



# VI-KIDS VENTURES

## EVELYN DICKSON SCHOOL ELEMENTARY NEWSLETTER

As we move further into February, we continue to be grateful for the incredible staff and families who make our EDS community so special. The news from Tumbler Ridge has made all our hearts very heavy this week. When our Premier spoke at a news conference, what resonated most with me was that this is a time when we hug our children a little bit tighter. Please know that we do everything we can to make our school a safe, inclusive and kind learning community for all. Know that if you need to talk about anything, you can reach out any time.

February 12 2026

Today our school was filled with the sounds of good sportsmanship and friendly competition as we hosted teams from around our district for a day of primary soccer. A heartfelt thank you to Mr. Cayan, Mrs. Egan, and Mrs. Creighton for coaching our teams. Their time, energy, and enthusiasm provide such a positive opportunity for our youngest learners to build skills, confidence, teamwork, and school spirit. We are so appreciative of the care and commitment they show to our students both inside and outside the classroom.



We are also excited to welcome our newest Kindergarten registrations for the 2026–2027 school year! It has been such a pleasure meeting our future EDS learners and their families. Kindergarten registration remains open, and we look forward to welcoming many new faces into our school community.

For families who live outside of our catchment area, please note that Out of Catchment applications will open on March 9th at 8:30 a.m. at EDS. Families must first register at their catchment school before applying. If you have any questions about the process, please contact our office—we are happy to help.



Later this month, we will be recognizing Pink Shirt Day and celebrating our annual Share the Love Days. These important days highlight kindness, inclusion, and standing up for one another—values that connect deeply to our EDS C.A.R.E. Code (Community, Acceptance & Achievement, Respect & Responsibility, Excellence). You will find more detailed information about Share the Love Days in this newsletter. If you have any questions about activities or classroom participation, please connect directly with your child's teacher.



There is no school on Monday, February 16<sup>th</sup> as we celebrate Family Day in BC. We also hope you are able to enjoy this gift of a day to spend together and make meaningful memories.

Thank you for your continued partnership and for being such an important part of our EDS community. ❤️

Kind Regards,

Barb Ziler



## Share the Love Days at EDS

### Thursday, February 26 & Friday, February 27

This year, Share the Love will take place over two days at EDS—Thursday, February 26 and Friday, February 27—to honour Zero Discrimination Day on Sunday, March 1.

At EDS, these days are a time to celebrate kindness, belonging, and respect, while recognizing and appreciating the many ways we are all unique.

### Thursday, February 26

#### District Wide Virtual Presentation (Teams)

All students in SD91 will take part in a live, virtual presentation titled *Joy in Difference* by Mischa Oak.

*Joy in Difference* focuses on:

- Appreciating and celebrating differences
- Seeing differences as strengths and sources of inspiration
- Supporting one another's dreams and potential

Being cheerleaders for one another so we can all succeed together

Students will explore the idea that our job is not to judge others, but to see the best in them—and in ourselves.

#### Classroom learning

Classes will be participating in a collaborative art piece using prisms to demonstrate the beauty of reflecting light in all its varieties.

In addition to the presentation and art project, teacher-led classroom activities will also be taking place. If you have any questions or would like more information, please feel free to reach out to your child's classroom teacher.

#### Caregiver & Staff Session

##### 3:30 p.m. – Teams Presentation

An optional staff and caregiver session will be held on Teams. All caregivers and SD91 staff are welcome to attend.

##### Join the meeting:

<https://teams.microsoft.com/meet/2937207193099?p=Kvd7GcDRLKc43awCxi>

## UPCOMING DATES:

- \* Feb 13
  - 100th Day of School
  - Valentine's Day Celebrations
- \* Feb 16
  - **Family Day – No School**
- \* Feb 19
  - Skating (Oldham, Mountfield)  
10 to 11:45
- \* Feb 25
  - Pink Shirt Day
- \* Feb 26/27
  - Share the Love
- \* Mar 10
  - Talk about Learning Time (Early Dismissal)
- \* Mar 12
  - District Basketball (Gr4-7)
- \* Mar 13
  - Green Day
- \* Mar 16–27
  - **SPRING BREAK**
- \* Apr 2
  - Bunny Ears/Easter Egg Hunt Day
- \* Apr 3
  - **Good Friday – No School**
- \* Apr 6
  - **Easter Monday – No School**
- \* Apr 17
  - District Floor Hockey Play Day
- \* May 22
  - District Primary Fun Run (FSJSS)
- \* May 28
  - District Track and Field (NVSS)



