFAST CLUB:** The Bouchie Lake Breakfast Club is available in the Gym between 7:30 am and 8am. All students are welcome!! We encourage students to be here at 7:45am to get something to eat before it's all gone. No sign up required. We accept donations as well!

**NEW WEBSITE:** Please check out our new website for news about our school! You will find our Events Calendar, Announcements, News Stories, Transportation Information, School Supply lists and much more! <https://bouchielake.sd28.bc.ca/>

**ALLERGIES:** Bouchie is nut aware (all nuts). All School District #28 Schools are Scent and Fragrance free Environments.

**HEALTH & WELLNESS** Reminder to parents/guardians to please do a health check of your student before sending them to school if they are feeling unwell. Please have them stay home to rest and get better before returning to school.

Visit or website for current announcements and upcoming events!

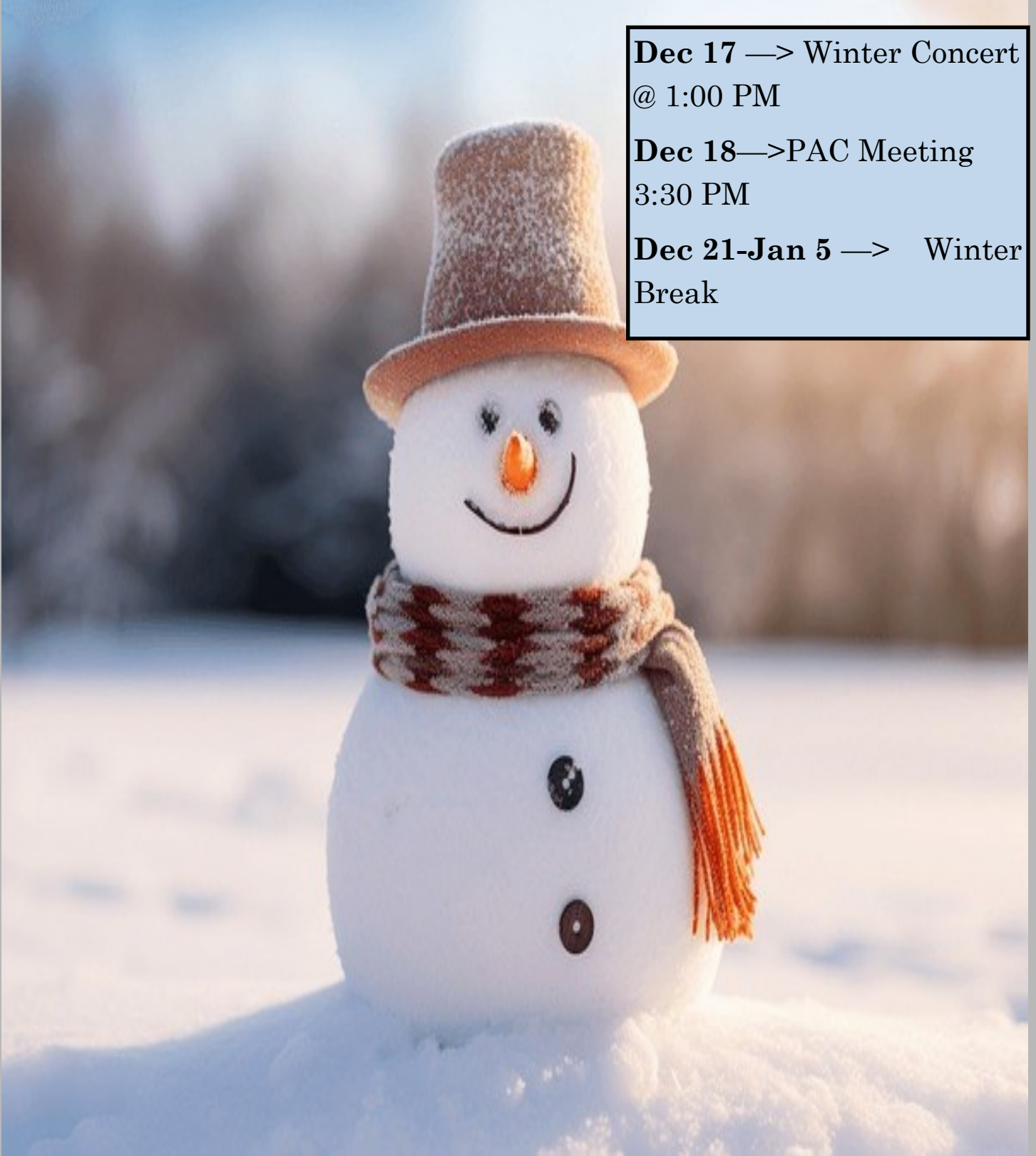
<https://bouchielake.sd28.bc.ca/>

# Future Dates to Remember

**Dec 17** —> Winter Concert  
@ 1:00 PM

**Dec 18**—>PAC Meeting  
3:30 PM

**Dec 21-Jan 5** —> Winter  
Break



## Bouchie Lake Cares for this Place

By being trustworthy, proud and responsible.

