



**Bouchie Lake**  
Elementary School

**Bouchie Lake Elementary School**

2074 Blackwater Rd, Quesnel BC V2J 7B3

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

# February 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 February 2, 2026
- ◇ PJ Day - pajamas and one stuffy only— no pillows, or blankets
- ◇ Troll Days are February 23, 26 & 27 —>Forms are due back by February 6th!

### 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.

### Lunch Time Supervisors needed

Are you interested in spending an hour each day supervising our fabulous students while earning a bit of extra money? We are in desperate need of noon hour supervisors. Please contact the school if you are interested.



### Bell Schedule

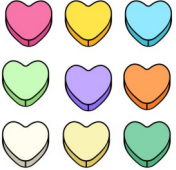





8:10	First Bell Rings
8:15	Classes Begin
10:00	Recess Begins
10:15	Recess Ends
11:45	Lunch Begins (Play Time)
12:20	Lunchtime
12:40	Warning Bell
12:44	Afternoon Classes Begin
2:23	Dismissal

## 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/>



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>25</b> 	<b>26</b>	<b>27</b> <i>Twin Day</i> <i>Bake Sale</i>	<b>28</b>	<b>29</b> Family Numeracy Night <b>Hot lunch</b> <b>PJ Day</b>	<b>30</b> <i>NI DAY</i> <i>No School</i>	<b>31</b>
<b>1</b>	<b>2</b> <b>Kindergarten &amp; Catchment Change Registration Opens</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b> <i>Troll Forms Due Back</i> 	<b>7</b>
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>  <b>Hot lunch</b> Arlene Horutko Carrier Language and History 	<b>13</b>	<b>14</b> <i>Valentine's Day</i> 
<b>15</b>	<b>16</b> <b>Family Day</b> <b>No School</b>	<b>17</b>	<b>18</b>	<b>19</b> Science Fair in Gym <b>PAC Mtg 3:30</b>	<b>20</b>	<b>21</b>
<b>22</b>	<b>23</b> <i>Troll Day</i> <i>Gr 4-7</i>	<b>24</b>	<b>25</b> Hot <b>Lunch</b>  <i>Celebration of Science</i> 	<b>26</b> <i>Troll Day</i> <i>Gr 4-7</i>	<b>27</b> <i>Troll Day</i> <i>Gr 4-7</i>  <i>PJ Day&amp; Treat Trolley</i>	<b>28</b>
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>

# School District 28

## KINDERGARTEN REGISTRATION

**Opens February 2, 2026 at  
your catchment school**

**FOR REGISTRATION IN FRENCH  
IMMERSION, PLEASE CONTACT ÉCOLE  
RED BLUFF LHTAKO AT 250-747-2634**

**Children must  
turn 5 years old  
in 2026**



### Required Documents:

Long Form Birth Certificate

BC Services Card

Proof of Address (2 pieces)

For more information, please contact  
your catchment school or the  
school District board office

For immunization, please contact NHA  
Community Health Services 250- 983-6850



# 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/>



# 20 APPS PARENTS & CARERS NEED TO KNOW

[www.SocialWorkersToolbox.com](http://www.SocialWorkersToolbox.com)



## Snapchat

Messages and photos disappear. Children can be pressured to send images because they believe they will not be saved. Location sharing can show where a child is in real time.



## Roblox

Although it looks like a children's game, it includes chat features. Children can be contacted by strangers and slowly groomed through friendly game play.



## Kik Messenger

Accounts can be anonymous. It is often used to move conversations away from apps parents may check.



## Fortnite

Voice chat allows children to talk to strangers during games. Language and behaviour are often inappropriate.



## TikTok

Children can see adult content, receive sexual comments, and be contacted by strangers. Live videos allow real-time interaction, which can quickly become unsafe.



## Telegram

Messages and groups are encrypted, making them difficult to monitor. It is used to share sexual images, harmful material, and to keep conversations hidden from adults.



## Hoop

The app connects directly to Snapchat and encourages children to add new contacts quickly, including people they have never met.



## Reddit

Children can easily access sexual, violent, or extreme material through posts and comments.