# Recreation Schedule

February 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						1
<b>Little Learners</b> 10am-11am   3-5 Yrs Y Theatre 1pm-2pm   3-5 Yrs Winter Create   3:30PM-4:30PM   6-12 Yrs	<b>2 Little Artists</b> 10am-11am   3-5 Yrs Dino Crafts 1pm - 2pm   3-5 Yrs Science Day   3:30PM -4:30PM   6-12 Yrs	<b>3 Little Movers</b> 10am-11am   3-5 Yrs Story Time 11:30am-12:30pm   0-3 Winter Crafts   3:30PM -4:30PM   6-12 Yrs	<b>4 Tiny Tumblers</b> 10am-11am   0-3 Yrs Winter Art 1pm-2pm   3-5 Yrs Winter Exploration   3:30PM-4:30PM   6-12 Yr	<b>5 Pro-D Day -</b> Tie Dye   9:30am - 3:30pm 6-12 yrs		<b>6</b>
<b>9 Little Learners</b> 10am-11am   3-5 Yrs Y Theatre 1pm-2pm   3-5 Yrs Winter Create   3:30PM-4:30PM   6-12 Yrs	<b>10 Little Artists</b> 10am-11am   3-5 Yrs Dino Crafts 1pm - 2pm   3-5 Yrs Science Day   3:30PM -4:30PM   6-12 Yrs	<b>11 Little Movers</b> 10am-11am   3-5 Yrs Story Time 11:30am-12:30pm   0-3 Winter Crafts   3:30PM -4:30PM   6-12 Yrs	<b>12 Tiny Tumblers</b> 10am-11am   0-3 Yrs Winter Art-Valentine's   1pm-2pm   3-5 Yrs Winter Exploration   3:30PM-4:30PM   6-12	<b>13 Outdoor Exploration</b> 1pm-2pm   3-5 Yrs Winter Art-Valentine's   3:30PM-4:30PM   6-12 Yr		<b>14</b>
<b>16 FAMILY DAY ( VCC CLOSED)</b>	<b>17 Little Artists</b> 10am-11am   3-5 Yrs Dino Crafts 1pm - 2pm   3-5 Yrs Science Day   3:30PM -4:30PM   6-12 Yrs	<b>18 Little Movers</b> 10am-11am   3-5 Yrs Story Time 11:30am-12:30pm   0-3 Winter Crafts   3:30PM -4:30PM   6-12 Yrs	<b>19 Tiny Tumblers</b> 10am-11am   0-3 Yrs Winter Art 1pm-2pm   3-5 Yrs Winter Exploration   3:30PM-4:30PM   6-12	<b>20 Outdoor Exploration</b> 1pm-2pm   3-5 Yrs Winter Art   3:30PM-4:30PM   6-12 Yr		<b>21</b>
<b>23 Little Learners</b> 10am-11am   3-5 Yrs Y Theatre 1pm-2pm   3-5 Yrs Winter Create   3:30PM-4:30PM   6-12 Yrs	<b>24 Little Artists</b> 10am-11am   3-5 Yrs Dino Crafts 1pm - 2pm   3-5 Yrs Science Day   3:30PM -4:30PM   6-12 Yrs	<b>25 Little Movers</b> 10am-11am   3-5 Yrs Story Time 11:30am-12:30pm   0-3 Winter Crafts-Pink Shirt   3:30PM -4:30PM   6-12 Yr	<b>26 Tiny Tumblers</b> 10am-11am   0-3 Yrs Winter Art 1pm-2pm   3-5 Yrs Winter Exploration   3:30PM-4:30PM   6-12	<b>27 Outdoor Exploration</b> 1pm-2pm   3-5 Yrs Winter Art   3:30PM-4:30PM   6-12		<b>28</b>



**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



## SNAP Boys Group (Stop Now And Plan)

Registration Required | Screening Required | Free 13-week Program

SNAP Boys is a family-focused, early-intervention program for boys who are engaging in problematic behaviour and/or have come into contact with authority figures. The program aims to prevent antisocial behaviour and reduce the chance of future conflict with authorities

- SNAP Boys Club - a structured 13-week group that meets weekly and teaches boys self-control, problem-solving, and emotional-regulation skills.
- A concurrent SNAP Parenting (SNAPP) Group that teaches parents effective child-management strategies.

