



May 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

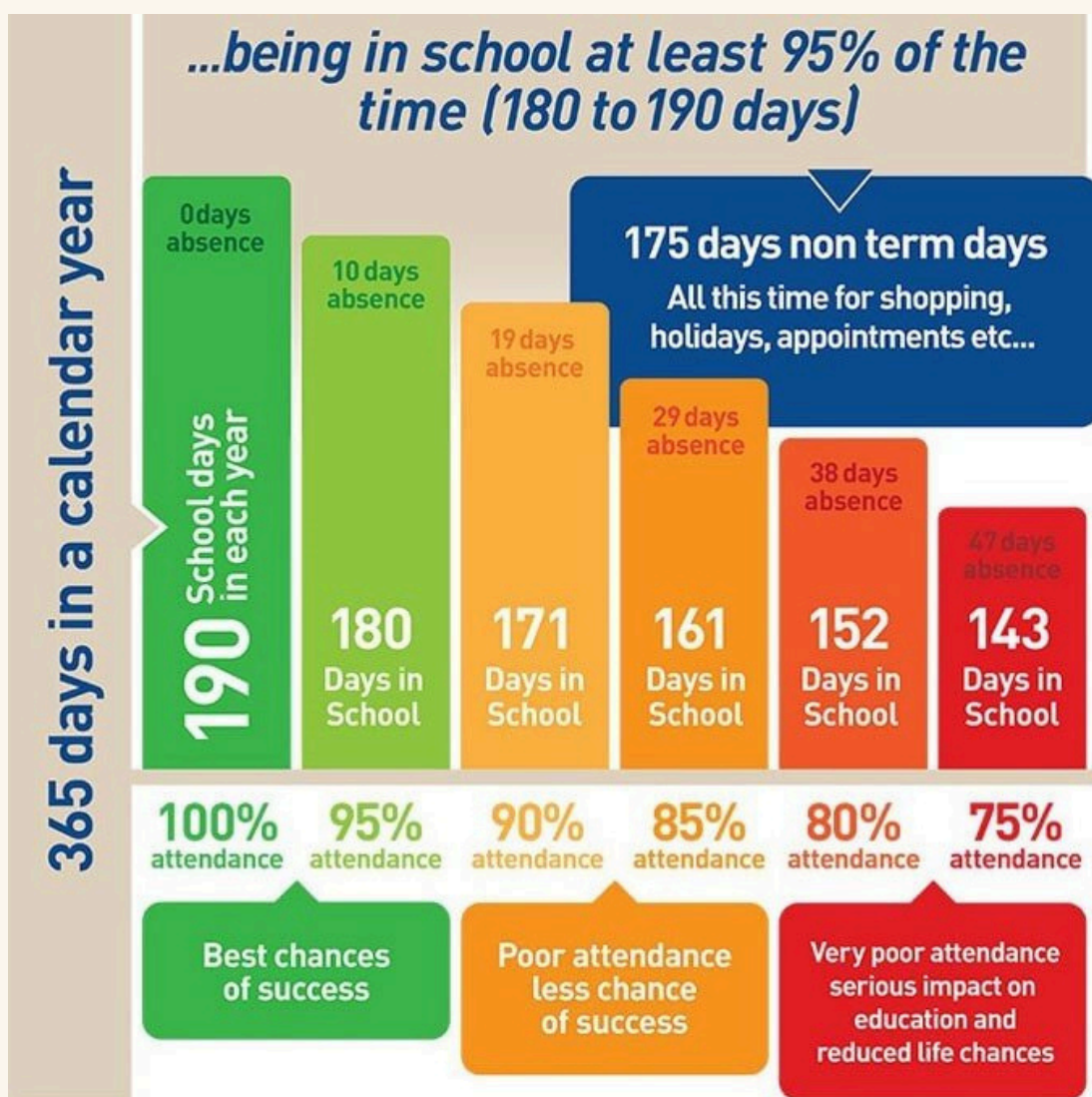
Student Absences

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/>





Sun	Mon	Tues	Wed	Thurs	Fri	Sat
3	4 Home Alone course	5 Awareness for missing & murdered Indigenous Women & girls, 2SLGBTQIA+ Running club Div.4-Hug a Tree Div.7 - QJS team here	6	7 Grade 2/3/4 Swimming Lessons 10:30to 11:30	8 Running Club	9
10 	11 Home Alone Course  Moose Hide Campaign	12 Running Club	13	14 Grade 2/3/4 Swimming Lessons 10:30to 11:30 PAC meeting 3:30	15 Running Club	16
Arlene Horutko Carrier Language, Culture & History						
17	18 STAT-No School	19 Running Club	20 Div 1 Field Trip Northern Flowers fundraise r Pick up 2-4pm	21 Grade 2/3/4 Swimming Lessons 10:30to 11:30 Track Meet (CSS)	22 Rain out day-Track meet Running Club	23 215+ Memorial Kamloops Indian Residential School
24	25	26 Running Club	27 Gr. 3 - Fire Safety House Div. 1-field trip Lakeview Run	28 Welcome to K 3:00-4:00	29 Pajama Day Running Club	30

Monthly Reminders



Warming WEATHER: Please remember to dress your child(ren) for the appropriate weather: Rain or Shine- Water resistant jackets, rain pants, rain boots for the we days! Extra pairs of socks, pants and are encouraged. It is helpful if names are on boots, coats, and other clothing items. Sunscreen and Hats for the hot days.

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 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.

Energy Drinks are not permitted at school.

THE DANGERS OF ENERGY DRINKS FOR TEENAGERS

HEART PROBLEMS



Rapid heart rate and increased blood pressure

SLEEP ISSUES