## Instagram

Messages allow strangers to contact children directly. Many children run secondary accounts that parents do not know about. There is strong pressure around appearance and popularity.



## OmeTV

Random video chats with strangers. No effective safeguarding. Sexual content and adult behaviour are common. Children have no control over who appears on screen.



## LiveMe

Children can broadcast themselves live to anyone watching. Viewers can comment in real time, including adults.



## BeReal

The app prompts children to take photos instantly, which can lead to oversharing without thinking about safety.



## WhatsApp

Private chats and group chats are often used for school or friendship groups, but bullying, exclusion, and sharing of images can happen quickly and spread widely.



## Yubo

The app is designed to meet new people. Children can live stream and chat with strangers, which can quickly become sexual or exploitative.



## Calculator+

These apps look like calculators but are used to hide photos, videos, and messages from parents and carers.



## Twitch

Children watch and interact with live streamers through chat, which often includes adults and unmoderated comments.



## Discord

Children join private chat servers linked to gaming or interests. These spaces are often unmoderated and can include adults, sexual content, or harmful language.



## Monkey

Children are placed into random video chats with people they do not know. They have no control over who appears on screen.



## YouTube

Children can be exposed to adult content through suggested videos, comments, and live streams, even when watching innocent clips.



## Bumble

This is a dating app. Despite age limits, some under-18s access it to talk to adults looking for relationships.



# Bouchie Lake Elementary

## Bus Information



### **BUS BEHAVIOUR**

A Memo was sent out at the beginning of January regarding student behavior on buses. Please remind your students that the following are expectations for riding on a school bus:

- ⇒ *Remain seated during the ride. Students are not to be moving around the bus.*
- ⇒ *Keep hands to yourself. Students are not to be grabbing the belongings of other students or engaging in any type of rough housing while on the bus.*
- ⇒ *Do not throw objects out of the windows.*
- ⇒ *Enjoy the ride responsibly*
- ⇒ *Listen to the bus driver.*

### **BUS CANCELLATIONS**

Please check the SD28 [website](#) for notice of cancellations. Buses may be cancelled for cold weather or road conditions. As per the Memo from the School District, if a bus is cancelled in the morning, it remains cancelled for the entire day.

*Thank you for helping to ensure safety for everyone on the bus.*



# 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:

February 9-12 -Arlene Horutko comes

February 14th -Have a Heart Day

March 31 -National Indigenous  
Languages Day

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





## Recipes from Leading Thunderbird Lodge, SK



### **Moose Meat Balls**

- 2 lbs ground moose
- ½ c day old frybread  
(diced – soak in water for 10 min  
– not too mushy)
- 1 onion (minced)
- 5 garlic cloves (minced)
- 1 Tbsp dried parsley
- 1 egg
- Salt & pepper to taste

Mix moose meat and all other ingredients together using your hands, mix well. Form into bite sized balls. Cover with a damp cloth to let meatballs mellow in the fridge for several hours. Sauté meat balls in 3 tbsp of olive oil. Remove meat balls from pan and set aside. Serve with wild rice.

### **Saskatoon Rhubarb Crisp**

- 3 c saskatoons
- 1 ½ c rhubarb (medium diced)
- ¼ c honey
- ½ c brown sugar
- ½ c flour
- ½ c rolled oats
- ¼ c margarine

Place saskatoons and cut rhubarb in 8x8 inch baking pan and drizzle with honey. Combine brown sugar, flour, rolled oats and margarine until mixture is crumbly. Spread over fruit. Bake at 375° in oven for 45 minutes or until golden brown. Serve with spiced cream.

### **Spiced Cream**

- 1 c whipping cream
- 2 Tbsp liquid honey
- ½ tsp cinnamon

Whip all ingredients until soft peaks form.





