



April 2026 Newsletter

Parent Information

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.

Pajama Day - pajamas and one stuffy **only**—no pillows, or blankets

Lunch Time Supervisors Needed!

are you interested in spending an hour each day supervising our fabulous students while earning a bit of extra money? Please contact the school if you are interested!

Student Drop off / Pick up Parking

Please do not stop or park in the bus lane (directly in front of the school). Student drop off is at the far end of the parking lot; closest to the playground. Please slow down through the school zone and watch carefully for students on the road.



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



2074 Blackwater Rd, Quesnel BC V2J 7B3
Ph:250-249-5913 / Fax: 250-249-5610

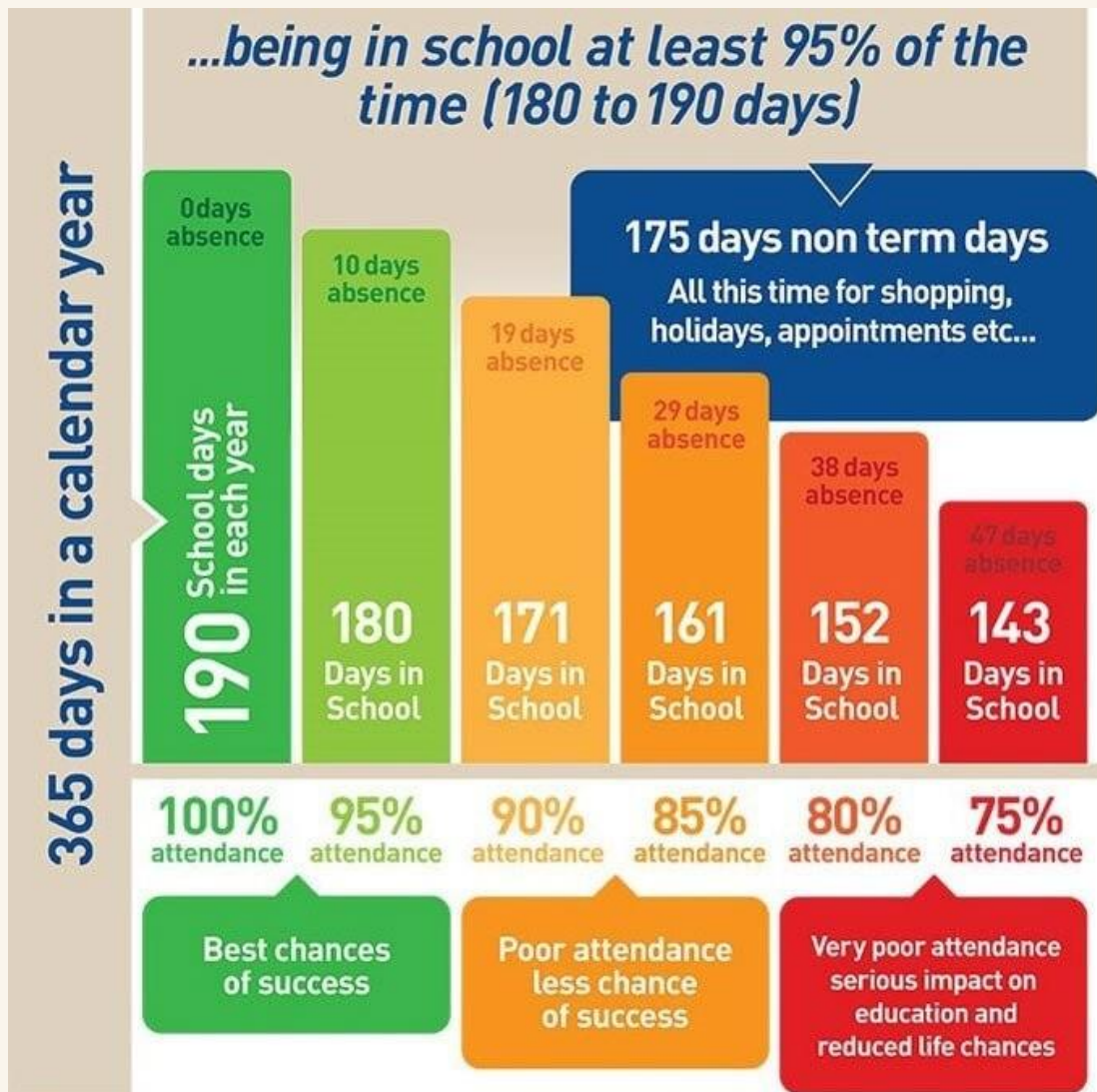
Student Absences

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
- **Complete the online form** at: <https://bouchielake.sd28.bc.ca/>



