



FALCONS

Volume 2023/24-10

February 15, 2024

Principal: Ms. S. Sollbach

Vice Principal: Mrs. M. Wilson

Admin. Assistant: Mrs. J. Vossen

Francois Lake Elementary School

Office Hours: 8:30 AM to 3:00 PM

Phone: 250-695-6401 Fax: 250-695-6695

Principal's Message

Dear Families,

During this month, we are focusing on kindness in our classrooms. Kindness messages are being shared over our daily announcements. We are also so fortunate to have so many kind volunteers at Lake Elementary School that enhance the learning experience of our students.

Many thanks to our PAC who provided our students with a special Valentine's Pancake Breakfast. It really made our day and we thank you from the bottom of our hearts! Our school community appreciates your time and efforts.

We would also like to thank the parents and community members that helped to support our school Science Fair. The judges who came to judge our projects gave our students a real-life audience with whom they could share their learning and showcase their innovative ideas. Students demonstrated tremendous engagement and enthusiasm in their learning; projects were interesting, and students had the opportunity to have agency over their own learning as they practiced scientific enquiry skills. Many thanks to Mrs. Wilson for all of her hard work in preparing the students for this important demonstration of learning.

Teachers are working towards completing assessments for term 2. Attendance is important at this stage of the term so that teachers can ensure that they are able to complete term reports. We appreciate your support with student attendance.

We hope that you enjoy the Family Day long weekend. The weather has been beautiful, and we hope that you can engage with your family in your favourite activities.

Respectfully,
Sigrid Sollbach, Principal

Mark your Calendars!

February

- 15 FLES Science Fair
- 16 12:30 OSC Skiing (#1)
- 19 Family Day—**No School**
- 21 District Science Fair—FLESS
- 23 12:30 OSC Skiing (#2)
- 28 Pink Shirt Day

March

- 1 Basketball Tournament
- 1 12:30 OSC Skiing (#3)
- 5 Festival Choir at IGC
- 6 PAC Meeting 6 PM
- 8 Speech Arts Performance
- 8 12:30 OSC Skiing (#4)
- 9 Central Interior Science Fair
- 13 Term 2 Learning Updates go home
- 13 Talk About Learning 2-6 PM
- 15 12:30 OSC Skiing (#5)
- 22 12:30 OSC Skiing (#6)
- 25 **Apr. 7 Spring Break—No School**

April

- 8 First Day Back to School
- 26 Pro-D Day—**No School**

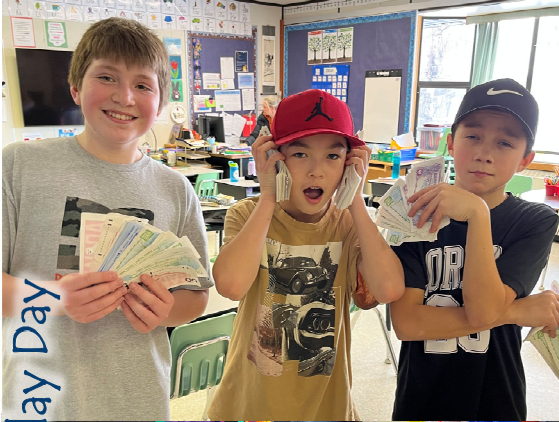
FLES Celebrates Science Fair!

Francois Lake Elementary students are showing their best scientific minds!





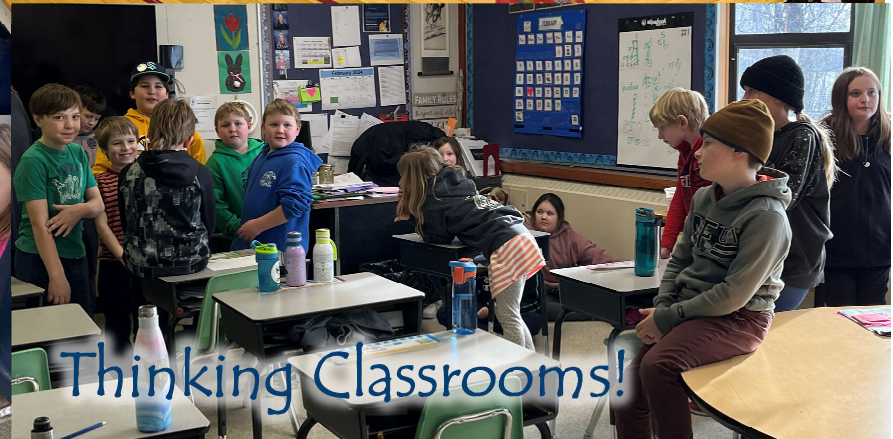
Nature Walk on our Ski Trails



Global Play Day



Candice George and Drumming!