**Ages:** 8 - 10 years  
**Dates:** Wednesdays starting March 4, 2026  
**Time:** 3:30pm - 5pm  
**Location:** 157 Victoria Street, Vanderhoof (Connexus Board Room)



For more information & to register, contact:

Taylor Reid-Allen  
Tel: (250) 567-9205  
Email: treidallen@connexus.ca



## Sign up today for YMCA School Age Care at Evelyn Dickson Elementary!

### YMCA Before and After School Care includes:

- quiet and active play
- exciting physical activities
- valuable time outside
- time with staff who truly care about your child

#### Before School Care

6:30 a.m. - school start

Grade 1 +	Kindergarten
5 days - \$155.00	5 days - \$105.00
3 days - \$162.00	3 days - \$132.00
2 days - \$64.00	2 days - \$44.00

#### After School Care

school end-6:00 p.m.

Grade 1 +	Kindergarten
5 days - \$335.50	5 days - \$296.50
3 days - \$208.50	3 days - \$185.10
2 days - \$73.00	2 days - \$57.40

#### Before and After School Care

6:30 a.m. - school start and school end-6:00 p.m.

Grade 1+	Kindergarten
5 days - \$433.00	5 days - \$228.00

\*Monthly fees are after the child care fee reduction is applied

Register at [nbc.ymca.ca/child-care](http://nbc.ymca.ca/child-care)

# February/March 2026 MENU

Monday	Tuesday	Wednesday	Thursday	Friday
2 Pancakes and Sausage 	3 Hot Dog PAC 	4 Chicken and Rice Casserole 	5 Pizza Bagel 	6 Pro-D Day
9 Eggs and Sausage 	10 Pizza (Cheese or Pepperoni) PAC 	11 Taco Salad 	12 Mac and Cheese 	13 Ham/Turkey Sandwich Bakery Lobelle 
16 Family Day	17 Hot Dog PAC 	18 French Toast 	19 Salmon Salad Wrap 	20 Chili/Bun Bakery Lobelle 
23 Chili 	24 Pizza (Cheese or Ham & Pineapple) PAC 	25 Quesadilla  Pink Shirt Day	26 Hot Dogs	27 Ham/Turkey Sandwich Bakery Lobelle 
MARCH 2 Corn Chowder 	3 Hot Dog PAC 	4 Shake & Bake-Style Chicken Legs 	5 Turkey and Cheese Sandwich 	6 Chili/Bun Bakery Lobelle 
9 Fish Sticks 	10 ½ Day	11 Snack Plate 	12 Beef Broccoli 	13 Ham/Turkey Sandwich Bakery Lobelle 
30 Spaghetti 	31 Pizza (Cheese or Pepperoni) PAC 			

\* Please note: Our kitchen is not fully vegetarian or Gluten free\*

\*(V) indicates vegetarian option is available if pre-requested\*

## Proposed Policy Update

The following draft policy is currently open for public feedback  
*until 4:30 p.m. on Friday, February 13, 2026.*

[Policy 101.1.1 – Trustee Elections – Bylaw](#)

Members of the public are welcome to review all the information, including how to provide feedback, on the [SD91 Policies and Regulations webpage](#).

## School Board Meeting

Monday, February 23, 2026  
6:30 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 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)

## 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>



**Circle of Security**

8-week Program. Space is Limited. Registration Required

The Circle of Security Parenting sessions are focused on helping parents and caregivers reflect upon children's attachment needs, to promote secure attachment with a child.

Learn how to:

- Better understand your child's emotional world & learn to read their emotional needs
- Support your child and help them manage their emotions
- Enhance the development of your child's self esteem
- Honour your child's wish to be secure

Cost: Free  
Dates: Every Monday from January 26, 2026 to March 23, 2026  
Time: 1:00pm - 3:00pm  
Location: 157 Victoria Street West, Vanderhoof (Connexus Board Room)

To register or for more information, contact:

Julie-Ann Johnson  
Ph: (250) 567-7553  
email: [jjohnson@connexus.ca](mailto:jjohnson@connexus.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.



NECHAKO LAKES SCHOOL DISTRICT

# KINDERGARTEN REGISTRATION

SEPT 2026

SCHOOL DISTRICT  
**91**  
NECHAKO LAKES

**\*\*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



SCHOOL DISTRICT  
**91**  
NECHAKO LAKES

## 2026-27 School Year

Parents/Guardians seeking to have their child attend school out of their catchment area need to apply for out of catchment

### "OUT OF CATCHMENT" PROCESS\*

### Applications Accepted\*: March 9 - May 15, 2026

Note: This process is different than school registration for in catchment or new kindergarten students

\*Some schools may have limits on out of catchment for next year

**For more information:**  
Contact your local school  
and/or  
Policy and Regulation 301.1



### Student Learning Survey 2025/2026

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

Early in **2026** the Student Learning Survey will be administered to students in grades four, their parents/guardians/caregivers, and all school staff. We encourage parents/guardians/caregivers 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 <https://www2.gov.bc.ca/gov/content/education-training/k-12/support/student-learning-survey>. Any computer or mobile device 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 and by clicking on Take the Survey. On the login page, click on the Parents icon, and then select 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 site will be open until May 1, 2026.