# SUSTAIN



*Ice Fishing Derby!*  
**Saturday January 24th**



**3:45 pm - Awards Presented**  
**5:00 pm - Dinner at Echen Hall**

**Competition Fees**  
**Adult (19+) - \$20.00**  
**18 & Under - Free**

**Try Your Hand at Ice  
Fishing**

**Participants are responsible to  
meet thier own Liscencing  
Requirements**

**All Entries are Eligible  
to Win Some Great  
Prizes!**

*Everyone is Welcome!*


**12:00 pm - 4:00 pm**  
**Location TBD**

**5:00 pm - 7:30 pm**  
**Echen Hall**

**202 Anderson Drive, Quesnel, BC**

**Dinner Provided**



 **Scan Me**

**Register online at**  
**[echenhealing.ca/](http://echenhealing.ca/) or scan**  
**the QR code**

# PAC NEWS

***PAC is excited to pay the bussing for students to attend 3 days at Troll!***

## Fundraising Schedule:

January/February-West Coast Seeds & Northern Flowers Greenhouse

March– BBQ Meat Boxes from Dragon View Angus

May-Quesnel Bakery, Cookie Dough Tubs

## On going Fundraising:

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>

Every Pajama Day we are putting together a trolley filled with fun, inexpensive snacks and drinks that the kids can purchase during lunch hour. Next Treat Trolley is February 27th!



## 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 & Nicole Mighton

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

**February 19, 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

Check back in the March Newsletter for any upcoming events....



# 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)



## Catchment Boundary Changes

### **Why did you change the catchment lines?**

We were required to review catchment lines to increase enrollment at Carson Elementary, as the new school is larger than the previous one. We are also working to balance enrollment across the district and address overcrowding in some schools.

### **Why do I have to complete these new forms?**

School District 28 is using this opportunity to improve our registration process and provide more clarity to families moving forward. The new forms serve as a 'reset' to a process that will make things easier for both the District and families.

### **How will I know if my child has a new catchment school?**

Parents can review the new catchment boundaries at <http://www.sd28.bc.ca>. You can enter your address to determine your child's catchment school. If you have questions, contact [catchment@sd28.bc.ca](mailto:catchment@sd28.bc.ca) or call 250-992-8802. The District will be holding our first public information session January 14, 2026 6:00pm-7:30 pm at the school District Office.

Watch for additional information sessions at Riverview, Voyageur, Dragon Lake, and Carson schools—the schools most impacted by these changes.

## Process

### **If I need to register for school, where do I go?**

Caregivers are asked to register at their catchment school (consistent with the NEW catchment boundaries). The district will also host information sessions at Riverview, Voyageur, Dragon Lake, and Carson schools and will provide support to families to complete the required forms at these sessions.

### **My child is in Grade 6 and now has to register at a new school. Can they stay at the school they have been in from K–6?**

If they are required to change schools based on these catchment changes, they must register at their NEW catchment school, then complete an Out of Catchment Request and indicate on this form that they wish to remain at their current school.

### **What documents will I need to register at a new school if I was already registered at an SD28 school in 2025/26?**

New registrations (including Kindergarten): Please follow the registration guidelines.

