



# VI-KIDS VENTURES

EVELYN DICKSON SCHOOL ELEMENTARY NEWSLETTER

October 9, 2025

## Principal's Message

Happy Thanksgiving weekend, everyone!

As we move into the fall season, it is important that students come to school dressed for the weather. We play outside in the morning, at recess, and at lunch unless the temperature drops below  $-20^{\circ}\text{C}$ . If your child needs a little help getting geared up for fall or winter, please join us for our Gear Swap on October 16th! You'll find more details later in the newsletter.

### Talk About Learning Time – October 22

Our first Talk About Learning Time of the year will take place on Tuesday, October 22nd. Students will be dismissed early at 11:53 a.m. Families are invited to book a 15-minute appointment between 2:00 p.m. and 6:00 p.m. to meet with the teacher and participate in a student-led conference.

If those times don't work for your family, please reach out directly to your child's teacher to arrange another meeting, or contact the school office to request a call back.

Ms. Dunkley will begin booking appointments on Tuesday, October 14th — please call 250-567-2258 to reserve your time.

Our Cross Country team headed to Fraser Lake today to compete in the District Cross Country Run! We wish our runners a day filled with teamwork, sportsmanship, and fun. A big thank-you to Mrs. Egan and Miss Quintal for coaching and supporting our athletes!

With Appreciation,

Barb Ziler  
Principal



# October MENU

If your child regularly receives a Hot Lunch, please check the menu for meals that they cannot or will not eat. Please provide a lunch for your child on those days. Thank you! **All orders are done through Meal Manage.** Please see our website for the information - [evd.sd91.bc.ca](http://evd.sd91.bc.ca)

Monday	Tuesday	Wednesday	Thursday	Friday
		<b>1</b> Butter Chicken Lasagna 	<b>2</b> Pulled Pork Sandwich 	<b>3</b> Bakery Sandwich  <b>WHOLE SCHOOL PHOTO</b>
<b>6</b> Grilled Cheese and Tomato Soup 	<b>7</b> Hot Dog Day - PAC 	<b>8</b> Pancakes and Eggs  <b>6:30 - PAC</b>	<b>9</b> Burgers and Salad Bar  <b>DISTRICT CROSS COUNTRY MEET</b>	<b>10</b> Bakery Sandwich 
<b>13</b> <b>THANKSGIVING DAY (NO SCHOOL)</b>	<b>14</b> Pizza Day - PAC 	<b>15</b> Turkey Sandwich  <b>SCHOOL ASSEMBLY</b>	<b>16</b> Bacon Ranch Wrap  <b>GREAT BC SHAKEOUT EARTHQUAKE DRILL</b>	<b>17</b> Bakery Sandwich  <b>CRAZY HAIR DAY</b>
<b>20</b> Spaghetti  <b>FIRE DRILL HALLOWEEN COLOR CONTEST BEGINS</b>	<b>21</b> <b>12:00 – EARLY DISMISSAL 2:00-6:00 – TALK ABOUT LEARNING TIME</b>	<b>22</b> Taco Salad  <b>MISSED PHOTO DAY/ CLASSROOM PHOTOS</b>	<b>23</b> Pizza Sub 	<b>24</b> <b>PRO-D Day (NO SCHOOL)</b>
<b>27</b> Baked Potato with toppings  <b>DROP EVERYTHING AND READ DAY</b>	<b>28</b> Hot Dog Day - PAC 	<b>29</b> Perogy Casserole 	<b>30</b> Fish Sticks 	<b>31</b> Bakery Sandwich  <b>HALLOWEEN DRESS UP DAY /SOCK HOP (K-3 &amp; 4-6)</b>

### UPCOMING DATES:

- October 13 - Thanksgiving Day—No School
- October 15 - School Assembly
- October 16 - Great BC Shakeout Earthquake Drill
- October 17 - Crazy Hair Day
- October 21 - 12PM Dismissal - Talk about Learning Time
- October 22 - Missed Photo Day/Class Photos/  
Whole School Photo

## Visting our Building

Just a reminder to parents and guests that when you are visiting our building you must come directly to the office after entering the front door.

Visitors and parents are not permitted to go into classrooms or other areas of the school. Should there be a need to access the building, a visitor badge will be provided at the office.

Please contact Barb Ziler, Principal, should you have any questions.



IS SOMEONE  
BOTHERING YOU?  
**W**alk away  
**I**gnore  
**T**alk it out  
**S**eek help

**REGISTRATION IS OPEN!**

**REGISTER BY NOV 30TH**

**COME SPEND SOME TIME OUTDOORS THIS WINTER AND LEARN TO LOVE CROSS COUNTRY SKIING RECOMMENDED FOR AGES 4-12 ALL EXPERIENCE LEVELS WELCOME!**

**HTTPS://ZONE4.CA/REGISTER.ASP?ID=39562**

**QUESTIONS? CONTACT STEPH ROLLER (SVONROLLER@GMAIL.COM) OR SAMMY MORIN (SAMANTHA.MORIN.MASSAGE@GMAIL.COM)**

**KidSport grants available for season membership and rentals!! Check to see if your family qualifies with the link below**

**SCHOOL DISTRICT 91**  
NECHAKO LAKES

**Proposed Policy Update**

The following draft policy is currently open for public feedback **until 4:30 p.m. on Friday, October 10, 2025.**

[Policy 302.7.2 – Unexpected Health Emergencies](#)

Members of the public are welcome to review all the information, including how to provide feedback, on the SD91 Policies and Regulations webpage at [www.sd91.bc.ca/policies-and-regulations](http://www.sd91.bc.ca/policies-and-regulations).