APRIL 2026

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
29	30 School Resumes ASSAI 230-415	31 National Indigenous Languages Day	1 ASSAI 230-415	2 Gr2/3 Swimming 10:30-11:30	3 Good Friday No School	4 
5 	6 Easter Monday No School	7 Scholastic Book fair April 7-9th 	8 ASSAI 230-415 BookFair Family Night (2:30-6:00)	9 Book Fair Gr.2/3 Swimming 10:30- 11:30 PAC Mtg 3:30PM Hot Lunch 	10	11
12	13 ASSAI 230-415	14	15 Last day of ASSAI 230-415	16 Gr2/3 Swimming 10:30- 11:30 Booster Juice Fundraiser (Pre-orders only)	17	18
19	20	21 Div. 4 - Field trip to Ecosprouts	22 Div. 6 - Field trip to Ecosprouts	23 Gr2/3 Swimming 10:30- 11:30 Hot Lunch 	24 NI Day No School	25
26	27	28	29 Inching our way to K - 2:30	30 Gr2/3 Swimming 1030-11:30 PJ Day & Treat Trolley	1	2



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 school is open between 8:00am and 3:30pm but all parents and visitors are asked to report the office when they come to the school. The front door will be locked during the day. Please ring the doorbell to gain entry 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

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 children's game, it includes chat feature. Children can be contacted by stranger and slowly mediated 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 in games. Language and behaviour appropriate.

TikTok

Children can send adult content, receive sexual comments, and be harassed 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 'dd 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 have 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.

L-veMe

Children can broadcast themselves, even to a large audience. 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.

Yubo

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

Calculator+

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

Twitch

Children watch and interact with live streams through chat, which often includes adult 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, same under-18s access it to talk to adults looking for relationships.

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.



Bus Information- Continued.

- 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.

Missing a bus pass?

Please contact the bus garage

250-992-8361 or email

Transportation@sd28.bc.ca



School Code of Conduct

<p style="text-align: center;">Personal Digital Devices RULES <i>(includes communication devices)</i></p> <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 style="text-align: center;">TEACHER ROLE:</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>
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****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****

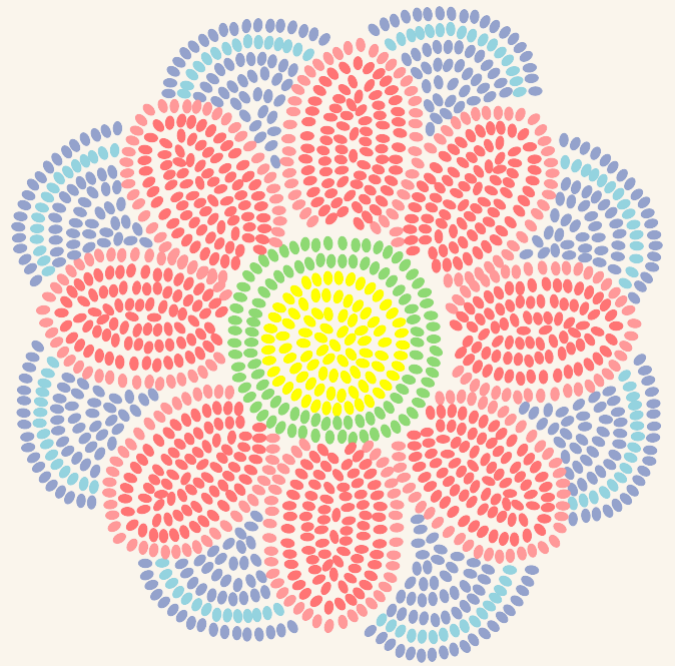
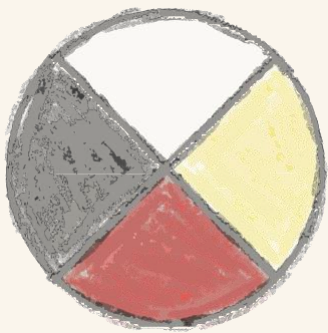
Indigenous News

Dahooja!