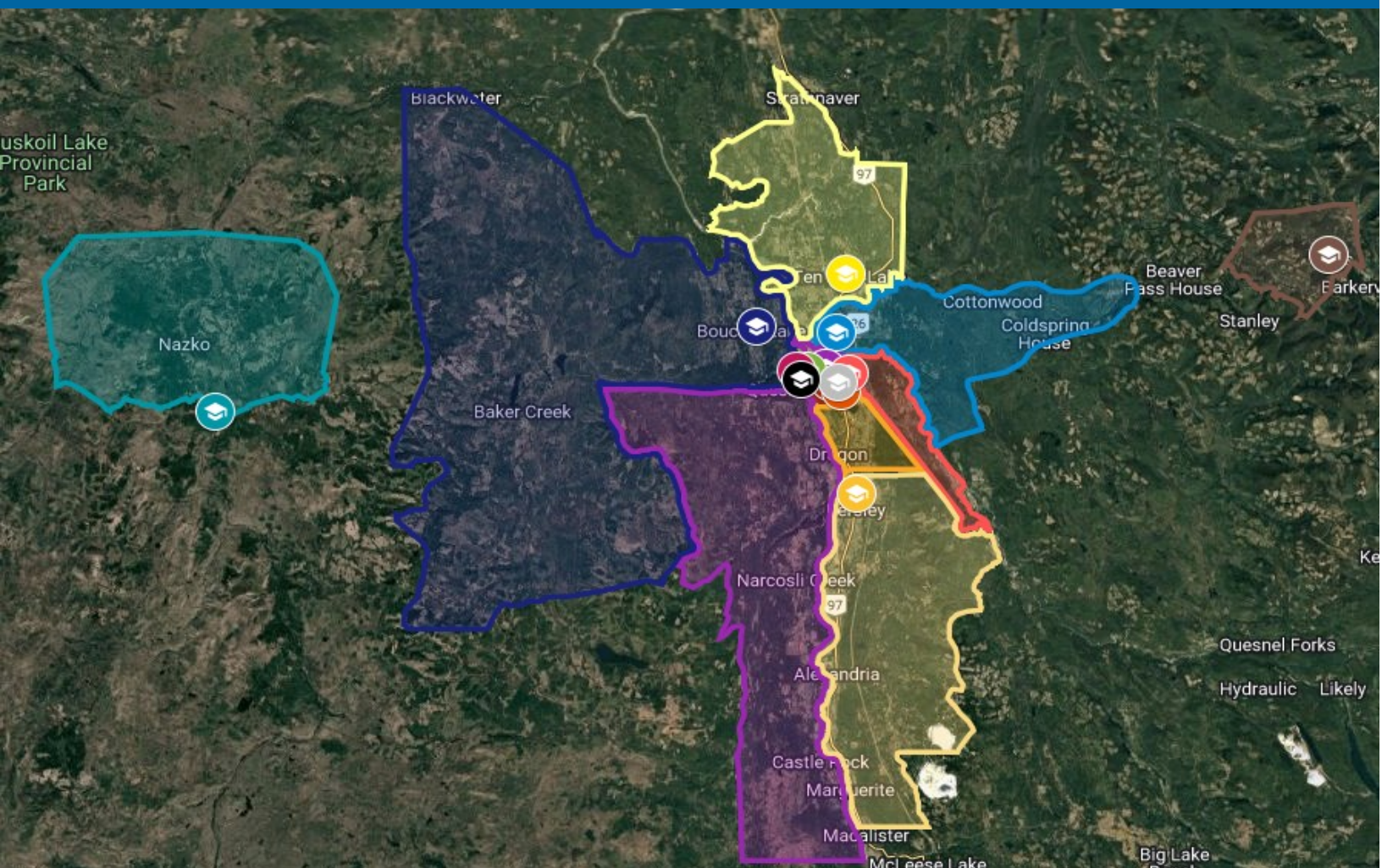
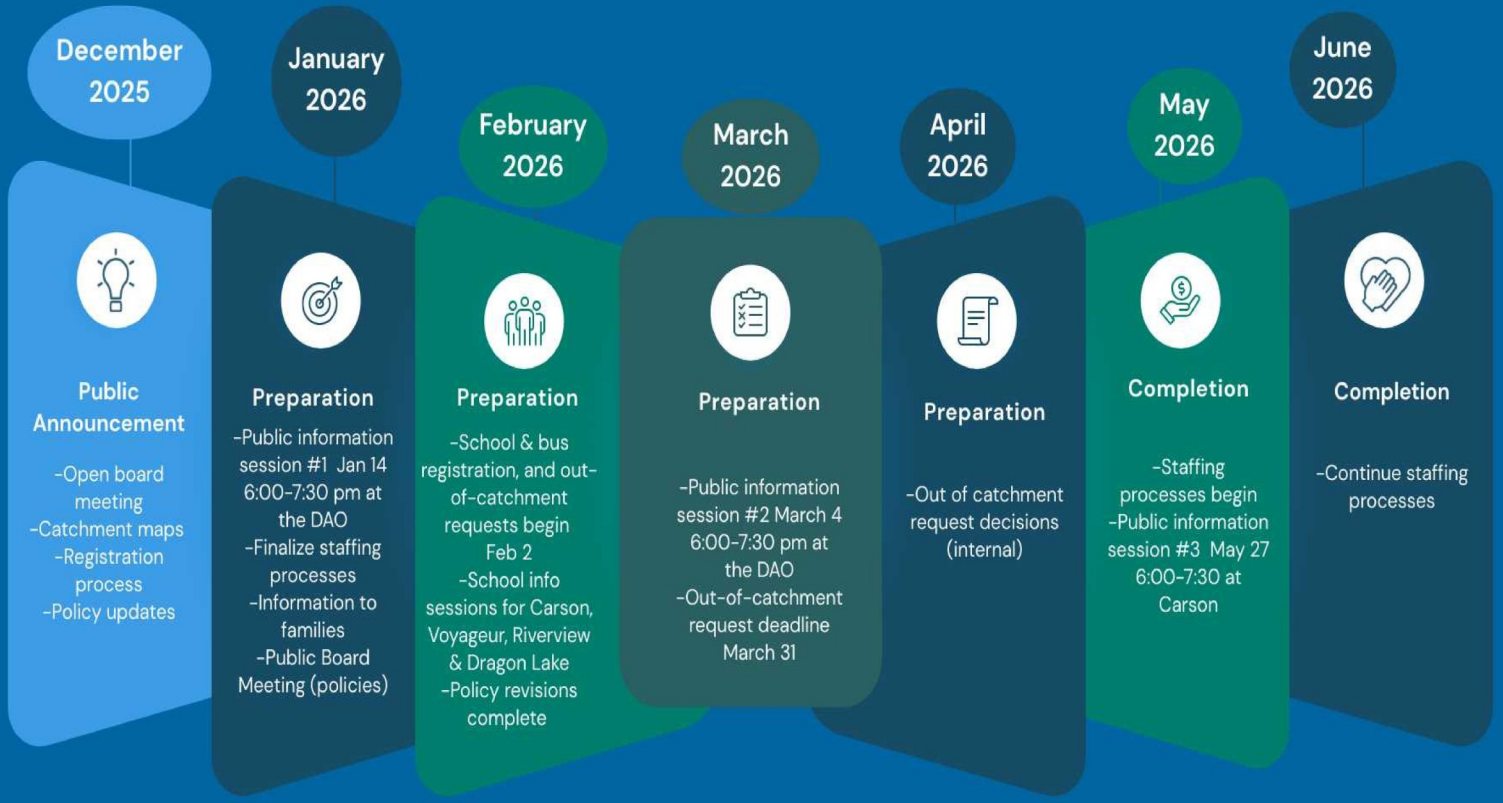
Students already registered: For students already registered at an SD28 school, we only require a new registration form. We do not require other documents (e.g., proof of residency, proof of address).





