

## 5. Plan ahead

Kids can experience failure because they lack the tools to finish a task. Teach them simple ways to plan using to-do lists or a planner. It can help them do the work step-by-step.

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Co-Principals

Mrs. W. Kelemen

Mrs. G. Moyah

Admin. Assistant

Mrs. J. Vossen

# Francois Lake Elementary School

Office Hours: 8:45 AM to 3:00 PM  
Phone: 250-695-6401 Fax: 250-695-6695

## Principal's Message

This month's virtue is Perseverance. It is important for children to practice perseverance so they can work towards a goal despite facing challenges, obstacles, or setbacks. Instead of giving up, they keep trying.

Why should we focus on perseverance this month? Studies show that perseverance correlates strongly with academic achievement. Determined children exhibit greater focus and resilience when faced with challenging tasks. This determination leads to improved problem-solving skills and a better ability to overcome obstacles and fosters a growth mindset.

Life can be peppered with setbacks and challenges. Helping children to realize that they can do hard things helps them to be prepared for the real world.

Included in this edition of the newsletter are fifteen ways to foster perseverance at home. By working together on this virtue, we can shape children to be as resilient as possible.

Respectfully,

Mrs. Kelemen  
Principal

## 11. Learn how to play a musical instrument

Learning to play a musical instrument requires consistent practice and perseverance. Encourage children to stick with their instrument practice, praising their dedication and improvement over time.

## No-School Days!!!

Fri. Feb. 6: Pro-D Day  
Mon. Feb. 16: Family Day  
Sat.. Mar. 14 to Sun. Mar. 29: Spring Break  
Fri. Apr. 3: Good Friday  
Mon. Apr. 6: Easter  
Fri. Apr. 24: Pro-D Day  
Fri. May 8: Pro-D Day  
Mon. May 18: Victoria Day  
Fri. Jun. 26 - Tue. Sep. 8  
Summer Break

# HAPPY NEW YEAR!!! Welcome to 2026!

In this week's edition of the Francois Lake Elementary newsletter, we are offering up a fun seek-and-learn activity. Have a look through and see what you find! Also included is a brief sum-up of our terrific Christmas Concert!

## Mark your Calendars! (Dates & events subject to change)

### February

2 (M) Groundhog Day  
6 (F) Pro-D Day—**No School**  
12 (Th) "500 Words" Production—1:30 PM  
16 (M) Family Day—**No School**  
25 (W) Pink Shirt Day  
26 & 27 Share the Love

### March

4 (W) Learning Updates go home  
11 (W) Talk About Learning PM—**Early Dismissal 11:53**  
16 to 27 Spring Break—**No**

## 13. Discuss real-life success stories

Even the most successful people experienced failures in their lifetimes. Sharing stories about people who have persevered can inspire and motivate children. Some great examples to use are Walt Disney, who went bankrupt several times before achieving success with Disneyland, and Albert Einstein, who had surprising difficulties in school before revolutionizing physics with his groundbreaking theories.



"Happy New Year!" says Bailey. "I was so delighted to be a small part of Francois Lake's Christmas Concert on December 18."

"I hope everyone has had a wonderful break and is fully ready for our new 2026 year!"

## 10. Care for a plant

Planting and caring for a garden teaches kids about patience and the rewards of long-term effort. Watching plants grow from seeds encourages a sense of accomplishment and perseverance.

# HOT OFF THE PRESS!!!

NECHAKO LAKES SCHOOL DISTRICT

## KINDERGARTEN REGISTRATION SEPT 2026



**\*\*NEW DATE for 2026\*\***

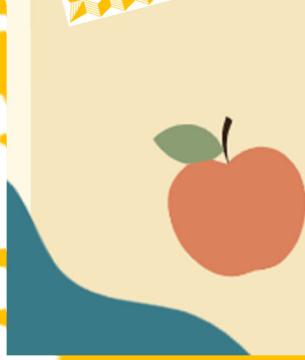
**Registration Opens:  
February 2nd**

**Registrations accepted for  
for children born in 2021**

**Parents/Caregivers can register at  
their local catchment school office**

**QUESTIONS:  
CONTACT YOUR LOCAL  
SCHOOL OFFICE**

Please bring your child's  
Birth Certificate  
and Services BC card!



## FLES's Virtue for January is Perseverance

### 8. Give kids opportunities to help others

When children see people in need, they often naturally want to help. Give them opportunities to teach others to persevere, in class group activities in class or volunteering in the community.

Francois Lake Elementary is practicing perseverance which is being persistent in doing something despite difficulty or delay in achieving success. It means staying with a task even though it is hard to do, like reading a difficult book, or doing a hard math question. Our Falcons excel at perseverance!

# PERSEVERANCE = NEVER GIVING UP

### 15 Fun and Inspiring Perseverance Activities for Kids

Persevering isn't always easy for young children. Making persevering fun, inspiring, and exciting is an excellent way for your child to overcome difficult situations. See if you can find all 15 perseverance activities in this newsletter to try at home and in school.



Our students, who had practiced so hard leading up to the event, performed spectacularly for our audience. We have stars in the making! The concert was enjoyed by all.

#### 1. Praise effort, not results

Research says praising intelligence discourages perseverance by suggesting effort is less important than success. It's important to focus on how hard your child works, instead. Be specific about your praise. You might say, "I saw how hard you worked on your math practice today, great job!"