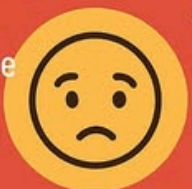
Insomnia and poor sleep quality

ADDICTION



Dependence on energy drinks

ANXIETY



Increased anxiety and restlessness



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

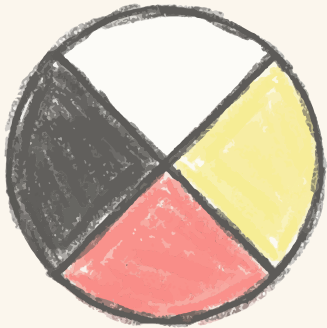
Indigenous News

Dahooja!

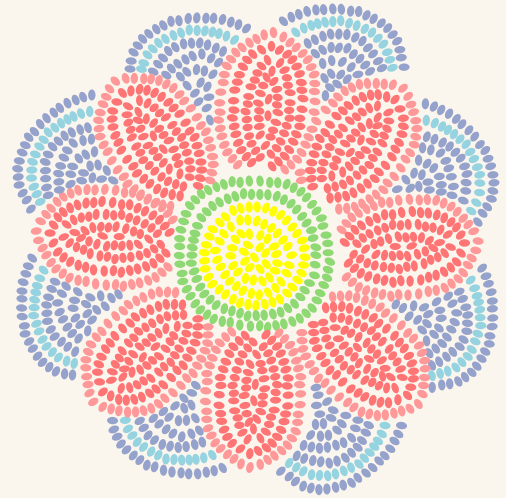
My name is Jody Baxter (Indigenous Education Support Worker) here at Bouchie Lake Elementary.

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:

May 5- National Day of awareness for missing and murdered women & girls, 2SLGBTQQIA+

May 11-Moose hide Campaign Day

May 23-215+ Memorial Kamloops Residential school

June is National Indigenous History Month

June 21 National Indigenous Peoples Day

Indigenous News

Seven Grandfather Teachings



Love | Zaagidwin

To be at peace with yourself and able to express love to your family, friends, and community through your actions and words.



Respect | Mnaadendimowin

Respect is an attitude. To honour and listen to ourselves, elders, parents and teachers is a sign of respect.



Humility | Dbaadeniziwin

Think of others before yourself. Humility is to live your life free from boasting and to have a modest sense of your own worth.



Bravery | Aakwa'ode'win

To have courage is to do what is right.



Wisdom | Nbwaakaawin

Wisdom is gained through experience and knowledge. To have wisdom is to know the difference between right and wrong.



Truth | Debwewin

To know truth is to know and understand all of the original laws as given by the Creator and to remain faithful to them.



Honesty | Gwe'kwadziwin

To walk through life with integrity is to know honesty.