We contribute to the community by contributing and taking initiative in a good way.



This year Bouchie Lake is focusing on Caring for this Place. This includes being trustworthy, proud and responsible on the bus as well as at school. Mrs.

Fraser has spoken to all the classes about bus behavior and what is expected.

The expectations for the bus include:

- ◇ stay seated in your seat
- ◇ Use an appropriate voice level (not yelling)
- ◇ Keep your belongings with you
- ◇ Use appropriate language



If your student(s) ride the bus please take time to remind your them about acceptable bus behavior.

## Taking a Stand Against Bullying

At School District 28, we work hard to create a safe and positive learning environment where students can work to their potential. We believe that leadership extends beyond the administration and teachers to the students and parents we serve. We place a high value on providing students with the opportunity to learn skills and attitudes that can help them in and out of school. We want students to be able to express their thoughts and feelings and to learn effective coping and decision-making behaviours. But if our students do not feel safe at school for any reason, learning becomes a challenge. This includes both face-to-face and cyber bullying.

Board Policy 305 defines bullying as:

"...when one person uses power in a willful manner with the aim of hurting another individual repeatedly. "

Please check out the following websites for more information or support:

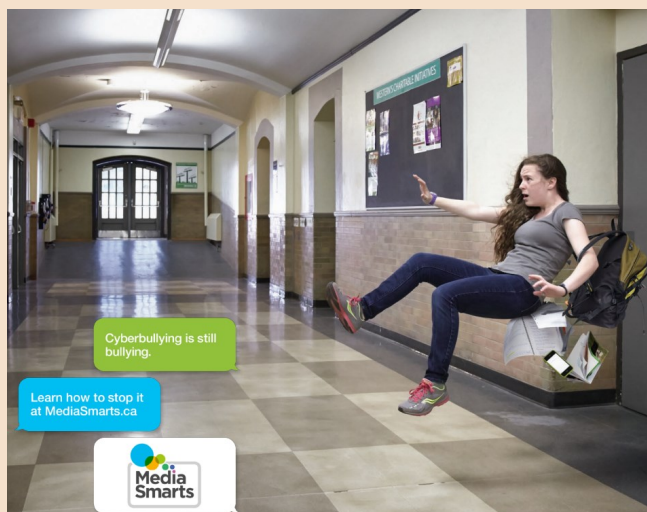
BC Government: <https://www2.gov.bc.ca/gov/content/erase/school-and-online-safety/bullying#adults>

ERASE: <https://www2.gov.bc.ca/gov/content/erase>

Canadian Government: <https://www.canada.ca/en/public-safety-canada/campaigns/cyberbullying/cyberbullying-youth.html>

Cyberbullying Booklet: <https://www.canada.ca/content/dam/ps-sp/documents/campaigns/cyberbullying/booklet-caregivers-6-11-en.pdf>

<https://www.canada.ca/content/dam/ps-sp/documents/campaigns/cyberbullying/booklet-caregivers-12-17-en.pdf>



<https://anti-bullyingalliance.org.uk/tools-information/advice-and-support/advice-parents-and-carers>

# YOU CAN HAVE AN IMPACT.

“I WANT TO SAY SOMETHING, BUT I DON'T KNOW IF ANYONE WILL LISTEN TO ME.”

If you want to do something public, stay **positive**: let people know that you're not on the bully's side by posting something nice about the target. **You can try saying:**



“HEY,  
[NAME].  
GREAT SHOT!”

“BIG THANKS  
TO [NAME]  
WHO MADE MY DAY A  
LITTLE BETTER JUST  
BY BEING HERSELF.”

**What witnesses do about bullying** is actually one of the most important factors in how much someone is hurt. **You can try saying:**

“YOU DON'T  
KNOW ME, BUT I SAW  
WHAT HAPPENED. IF YOU  
WANT TO TALK OR DO  
SOMETHING ABOUT IT  
LET ME KNOW.”

“I JUST WANT  
YOU TO KNOW THAT  
WHAT HAPPENED WASN'T  
COOL. LET ME KNOW IF I  
CAN HELP OR IF YOU JUST  
WANT TO TALK.”

Please reach out to the school if you or your student(s) would like support in handling any type of bullying—face to face or cyber.



