



Bouchie Lake
Elementary School

Bouchie Lake Elementary School

2074 Blackwater Rd, Quesnel BC V2J 7B3

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

February 2025 Newsletter

Hello Bouchie Lake Families!

- ◇ Breakfast Program is open @ 7:30 and welcome to all students. Donations are always welcome
- ◇ Kindergarten Early Registration is open
- ◇ February 19—Division 7 Science Fair in Gym 9:00-2:00 PM
- ◇ Grade's 4 & 7 are encouraged to complete the survey

http://www.bced.gov.bc.ca/sat_survey/access.htm

- ◇ February 22—March 1 : Grade 7 & Bouchie Lake Country Store Fundraiser

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.



Cars have been pulling up close to the school and blocking the buses.



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

- ◇ Check out upcoming PAC lunches and fundraisers: See Page 7.
- ◇ Check out the Jerky recipe that Jody posted on the Indigenous News section: See page 9.



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.**

ATTENDANCE MATTERS!

Every Day Counts

1 or 2 days a week doesn't seem like much but ...

If your child misses ...	That equals...	Which is...	And over 13 years of schooling that's...
1 day every 2 weeks	20 days per year	4 weeks per year	Nearly 1.5 years of learning
1 day per week	40 days per year	8 weeks per year	Over 2.5 years of learning
2 days per week	80 days per year	16 weeks per year	Over 5 years of learning
3 days per week	120 days per year	24 weeks per year	Nearly 8 years of learning

Student absences can be reported three ways:

call the school 250-249-5913,

email the school at

bouchielake@sd28.bc.ca,

or complete the online form at:

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

ATTENDANCE MATTERS!

FEBRUARY

Sun	Mon	Tue	Wed	Thu	Fri	Sat
2	3	4	5	6	7 <i>NI Day- No School</i>	8
9	10	11	12 Twin Day 	13  <i>PAC Hot Dog Day</i>	14  <i>Valentines Day</i>	15
16	17 <i>STAT- No School</i>	18	19 <i>Div 7 Science Fair PAC Meeting 3:30 pm</i>	20	21	22
23	24	25	26 	27  <i>PAC Pizza Day</i>	28  <i>Pajama Day</i>	1
2	3	4	5	6	7	8
9	10	11	12 <i>PAC Meeting 3:30 PM</i>	13 <i>PAC Lunch Day TBA</i>	14	15
<p>Arlene Horutko (Carrier Language, Culture, and History)</p> 						

School District No. 28 Quesnel has developed a School Safety Notification System in collaboration with Quesnel RCMP to keep students, staff and volunteers safe. While it is impossible to anticipate all eventualities, the notifications below are used as a guide to conduct these procedures effectively. **Communication is important and will come as able from the school or District Office as appropriate.**



ROOM CLEAR

Used to move people away from a hazard or concern contained in one room/area.

- Students directed to leave the room/area and report to designated area
- Principal/designate to call for assistance as needed (e.g. principal/vice-principal, custodian, 911, first aid attendant)



HOLD AND SECURE

Used when there is a security concern, such as a police incident, in the neighborhood of the school.

- Principal/designate to announce "hold and secure," repeating several times
- Principal/designate to call District Administration Office (250 992 8802) to inform of Hold and Secure
- Lock exterior doors and close exterior windows, blinds
- Students and staff may be asked to minimize activity in hallway
- Put sign on front door advising visitors that school is in a Hold and Secure
- Normal duties may continue within the school
- Hold and secure will be lifted by an announcement from the principal/designate under direction of RCMP and school District



RETURN & REMAIN

Used as a short-term measure to provide privacy and dignity in the event of a medical event or an animal (bear etc.) on the school grounds.

- Staff and students enter the school and remain indoors (in the event of medical event or animal on the school grounds)
- Students Return to class and close classroom doors and Remain until directed by the teacher or principal.
- Principal will call District Administration Office (250 992 8802)



LOCKDOWN

Used to prevent intruders from entering occupied areas of the school, or in times when it is necessary to isolate students and staff from a danger outside or within the building.

- Principal/designate will announce "This is the Principal of _____, lockdown now," repeating several times
- Principal/designate will call 911 and the District Administration Office (250 992 8802) - only when/if it is safe to do so
- Students and staff gather in the nearest secure room
- Close and secure doors
- Turn off lights, close windows and blinds, get down behind heavy furniture or out of sight, stay quiet
- All students must turn off cellphones
- Do not respond to anyone at the door, and ignore dismissal bells.
- Remain in lockdown until the room is cleared by authorities



EVACUATE

Used to move people out of the school when a hazard exists inside. May include floods, potential fire, or a bomb threat.

- Students and staff directed to exit school using the safest route
- Principal will call District Office (250 992 8802)
- Students and staff to assemble outside at a designated assembly site. Assembly site may be off school grounds at an alternate location.