My name is Jody Baxter (Indigenous Education Support Worker) here at Bouchie Lake Elementary.

I will be sharing an indigenous traditional recipe every month. If you would like share yours, please send them to the school!

Thank you!



How Work Club will be Thursdays at lunch in the IESW Room.

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-Moose hide Campaign Day

Indigenous News

KwAKMIS (Herring Roe)

[Video Link to Recipe](#)



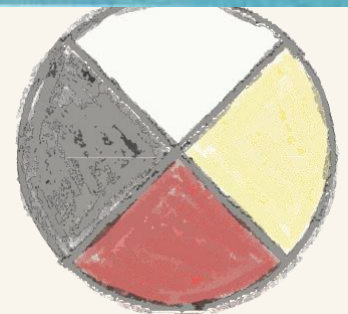
PHOTO CREDIT: RACHEL DICKENS

INGREDIENTS:

- 500 g Herring roe on kelp
- 4 large Eggs
- 1-2 tsp Soy sauce
- 1 Tbsp Olive oil

INSTRUCTIONS:

1. Cut roe into chunks.
2. Add eggs and soy sauce to a mixing bowl and whisk.
3. Add oil to a pan, heating to medium-high.
4. Dip roe into the egg and soy sauce mixture and add to pan.
5. Cook for a few minutes until roe turns white, then flip, and cook on the other side.





Hello Parents! Just a quick note on how we will operate the Book Fair this year:

April 7th, th fair will be set up and ready. Division 5,6, and 7 will be visiting and/or making purchases during their scheduled library period.

April 8th: "FAMILY EVENING!" The fair will be open after school from 2:30 until 6:00 PM for parents and families

April 9th: Last Day! A chance for Division 1, 2, 3 & 4 to view and make purchases during their normal library time (or with teacher for division 1).

If your child is in Kindergarten (Div 1) I encourage you to come on family evening to help them make good purchasing decisions.

If you send your child with book fair money, please make sure it is clearly labelled with their names in a sealed Ziplock bag or envelope, so there is less chance of confusion or heartbreak over loss money.

Thank you for your support over the years: The profits from the Fair help classroom teachers re-supply their classrooms with learning material and books.

PAC NEWS

Fundraising Opportunities

Fundraising Schedule:

March/April – 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.



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



Follow the Facebook Page called: "Bouchie Lake Elementary School" to stay updated with fundraising events!

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

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!

and a lot more!

Baker Strong Start	Mon-Fri	8:30-11:30am
Bartow Creek Strong Start	Mon-Thurs	8:15-11:15am
Bouchie Lake Strong Start	Mon-Fri:	8:15-11:15am

Dragon Lake Strong Start Mon-Fri 8:30-11:30am

Please contact: Mis. Cari to learn which days have openings, (250) 472-2142

Screen Use, Family Advisory

Seeking Parents & Caregivers of Children Ages 5 to 20

The BC Children's Health Bridge team is working together with the Ministry of Health to advise on messaging related to healthy tech use and co-create materials designed for families. We are seeking **parents and guardians of children ages 5 to 20** to share their perspectives and expertise from across BC. We are especially looking to include people from outside of the lower Mainland and those who speak other languages in addition to English.

Who can take part?

Any parent or guardian of a child ages 5 to 20 living in British Columbia is welcome to take part. The advisory meetings will take place on MS Teams in English.

What is the time commitment?

You will participate in up to four 60-minute meetings from March to June, 2026. There may also be an opportunity to co-create and/or review resources, which would require additional time.

Do you get paid?

Yes - you will be paid an honorarium of \$30/hour for your time in meetings or reviewing materials and \$50/hour for any resource creation. Payment is made via e-transfer and typically takes about 3 weeks to be processed.

What will you do?

You will provide feedback on key messages, suggestions for format of resources, and review resource drafts. Depending on your availability and skillset, you may be invited to co-create resources alongside our team.

Sign Up: Email us at: healthbridge@cw.bc.ca