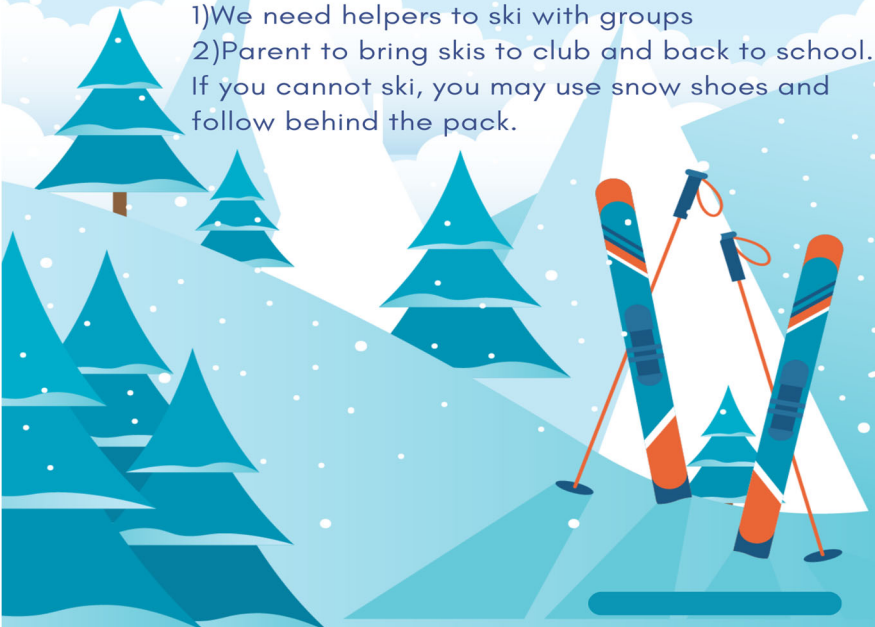
Thinking Classrooms!

IT'S TIME FOR FLES TO GO CROSS COUNTRY SKIING!

Friday Afternoons 12:30-2:30
February 16, 23
March 1, 8, 15, 22

Parent helpers needed to make this happen!

- 1) We need helpers to ski with groups
 - 2) Parent to bring skis to club and back to school.
- If you cannot ski, you may use snow shoes and follow behind the pack.



PAC Posts...

PAC is sponsoring cross-country skiing for the entire school for six Fridays starting February 16. Thank you PAC!

P.S. Please make sure your child is dressed properly for the weather for those days!



Next PAC meeting Mar. 6 at 6:00 PM in the MPR. All parents are Welcome!

Here's Our PAC Executive!

- | | |
|-----------------|-----------------------|
| Amy Wainwright | President |
| Jessica Shively | Vice President |
| Johanna Hayes | Treasurer |
| Ileasha Gooding | Co-Secretary |
| Lisa Swales | Co-Secretary |
| | DPAC Rep |
| | Hot Lunch Coordinator |