Any questions can be sent to:  
[catchment@sd28.bc.ca](mailto:catchment@sd28.bc.ca)

# School District 28 Catchment Timeline





# School Registration for 2026/27

## 2-Step Guide for Families



### Register at Your Catchment School

**1**

For all new students, including Kindergarten students and students currently attending a school that is **NOT** their designated catchment school for 2026/27.

#### What does this mean for you?

- ✓ Check your updated 2026/27 catchment school at [www.sd28.bc.ca](http://www.sd28.bc.ca)
- ✓ Submit your child's registration to their catchment school for September 2026 at your catchment school starting February 2, 2026

### \*Optional\* Request to Attend a Different School

**2**

If you want your child to attend a non-catchment school you must complete an [Out-of-Catchment Request Form](#).

- Opens: February 2, 2026 (forms available at all schools)
- Closes: March 31, 2026
- Submit the form during this window if you prefer a school other than your child's designated catchment school.

#### Important Notes

- ✓ Submitting a request does not guarantee placement.
- ✓ Placement decisions are based on available space.
- ✓ Placement decisions will begin in April 2026

#### **Exception: Elementary French Immersion**

Students registered or registering in elementary French Immersion

Do NOT need to register at their catchment school or complete an Out-of-Catchment Request form.  
(No change from past practice.)