**SCHOOL DISTRICT 91**  
NECHAKO LAKES

**VIRTUAL CLEARING HOUSE**

**auction.sd91.bc.ca**

Online auction site of SD91 assets  
Updated often - check it often!

Scan the QR Code to go to the website!

## MORNING DROP OFF

Just a reminder that we do not have supervision in place until 8:15 a.m. If you need to drop your child off before this, please contact the office to discuss arrangements.

## EMERGENCY PREPAREDNESS DRILLS

All schools participate in Emergency Preparedness Drills each year. We will have six fire drills, two lockdown practices and an Earthquake drill. If your child talks to you about these drills, please reassure them that the practices are to ensure their safety in an emergency.

## Communication with your Child's Teacher

Should you have any questions or concerns, you can always reach out to your child's teacher. If you are unsure how to contact them, you can always call our office and leave a message. If you prefer an email, please contact our office and we will ensure you get the information you need.

## Inside vs Outside Days

We try to be outside as much as possible before and after school and during recess and lunch play time. Appropriate outdoor clothing is important. Inside days are determined by the weather and air quality.

On rainy days please ensure your child is dressed to be warm, dry and comfortable when playing outside. Rain jacket, rainboots, and waterproof pants. It is also a good idea to send a change of clothing.

On sunny days, especially fieldtrips, sunscreen, a hat, proper footwear and bug spray are strongly recommended. Students should be able to apply this themselves.



## Nechako Figure Skating Club

REGISTRATION IS OPEN!

Do you want to learn to skate or have a child that wants to learn to skate?

Registration is open for Nechako Figure Skating Club  
Ages 3 and up

Please visit our website for schedules and information

### REGISTRATION LINK:

<https://nechakofsc.uplifterinc.com/registration>

Contact : [nechakofsc@gmail.com](mailto:nechakofsc@gmail.com) [www.nechakofsc.com](http://www.nechakofsc.com)



Registration is Now open for the Fall Maintenance  
Season Sept 23 - Nov 29

Registration link

<https://www.active.com/vanderhoof-bc/water-sports/swimming-registrations/nechako-valley-swim-club-fall-maintenance-2025>

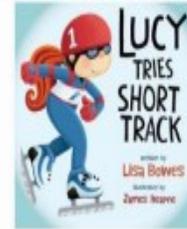
If your swimmer did NOT participate with us during the summer session, please remember to include the \$35 BCSSA fee (per swimmer) when registering.

If you are registering multiple swimmers, register them all at once to receive a multi-swimmer discount.

Any problems registering please contact Kathryn Egli

[nvsc.registrar.otters@gmail.com](mailto:nvsc.registrar.otters@gmail.com)

## Vanderhoof Clippers Speed Skating Club 2025 - 2026 Season



### Registration is Open!!

#### ACTIVE STARTS

Low cost, fun and fast winter sport!

**Ages 4-5**

Must be 4 years old on or before June 30th

Monday and Friday at **6:00pm**

All you need is a helmet and hockey skates to start

Cost: **\$200.00**

Questions? Contact:

[vanderhoofspeedskating@gmail.com](mailto:vanderhoofspeedskating@gmail.com)



### School Board Meeting

**Monday, October 20, 2025  
6:30 pm**

**Room 112 @ FSJSS  
Fort St. James, 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 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)

# THERE'S STILL TIME TO SUBMIT YOUR RECIPE FOR THE EDS COOKBOOK

This will be an amazing **Christmas** gift containing recipes submitted by EDS students!



Send a picture of your recipe by email: [EDSPAC@sd91.bc.ca](mailto:EDSPAC@sd91.bc.ca)  
...or come to the clothing swap on October 16th and we will take the picture for you!

## EDS Gear Swap

Bring your used outdoor gear or a non-perishable food donation for the Vanderhoof food bank and swap it for another piece of outdoor clothing.

All clothing that has not been swapped will be donated to our outdoor education program.

### Clothing items you can swap

- Rain boots
- Splash Pants
- Raincoats
- Winter boots
- Snow pants
- Winter mittens
- Winter Coats

All clothing items must be  
5t-14/16 youth

When: October 16

Where: EDS Gym

When: 3:30-6:00

Please bring your outdoor  
clothing to the office before  
October 16th

If you have any questions or concerns please email  
[tegan@sd91.bc.ca](mailto:tegan@sd91.bc.ca)



### A few notes about the Gear Swap:

- We are not responsible for the condition of the clothing
- We will accept donations at the gear swap but if you can get the gear to use prior to October 16<sup>th</sup> that would be best
- The amount of gear you bring is the amount you are able to bring home

# Let's Talk About Learning

Wednesday, October 22, 2025  
Early dismissal at 11:53

Student Led Conferences

Please contact the office at 250-567-2258 to make an appointment to meet your child's teacher.