# School Code of Conduct

## ROLES AND RULES

<b>Personal Digital Devices RULES</b> <i>(includes communication devices)</i>	<b>TEACHER ROLE:</b>
<ul style="list-style-type: none"><li>○ STEP 1: Hand into office for 1 day</li><li>○ STEP 2: Device to office and parent may need to pick it up. Devices will be returned at the end of the day.</li><li>○ STEP 3: Device Plan - device into the vault each morning and picked up at the end of the day (created with student, family, Principals; defined duration)</li></ul>	<p>STEP 1: Device collected – sent to office to be picked up at end of the day by student. Teacher/Principal will contact parent or guardian. <i>Seal envelope with device in (time, teacher, reason if needed)</i></p> <p>STEP 2: Device collected – sent to office to be picked up by family – P/VP contact home <i>Seal envelope with phone in (time, teacher, reason if needed)</i></p> <p>STEP 3: Device handed in each morning, picked up at end of the day – P/VP tracks plans</p>
REFUSAL = move to step 3, then to In-School Suspension	

**\*\* Smart watches can remain with the student until proven to be used as a communication device, at which time it will be considered as above.\*\***



# PAC NEWS



Tired of losing your child's belongings? Check out personalizing them with **"Mabel's Labels"**

This is an ongoing fundraiser that you can access at anytime through the website below and enter "Bouchie Lake Elementary" then you can go ahead and order.

We have currently raised \$58.12

<https://mabelslabels.ca/fundraising/support>



## Upcoming Fundraising :

- ◇ Hot Lunch November 6th
- ◇ Purdy's Christmas Chocolates



**Congratulations** to the student winners :

Phoebe, Leo, & Wyatt for winning the YGK Merch!

YGK Fundraiser raised \$356.96!

**Thank you** to everyone who participated and helped with the 2nd annual Fall Festival. What a Blast!! Our fundraising thus far has paid for all of it

## Who Makes Up the PAC?

**President:** Melissa Bailey

**Vice President & Treasurer:** Erin Hoffman

**Secretary & Fundraising Coordinator:** Katie Kravstov

**Hot Lunch Coordinator:** Courtney Chatwin

**Hot Lunch Server & PAC Supporter :** Laura Maitland

To Stay updated on future events & more, follow the Facebook Page called: **"Bouchie Lake Elementary School"**

**PAC Meetings** are every 3rd Wednesday of the month @ 3:30 PM in the Library

# Indigenous News

## National Aboriginal Veterans Day is November 8th

Since 1994, Aboriginal Veterans Day has been a way to pay respect to Indigenous peoples for their contributions to our country's military efforts. By some estimates, more than 12,000 First Nations, Inuit and Métis served during the First and Second World Wars and the Korean War.

Dahooja: I'm hoping to share an Indigenous traditional recipe every month. If you would like to share your home recipes, please send them to the school. See recipe on next page.

Thank you, Jody Baxter,  
IES



Today we remember our Indigenous Veterans and honour their service and sacrifices



**William Lee Stevens**, a Métis Veteran who served in World War 2.

He enlisted in the military at 17, where he was sent to Holland to fight in the battle of Hessler Field. He would return as a Hero and a sole survivor of his platoon.

With his scarifies came injuries that would affect his way of life, however he was able to start a family and pass along his memories. William lived to be 101 and passed in 2023.

**Thank you for Service!**

# Métis Hamburger Soup

## Ingredients:

1 Tbsp Butter

1 lb Ground beef

3 small Onions, chopped

1 16 oz can Diced tomatoes

Salt and pepper to taste

6 cups Water

3 large Carrots, sliced

3 stalks Celery, diced

3 med. Potatoes, diced

1/3 cup macaroni

## Directions:

Melt butter in saucepan, add ground beef and cook slightly.

Add onions, tomatoes, salt, pepper and water. Bring to a boil, cover and simmer for one hour.

Add vegetables and simmer another hour.

Stir in macaroni during the last 15 minutes.



Dear parents & guardians,

Our Scholastic Book Fair is coming up! Your child might be coming home with a flyer that shows *some* of the books available at our Book Fair. It will run during the week of November 18<sup>th</sup> until Friday November 22<sup>th</sup>. The Fair is open to the public after school from **Tuesday** from 2:23 until 4:00 and **Wednesday** from 4:00 until 6:00.

Students may purchase on their own at lunchtime from Monday until Friday. To avoid money management drama, we asked that students who bring money have it in a Ziploc bag (or an envelope), clearly labeled with the name and how much. Older students will be available to help the younger ones for making purchases. Please check the schedule before you send them with money on a particular day to avoid loss/misplacement.

