



Bouchie Lake
Elementary School

Bouchie Lake Elementary School

2074 Blackwater Rd, Quesnel BC V2J 7B3

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

March 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.
- ◇ PJ Day - pajamas and one stuffy only– no pillows, or blankets.

Spring Break—March 16-27th, 2026

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.

Entry into the School:

If the door is locked when you come to the school, please ring the doorbell at the left side of the door to gain entry. Someone will be there to open it right away. Thank you for your understanding.

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, or complete the online form at: <https://bouchielake.sd28.bc.ca/>

Lost and Found

Will be donated at SPRING BREAK



March

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 	2 ASSAI	3	4 ASSAI	5	6	7
8 Day light Savings  SPRING FORWARD Set your clock an hour ahead	9 ASSAI	10 Treat Trolley	11 ASSAI	12 Hot Lunch  Report Cards go home	13 Grade 2/3 Swimming Forms due PJ Day School team building afternoon	14
15	16	17 St Patrick's Day 	18 	19	20 1st day of Spring 	21
22	23	24	25 	26	27	28
29	30 School back in session ASSAI	31 National Indigenous Languages Day	1 ASSAI	2 Grade 2/3 Swimming 10:30 to 11:30	3 Good Friday No School 	4

Bouchie Lake Elementary

Monthly Reminders



Spring Weather: Please remember to dress your child(ren) for the appropriate weather: Water resistant jackets, rain pants, rain boots! Extra pairs of socks, pants and 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 our website for current announcements and upcoming events!

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

20 APPS PARENTS & CARERS NEED TO KNOW

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.



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

March 31 -National Indigenous
Languages Day

May 5– National Day of awareness for missing
and murdered Women & Girls, 2SLGBTQQIA+

May 11-Mosse Hide Campaign Day

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

Arlene Horutko and Chelsey Burbee Carrier Language and History February Visit



Ms Maitland's Grade 2/3 Learning about the Grease Trail



Arlene Horutko and Chelsey Burbee Carrier Language and History February Visit

Ms Davies' Grade
1/2 listening to the
Grease Trail Stories
with Chelsey



Salmon Cakes



Video Link to Recipe

INSTRUCTIONS:

1. Grate potatoes and finely chop both the onion and dill.
2. Drain some of the liquid from the salmon.
3. In a large bowl, lightly whisk the eggs.
4. Add salmon, onion, dill, mustard, salt, and pepper to the bowl, and mix.
5. Before adding your potato, squeeze out any excess moisture with your hands and then add to the bowl, mixing all ingredients.
6. Form patties the size of your palm, squeezing out any excess water.
7. Heat olive oil in a pan over medium to medium-high heat (or 350 F). Cook for 3-5 minutes or until browned on the bottom.
8. Gently turn over and cook 3-5 minutes more, covered, until crispy on the other side.

INGREDIENTS:

- 4 cups Potatoes
- 1/2 cup Onion
- 2 Tbsp Dill
- 1 cup/jar Salmon
- 2 large Eggs
- 1 Tbsp Mustard
- 1/4 tsp Salt
- 1/2 tsp Pepper
- 2 Tbsp Olive oil

Aioli Dipping Sauce

Video Link to Recipe



INGREDIENTS:

- 1/4 cup Salmon juice from the can
- 1/2 cup Mayonnaise
- 1 tsp Lemon juice
- 1-2 cloves Garlic

INSTRUCTIONS:

1. Mince garlic and place into a bowl.
2. Add all remaining ingredients to bowl, and mix.

PAC NEWS

Fundraising Opportunities

Fundraising Schedule:

March– BBQ Meat Boxes from Dragon View Angus (Delivery in May)

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 March 10!

⇒ PAC will be distributing hot chocolate at the team building day on March 13th.

****Volunteers welcomed****

⇒ PAC is able to help contribute a large portion of the bussing for Swimming Lessons for Div 3-4.

⇒ There will be a PAC review & feedback questionnaire sent home, we encourage you to fill it out with honesty and ideas!

⇒ We have decided to purchase a few things for the kids: 20 volleyballs, an electric scoreboard, class set of books for div 4-7 and decodable book sets for Div 4-7.

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

April 9th

We are getting great feedback about our new jerseys we bought last year!

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

Library/ Natures Club

Save the Dates! We are welcoming Spring this year with our annual Scholastic Book Fair! April 7- 9th.

3 days only this year with Parent Night on April 8th. Your child will be able to purchase during their normal library time scheduled Tuesday or Thursday as well as Wednesday at lunch and after school that day with an adult.

Check out the Scholastic Book Fair [Link](#)

A colorful illustration of a library or playroom. A man and a woman are sitting on the floor with a young child, surrounded by toys and books. The text 'StrongStart' is prominently displayed at the top in a large, bold, black font. Below it, the text reads 'A FREE Parent & Child participation program for 0-5 yr olds'. The background is a warm, orange-toned illustration of a library or playroom with bookshelves, a desk, and various toys. There are also decorative flowers on the sides of the poster.

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)



2025-2026 SEASON

www.qla.ca

QUESNEL LIVE ARTS



the Arrogant WORMS



www.arrogantworms.com

The Arrogant Worms have spent over three decades making fun of a big dumb world. Their songs have been played on the radio, the internet, and in outer space (on the space shuttle Endeavour). The Arrogant Worms (Chris Patterson, Mike McCormick, and Trevor Strong) have toured ceaselessly across Canada (and select other parts of the world), released 13 albums, and recorded with the Edmonton Symphony Orchestra. More than thirty years after they began, The Arrogant Worms continue to provide tuneful and silly escapism for everyone who needs it.

Wednesday, March 11, 2026 - 7:30pm

Chuck Mobley Theatre at Correlieu School

TICKETS ON SALE NOW

\$30 (Adults). \$25 (Seniors & Students).

AVAILABLE at: Save On Foods, Homesteader Health

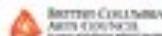
← Or Purchase Tickets Online at qla.tickit.ca



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ON FACEBOOK!**



ONLINE TICKET PURCHASING HELP: Doreen 250-983-9167 or Colleen 250-747-2207



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