### 12. Conquer an obstacle course

Create simple obstacle courses that require physical and mental effort. Guide children through the course, highlighting the importance of perseverance in completing each task successfully.



## 2. Practice positive self-talk

It can be hard for a child to see failure as a learning opportunity. By practicing positive self-talk for high self-esteem, they can acknowledge their shortcomings and become more motivated to improve.



## 3. Allow your child to struggle

Parents won't always be around to help their children succeed. Allowing your child to struggle helps build independence and self-confidence. Plus, resisting the urge to step in immediately will tell your child you trust them.

## 15. Model perseverance

Children tend to mimic habits they see in their parents and peers. When you're having a hard time at work or at home, model that it's perfectly acceptable to step back, take a moment, and recharge.

## Science Fair 2025—Important Update:

Our Science Fairs are supported and sponsored by teachers every year. Unfortunately, FLES will not be participating in the Science Fair this year. However, families can still participate in the **District Science Fair, Tue. March 3, 2026**, with their projects, at Fraser Lake Elementary Secondary School (**FLESS**) in Fraser Lake.

If you'd like some science project ideas, check out <https://mystinspace.ca/spark/>.

## 7. Read books about perseverance

There are lots of children's books reinforcing perseverance, such as "The Little Engine That Could" by Watty Piper and "Salt in His Shoes: Michael Jordan in Pursuit of a Dream" by Deloris Jordan. Read these books together and reflect on what made the characters persevere.

## 9. Manage expectations

Keeping expectations realistic doesn't mean having low expectations. Reinforce that kids don't have to rush to succeed, by breaking bigger tasks down into smaller ones.

For example, if your child wants an A in their math class, create smaller goals like practicing multiplication tables for 30 minutes a day or studying real-life math problems.

## 6. Think about the characteristics of a persevering person

"Build" a persevering person by having your child list characteristics they associate with tenacity and determination. For instance, they might suggest:

- Practicing a hobby daily
- Understanding it's okay to make mistakes
- Trying again when you fail
- Not giving up

## Student Learning Survey 2025/2026

The Provincial Student Learning survey is unique in its scope, size and usefulness to schools. It gathers information from parent/guardians, teachers, and students on topics related to school environments, safety, and achievement. The information is used for planning in individual schools and provides a district and provincial perspective.

Between January and April, the Student Learning Survey will be administered to students in grades 4 and 7, their parents/guardians, and all school staff. We encourage parents/guardians to participate in this survey, as the results are important in identifying and celebrating current strengths, as well as determining where the school needs to focus improvement. The surveys contain standard questions for the Province—in addition, questions from the school and/or district that focus on local conditions or issues may be included.

The survey can be completed electronically and can be accessed on the Internet at [www.bced.gov.bc.ca/sat\\_survey/access.htm](http://www.bced.gov.bc.ca/sat_survey/access.htm). Any computer with an Internet connection can be used, and access to the e-survey is simple and secure. The survey can be accessed through the link with or without an anonymous logon code by selecting the school district and school name where your child attends school. Provincial, District, and School Reports for previous years can be viewed at the same site under the *Results* section.

The e-survey will be open until May 1, 2026.

If you have any questions, please contact the school at 250-695-6401.

## Remember! Dress for the weather! It's weird out there...

### Board Biz...



#### School Board Meeting

Monday, January 19, 2026

6:30 pm

Virtual Meeting via MS Teams

#### 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 in advance 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](http://www.sd91.bc.ca/meeting-information) for the Teams link.

To view the meeting agenda, please visit [www.sd91.bc.ca/board-agendas-and-minutes](http://www.sd91.bc.ca/board-agendas-and-minutes).

Contact: Heather Silver, Executive Assistant to the Superintendent, 250-567-2284 ext. 9003 [hsilver@sd91.bc.ca](mailto:hsilver@sd91.bc.ca)

### PAC Posts...

#### 14. Do puzzles together

Puzzles provide opportunities to show how pieces don't always fit. Introduce age-appropriate puzzles and gradually do harder ones, using pictures that'll engage your child.

#### Our 2025-2026 PAC Executive

Chair: Amy Wainwright  
Co-Vice Chair: Dale Pereira  
Co-Vice Chair: Jessica Shively  
Treasurer: Johanna Hayes  
Secretary: Illeasha Gooding  
DPAC: Vacant (you!)

The next PAC meeting

will be

**Wed. Jan. 21, 2026, at 5:30 PM.** All parents are welcome, and babysitting is provided! How do **YOU** want to see our school teach our kids? Come have your say!

SCHOOL DISTRICT 91

# We're Hiring!



SCAN THE QR CODE, OR VISIT  
[WWW.SD91.BC.CA/SUPPORTSTAFFPOSTINGS](http://WWW.SD91.BC.CA/SUPPORTSTAFFPOSTINGS)  
TO VIEW OUR CURRENT VACANCIES, INCLUDING OUR  
CASUAL LISTS!



## 4. Use "Yet" language

You can help children break the cycle of negative thinking by using "yet" language. For instance, follow up, "I'm not good at this," with "I'm not good at this yet." Yet language can keep feelings of self-doubt at bay.

## And the last words go to:

The families who provided the PAC baking and the folks who purchased those lovely baked goods in support of our school PAC.  
Thank you!