SCHOOL DRILLS

All schools in the Quesnel School District practice important safety techniques to keep students and staff safe during emergencies



FIRE DRILLS
3 in spring, 3 in fall



EARTHQUAKE DRILLS
3 per year recommended



LOCKDOWN DRILLS
2 per year



EMERGENCY INFORMATION
In an emergency, call 911 and the District Administration Office at 250 992 8802



We choose
KINDNESS

PROUD SUPPORTER OF PINK SHIRT DAY CANADA



feb
26²⁰²⁵

WITS
**PINK
SHIRT
DAY**
CANADA

pinkshirtdaycanada.ca

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. "

Taking A Stand Against Bullying



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/>

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/>

PAC NEWS



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

- ◆ We decided as a PAC to not host an AGM, but have distributed a thorough explanation of past, present, and future plans.
- ◆ In house hot lunch will be happening on Thursdays, bi-weekly (more updates to come)
- ◆ PAC is so excited we were able to pay for all of Troll Bussing for Jan 27, 30 & 31.
- ◆ Christmas Raffle baskets fundraised \$2,024! WOWZA
- ◆ We the PAC, give a super **warm welcome** to our **New Gr. 3** teacher Kymm Hlady & Shelley Swaile as an EA!!

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

Next meeting is February 19, 2025 @ 3:30

FUNDRAISING OPPORTUNITIES



Our Newest Fundraiser starts February 10, 2025.

At West Coast Seeds, we practice and teach the principles of organic growing and sustainable agriculture.

We believe in eating locally produced foods, protecting pollinators, teaching people how to grow from seed, and supporting regional biodiversity through regenerative practices

<https://www.westcoastseeds.com/pages/about-us>



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.

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



Indigenous News

Students looking for **quiet time** or **extra catch up** time, Jody Baxter has started two new clubs:

Reading Club is every Tuesday @ 11:45 to 12:30

Homework Club is every Thursday @ 11:45 to 12:45

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



Indigenous Marketing Solutions is a 100 % Indigenous Owned. To support a local BC business: **follow the link below!**

[https://shop.indigenousmarketing.ca/collections/pink-collection?
utm_source=mailchimp&utm_medium=email&utm_campaign=pink_shirt&utm_i
d=pink&utm_content=email3](https://shop.indigenousmarketing.ca/collections/pink-collection?utm_source=mailchimp&utm_medium=email&utm_campaign=pink_shirt&utm_id=pink&utm_content=email3)



Make sure you cut the meat **WITH** the grain. Cut it thin so you can enjoy the flavour more and there is less chewing.



INGREDIENTS:

- 3 lbs (1.4 kg) round steak of beef or venison partially frozen
- ¼ cup (60 ml) soya sauce
- ½ tsp (2 ml) garlic powder
- ½ tsp (2 ml) onion salt
- ¼ tsp (1 ml) pepper
- 2 tsp (10 ml) liquid smoke

“ You can substitute lean beef with elk, caribou, moose or bear. ”

Recipe by: Taneisha Dumas

Taneisha Dumas, a university student from Rorketon, Manitoba, sent in this recipe that is simple to make and great for sharing or eating as a snack. Over 30 years ago Taneisha's dad had a hunting partner who passed this recipe on. It was always an item her dad would take along for hunting/gathering trips into the bush. Now, Taneisha enjoys it especially on long trips.

Some adaptations have been made to the original recipe.

METHOD:

1. Slice partly frozen meat into thin strips, cutting with the grain.
2. Add soya sauce, garlic powder, onion salt, pepper, and liquid smoke in a large zip lock bag or large bowl and mix well.
3. Add the sliced meat to the mixture and marinate for 4 to 6 hours in the refrigerator.
4. Spread strips of meat on wire rack, but cover the bottom of the oven with foil.
5. Bake at 200°F for 1 to 2 hours, checking the level of dryness every so often.
6. Turn off oven and let the jerky cool in the oven.

Fall hunting is always the best time to make this recipe when there is lots of fresh meat. However jerky makes a great snack anytime, especially when you are travelling.





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: Stay tuned for more details!

THE MIDDLE YEARS DEVELOPMENT INSTRUMENT (MDI) IS COMING TO YOUR SCHOOL IN JANUARY/MID-MARCH!

The Quesnel School District has partnered with the Human Early Learning Partnership (HELP) at the University of British Columbia to measure and promote children's social and emotional development, health, well-being, and assets through the Middle Years Development Instrument (MDI). The Middle Years Development Instrument (MDI) is a self-report questionnaire that asks children in middle childhood about their thoughts, feelings and experiences. The MDI is the first survey of its kind to gather information about the lives of children both in school, in the home and in the community, from their own perspective. The survey questions align with the BC Ministry of Education's K-12 curriculum, which includes a focus on promoting children's personal and social competencies.

Grade 6 students are invited to complete the MDI during class time between:

January 14th and March 14th, 2025.

