



# The Prowler

*the news of the week*

*les nouvelles de la semaine*



**November 25, 2020**

**250-567-2267**

<http://wlm.sd91.bc.ca>

**Issue 12**

Hadi, Bonjour and Hello,

Please don't forget that we are currently holding a Food Drive to support those who may need a little extra as we approach the holiday season. We will collect items until Dec. 7<sup>th</sup>. Thank you so much for supporting all members of our McLeod family.

We are continuing to work very hard on our Christmas Concert movie. There's lots of singing and dancing happening at McLeod!! All costumes should be at school by Monday November 30<sup>th</sup>. We hope to be sharing the movie with families through a link sent to you in an e-mail. We will be using our newsletter e-mail list. **If you are not on this list, please contact Ms. Lindsay at the school as soon as possible to get your address added.** Also, if there is any reason you do not want your child to be part of the movie please let me know right away.

On Thursday, we will be hosting a mini, cohort-friendly, McLeod handball and volleyball playday. It's our way to try to keep some normalcy during this unique year. Many, many thanks to Mrs. Nemethy for making this happen.

Thursday is also report card day. Students will bring their report cards home so please have a special look in agendas and backpacks. Report cards are a formal report about learning, but they are only a snapshot. We encourage you to stay in regular communication with your child's teacher as partners in their learning journey. It is so important that we do this together.

Don't forget, this Friday is a Pro-D day. Students get to stay home while the adults do some learning 😊

It is our goal to work together with you and the kids to help our McLeod students become children and adults who can take on the world. Please feel free to contact the school if you ever have any questions or concerns. **WE'RE ALL IN THIS TOGETHER!**

Proud to be McLeod  
Ms. L. Hart

## COMING SOON:

Nov 26: Report Cards Home

Nov 27: Pro-D Day - **No School for Students**

Dec 17: Pajama Day



Please don't forget to do the Daily Health Check each morning. We are very grateful to all our families who are working with us to follow the COVID-19 guidelines.

When a photographer can't change a scene, he changes his angles and lens to capture the best of that scene. Similarly, when you can't change a situation in your life, change your perspective to get the best out of that situation.

**Be a filter, not a sponge.**

**SCHOOL BOARD OFFICE NEWS**

**School Board Meeting**

**Monday, December 14, 2020**

**6:00 pm**



\*\*\* *Please note the change in date*

\*\*\* *Please note that the format of this meeting has changed to video conference*

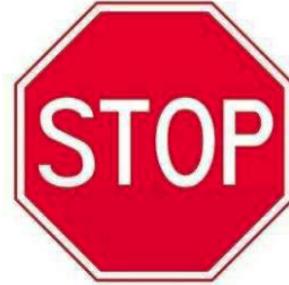
**Public Attendance Notice:**

\*\*\*Due to current public health and safety requirements, we are requesting that members of the public interested in attending this meeting, contact Tracy Austin at [taustin@sd91.bc.ca](mailto:taustin@sd91.bc.ca) or 250-567-2284 prior to the meeting so that seating arrangements for appropriate physical distancing can be made at each video conference site.

**Upcoming Board Meetings:**

January 18, 2021

February 22, 2021



Thanks for remembering  
this is a



Peanut/Nut  
Free School

If you would like to help save paper and be added to our Newsletter email list, please send your email address to [lswanson@sd91.bc.ca](mailto:lswanson@sd91.bc.ca)

**FOOD DRIVE IDEAS**

Please share items such as Stove Top Stuffing, pasta, tuna, cereal, Hamburger Helper, rice, instant oatmeal, apple sauce, and canned items (fruit, chili, soup, corn, green or yellow beans, Chef Boyardee).



*Let's all use our WITS at home and at school*





### CONTACTING ME

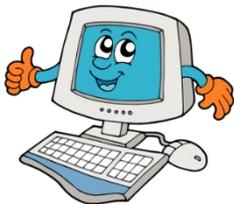
Each year I ask parents to connect with me by text. I have great plans to be able send you all pictures of your kids doing great things around the school.

Turns out, I need to carry my phone around more to get that done. 😊 That being said, I really do like to be able to contact parents by text when needed. Please send me a text at 250-567-8539 so I can add you to my contacts.

~Ms. Hart

Please have all items you'd like to add to the newsletter to Ms. Lindsay by **noon** on Tuesday's. Any submissions after noon will be put in the following week's newsletter. Please email [lswanson@sd91.bc.ca](mailto:lswanson@sd91.bc.ca)

*Thank you*



Check out our McLeod website  
<http://wlm.sd91.bc.ca/>



**Our Lost & Found is getting very full!**

**Please come and take a look to see if any of the items belong to your family 😊**



**DATE CHANGE**

**JOIN US FOR A VIRTUAL TOWN HALL ON THURS.. DEC. 10TH @ 5 PM TO FOR AN UPDATE ON:**

- SD 91 SCHOOLS - COVID-19 PLAN
- COVID-19 = WHAT ARE WE LEARNING
- A LOOK AHEAD

**HOSTED BY SD 91'S DISTRICT PARENT ADVISORY COUNCIL**

Please submit your questions by Dec. 2nd to [info@sd91.bc.ca](mailto:info@sd91.bc.ca)

5 - 6 PM

The link to this meeting will be shared on Dec. 10 on the school district's website and Facebook page.



