



# VI-KIDS VENTURES

## EVELYN DICKSON SCHOOL ELEMENTARY NEWSLETTER

Hadih, Bonjour, and Hello!

Welcome back, and happy New Year! We hope your winter break gave you time to rest, connect with loved ones, and enjoy special moments together. It has been wonderful to welcome students back to school and feel the excitement and energy that comes with the start of a new year.

January is a great time to settle back into routines, think about learning so far, and set new goals. Our staff are looking forward to continuing to support each child's growth—academically, socially, and emotionally—and to building on the strong relationships already in place.

At our school, we continue to focus on how we C.A.R.E. every day. This means working together as a Community, accepting others and celebrating learning through Acceptance and Achievement, showing Respect and Responsibility, and always doing our best as we work toward Excellence. These values guide how we learn, play, and treat one another. Please take time to discuss this with your child and to also review our Code of Conduct. A gentle reminder that students are not permitted to use cell phones during the entire school day unless for instructional purposes and only with the direct supervision of a staff member.

As winter continues, thank you for making sure your child comes to school dressed for the weather so they can enjoy outdoor play safely. We also encourage families to review school expectations together to help students return ready to learn, play, and care for others.

Thank you for your continued support and partnership. We are excited for the year ahead and look forward to many months of learning, kindness, and connection.

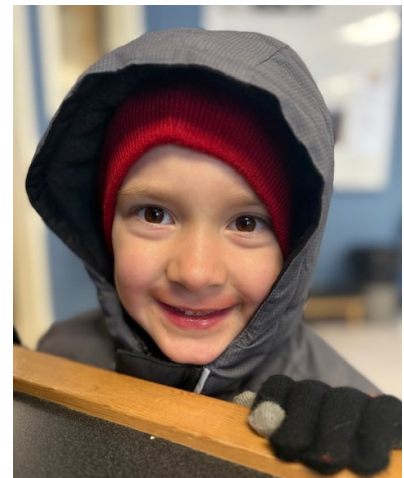
Warm Regards,

Barb Ziler, Principal

January 8, 2026



**Mr. Gray's Model Club**



### 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 snow days please ensure your child is dressed to be warm, dry and comfortable when playing outside - Winter jacket, snow boots, snow pants and mittens.

**It is also a good idea to send a change of clothing.**













# JANUARY MENU

**Student's Name:** \_\_\_\_\_ **Teacher:** \_--\_\_\_\_\_

**Total Amount:** \_\_\_\_\_

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! **Cheques should be made payable to SD91**

Monday	Tuesday	Wednesday	Thursday	Friday
		<b>1</b> Winter Break "Happy Holidays" 	<b>2</b> Winter Break "Happy Holidays" 	<b>3</b> Winter Break "Happy Holidays" 
<b>5</b> Spaghetti 	<b>6</b> Hot Dogs - PAC 	<b>7</b> Bacon, Lettuce, Cheese Ranch Wrap 	<b>8</b> Butter Chicken Lasagna 	<b>9</b> Chili & Bun - Bakery 
<b>12</b> Corn Chowder 	<b>13</b> Pizza - PAC 	<b>14</b> Roast Beef Sandwiches 	<b>15</b> Breakfast Sandwich 	<b>16</b> Chili & Bun - Bakery 
<b>19</b> Turkey Sandwich 	<b>20</b> Hot Dogs - PAC 	<b>21</b> Perogy Casserole 	<b>22</b> Burgers 	<b>23</b> Chili & Bun - Bakery 
<b>26</b> Mac and Cheese 	<b>27</b> Pizza - PAC 	<b>28</b> French Toast 	<b>29</b> Chicken Strips 	<b>30</b> Chili & Bun - Bakery 



**From EDS PAC:**

While enjoying Winter Break  
and all the tradition and  
**YUMMY FOOD**  
that comes with it....

here's a reminder... **THERE IS  
STILL TIME TO  
SUBMIT YOUR  
RECIPE  
FOR THE  
EDS COOKBOOK**

