



**Bouchie Lake**  
Elementary School

**Bouchie Lake Elementary School**

2074 Blackwater Rd, Quesnel BC V2J 7B3

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

# January 2026 Newsletter

## Hello Bouchie Lake Families!

- ◇ Students missing bus passes please let the office know, or contact the Bus garage directly (250-992-8361)
- ◇ Breakfast Program Drop-In 7:30 to 8:00 am– Entrance is at the ramp by gym doors.
- ◇ Early Kindergarten Registration starts
- ◇ PJ Day - pajamas and one stuffy only– no pillows, or blankets
- ◇ Troll Days are February 23, 26 & 27 forms will be sent out January 26th

### 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.



### 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

## 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/>

# JANUARY

Sun	Mon	Tue	Wed	Thu	Fri	Sat
28	29 Winter Break Week Dec 22 - Jan 2	30	31 New years eve 	1 New years day 	2	3
4 National Ribbon Skirt Day 	5 School is back!	6	7	8	9 Brunch-PAC	10
11	12	13	14	15 PAC meeting	16	17
18	19	20 School Spirit Day	21	22	23	24
25 Anniversary of St Joseph's Mission School Findings	26 Trolls forms to be sent out	27	28	29 PJ Day & Treat Trolley Family lit. night	30 NI Day No School	31
1	2 Groundhog day 	3	4	5	6	7

# Bouchie Lake Elementary

## Monthly Reminders



**WINTER WEATHER:** Please remember to dress your child(ren) for the appropriate weather: Winter jackets, snow pants, snow boots and mittens! Extra pairs of socks, pants and little mitts are encouraged. It is helpful if names are on boots, coats, and other clothing items.

**ATTENTION PARENTS AND VISITORS:** Our doors are open between 8:00am and 3:30pm but all parents and visitors are asked to report the office when they come to the school. It is important for safety reason 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. We encourage students to be here at 7:30am to get something to eat before it's all gone. No sign up required.

**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/>



# 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>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.\*\***



# Indigenous News

## Dahooja:

I'm going to share an Indigenous traditional recipe every month. If you would like to share your home recipes, please send them to the school.

Thank you,  
Jody Baxter, IES



## Indigenous Dates of Significance

- ◇ January 4th - National Ribbon Skirt Day
- ◇ January 25th - Anniversary of St. Joseph's Mission School findings (William Lake)

Home work club will be  
Thursdays at Lunch in the  
IESW Room.

Hope you had a great  
Winter Break!!



# Nohtawi's Baked Beans

Provided by: Carol Fraser (Ernest Fraser-Nohtawi)

## Ingredients

- 2 cups of navy beans
- Baking soda
- Water to soak and cook beans
- 1 onion, chopped
- 1 cup of fatty bacon
- 1 tomato, chopped
- 2 cups of ketchup
- 1 cup of black strap molasses
- Salt/pepper to taste

## Steps

1. Wash and rinse 2 cups of navy beans (twice). In a large pot of water and a palmful of baking soda soak beans overnight. (To remove the farts)
2. In the morning rinse and strain the beans. Fill pot with fresh water, enough to cover beans. Bring to a boil. When the skin on the beans begins to curl remove and strain but keep the water.
3. While beans boil chop an onion and fry until tender but still white. Set aside.
4. Next cut and fry 1cup fatty bacon bits until crisp. Save bacon grease.
5. In a bowl mix 3/4 of saved boiled bean water, bacon grease, fried onions, bacon bits, 1 chopped tomato, 2 cups ketchup, 1 cup black strap molasses and salt/pepper to taste.
6. Pour 1/2 of the boiled beans in a brown clay bean pot. Add 1/2 of the sauce and stir.
7. Add remaining beans and sauce until everything is well mixed.
8. Add boiled bean water until beans are submerged. Cover with lid and pop it into the oven at 250°F. Clean up your mess. Then take a nap.
9. After a few hours your house will fill with pungent odour of mouthwatering



