

January 25, 2023

Newsletter



P.O. Box 3001
Fraser Lake, B.C. V0J 1S0
Phone 699-6627
Fax 699-7730

Principal:
Megan Boniface

Website:
mouse.sd91.bc.ca

MOUSE MOUNTAIN ELEMENTARY

Message from the Principal

Hadih and Hello!

We are excited about our field trips to see the Children's Theatre production '**The Little Mermaid**'! Mrs. Schulz', Ms. Russell's and Mrs. Anderson's classes will take the bus to Vanderhoof on Monday Jan 30th. Ms. Driedger's, Mrs. Beier's and Ms. Micklich's classes will go on Monday Feb 6th. Please remember to send back the permission form and \$3 with your child by this Friday.

Starting this week, our grade 2 and 3 classes will begin learning about the **SNAP program**. SNAP stands for "**Stop, Now And Plan**" and it is an excellent program to help children solve problems in good ways (that make problems smaller!). We will be learning about the basics of SNAP this week and will continue learning and practicing for the rest of this school year.

February is kindness month at Mouse Mountain School and we will be discussing the importance of being kind and respectful to one another.

Tuesday **Feb 7th is crazy hair day**...I can't wait to see those wacky hairstyles!

Please note that **February 10th is a pro-d and there is no school**. Our Before and Afterschool Care program will remain open.

Thank you for all you do to support our school!

Mrs. Megan Boniface

Coming Events

Feb 7	Crazy Hair Day
Feb 10	Pro D Day (No School)
Feb 14	Valentines Day Activities
Feb 20	Family Day Stat
Feb 22	Pink Shirt Day - Assembly 9:45 am



Tuesday Hot Lunch Menu

Jan 31	Chicken nuggets
Feb 7	Sloppy joes
Feb 14	Sweet & Sour Pork
Feb 21	Pancakes & Sausages

Solving Problems with SNAP

STOP

Stopping themselves (e.g., by counting to 10 or taking a deep breath) as soon as their body begins to react (e.g., throbbing head, tension, feeling hot). We call these reactions body cues.

NOW
AND

Identifying any hard thoughts (e.g., "he's doing that to make me mad") and replacing them with helpful/realistic coping statements, or cool thoughts (e.g., "I can handle this").

PLAN

Picking a plan that meets these three criteria: 1) makes the problem smaller instead of bigger, 2) doesn't hurt anyone or anything, and 3) makes them feel okay.

Important Allergy Information



Please remember that we are a **peanut-free and seaweed-free school** this year. Please do not send peanut butter or products containing peanuts to school.

You can send peanut-butter substitutes such as WOW butter or almond butter (please just help us by labelling it).

MMES Parent Advisory Council

Next PAC Meeting: **Tues Feb 21 @ 6:00 PM**

Location: Mouse Mountain School

Join us at the school or online.

All parents and guardians welcome!



Before and After School Care

Mouse Mountain School offers before and after school care programming from 7:30 am—5:30 pm Mon-Fri, including PRO-D days. We have spaces available. Please contact our office for more information and to register. We will also help families explore and apply for the Affordable Child Care Benefit to help cover monthly fees.



Covid-19 Information Link

Parents and caregivers wanting the most up to date information on COVID-19 in children, including personal prevention and testing, please visit the following link. [COVID-19 illness in children \(bccdc.ca\)](https://bccdc.ca) People are encouraged to stay home when sick. Note that our schools are supportive environments for mask wearing, and personal choice is supported and respected.

Just a reminder to please do regular checks for head lice.
Its that time of year again, and we have had a few reported cases.



**REMEMBER
ONCE A WEEK,
TAKE A PEEK**



Please remember to write your child's name on their winter gear! It helps a lot!