Send a picture of your recipe by email:  
**EDSPAC@sd91.bc.ca**

<div> <div>Shine On  YMCA BC</div> <div>Recreation Schedule</div> <div>January 2026</div> </div>							
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
			1 New Years Day	2 Winter Break - Winter Wonderland 9:30am - 3:30pm 6-12	3	4	
Little Learners 11:00am-12:00pm   3-5Y	5 Little Movers 10am-11am   3-5Yrs Winter Crafts 11:30am-12:30pm   3-5 Winter Explore   3:30PM -4:30PM   6-12 Yrs	6 Tiny Tumblers 10am-11am   0-3 Yrs Winter Explore 11:30am-12:30pm   3-5 Winter Games   3:30PM -4:30PM   6-12 Yrs	7 Winter Create 10:00am-11:00am   3-5Y Y Theatre 1:00pm- 2:00pm   3-5Yrs	8 Winter Art 10am-11am   3-5 Yrs Arctic Animals 11:30-12:30pm   3-5 Yrs Winter Create 3:30PM - 4:30PM   6-12	9	10	11
Science Day 3:30PM-4:30PM   6-12Yrs	12 Little Learners 11:00am-12:00pm   3-5Y Winter Crafts 11:30am-12:30pm   3-5 Winter Explore   3:30PM -4:30PM   6-12 Yrs	13 Tiny Tumblers 10am-11am   0-3 Yrs Winter Explore 11:30am-12:30pm   3-5 Winter Games   3:30PM -4:30PM   6-12 Yrs	14 Winter Create 10:00am-11:00am   3-5Y Y Theatre 1:00pm- 2:00pm   3-5Yrs	15 Winter Art 10am-11am   3-5 Yrs Arctic Animals 11:30-12:30pm   3-5 Yrs Winter Create 3:30PM - 4:30PM   6-12	16	17	18
19 Little Learners 11:00am-12:00pm   3-5Y Science Day 3:30PM-4:30PM   6-12Yrs	20 Little Movers 10am-11am   3-5 Yrs Winter Crafts 11:30am-12:30pm   3-5 Winter Explore   3:30PM -4:30PM   6-12 Yrs	21 Tiny Tumblers 10am-11am   0-3 Yrs Winter Explore 11:30am-12:30pm   3-5 Winter Games   3:30PM -4:30PM   6-12 Yrs	22 Winter Create 10:00am-11:00am   3-5Y Y Theatre 1:00pm- 2:00pm   3-5Yrs	23 Winter Art 10am-11am   3-5 Yrs Arctic Animals 11:30-12:30pm   3-5 Yrs Winter Create 3:30PM - 4:30PM   6-12	24	25	
26 Little Learners 11:00am-12:00pm   3-5Y Science Day 3:30PM-4:30PM   6-12Yrs	27 Little Movers 10am-11am   3-5 Yrs Winter Crafts 11:30am-12:30pm   3-5 Winter Explore   3:30PM -4:30PM   6-12 Yrs	28 Tiny Tumblers 10am-11am   0-3 Yrs Winter Explore 11:30am-12:30pm   3-5Y Winter Games   3:30PM -4:30PM   6-12 Yrs	29 Winter Create 10:00am-11:00am   3-5Y Y Theatre 1:00pm- 2:00pm   3-5Yrs	30 Winter Art 10am-11am   3-5 Yrs Arctic Animals 11:30-12:30pm   3-5 Yrs Winter Create 3:30PM - 4:30PM   6-12	31		

 DISTRICT OF  
Vanderhoof

**Facility Hours**  
 Monday-Friday • 8:00am-5:30pm  
 186 Columbia Street, Vanderhoof

**Contact:** vcc@bc.ymca.ca  
 (250) 570-9505  
**Register online:** mynbcy.ca

Vanderhoof Community Centre • (250) 570-9505 • nbc.ymca.ca

## 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.

**CELL PHONES**



**NOT  
PERMITTED  
AT SCHOOL**



## 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.

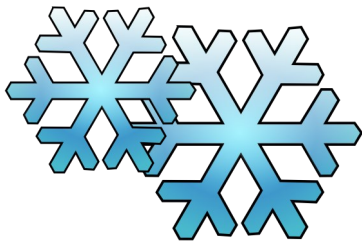
To view the meeting agenda, please visit [www.sd91.bc.ca/board-agendas-and-minutes](http://www.sd91.bc.ca/board-agendas-and-minutes).

**Contact:**

Heather Silver

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

[hsilver@sd91.bc.ca](mailto:hsilver@sd91.bc.ca)



### 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.

### MEAL MANAGE LUNCH ORDER WINDOWS

	Open date	Close date
November menu	October 17 <sup>th</sup>	October 28 <sup>th</sup>
December menu	November 14 <sup>th</sup>	November 25 <sup>th</sup>
January menu **note: longer time due to winter break**	December 12 <sup>th</sup>	January 6 <sup>th</sup>
February menu	January 16 <sup>th</sup>	January 27 <sup>th</sup>
March menu	February 13 <sup>th</sup>	February 24 <sup>th</sup>
April menu **note: longer time due to spring break**	March 13 <sup>th</sup>	March 31 <sup>st</sup>
May menu	April 17 <sup>th</sup>	April 28 <sup>th</sup>
June menu	May 15 <sup>th</sup>	May 26 <sup>th</sup>
September 2026 menu **note: open all summer break**	June 26 <sup>th</sup>	September 13 <sup>th</sup>