For more information and to view the questionnaires:

<https://earlylearning.ubc.ca/monitoring-system/mdi/mdi-overview/>

Parent FAQs:

<https://earlylearning.ubc.ca/monitoring-system/mdi/parent-caregiver-info/>

If you don't want your child to participate, please contact your child's teacher, fill out the withdrawal form at the end of the parent/guardian informed passive consent letter, or contact the MDI project staff at mdi@help.ubc.ca.

School District 28 Transportation Department

1120 North Fraser Drive, Quesnel, BC V2J 1Z9, Phone: (250) 992-8361 Fax: (250) -992-3547



Happy New Year!

The School District Transportation Department would like to remind all students to please:

- Use your bus pass to scan on *and* off the bus.
- Remain seated while the bus is in motion.
- Keep your hands, feet, head, hats, backpacks, etc., inside the bus at all times.
- Place your trash in the bins provided at the front and rear of the bus.

The School District Transportation Department would like to remind all caregivers that:

- You can contact the Transportation Department by phone at (250)992-8361 or by email at Transportation@sd28.bc.ca
- Students need to be registered for the buses they are riding. To register your student or adjust their registration if anything changes, please contact us.
- Bus students need to have a bus pass. If your student has misplaced or worn out their pass, please contact us and we will print a new pass.
- If your student is taking a bus other than the one they are registered for (to go to a friend's house for example) please contact us, and we will notify the bus driver about the approved change.

Thank you for helping us keep students safe and successful.

Trevor Howe
Transportation Supervisor
School District #28 (Quesnel)



School Code of Conduct

ROLES AND RULES

Personal Digital Devices RULES <i>(includes communication devices)</i>	TEACHER ROLE:
<ul style="list-style-type: none">○ STEP 1: Hand into office for 1 day○ STEP 2: Device to office and parent may need to pick it up. Devices will be returned at the end of the day.○ 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)	<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.****

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



THE MIDDLE YEARS WHY YEARS MATTER

A time of risk, a time of opportunity

MIDDLE YEARS RESEARCH SHOWS:



INCREASED

Poverty
Stress
Bullying
Mental Illness



DECREASED

Self-confidence
Empathy
Optimism
Overall Health

WHAT MATTERS MOST?

Caring Adults
Happiness
Sleep
Friendships
Nutrition
Out-of-School Activities

SOCIAL-EMOTIONAL LEARNING

teaches children how to:

- Control their emotions
- Manage their behaviour
- Feel self-confident
- Express their needs
- Show empathy
- Adapt to change
- Set goals
- Build strong friendships
- Cope with stress

The **people** children spend their time with have the power to teach children the skills they need to be successful.

The **places** where children live, play and learn have a lot to do with health and happiness later in life.

The **experiences** children have in their middle years have lasting effects on brain development.

The Human Early Learning Partnership (HELP) at UBC is using the Middle Years Development Instrument (MDI) to understand more about children's thoughts, feelings and experiences inside and outside of school. The MDI is a questionnaire that gives schools and communities valuable information about the strengths and needs of their children.

HUMAN
EARLY LEARNING
PARTNERSHIP



To find out more, read on about the MDI or visit earlylearning.ubc.ca/mdi



The Middle Years Development Instrument

Hello Parents!

The Middle Years Development Instrument (MDI) is a questionnaire that asks children about their thoughts, feelings and experiences inside and outside of school. It is not a test for reading, writing or math. The MDI looks at children’s points of view on:

Social and Emotional Development



Optimism, happiness, self-esteem, self-regulation, absence of sadness

Connectedness



Presence of supportive adults, sense of belonging with peers

School Experiences



Academic self-concept, school environment, bullying

Physical Health and Well-being



Health, nutrition, sleep

Use of Out-of-School Time



Time spent playing sports, video games and watching TV

The MDI is:

A questionnaire filled out by Grade 4 to Grade 8 students.

The MDI is not:

A tool for comparing individual children, teachers, classrooms or schools.

HOW DOES THE MDI WORK?



Participation is voluntary. Parents or students may withdraw at any time.



Students fill out the MDI during class time. Surveys are sent to a secure lab at the University of British Columbia.



Reports and maps are produced to help families, schools and communities understand what students have said.

HOW THE DATA ARE USED?



- The MDI helps us understand the “whole child” not just how they are doing in school.
- Schools and communities have information about the strengths, needs and wishes of children in their neighbourhoods and school districts.
- People can see neighbourhood differences in the number of children who are healthy and happy.
- Adults can start thinking about ways to build more and stronger relationships with the children in their homes, schools and communities.
- Better plans can be made about the kinds of out-of-school activities that should be offered to children.
- Better decisions can be made about how organizations provide services, spend money and share resources.
- Schools and communities can set goals for the future and can learn about how children are doing over time.

The MDI is administered by the Human Early Learning Partnership (HELP) at the University of British Columbia. For more information please contact:

The MDI Team

mdi@help.ubc.ca
1-888-908-4050 | 604-822-1310
earlylearning.ubc.ca/mdi

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