**Monday:** Book Fair open at lunch for grade 2-3-4

**Tuesday:** Book Fair open at lunch for grade 5-6-7

**Wednesday:** Book Fair open at lunch for K and grade 1

**Thursday:** open for K to grade 3

**Friday:** open for grade 4 to 7.

There will be a \$10.00 draw prize for one student in each class, provided that the student is in attendance the day of the draw. The draw will be their regular Library scheduled day. There is a variety of books for lower budgets with a sale table (items usually around 3.00) as well as special price. Thank you for supporting our Fair over the years; a percentage of our sale comes back to us, in the form of classroom resources purchased for addressing our student needs.



## Bouchie Lake Cares for this PLACE

### I am....

Aware that we all share the land and this place with the Lhatko Dene Nation

Showing respect toward Mother Earth

Responsible for the impact my actions have on this place

Mindful of what I consume and how I dispose of waste I generate

### I contribute by.....

“Walking gently upon the earth”

Take actions to limit the negative impacts I have on this place

Showing Respect to Elders and Keepers of this place

Helping protect our Natural environment (the R’s)

Not wasting food and water

## Nature Lover’s Club

This Club was started by Ms. Blanchet, librarian-teacher, during the Covid years as an outlet to learn to take time and appreciate what nature around us had to offer. Due to the dedication of the 12 + students who have been in the club for many years, it has grown and evolved and students have started taking up leadership roles within the school community. From an appreciation for Nature around us to taking up concrete actions to help protect our natural environments and helping animals, Nature Lovers are ready for anything! We are involved with educating our student population about the need for recycling as well as participating in “fun” fundraising activities (bake sale, refundables).

**Upcoming activities:** Club members will host two mini sale events in the coming months: one during the Book Fair – students will have a table of handmade crafts such as cards and bookmarks offered for sale. We will also host a bake sale during the week of the school Winter concert December 16th. Stay tuned for more details!

# Got Bottles and Cans?

Did you know that Ms. Keri Whitehead, Bouchie Lake Elementary's School-Based Resource Teacher, uses money from refundable drink containers to purchase supplies used by teachers and education assistants to support students? It's true! She buys fidgets and toys to stock the Sensory Room to help students regulate. She visits the Re-Use-It Centre and combs it for things like chair steppers and twister boards that give students opportunities for movement. You may see her lurking in the dollar store, looking for bins and totes to keep these supplies organized.

Do you want to help, and clear some of your own space? You can take your own empties to the Return-It Express at No-Frills—but please follow the rules or they will cancel our account.

1. Use clear recycling bags only. These can be purchased at any grocery store, and at Canadian Tire.
2. Make sure there is no garbage of any kind in the bag.
3. Go inside the store and find the Express Kiosk. Type in the school phone number 250-249-5913 Print as many labels as you need.
4. Stick a label on each bag, and take it outside to the bin.
5. Text the number on the bin door with the following code : H111 (that's a capital H, number 1, capital I, number 1)
6. Open the door and stuff the bags in.

Return-It Express is the simple and convenient way to return your beverage containers for refund! With Express, you no longer need to spend time counting and sorting your containers—just bag them and drop them off at an Express Depot. We'll do the rest! There are express Kiosks in Williams Lake and Prince George too.

<https://www.return-it.ca/locations/>

Not sure if it is refundable? Click here : <https://www.return-it.ca/beverage/products/>

Thank you



# Terry Fox Run

## Research

Your donations help us back bold, innovative cancer research across Canada, striving to enhance diagnosis, treatment options, and the quality of life for those battling cancer.

## Fight

Nearly 2 in 5 Canadians will face cancer during their lifetime. Terry never gave up, and neither will we. Together, we're forging a path to a future where cancer is no longer a threat.

## Progress

Average survival rates for all cancers combined have increased from 25% in the 1940's to over 60% today and up to 90% in some cases.

<https://terryfox.org/>

Our school participated in the annual Terry Fox run on October 2, 2024.

The students set a fundraising school amount of \$500.

Thank you for your donations. If you would still like to donate, please send money to the school, clearly marked as a donation for the Terry Fox Foundation.



# Transportation Information



## Reminders:

- ◇ Bus passes are **important** and **mandatory** for students to ride the bus
- ◇ Bus drivers are **required** to have attendance of their bus at all times for safety
- ◇ When having a friend ride the bus home-be sure a parent/guardian calls the bus garage –Notes will not be accepted.

## Missing a bus pass?

Please contact the bus garage  
250-992-8361 or email  
Transportation@sd28.bc.ca

## Bus Safety & Rules

**Remain seated**—No standing or moving seats while bus is in motion

- Pick up your food garbage before exiting bus
- Foul Language is not allowed
- Keep your hands to your self

**Remember riding the bus is a privilege, not a right**

When the weather turns, SD28 works to ensure the safety of all our students and staff. Please re-view our policies and procedures:

[Policy 535](#) - When buses will be cancelled

[Procedure 535](#) - What we will do when buses are cancelled

[Procedures 535A](#) - Cold weather Notice, information for parents