### Daily Health Check

1. Key Symptoms of Illness*	Do you have any of the following key symptoms?	CIRCLE ONE	
	Fever	YES	NO
	Chills	YES	NO
	Cough or worsening of chronic cough	YES	NO
	Shortness of breath	YES	NO
	Loss of sense of smell or taste	YES	NO
	Diarrhea	YES	NO
	Nausea and vomiting	YES	NO
2. International Travel	Have you returned from travel outside Canada in the last 14 days?	YES	NO
3. Confirmed Contact	Are you a confirmed contact of a person confirmed to have COVID-19?	YES	NO

If you answered “YES” to one of the questions included under ‘Key Symptoms of Illness’ (excluding fever), your child should stay home for 24 hours from when the symptom started. If the symptom improves, your child may return to school when they feel well enough. If the symptom persists or worsens, seek a health assessment.

If you answered “YES” to two or more of the questions included under ‘Symptoms of Illness’ or your child has a fever, seek a health assessment. A health assessment includes calling 8-1-1, or a primary care provider like a physician or nurse practitioner. If a health assessment is required, your child should not return to school until COVID-19 has been excluded and symptoms have improved.

When a COVID-19 test is recommended by the health assessment:

- If the COVID-19 test is positive, your child should stay home until you are told by public health to end self-isolation. In most cases this is 10 days after the onset of symptoms. Public health will contact everyone with a positive test.
- If the COVID-19 test is negative, your child can return to school once symptoms have improved and they feel well enough. Symptoms of common respiratory illnesses can persist for a week or more. Re-testing is not needed unless you develop a new illness.
- If a COVID-19 test is recommended but is not done because you choose not to have the test, or you do not seek a health assessment when recommended, and symptoms are not related to a previously diagnosed health condition, your child should stay home from school until 10 days after the onset of symptoms, and then they may return if they are feeling well enough.

If a COVID-19 test is not recommended by the health assessment, your child can return to school when symptoms improve, and they feel well enough. Testing may not be recommended if the assessment determines that the symptoms are due to another cause (i.e. not COVID-19).

If you answered “YES” to questions 2 or 3, use the COVID-19 Self-Assessment Tool to determine if you should seek testing for COVID19.

**A health-care provider note (i.e. a doctor’s note) is not required to confirm the health status of any individual.**

# Calling parents and youth in BC!



## COVID-19 and Youth Mental Health

Since COVID-19 was declared a pandemic, many public health responses have been implemented including social distancing measures and school closures.

**These measures may have an impact on the mental health of children and teens, and we need to adjust the type and amount of resources being offered our children.**

The MyHEARTSMAP team needs your help to measure how much and in what ways the changes in our lives during the pandemic have affected the social and psychological wellness of our children and youth.

Using the MyHEARTSMAP online psychosocial self-screening tool, children, youth, and (or) their parents, can learn about which aspects of their mental health may be of concern and might benefit from support resources, and where to find them in BC.

Learning about our children's needs will **help guide our provincial mental health resource planning.**

### Who can participate in this study?

- Children and youth aged 10-17 in BC
- Parents with a child aged 6-17 in BC

### What is involved?

- Answer questions about how COVID-19 has affected you
- Complete the MyHEARTSMAP Self-Screening Tool after enrolling, and again in 3 months



*If you are interested in learning more and participating, please visit our website at:*

***[MyHEARTSMAP-Pandemic.bcchr.ca](https://myheartsmap-pandemic.bcchr.ca)***





# DECEMBER 2020 MENU



Each meal is 5.00 (reg). or 6.00 (lg).

**PLEASE PRE-ORDER AND PRE-PAY**

\*Pre-paid & pre-ordered meals of more than 10/mth receive a discounted rate of \$4.50/meal

Student's name \_\_\_\_\_ Teacher \_\_\_\_\_ \$ \_\_\_\_\_

**If your child regularly receives a Hot Lunch, please check the menu for meals that they can not or will not eat. Please provide a lunch for your child on those days. Thank you**

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Sausage & Eggs 	2 Perogy Casserole 	3 Beef Broccoli w/ rice 	4 Sweet & Sour Meatballs w/ rice 
7 Pizza Bagels 	8 French Toast 	9 Chicken Strips 	10 Hamburgers 	11 Spaghetti 
14 Turkey & Mashed Potatoes 	15 Pancakes 	16 Ham & Cheese Bun 	17 Lasagna  <i>Pajama Day</i> 	18 Chicken Caesar Wrap 
21 Winter Break 	22 Winter Break 	23 Winter Break 	24 Winter Break 	25 Christmas Day 
28 Winter Break 	29 Winter Break 	30 Winter Break 	31 Winter Break 	1 