If you have any questions, please contact the school at 250-567-2258

Kind Regards,

Barb Ziler

## Visitors/Parents/Caregivers Code of Conduct

Working together, we create a safe and supportive learning environment for students and a safe work environment for staff. Parents, caregivers and any other visitors to our schools support a safe environment by communicating and conducting themselves at the school and school activities respectfully.

<p>Communication</p> 	<ul style="list-style-type: none"> <li>• Use our process for addressing concerns – talk to the teacher first then, if follow up is required, contact school administration.</li> <li>• Use respectful language whether in person, on the telephone, or through email.</li> <li>• Respect staff time by accepting that they will respond to appropriate communication within 2-3 days outside of holidays, evenings and weekends.</li> <li>• Clarify your child's version of events with school staff to fully understand and have perspective.</li> <li>• Seek a peaceful and reasonable solution to all issues.</li> <li>• Social media should not be used to voice complaints against the school, a staff member, parent/caregiver, or student. This is not a productive way to resolve an issue.</li> </ul>
<p>Partnership</p> 	<ul style="list-style-type: none"> <li>• Try to ensure your child attends school and reaches out for support if needed.</li> <li>• Work together with staff to resolve issues or concerns.</li> <li>• Read and discuss the Student Code of Conduct with your child to help them understand and follow it.</li> </ul>
<p>Conduct</p> 	<ul style="list-style-type: none"> <li>• When coming to school please be calm and do not swear, use inappropriate language, be threatening in your behaviour, and/or be verbally abusive.</li> </ul>
<p>School Culture</p> 	<ul style="list-style-type: none"> <li>• Recognize that EVERY student is important to us.</li> <li>• Treat all members of our school community with dignity regardless of "Indigenous identity, race, colour, ancestry, place of origin, political belief, religion, marital status, family status, physical or mental disability, sex, sexual orientation, gender identity or expression, or age" as protected by the BC Human Rights Code.</li> </ul>

## 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.

## STUDENT COUNCIL COMING EVENTS

February 13-Red White and Pink day (for Valentines Day)

February 20-Pajama Day

February 26-Pink Shirt Day

March 6-Beach Day

March 13- Green day-(St. Patrick's Day)

April 2-Bunny Ears Day and Easter Egg Hunt

# FAMILY DAY FREE SKI!

Monday, February 16, 2026

Noon - 4:00 pm **Free Entry**



1:00 pm - 3:00 pm  
**Introductory Eco-Aim  
Biathlon Rifle  
Target Practice  
Try the Biathlon Rifles!**

NVSA Trails  
3501 Quail Road

Limited **Free Rental Gear**  
First Come First Serve

**Free BBQ** provided by  
the District of  
Vanderhoof in honour of  
the **100<sup>th</sup>** year  
Anniversary!



**Celebrate Family Day outdoors!**

Come out to the **NVSA Ski Trails** in Vanderhoof and enjoy a free afternoon of skiing with the whole family. Try out the new **Biathlon Eco-Aim Rifles**. Fresh air, snowy trails, and time together.



**Everyone is Welcome!**



## Children, Youth & Family Services Activity Calendar

FEBRUARY / 2026



SUN	MON	TUES	WED	THURS	FRI	SAT
Families Matter Drop In Group Available At All Office Hours 1	2	You(th) Matter 11:00-1:00 FSJSS & FLESS 3	4	You(th) Matter 10:00-12:00 NVSS 5	PRO-D DAY 6 Mad Scientists 10:00 am-03:00 pm (5-12 y/o)	7
8	9	You(th) Matter 11:00-1:00 FSJSS & FLESS 10	11	You(th) Matter 10:00-12:00 NVSS 12	13 Valentines Baking 03:00 pm-04:30 pm (8-12 y/o)	14
15	STAT - CLOSED Family Day 16	You(th) Matter 11:00-1:00 FSJSS & FLESS 17	18	You(th) Matter 10:00-12:00 NVSS 19	20 Crafting Time 03:00 pm-04:30 pm (5-12 y/o)	21
22	23 Movies and Boardgames 03:00pm-04:30pm (5-12 y/o)	You(th) Matter 11:00-1:00 FSJSS & FLESS 24	25	You(th) Matter 10:00-12:00 NVSS 26	27 Outdoor exploration 03:00 pm-04:30 pm (5-12 y/o)	28



