



Bouchie Lake
Elementary School

Bouchie Lake Elementary School

2074 Blackwater Rd, Quesnel BC V2J 7B3

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

May 2025 Newsletter

Hello Bouchie Lake Families!

Breakfast Program is open @ 7:30 and welcome to all students. Donations are always welcome!

KINDERGARTEN REGISTRATION FOR 2025-2026

If you have a child that will be 5 years old before the end of 2025, please register for kindergarten ASAP. Please Check out pages 2 & 3 for more Kindergarten information for next school year.



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.

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

◇ Upcoming Hot Lunch Dates will be:

May 8 (in-house), May 22 (pizza), June 5 (in-house), June 19 (Pizza)

◇ Moose hide campaign May 15, 2025.



Kindergarten Registration

Opens Monday, January 27, 2025, at your catchment school
for all children turning five in 2025

- Please bring the following registration documents:
- Canadian Birth Certificate/Passport/Indigenous Status Card
- Proof of Guardianship (if applicable)
- BC Services Card
- Proof of Address in Quesnel (2 pieces)

For registration in French Immersion, please contact École Red Bluff LhtaKo at 250-747-2634.

For more information, please call 250-992-8802 or visit www.sd28.bc.ca

On the Road to Kindergarten

Kindergarten
Next Exit

January

Kindergarten registration starts



April 30th

Inching Our Way to K event at the Indoor Soccer Field, 2:30-4:30pm
RSVP: shaunlothrop@sd28.bc.ca

May 8th

Kindergarten Parent/Caregiver Information Session @ Riverview School Library, 6:30-7:30pm
If interested email: shaunlothrop@sd28.bc.ca



WELCOME to K

Late May/Early June

Welcome to Kindergarten event at your catchment school

June 11-13

Northern Health Immunization Clinic
Call 250-983-6850 to book an appointment



by June 30th

Registered students will receive their gradual entry starting dates



Sept 4th or 5th

1st day of Kindergarten! (half day attendance)



Welcome to Kindergarten!



INCHING OUR WAY TO K



All parents and children who will be attending SD28 Kindergarten in September 2025 are invited to join us for fun activities and snacks!

When: **Wednesday, April 30th**
between **2:30 - 4:30pm**

Where: **Indoor Soccer Facility**
(980 Anderson Dr)

RSVP: 250-992-0430 or email
shaunalothrop@sd28.bc.ca



Haven't had a chance to register your child for Kindergarten yet?

Join us at **Literacy Quesnel in West Park Mall** and we will help you get them registered.



Saturday, April 26th
12:00-2:00pm
at **Literacy Quesnel in West Park Mall**

Please bring:

- *your child's **birth certificate** or passport
- *their **BC Care Card**
- *2 pieces of **proof of residency**

Quesnel Literacy will have an activity for kids to engage with while parents/caregivers complete the forms



IMPORTANT DATES

- ◇ **April 30th**—> Inching our way to K from 2:30 to 4:30 PM @ Indoor Soccer Field
- ◇ **May 7th** —> Info session @ Riverview from 6:30 to 7:30 PM
- ◇ **May 29th** —> Bouchie Lake Kindergarten Orientation from 3:00 to 4:00 PM in Room 4

Email:

bayleemcgillivray@sd28.bc.ca

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!



Sun	Mon	Tue	Wed	Thu	Fri	Sat
27	28	29 Grade 2/3 Swimming 12:30 to	30 Inching to K 2:30 to 4:30 @ indoor soccer	1 Dragon Lake X Coun- try Run 	2	3
4	5	6 Grade 2/3 Swimming 1230 to 130	7 Kindergarten info Ses- sion @ River- view at 6:30	8 PAC Hot lunch 	9	10
11 	12	13 Grade 2/3 Swimming 1230 to 130	14	15 10 mile lake X- Country Run 	16	17
18	19 STAT No School	20 Grade 2/3 Swimming 12:30 to 1:30	21 PAC Meeting 3:30 PM	22 District Track Meet @ Correlieu PAC Pizza Day 	23	24
25	26	27	28	29	30 Kindergarten Orientation @ 3:00 PJ Day 	31
1	2	3	4	5	6 NI Day No School	7

Recommended Resources

[iMinds](#) – Is a website created by the University of Victoria and the Canadian Institute for Substance Use Research. It is a way of thinking about health education that encourages young people to develop drug and gambling literacy and the ability to live in the real world in a way that promotes well-being. iMinds provides a collection of resources and lessons related to substance use and gambling that supports teachers in seeing the multiple possibilities and opportunities to address health and well-being across subject areas.