RECIPES

Corn, Blueberry and Wild Rice Salad

Makes 8 servings

Ingredients

6 ears sweet corn, husked (or 1½ cups frozen corn)
1 jalapeno pepper, seeded and finely chopped
1 cup fresh blueberries
4 tablespoons lime juice
1 cup cooked wild rice
4 tablespoons olive oil
1 small cucumber, finely diced
2 tablespoons honey or maple syrup
¼ cup finely chopped red onion
½ teaspoon ground cumin
¼ cup chopped fresh cilantro

Directions

In a large pot, bring salted water to a boil.

Add corn.

Cook covered for 5 minutes, or until tender.

When cool enough to handle, cut corn from cobs.

In a serving bowl combine corn, blueberries, cucumber, red onion, cilantro, wild rice, and jalapeno.

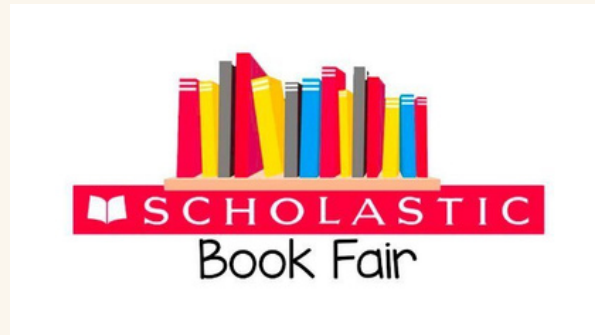
For dressing: in a screw-top jar combine lime juice, oil, honey, cumin, and ½ teaspoon salt.

Cover; shake well to combine.

Add to salad and toss.

Cover the salad and refrigerate overnight or up to 24 hours.

Message from Ms. Blanchett, Our Librarian



Scholastic book fair: Thank you parents, guardians and students who had visited the fair!

It was a great success, and teachers will be able to re-supply scholastic material for their classrooms with the regards point earned from the sales.

Hope you enjoyed as the book fair as much as the students.

It will be hosted about the same time next year again.

Thank You!



PAC NEWS

Fundraising Opportunities

Fundraising Schedule:

Bakery cookie dough tubs-April

Krispy Creme Donuts-May

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.

May 1st is our next Treat Trolley Day



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

PAC NEWS

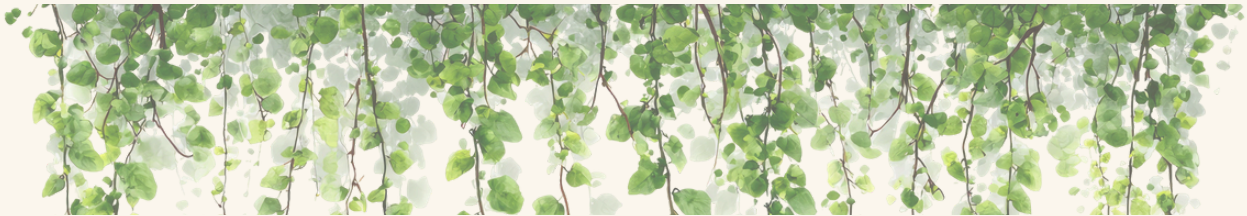
Amanda Morrison from DPAC joined our recent pac meeting. She is our SD 28 representative to have parents concerns brought to a higher level within the district. They are always advocating for quality education, security, and student wellness!

PAC sponsored a pizza lunch for the basketball team's year end. They thoroughly enjoyed it!

We have selected our 2 graduating students for the Bouchie Lake Elementary Bursary Award of \$200 each.

May is PAC Elections for the following school year!

The PAC has agreed to cover the bus fees for Ms McManus' grade 7 End of Year Field trip to West Fraser Timber Park



The PAC purchased new in class book sets for Div 4-7. This includes class book sets and books/series for individual reading time. Approx. total \$800.00

Unfortunately we had to cancel the BBQ Meat boxes for this year, timing has not lined up between the farmer and butcher. We are in the works of looking for a different fundraiser for May-Stay tuned!

We are always looking for more lunch time volunteers to help out for a couple hours, twice a month. Please contact the office for more details!



Power Full Kids™ at school Kids who eat well, do well.

We are excited that we received the PC Powerful Kids Grant this year. We have been using the money to supplement the breakfast program and snack program. We have also been supporting families experiencing financial hardship by sending some non-perishable food items home.

We are very grateful for the assistance we have received for our school community.

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)

Health Bridge



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

