



# The Prowler

*the news of the week*

*les nouvelles de la semaine*

**June 26, 2019**

**250-567-2267**

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

**Issue 37**

Hadi, Bonjour and Hello,

Tomorrow is our final assembly of the year. We invite you to join us at 10:00 in our gym. Students will be dismissed at 12:00.

2018-2019 has been a jam-packed year. I cannot believe how much we have accomplished and how much our students have grown. I am so proud of each and every one of them and so grateful to our entire staff for their tireless work. Plans for 2019-2020 already underway and it's going to be even better. ☺

From our family to yours, I wish you all a summer full of JOY. See you in September.

Proud to be McLeod

Ms. L. Hart

Our Thought for the Week

~Z~

Zealously motivate others

## Our Daily Promise

**It is a new day at McLeod  
and I am going to fill it with  
learning, kindness and caring**

### Coming Events:

June 27th: Year End Assembly at 10:00 a.m.

June 27th:  $\frac{1}{2}$  day last day of School (8:50-12:00)

June 28th: Summer Break Begins!



### TUESDAY IS T-SHIRT DAY

Please wear your McLeod wardrobe every Tuesday. It is a great way to show your school spirit and earn points for your house team. Anything McLeod works. We love homemade stuff too!



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



Check out our McLeod website

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



*Nechako Valley Swim Club Summer Season begins May 1st. Please see our website for more information about swim assessments and registration.*

<http://nechakovalleyswimclub.teampages.com/>



*Needed: 500 ml containers. If you have any of these items to donate, please send them to school with your child(ren) Thank you so much!*

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## 2019-2020 Hockey Academy Registration

<https://forms.gle/zxd9XgPzRbAohKFs8>

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### 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.



# Active Minds Summer Camp

**Come join us at UNBC this summer and get involved in our camps for kids ages 6 to 12.**

Jump in and engage in a world of science, technology, and engineering!

**Active Minds runs from July 2nd to August 23rd, 2019.**

<https://www.unbc.ca/youth/active-minds>

<https://www.unbc.ca/youth/active-minds-schedule-fees#Vanderhoof>

# Planning for the Fire Season

## Information for Parents

Dear Parents,

We are hoping that this summer we will have more rain and fewer fires than last summer. However, many children are also expressing some concern or anxiety about what may happen this year. If you or your children are experiencing fire season anxiety, here are a few key principles that may be helpful:

**The most important thing to consider with anxiety is the feeling of Safety**



- **Have a Plan**
- **Listen, Acknowledge, Reassure**
- **Build Resilience** – help children know that they are stronger than they think, that they are loved, and that they will be OK

For more information about these key principles, please see below:

### **Hope for the best, Plan for the worst**

Kids (and adults too) do best if they have a plan and know what will happen. Having a plan gives some sense of predictability and safety to situations that are otherwise frightening and unpredictable. For this reason, one important way to alleviate anxiety is to make a plan about what your family will do if there is smoke or if there is a fire that requires evacuation.

Making a clear plan of what you will take with you, where you will go and how you will get there, and clearly communicating this to your kids will help them to know what to expect. This will give them some peace of mind – they will know that whatever happens, they will be safe.

Revisit this plan with them if they express worries. Let them know that even though you don't know what will happen, you know what you will do if there is a problem, and they are going to be OK.

For more information about fire planning and preparation information, please visit:

[www.firesmartcanada.ca](http://www.firesmartcanada.ca)

### **Recognizing Anxiety**

Fires and smoke are frightening. The experience of last summer was frightening and uncomfortable for many people. Put these together with anticipation of possibly having to experience the same thing again, and you are likely to see anxiety. If your children are experiencing anxiety you may see things like:

- Talking about worries. Asking questions about fires, smoke, evacuations, etc.
- Changes in behaviour, more moody, negative, “difficult”
- Changes in sleep
- Nightmares or bad dreams
- Stomach aches and headaches
- For some children, more quiet or withdrawn behaviour. For others, more hyperactivity.
- Changes in eating



## Things you can do

- The biggest principal for anxiety management is that people need to have a **feeling of SAFETY**
- Help children **feel safe by making things predictable**:
  - Have a plan
  - Talk about the plan
  - Answer questions honestly, but focus on the plan and on the outcome of being safe. “It is going to be OK. We will be OK. We have a plan.”
- **To prepare for smoke**: Smoke can be a health concern and can cause anxiety, especially for people who have respiratory conditions.



### Please check for up to date health information from:

<https://www.emergencyinfobc.gov.bc.ca> (search for “health” and click on “Protecting your health during wildfire season”)

**Another informative website is:** <http://www.bccdc.ca/health-professionals/professional-resources/wildfire-smoke-response-planning>

- **For anxiety of all types** and reasons, listen to children’s fears and worries and acknowledge their feelings, then:
  - Help children to remember their strengths by asking them to breathe slowly
  - Notice what they see and feel right now so they are grounded and present
  - Find the “I can do this, even though it is difficult” that is always present – even if there is also fear or anxiety

### For instance:

“Yes, the smoke is unpleasant and uncomfortable and I know you are worried. We are going to stay inside today.

Also remember – it was difficult last year, but we did OK, and you did OK. Even if it is difficult again this year, we have a plan, we will figure it out, you are going to be OK and we are all going to be OK.”

If you would like more information about managing anxiety, go to [www.anxietycanada.com](http://www.anxietycanada.com) and/or try the **mindshift app** on your phone. You can also check out the Sesame Street app called “Breathe,” which takes users through the steps of “Breathe, Think & Do.”

**Remember:** The most important thing to consider with anxiety is the **feeling of Safety**

- **Have a Plan**
- **Listen, Acknowledge, Reassure**
- **Build Resilience** – help children know that they are stronger than they think, that they are loved, and that they will be OK.

If you are concerned about your child, please contact your school counsellor or your community service provider.



Nechako Community Arts Council Autumn Exhibition 2018

## Anonymous Art Show

Mid – September (exact date to be announced)

## Calling all Artists

Open invitation to all artists to participate in this first of its kind in Vanderhoof !

The Anonymous Art Show – has all artists using a 6x6 canvas to create a unique and original piece of art using any medium they desire. The pieces will be submitted with forms and the artists name will only be revealed after the purchase of the canvas at the live auction on the date of the fundraiser.

Each piece will be sold for \$30 . Sale from your art will be split with you (90%) and the Arts Council (10%).

A great way to get out there, and introduce your art to the community, while also having the opportunity to collect some great pieces of art that move and inspire you.

Details:

1. Entry fee per canvas is \$5
  - With your entry fee we will provide the canvas (must be picked up)
2. Canvases must be 6x6 inches -
  - Each artist can provide up to 4 entries
    - Entry forms will be provided for as many canvases as the artist choose to enter
3. Canvases must not be signed in any way on the front, but all should be marked with an arrow on the reverse to indicate which way they are to be hung, so they may be hung correctly.
4. Canvases must be purchased by August 15<sup>th</sup> (ish) and finished canvases accepted between August 1<sup>st</sup> – September 10<sup>th</sup> - Each submission should have an entry form attached
5. Pick up location is either at the ICC ( Integris Community Center) or with Magdalena Saito (contact)

**Hoping all Artists, whether professional, amateur, young, old, human, elf, dwarf or hero will take part and have some fun to make this a huge event and start the ball rolling for an arts center**

For any further information please contact

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