

Jan 10, 2024  
Newsletter



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Principal:  
Megan Boniface

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MOUSE MOUNTAIN ELEMENTARY

## Message from the Principal

Hadih and Hello!

Happy New Year and I hope everyone had a wonderful winter break! We were happy to see everyone back at school this week.

A reminder that hot lunch forms went home yesterday and they are due back by Friday.

Attached to this newsletter is some exciting information about changes we have made to our food program. Our goal is to offer a **universal food program** that is equitable and accessible for all students. Please take a moment to read about our food program and feel free to contact me if you have questions or concerns.

Our Mouse Mountain staff is growing and I am pleased to welcome **Mrs. Dianna Weselowski** to our school as the early childhood educator for our Before and After School Care Program.

I am also excited to announce that Mouse Mountain School will be hosting the **Early Year's Fair on January 31st** in the gym

from 1:00—3:00 pm. Families with children aged 3-4, we hope you will join us! There is a poster with information in this newsletter.

One of our goals this year as a school is to help all students develop strong **number sense**. One of the fun ways we encourage number sense at school is through a monthly number sense challenge! The **challenge for January is to draw a gingerbread house** using different shapes. By participating, students enter to win a gingerbread house kit!

Starting in February, we will be **skating** on Wednesday afternoons at the Fraser Lake arena. We will be sending home a letter and permission form soon with information on when your child's class will be skating. We would love for parents and caregivers to join us and help tie skates!

Thanks for all you do to support our school!

**Mrs. Megan Boniface**

## Coming Events

|        |                                     |
|--------|-------------------------------------|
| Jan 10 | PAC Meeting at 6:15 PM              |
| Jan 26 | Informal learning updates sent home |
| Jan 31 | Early Years Fair from 1-3 PM        |
| Feb 6  | Crazy Hair Day                      |
| Feb 9  | Pro-D Day                           |
| Feb 14 | Valentines Day Activities           |



**Tuesday,**

### Hot Lunch Menu

Jan 16 Hot Dogs

Jan 23 Spaghetti

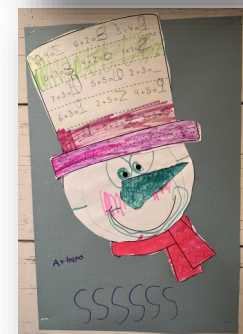
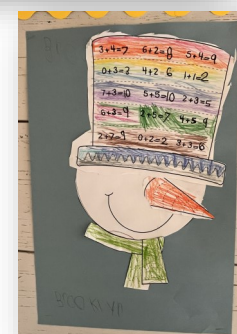
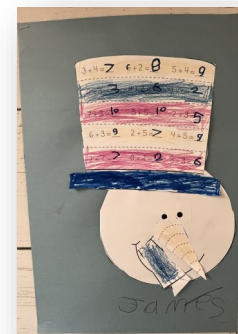


Please be advised that we are a seaweed-free school this year. Please **do not send seaweed** to school.

## Newsletter Emailed

If you would like to have the Newsletter emailed to you each week please contact Bev at the office:

Phone: (250) 699-6627 Email: bstanga@sd91.bc.ca



creative  
kids



# EARLY YEARS SCREENING FAIR

FUN PRIZES  
TO BE WON!

DATE: January 31, 2024  
WHEN: 1PM – 3PM  
WHERE: Mouse Mountain  
Elementary Gymnasium  
FOR: Ages 3 - 4

VISION  
SCREENING



ASQ  
SCREENING

Get your  
developmental  
questions  
answered!

Learn  
what early years  
services are  
available in your  
community.

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CONNEXUS  
COMMUNITY RESOURCES

# Mouse Mountain School Universal Food Program

Dear families,

Mouse Mountain School is excited to share information about our universal food program starting in January 2024. As part of an initiative from the Ministry of Education and Child Care in BC, all schools receive funding to support food programs, called “Feeding Futures” in schools. Having access to nutritious food at school builds safety and equity for students so they are ready to learn and play. We have made some exciting changes to ensure that nutritious food is easily accessible and stigma-free at our school for any student. We have worked with our school district dietitian and followed Northern Health Healthy Eating Guidelines to ensure that we are offering variety and balanced snack/ meal options. We have also partnered with the Food 12 class at FLESS who are helping to prepare healthy snack and breakfast foods for our school.

In addition to our food program, Mouse Mountain School receives shipments of fresh BC grown produce and BC dairy products every two weeks through the Agriculture in the Classroom Program. These healthy options will be available to students in the classroom.



- ◇ **Nutritious snacks and meals are available to any student at no cost**
- ◇ **Students choose how much and what to eat from the available options**

## Breakfast

A healthy breakfast will be served every morning in the gym from 8:30—8:55.

Sample Menu:

|       |                                                                                   |                                                                                   |                                                                                   |
|-------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
| Day 1 |  |  |  |
| Day 2 |  |  |  |

## Snack

Snack will be offered at recess time in front of the office.

Sample Menu:

|       |                                                                                     |                                                                                     |                                                                                     |
|-------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|
| Day 1 |   |  |   |
| Day 2 |  |  |  |

## Lunch

Snack will be offered at recess time in front of the office.

Sample Menu:

|       |                                                                                     |                                                                                     |                                                                                     |
|-------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|
| Day 1 |  |  |  |
| Day 2 |  |  |  |

\*Our PAC prepared hot lunch will still be offered on Tuesdays.

Questions? Please contact principal Megan Boniface at [mboniface@sd91.bc.ca](mailto:mboniface@sd91.bc.ca) or call 250-699-6627

# FAQs for Families

## **Do I need to sign my child up for the food program?**

No, there is no sign up. Food is offered daily at the school for any child who wants it. The program is designed to be accessible, equitable and stigma-free.

## **Are foods prepared safely?**

Yes, all staff who prepare and serve food at the school have valid Food Safe certification and follow safe food handling and serving guidelines. Snack and lunch are provided using a Northern Health salad bar cart and are served by an adult.

## **Is there any cost for families?**

No, all food provided through our food program is free of cost. Funding is provided through the Feeding Futures funding for schools. Please note that hot lunches on Tuesdays are different—hot lunch is a PAC fundraiser and will still have a cost.

## **What if I do not want my child to eat food from the school?**

The school will always respect the food choices provided by families in their child's lunch. However, we do not prevent any child from accessing food at school and we do not keep track of who accesses food. If you prefer that your child does not eat food from school, please have a conversation with your child at home about your wishes. We will not prevent your child from accessing food at school. If you have concerns, please contact the school principal.

## **What if my child is not eating the food that I packed for lunch?**

If your child is bringing home food that you packed, please have a conversation with your child. You may choose to pack less if your child is enjoying accessing the food program or encourage them to eat more from the food you pack. Please note that we only offer nutritious food options so you can rest assured that your child is eating healthy food. In order to offer a truly stigma-free program, we will not prevent individual children from accessing food at school. If you have concerns, please contact the school principal.

## **My child has food sensitivities or allergies. How will the school address these?**

Children are provided a choice of different options and they can avoid items that contain allergens or items that they are sensitive to. The adult serving the food also has a list of children with food allergies/ sensitivities. If your child has a food allergy or food restriction that you have not reported to the school, please let us know.