## February

## Birthdays

Joulian A

Zach M

Violet B

Thomas B

Lilly F

Eliza H

Emma L

Ryker A

Aurora R

Eva Y

Samuel Y

Easton L

Alexis M

Daniel F

Logan S

Logan W

Kolbie S

Moriah K

Izzy F



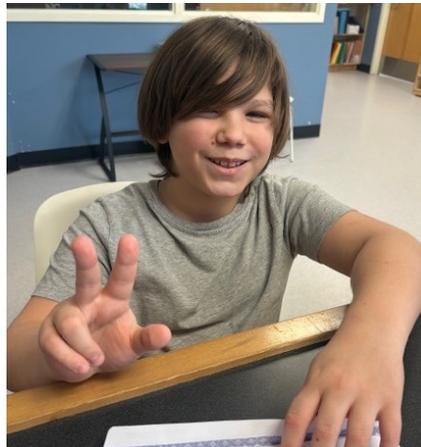
### MORNING DROP OFF

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.



## **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.**

## **Hop Along to Easter 2026**

### **HEY CHOCOLATE LOVERS!!**

We are kicking off our Purdy's Fundrasier and you're invited to help us reach our goal. Order your spring treats through our custom link and up to 30% of your purchase goes directly to the EDS PAC.

Everything is made in Canada and packed with care at the Purdy's Vancouver chocolate factory.

### **Start Shopping:**

**<https://fundraising.purdys.com/campaign/000020945>**

Please order **ONLINE** by February 20, 2026 for delivery before spring break.

Thank you for your continued support!

- EDS PAC



### Feeding Futures – Nechako Lakes: February Update

Dear Parent/Guardian,

The *Feeding Futures* – Nechako Lakes food program continues to grow and improve. At present, about 11,000 lunches are prepared and served over an entire month! The number is increasing each month as more students engage more frequently in the food program available at each school. Students are seeing the positive changes, commenting the breakfast and lunch program at their school has improved over the last few years!



The food programs happen with much thanks to the hard work of each school meal worker. In addition, the support of the entire school community. From PACs to local businesses, teachers, parents, caregivers, Indigenous partners and principals, thank you for being part of the daily effort it takes to get nourishing meals to the students.

That said, there are challenges. Food costs are continuing to rise, and there are supply chain challenges. Products from programs like *Fresh for Kids* have been shorted due to weather challenges. Where possible, alternative options are being purchased to continue to have food available at school. Grants, like Adopt-A-School and Farm Credit Canada, have contributed additional funds to help purchase snack items for all schools.

In January, there was a K-12 focused food show for school food coordinators and managers. This event featured various food vendors that are producing food in the province of British Columbia. There are some products of interest such as dried fruit chips, pasta sauce and a yummy butter chicken sauce. Work is underway to explore options of accessing these items to add into the school district food program.

Kind regards,

Robyn Turner-Klopper, RD

Food Programs Manager, School District 91 – Nechako Lakes

#### 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 nutritious and culturally preferred foods to support healthy development and learning.”*

- Each school has a breakfast program, some offer plates of food in the classroom, others have breakfast carts or breakfast rooms. Items include cereal, toasted waffles or bagels, boiled eggs, smoothies, muffins, yogurt, pumpkin seed packs, and cut-up fruit.



- Snacks are offered in bowls, central fridges, classrooms, it varies from school-to-school. Commonly a selection of fruit, vegetables, yogurt, packs of a seed-based trail mix and cheese strings may be found.



- Lunch programs:
  - 9 schools have pre-plated lunch programs
    - Meals can vary from salmon wraps to chicken chow mein to butter chicken, mac and cheese and the favourite tomato soup with grilled cheese sandwiches. Sides may be offered and include a salad, cut-up fruit and/or vegetables, a homemade biscuit, or rice.
  - 1 school offers a salad bar lunch daily
  - 5 schools offer food to students on need basis
    - For example, students may sign up in the morning if they need a lunch that day.
    - Items served may include a sandwich or wrap, granola bar, cut-up fruit and vegetables, yogurt and/or cheese string



#### Other items

Schools are always looking for new recipes and meal ideas. If you have one, please share. Recipes of interest include: salmon recipes, pasta dishes, stir-fries, and vegetarian options.