Please bring your child as these will be student-led conferences.

Appointments available between

2 p.m. - 6 p.m.





## Feeding Futures – Nechako Lakes Information 2025-2026

Dear Parent/Guardian,

Over the past two school years, *Feeding Futures* has become a part of each school community. The school district recognizes the powerful influence of *Feeding Futures*. This program has been a key source to supporting many throughout the school district.

- Through investment from the [National School Food Program](#) and ongoing support from **Foodbanks BC**, schools can participate in the [Fresh for Kids](#) program from **BC Agriculture in the Classroom**. This program provides each school with three food items each 5-day school week.
- The **National School Food Program** further supports school meal programs throughout the school district.
- Continued funding from [Feeding Futures](#) supports the daily food program operation, making it possible for staff to have time to prepare items for snack bowls/fridges, or breakfast or lunch programs.
- In the last school year, **44%** of all money spent on food was spent on food products **produced or processed in BC**. **8%** of all money spent on food was spent within the **Nechako Lakes region**, with food purchased from numerous farmers, producers and processors.
- **Lakes District Family Enhancement Society (The Link)** continues to be a partner in delivering *Fresh for Kids* items to Francois Lake Elementary and Grassy Plains schools. The partnership helps ensure these two school communities have access to nourishing food, while reducing the ownership of staff having to travel to pick up food. It keeps staff at the school, using time to prepare food.

Most importantly, it is with gratitude to each school meal worker, and school community, that each student has access to nourishing food at school to be ready to learn.

## In Focus - Feeding Futures Guiding Principle

*Feeding Futures* has five guiding principles. Each newsletter will focus on one. The focus this time is:

*"Students have access to food daily in an equitable, accessible, and non-stigmatizing manner".*

As each school is unique, how food is available can vary. For example:

- David Hoy, William Konkin and Lakes District Secondary Schools have central locations where food is available. A variety of nourishing food is offered, like fruit, vegetables and yogurt or milk or cheese strings. Students can choose a food item as needed.



- Breakfast programs are available at all schools. As students arrive, they are welcome to have some food if they choose.

- Nechako Valley Secondary, Fraser Lake Elementary-Secondary, Evelyn Dickson, Sinkut View and WL McLeod are using a program called [Meal Manage](#). This web-based program allows all to access lunch, with households discretely supported by *Feeding Futures*.



### Other Items

- Schools are always looking for new recipes and meal ideas. If you have one, please share.

*Did you know?* Menus are created with input from the students. Ideas are collected ongoingly and added to an upcoming menu.

### Comments heard throughout the school district:

"The students love the menu"

"This program is such a huge stress off my plate with all of the cost of groceries being so high. It's a life saver."

Kind regards,

Robyn Turner-Klopper, RD

Food Programs Manager, School District 91 – Nechako Lakes





## "TALK ABOUT LEARNING TIME" A GUIDE FOR PARENTS/GUARDIANS

"Talk About Learning Time" conferences are held two times a year at all schools, once in October and once in March.

These are opportunities for families and teachers to discuss their child's progress to support learning. The sessions are 10–15 minutes long, and there is value for all parents to attend even if your child is doing well in school. Other options can be arranged if you cannot attend.

### Talk About Learning Time – Goals:



- Build a cooperative relationship with the teacher to support learning
- Discuss information about your child and any concerns
- Set action plans for improvement and support
- Answer questions about recent provincial changes in assessment and reporting student learning

### Before the Conference:

- Confirm whether to attend with or without your child
- Ask your child about their feelings about school and any specific topics they want discussed

Make a brief list of topics you want to discuss such as:

- What are my child's strengths?
- What areas are of concern?
- Is my child engaged in class?
- Does my child seem happy at school?
- How can I support my child at home?



## During the Conference:

- Be on time and mindful of time constraints
- Stay relaxed and be yourself and prioritize your important questions
- Inquire about your child's progress if they receive additional support
- Seek clarification on curriculum and resources
- Ask for ways to support learning at home and examples of your child's work
- Show your appreciation for the teacher's time and effort



## After the Conference:

- Discuss the conference with your child
- Highlight positive points and ways to improve
- Communicate any plans made with the teacher to your child
- Stay in touch with the teacher during the school year

## Other Helpful Hints:

- Double-check your appointment time and length of the meeting
- Maintain a positive attitude, recognizing that everyone is on the same team
- Acknowledge what is working well before concerns are brought forward
- Provide specific examples when explaining key points
- Listen carefully and be open to different perspectives
- Stay objective, focus on your child's needs, and steps forward
- While in-person sessions are the best way to collaborate with teachers, other options, such as phone meetings, can be arranged



## Links and Resources:

[www.sd91.bc.ca](http://www.sd91.bc.ca) > Student & Families > Parent Resources

**SD91  
DPAC**

**Please contact your school principal for  
more information.**

**[www.sd91.bc.ca](http://www.sd91.bc.ca)**