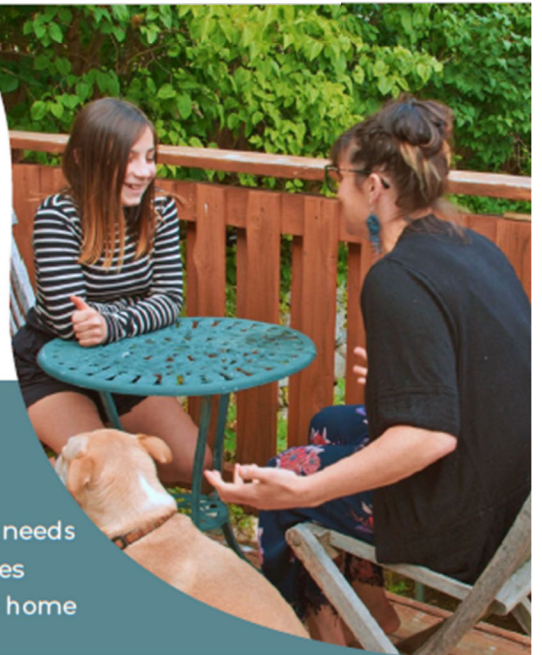


SUBSTANCE USE PREVENTION

An Online Presentation for Parents

KEY TAKEAWAYS

- Learn why children/teenagers are drawn to substances
- Understand what causes and maintains substance use disorder and needs
- Increase your child's ability to make positive choices about substances
- Acquire practical conversation tools for discussing substances in the home



Presentation Overview:

This presentation will focus on **tools and strategies** that you can use to speak to your children about substances in a way that encourages **positive decision-making** through a psychological lens. You will learn the causes of youth substance use and be introduced to a framework for **creating open communication** on this topic in your home.

There will be a focus on prevention and harm/risk mitigation in order to **empower** you to help your children think critically about their own behaviours, motivations, and choices.

In this session, you will be provided with the **specific language to use** when conversations arise about substances. There will also be opportunities to ask questions about the specific challenges you are facing with your children.

Online Session Information:

February 20th, 22nd or 28th

6pm-7:30 pm PST

Note. The same presentation will be delivered on each date

REGISTER



openp.co/Feb20

Presenter:

Dr Hayley Watson

Clinical Psychologist & Founder of Open Parachute

(PhD Clin Psych, MA Clin Psych, MA Transpersonal Psych, PG Dip Psych, BA Criminology)



Dr Hayley Watson is a Clinical Psychologist from BC, specializing in children and adolescents with a PhD in school bullying interventions, along with four further academic degrees in the field of mental health.

She has been working with young people and their families globally for the past 20 years.



And the last word goes to:

Our Francois Lake adult volunteers! Our pancake breakfast was a sweet success with their efforts to provide a celebratory Valentines Day treat!

Board Biz...



Proposed Policy Updates

Despite a temporary hold while we await further information from the Province regarding recently legislated cell phone restriction requirements, the School District 91 Policy Committee continues to accept public feedback regarding ***Policy 604.1 – Digital Technology, Consent and Privacy.***

If adopted, this new Policy 604.1 will replace the following existing policies:

- * 502.6 – Use of Cell Phones and Digital Devices
- * 604.1 – Digital Technology
- * 604.2 – Student Photograph/Video/Audio and Media Consent
- * 604.4 – District Technology and Network Access

Members of the public are welcome to review and encouraged to provide feedback prior to 4:30 p.m. on Friday, April 12th [here](http://www.sd91.bc.ca) or on the 'Policies and Regulations' page at www.sd91.bc.ca.



School Board Meeting

Monday, March 18, 2024

6:00 pm

**School Board Office
Vanderhoof, BC**

Important Public Attendance Notice:

Members of the public are invited to attend Regular Meetings of the Board of Education.

Due to limited space and seating availability, please request your seat prior to noon on meeting day if you wish to attend in person.

Alternatively, members of the public may attend this meeting virtually through Microsoft Teams. To take advantage of this online attendance option, please visit www.sd91.bc.ca/meeting-information for the Teams link or you may request your electronic invitation prior to 4:00 pm on meeting day.

Contact:

Heather Silver

Executive Assistant to the Superintendent
250-567-2284 ext. 9003

hsilver@sd91.bc.ca



Proposed School Calendars

We are currently collecting public feedback regarding the following proposed school calendars:

- Amended 2025-2026 (with change to Spring Break 2026)
- Draft 2026-2027

Your feedback will be accepted via email to calendarfeedback@sd91.bc.ca until **4:30 p.m. on Friday, March 15th**. Check out the 'Calendars – Yearly' page at www.sd91.bc.ca/school-calendar to view the proposed calendars.



Strategic Plan Mid-Year Update

Superintendent Karla Mitchell presented the 2023-24 Strategic Plan Mid-Year Update at the Regular School Board Meeting on February 12, 2024.

You may find it under the Latest News heading at www.sd91.bc.ca.