### Visiting 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.





Date:	January 5, 2026
To:	Licensed Childcare Facility Operators
From:	Northern Health Chief Medical Health Officer Northern Health Medical Health Officers
CC:	Northern Health Licensing Team
RE:	2026-01-05 Memo on Influenza to Licensed Childcare Facilities

#### Staying healthy during flu season in Northern Health communities

##### Flu Season is here

Levels of influenza are rising in Northern Health, especially among children. Influenza (the flu) is an infection that mainly affects the nose, throat, and lungs. It is caused by influenza A and B viruses which spread every year from November to April. H3N2 is the main type of influenza virus that is spreading this year, and it can cause more severe illness especially in children and older adults. This makes it extra important to be protected from influenza this season.

##### Signs and symptoms

Infection with influenza can range from mild to severe. Common symptoms include:

- Fever
- Headache
- Sore throat
- Body aches
- Extreme tiredness
- Cough, sneezing, runny nose
- Nausea, vomiting, or diarrhea

Getting sick with influenza can also lead to serious diseases, like pneumonia (which affects the lungs), and life-threatening complications.

##### Vaccines are the best protection from the flu

Influenza vaccine is the safest and most effective protection from influenza. It's free for everyone 6 months and older in BC. You can get it at health units, pharmacies, or some doctor's offices. Even though this year's vaccine isn't a perfect match to the H3N2 influenza virus, it still helps prevent severe illness and hospitalization and protect against other types of influenza viruses.

- Register and book online through the BC Get Vaccinated system or by calling 1-833-838-2323

##### Other ways to stay healthy

- Keep sick kids home until they feel better
- Wash hand often with soap or sanitizer
- Cough or sneeze into your elbow
- Throw away used tissues right away
- Clean and disinfect surfaces that are touched often
- Wear a mask if you can't avoid others while sick

These measures also help prevent illness from other viruses, such as COVID-19, RSV, and parainfluenza.

##### If your kids get sick

Have your kids stay home, rest, and avoid close contact with other people until they feel better and their fever is gone. Call your health care provider if your child has a health condition that increases their risk of getting very sick, or if they are very ill (such as having trouble breathing, chest pain, or signs of dehydration like dizziness, extreme sleepiness, or not peeing much).

##### How influenza spreads

Influenza spreads through coughing, sneezing, close contact, and by touching surfaces with influenza germs and then touching your eyes, nose, or mouth.

##### Who is at higher risk?

Some people are more likely to get very sick from influenza. This includes:

- Adults over 65 years old
- Children under 5 years old
- People who are pregnant
- People with chronic health conditions

Page | 1

##### Helpful links

[Book your vaccine](#)



[Health Link BC](#)



[Common Childhood Diseases: Quick Guide](#)



Sincerely,

Dr. Jong Kim, MD  
MSc FRCP(C)  
Chief Medical Health  
Officer  
Northern Health

Dr. Rakel Kilgus, MD  
MSc MPH FRCP(C)  
Medical Health  
Officer, Northern  
Interior  
Northern Health

Dr. Raina Fumerton,  
MD MPH FRCP(C)  
Medical Health Officer,  
Northwest and  
A/Northeast  
Northern Health

Dr. Trevor Corneli,  
MD FRCP(C)  
Medical Health Officer  
Northern Health

Dr. Diana Bark,  
MD MPH FRCP(C)  
Medical Health  
Officer  
Northern Health



Buy Mabel's Labels waterproof, durable labels to help reduce classroom mix-ups and keep your items coming home.



Use code  
**BACKTOLABELS15**  
for 15% OFF  
your purchase!



Go to [campaigns.mabelslabels.com](https://campaigns.mabelslabels.com) and search for

Evelyn Dickson School (Vanderhoof)

Use code BACKTOLABELS15 for 15% off your purchase. Exclusions apply. Cannot be combined with other offers. Valid through October 5, 2025.



## PAC—Meal Manage



There are now two options for our hot dogs that the PAC serves.

The options are either:

- 1 — All Beef
- 2 — Regular Hot Dogs





# EARLY YEARS SCREENING FAIR

DATE: **January 21, 2026**

TIME: **02:00 pm to 04:30 pm**

PLACE: **Gospel Chapel**

For Ages: **3 - 4 y/o**

**LEARN WHAT EARLY YEARS  
SERVICES ARE AVAILABLE  
IN YOUR COMMUNITY.**

- ✓ Hearing Screening
- ✓ Vision Screening
- ✓ Immunizations
- ✓ Ages & stages questionnaire screening
- ✓ Get your developmental questions answered!