[Stigma-free Mental Health](#) – Stigma-Free Mental Health Society is a non-profit that offers free educational tools and leadership that fosters awareness of stigma, providing pathways to change. There are four areas of support provided – [Student Mental Health Toolkit](#), [Virtual or In-person Stigma-Free Presentations](#), [Stigma-Free Club](#) support and [Stigma-Free Professional Development Day Sessions](#).

Monthly Mental Wellness Mission

Digital Detox – What is a digital detox? It is a period of time during which you intentionally reduce the amount of time you spend online on your devices. **According to the American Psychological Association nearly one-fifth of people said technology is a source of stress and 43% of respondents checked their emails, messages and social media “constantly.”** A digital detox can help ease anxiety, boost self-esteem and improve sleep. Some strategies to help with your digital detox are: turn off push notifications, designate tech-free hours and zones in your home, limit yourself to one screen at a time and rediscover paper.

Upcoming Health Promotion Days

[Mental Health Week 2025 – May 5-11](#)

The Canadian Mental Health Association's theme this year is “**Unmasking Mental Health**”. This May 5 – 11, they are encouraging people across Canada to look beyond the surface and see the whole person. By embracing honesty and vulnerability, we open the door to deeper connections and the mental health benefits that come with it.

Living with a mental health or substance use challenge is hard enough, masking can make it even harder. People living with mental health challenges are often forced to hide behind a “mask” to protect themselves from judgement and discrimination. The heavier the stigma, the heavier the mask becomes, and the more isolated we feel. Click [here](#) to download a toolkit with information and resources for Mental Health Week. **Source** cmha.ca/mental-health-week/

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

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



Warmer Weather: Weather is now warming up! Meaning hotter days or rain so please dress your child(ren) for the appropriate weather: Rainy Days please provide water resistant jackets, rainboots, extra socks/pants. 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 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: Jade Lillow

Hot Lunch Server & PAC Supporter : Laura Maitland

- ⇒ We are excited to announce that PAC won a grant through Quesnel Community Foundation back in February = \$3,500 to purchase new volleyball stanchions. We are beyond thrilled to get these ordered.
- ⇒ Summer Fun-Day will be June 23, 2025. BBQ lunch provided and a cold treat for all! (We are looking volunteers, and input for activities to purchase or rent)
- ⇒ PAC Elections for Executive members take place next month!
- ⇒ New Jerseys for the sports teams are currently in the works.
- ⇒ The Gr. 2 & 3's students are loving their swimming lessons, and we are so grateful to pay for bussing totaling \$1,132.

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 May 21, 2025 @ 3:30pm

FUNDRAISING OPPORTUNITIES

- ◇ West Coast Seeds brought in **\$400** for fundraising
- ◇ Max and Cheese hot lunch brought in **\$298**.
- ◇ Quesnel Bakery Cookie Dough fundraiser brought in **\$600**. WOW!!!!
- ◇ **May 7th** will be starting our Northern Growers plant fundraiser-Flowers
- ◇ Tired of losing your  child's belongings? Check out personalizing them with **"Mabel's Labels"** This is an on-going 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>

**Future Fundraiser for
June**

BBQ Meat boxes



Indigenous News

Moose Hide Campaign on May 15, 2025!

Commit to Fast! Start a #Hide Campaign! Take Action!



Moose Hide Campaign®
The Moose Hide Campaign is a grassroots movement of Indigenous and non-Indigenous men and boys who are standing up against violence towards women and children.

Wearing this moose hide signifies your commitment to honour, respect, and protect the women and children in your life and to work together with other men and boys to end violence against women and children. Help spread the Moose Hide Campaign by sharing with your family, communities and organizations.

To order pins, pledge your support, register to fast or to donate visit us at: <https://moosehidecampaign.ca> or follow us on:

 @Moose_Hide  @moosehidecampaign.ca  @moose_hide_campaign

Canada The Moose Hide Campaign acknowledges the financial support of the Government of Canada

Commit to Fast! Start a #Hide Campaign! Take Action!

