

PRINCIPAL: MR. JASON KADONAGA

SEPT 11, 2025

VICE-PRINCIPAL: MR. MIKE LEDUC



FLESS NEWS

Success for all learners.

Upcoming Events

Sept 16 – Open House

6:00 PM – 7:30 PM

Sept 17-18 – Bakesale at Lunch for Jr. Girls Volleyball

Sept 19 – District Planning Day (No Students)

Sept 25 – Terry Fox Run at 2:00 PM

Sept 29 – Orange Shirt Day 

Sept 30 – National Day of Truth and Reconciliation

Oct 7 – Picture Day

Oct 9 – District Fall Elem Cross Country

Oct 13 - Thanksgiving

From The Cave...



With the first week behind us and clear skies ahead, we are all settling in around the school. It has been great to see all the smiling faces come through the doors. Next Tuesday is our open house and I am looking forward to meeting more of our community.

Today is World Suicide Prevention Day, our High School students had a joint presentation from CONNEXUS and Northern Health that highlighted things to watch for in your peers and resources available to access supports in for Mental Health.

Volleyball and soccer kicked off this week; the turnout has been good and it will be exciting to watch our Cougars compete.

Photo day is coming up so please watch for photo envelopes that will be coming home.

We have a new meals program starting up to facilitate our lunch program. Please create an account on Meal Manager so you can preorder lunches. If you have any questions please contact the office. The reason for this new system is it will connect with our new finance system that the School District is launching. Please watch for more information about how we will be expanding to being able to take online payments at the school.

Remember to check the FLESS Cougars Facebook page for daily happenings and information.
Have a great week! Go Cougars!

Mr. Kadonaga

LOOK WHO WAS CAUGHT BEING KIND!



Hudson Olin



William Gardener



Colton Babchuk



Huey Hooper



Henry William-Michell



Hunter Rolling



Kane Cockerill



Sahen Weselowski



Nancy Blackburn

Terry Fox Run



Thu, Sep 25, 2025

**Fraser Lake Elementary Secondary
- Fraser Lake, BC**

In support of cancer research.

Province: British Columbia

2:00 PM

COUGARS CORNER



Jr Girls Volleyball

Practice: Mon & Wed

3:30- 5:00

Sr. Girls Volleyball

Practice: Mon & Thurs

5:00-6:30

Sr. Boys Volleyball

Practice: Tues & Wed

5:00-6:30

Boys Soccer

Practice: Mon & Wed

3:30-4:30

Games: Sept 15 @ FLESS

Sept 25 @ FLESS

Oct 6 @ FLESS

Counsellor's Corner

The SD91 Inclusive Education Counselling Team would like to welcome you all back to school! While the start of a new year offers excitement and possibilities, it can also be a time of stress and anxiety for some of our learners. If your child is struggling with this, or other emotional burdens, you may be asking yourself,

“Does my child need to see the school counsellor?”

To help answer this question please use the QR Code to visit our Counsellor's Corner website, and read the related article posted in the “Services” section. While you're there, check out the other useful information about our team, the services we provide and lots of other great mental health resources.



Counsellor's Corner Continued..

Does my child need to see the school counsellor? This question comes up for many parents at some point in their child's life. Maybe your child doesn't seem the same lately, maybe you are noticing unusual behaviours, maybe your child received a recent diagnosis, maybe their teacher is concerned, or maybe they seem sad or anxious. The list goes on! You are not alone. Just like with adults, it is normal (and actually healthy) for kids to go through ups and downs. So let us ask you some questions that may help:

- Are your child's feelings or behaviours impacting their day-to-day life and functioning?

As counsellors, we care a lot about this question because we get concerned if behaviours or feelings are getting to the point that most days are difficult. Perhaps your child has anger outbursts that are causing them to lose friends. Perhaps your child is so anxious or sad that they no longer want to do activities they would normally enjoy.

- Has the difference in your child's mood or functioning been going on for more than a week?

There are many reasons your child might be having an "off" day that do not warrant them needing to see a counsellor. There are hormonal times of the month, disappointments that happen at school, fights with friends, and many other reasons they may seem "off." If you notice your child is still struggling after a few weeks, this might indicate they need some additional support. If you've tried what you can to support them at home and they are still struggling, let's talk!

- What other supports does your child have in place?

We ask this because counselling may not even be the most relevant support for your child. Perhaps your child is struggling with behaviours that are related to a behavioural diagnosis or a learning disability. While we never like to put things into one box, perhaps behaviour intervention or learning support could be a more relevant support. Another consideration is how busy your child already is. Sometimes overloading a child with support can be overwhelming, and sometimes it even creates the idea for kids that they are not capable of succeeding on their own.

- What have you already tried?

Have you had conversations with your child? Emotional support and validation from a caregiver go a long way. Caregivers has some great videos and resources that we encourage you to look at to help with developing a healthy/communicative relationship with your child. Other ideas that help many families include spending time together outside, doing activities with your child that they enjoy, or even considering getting support for yourselves (as parents). The best thing you can do for your children is to make sure you are getting the support you need.

- What do you think they could gain from going to counselling?

We often hear the message "they just need someone to talk to." As much as counsellors love listening and talking to kids, we try to encourage you (as parents or caregivers) to try to be this person. A healthy attachment relationship is most helpful and healing when it comes from a regular caregiver, versus a helping professional. If your child is really struggling emotionally or with another counselling related need, this answer may vary widely. Counselling methods vary but can include emotional coaching/validation, problem solving, offering tools for your child, helping your child walk through a difficult memory or scenario to process, and helping them find healthier ways of coping with their challenges. If you are unsure as to whether or not counselling could be helpful for your child, please reach out and ask. We are happy to point you in the right direction.

FROM THE BOARD OFFICE...



School Board Meeting

Monday, September 15, 2025

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 for the Teams link.

To view the meeting agenda, please visit www.sd91.bc.ca/board-agendas-and-minutes.

Contact:

Heather Silver

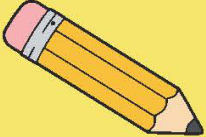















Executive Assistant to the Superintendent


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FRASER LAKE PUBLIC LIBRARY SEPTEMBER 2025 CALENDAR

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3 	4 	5	6
7	8	9	10 	11 	12 	13
14	15	16	17 	18  	19	20
21	22	23	24 	25 	26	27
28	29	30 				

 **After School Hangout** - Join us from 3:00 PM - 4:30 PM to relax, play, and have fun! Enjoy board games, video games, Lego, colouring, and more. Recommended for ages 5-12.

 **Team Emerald Party** - Join us, Team Emerald, from 3:30 PM - 4:30 PM for a pizza party! Please register in advance for this program at the library.

 **Book Club** - Join us from 6:00 PM - 7:30 PM to discuss *The Ride of Her Life* by Elizabeth Letts. This program is for adults.

REMINDERS...

**ALL VISITORS ARE
REQUIRED TO CHECK
IN AT THE OFFICE
UPON ARRIVAL**

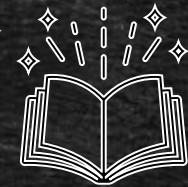


This ensures the safety
and security of everyone
in the building.

**THANK YOU FOR YOUR
COOPERATION**

Summer Reading

Please return your FLESS Summer Reading books to the Library.



~Thank you

MealManage



MealManage is up and running! If you are having difficulties logging onto your student's profile, please call the office at 250-699-6233 or email Robyn at rturnerklopper@sd91.bc.ca.

~Thank you



PUN IN MRS. WOOD'S ROOM!





FLESS NEWS

Next update: September 19, 2025