**\$ 50 GIFT CARDS  
TO BE WON !!!**

SCHOOL  
DISTRICT  
**9!**  
NECHAKO  
LAKES

**CON  
NEX  
US** 

**ccrr**   
Child Care Resource & Referral

HOSTED IN  
PARTNERSHIP BY:

 **Northwest**  
Child Development Centre

  
**northern health**  
the northern way of caring

  
**CARRIER SEKANI  
FAMILY SERVICES**

  
**Thomas Robinson  
Consulting Ltd.**



EVELYN DICKSON ELEMENTARY SCHOOL  
CODE OF CONDUCT



Our EDS Code of Conduct applies to all students, staff, caregivers and guests engaging in any activity that may have an impact on our school culture. Our Code of Conduct follows the [Nechako Lakes School District Policy](#) and is in place to ensure that we learn, work and play in a safe, kind and caring environment.

**At Evelyn Dickson Elementary School we C.A.R.E.**

We are a **Community of Learners**, committed to creating a school that promotes Acceptance of All, Achievement for all, Respect, Responsibility, and the pursuit of Excellence.

**At Evelyn Dickson Elementary School we:**

- respect the diversity of our school community and the [BC Human Rights Code](#) which prohibits discrimination on the grounds of race, national or ethnic origin, colour, religion, sex, age, mental or physical disability, gender identification/expression, sexual orientation or sexual orientation as perceived by others. [\(SD 91 Policy 302.3\)](#).
- respect the rights of others within the school community including peers, staff, parents, and guests.
- work to the best of our abilities with the goal of always improving.
- Demonstrate the qualities of a good citizen including a positive attitude, cooperation with adults and other students, school service, leadership and sportsmanship.
- respect the school building, equipment, and the property, including property of others. Students (or their parents) may be held financially responsible for repairs or replacement of property purposely damaged.
- conduct ourselves in a safe and responsible manner at all times.
- treat others with kindness. We do not threaten, harass, bully, intimidate or assault, in any way, any person within the school community. This includes cyber bullying.
- are not in possession of any object that is potentially dangerous. This includes any weapons, legal or illegal, including replicas/imitations, knives, and any object with a blade.
- are not in possession or under the influence of drugs, alcohol, or vape type products in school buildings, on school trips or on school property.
- follow SD 91 policy/regulations regarding student transportation on school buses [\(406.1 / 406.1 R\)](#).
- follow SD 91 policy/regulations [\(401.1/401.1R\)](#) regarding student use of district technology and restrictions for "Personal Digital Devices".

EVELYN DICKSON ELEMENTARY SCHOOL  
CODE OF CONDUCT

### Knives in Schools

SD91 reminds families that knives are strictly prohibited at school and on school buses. We understand that many families in our region spend considerable time outdoors and often use these items. However, knives, including Leatherman tools, are not appropriate in a school setting at any time.

We ask that all caregivers and students check backpacks and jacket pockets, especially after camping, fishing, or hunting trips to ensure these items are not brought to school. The District Code of Conduct will be followed to for these situations and appropriate consequences applied.

If you have any questions, please contact your school or the Safe School Coordinator at the SD 91 Board office.

### Use of Technology

While using technology at EDS, we:

- ask permission first.
- only login, look at or delete our own files.
- use the technology only for the purpose we have been given.
- only use the communication tools with the permission of a staff member (e-mail, Teams, etc.)
- do not inappropriately communicate with others (cyber-bullying, making threats, etc.).
- never share personal information or arrange to meet with anyone.
- demonstrate respect for all EDS hardware and software.

In alignment with SD 91 Digital Technology, Consent and Privacy Policy and Regulations ([401.1/401.1R](#)) and the [policy](#) of the Ministry of Education and Childcare requirements for cell phones and personal digital devices for elementary students the following must be adhered to:

- A student's cell phone or personal digital device must be powered off and safely stored during the entire school day unless for instructional purposes and to promote digital literacy, and only with the permission and direct supervision of a teacher or other staff member. This extends to instructional time, while off school property (e.g. field trip).
- Taking pictures, videotaping and recording is not allowed.
- The school takes no responsibility for lost, missing or damaged personal digital devices that students choose to bring to school.

*\*Special considerations apply to students who are unable to comply with the School Code of Conduct due to having a disability/condition of an intellectual, physical, medical, sensory, emotional, or ~~behavioural~~ nature.*