# Metis Association Visit with Ms. Maitland's Grade 2/3 Class



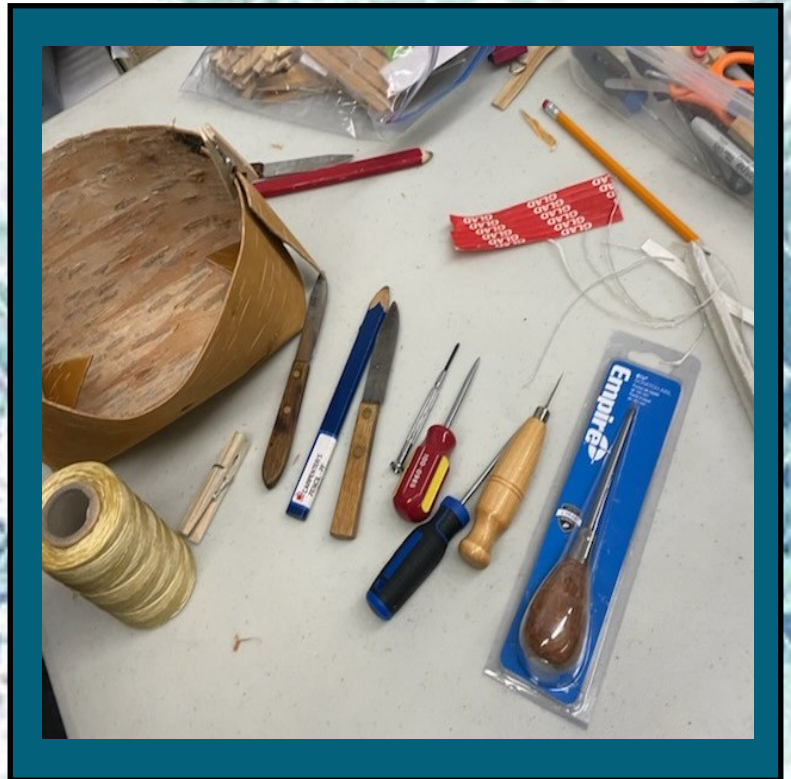
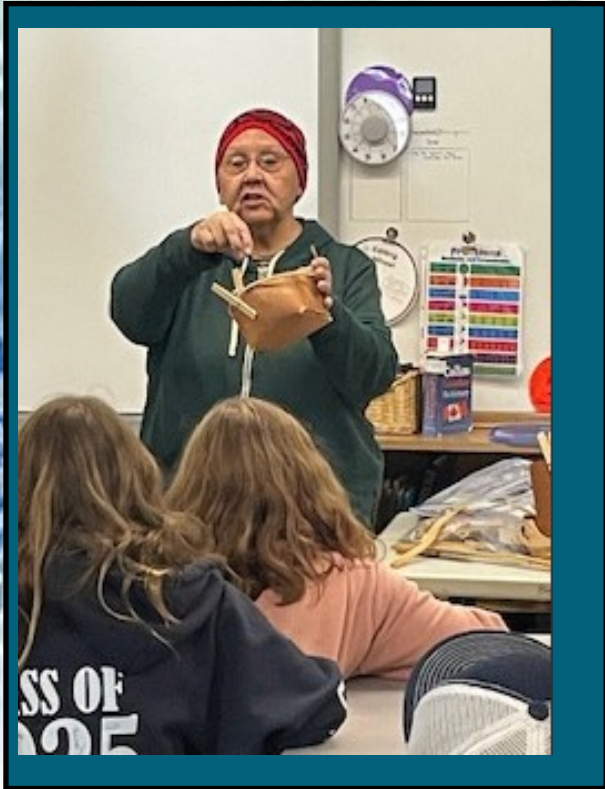
Ms. Burbee  
joined us and  
shared stories  
with our class.

Aaron and  
Aubrey eating  
some delicious  
homemade  
Bannock and  
berries!!





**Ashley, Ellie Peters, Arlene Hroutko and  
Chelsea Burbee Birch Bark with Ms. Aurora's  
Grade 5/6 Class**





# PAC NEWS

## Fundraising Opportunities

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 any-time through the website below and enter "Bouchie Lake Elementary" then you can go ahead and order.



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

- ◇ Every Pajama Day we are putting together a trolley filled with fun, inexpensive snacks and drinks that the kids can purchase during lunch hour. (see flyer on next page).
- ◇ PAC supplied a pizza lunch for the volleyball team this year! Thank you Ms. Maitland & Ms. McManus for all your efforts!
- ◇ PAC helped with Div. 4 bussing for their pottery trip to QJS
- ◇ We are planning a pancake breakfast for all the students and looking for volunteers- please reach out to us!
- ◇ PAC supplied a "Thank you" lunch for all staff on Dec 16th through Craig's Table
- ◇ Dec 18th handed out Christmas cookies for all the students and staff from Quesnel bakery.
- ◇ PAC-would like to **thank you** everyone for your support and donations this year. We try to make the best choices for the school as a whole and we couldn't have done it without the help from all parents/caregivers.

### 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

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

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

Next meeting is

**January 15, 2026**



# 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.



## 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 review 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

## Missing a bus pass?

Please contact the bus garage

250-992-8361 or email

[Transportation@sd28.bc.ca](mailto:Transportation@sd28.bc.ca)



## Library/ Natures Club

Reminder that books are usually returned before Winter break and no books are signed out 2 weeks prior (unless special arrangements are made between students or teachers or parents with Ms. Blanchet) and the same goes for Spring Break.

Thank you for your understanding!

# StrongStart



A **FREE** Parent & Child participation program for **0-5 yr olds**

**Join the fun at a StrongStart centre!**  
**You and your child will make new friends, play, create art, go to the gym, sing songs, engage with stories, and so much more!**

**Drop in available at:**

**Baker StrongStart**

**Mon-Fri**

**8:30-11:30am**

**Barlow Creek StrongStart**

**Mon-Thurs**

**8:15-11:15am**

**Bouchie Lake StrongStart**

**Mon-Fri**

**8:15-11:15am**

**Dragon Lake StrongStart**

**Mon-Fri**

**8:30-11:30am**

**Please contact Ms. Cari to learn which days have openings (250-747-2142)**



I-SPARC

Move | Play | Compete

Indigenous Sport,  
Physical Activity &  
Recreation Council



- Please dress weather appropriate
- Lessons available Snowboard and Ski depending on registration.
- Beginners Welcome
- Light Lunch
- Please bring snacks/extra necessities
- If you are needing rentals and lessons please arrive a little earlier to complete all necessary paperwork. Thank you!

## INDIGENOUS SKI

## CAMP

W/ LHTAKO DENE NATION

FRIDAY, JANUARY  
2<sup>ND</sup>, 2026  
9:00am-3:00pm

Troll Ski Resort  
7271 Barkerville Hwy  
Quesnel, BC

### Event Inquiries & Information

#### Contacts:

##### Lynn Munch

Sport & Physical Activity Coordinator,  
Northeast Region  
lmunch@isparc.ca  
250-856-0851

##### Troll Ski Shop

theshop@trollsnowschool.com  
250-994-3352



**FREE TO REGISTER**

<https://isparcbc.wufoo.com/forms/m17ecy8044rrqi/>



BRITISH  
COLUMBIA

Canada 