Check out the photos from our Cultural Week that took place from March 31—April 4, 2025 with Arlene Horutko and Archie Chantyman!!!

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





REDBERRY RELISH

SERVINGS
9
CUPS

PRE-PREP TIME
8
HOURS

PREP TIME
2
HOURS

COOK TIME
40
MINUTES

INGREDIENTS:

- 8 cups (2 L) red berries (partridge berries or cranberries)
- 8 cups (2 L) yellow onions, finely chopped
- 4 cups (1 L) white sugar
- 1 tsp (5 ml) salt
- 1 tsp (5 ml) black pepper
- 1 tsp (5 ml) ground cinnamon
- 2 tsp (10 ml) pickling spice in a spice ball or cheese cloth
- 1 cup (250 ml) white vinegar

For a milder taste, use half the amount of pickling spice.

Recipe by: Barbara Crawford

Barbara Crawford is of Inuit descent, a mother of two and a grandmother of 4 who worked as a school secretary for 37 years. Barbara likes to go out on the land to hunt and gather where she resides near Goose Bay, Labrador. Her husband grows a large garden of root crops, peas and beans, to name a few.

METHOD:

1. Add all ingredients to a large pot and leave overnight to soak, covered with lid.
2. The next day, bring the berry mixture to a boil for 10 minutes.
3. Remove pickling spice ball.
4. Reduce heat to a simmer and leave on heat, uncovered, for 1 hour.
5. While berry mixture is simmering, sterilize the jars and lids in a pot of boiling water. Check out <http://www.bernardin.ca/intro.htm> for canning information.
6. Use tongs to remove hot jars and lids from hot water. Keep the jars hot to help get a good seal.
7. Pour berry mixture into sterilized jars and fasten on the lids (always use new lids). Seal by boiling in an inch of water for 10 minutes.



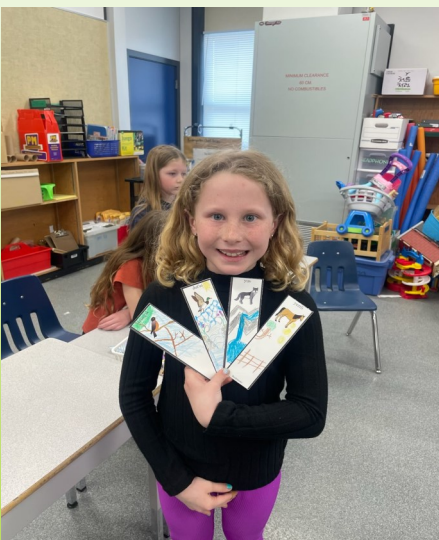
Culture Day

The week of April 1 to April 4, 2025 Arlene Horutko came to our school and worked on buttons & bookmarks with the primaries. Intermediates did medicine wheels & dream catchers



The week of April 1 to April 4, 2025

Archie Chantyman came and talked about his experiences and journey on why he does the "March for Arch"





Bouchie Lake
Elementary School

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: Stay tuned for more details!

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>REFUSAL = move to step 3, then to In-School Suspension</p>	<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>

**** 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





BRITISH COLUMBIA **FireSmart**

Bouchie Lake School FireSmart Colouring Contest

During the month of May, the City of Quesnel's Forestry Initiatives Program is encouraging residents to participate in **FireSmart Awareness Month**.

FireSmart Awareness Month is designed to bring awareness and highlight the importance of FireSmart-ing homes and properties. The FireSmart Program helps property owners reduce the risk of wildfire damage to their home and property as well as your surrounding neighbours. It's essential to be proactive in reducing the risk of wildfire damage to property. Whether doing regular yard maintenance or making large scale changes during renovations or landscaping, residents can make choices that will help protect their home from wildfire.

Kids Colouring Contest

How to Enter

Make sure the artist's name and age are filled in, and include a phone number or email to notify winners.

Submit your entry by **May 31**, submit your entries in one of the 3 following ways

1. Use the the drop box or front desk at City Hall (410 Kinchant Street)
2. Drop it off at the Bouchie Lake Country Store
3. email it to firesmart@quesnel.ca

The winners will be announced in June and prizes will be dropped off at Bouchie Lake Elementary

For more information contact Ted Traer Local FireSmart Representative at firesmart@quesnel.ca or 250-249-5329

For more information on the FireSmart program check out

<https://firesmartbc.ca>