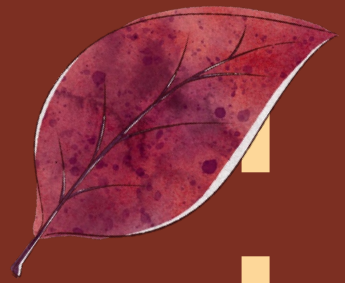


PRINCIPAL: MR. JASON KADONAGA

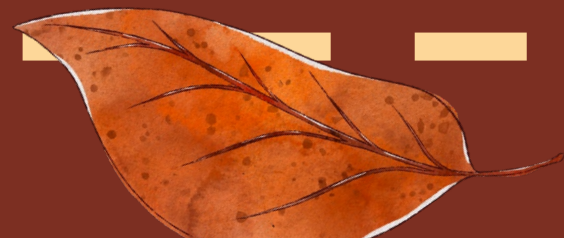
SEPT 25, 2025

VICE-PRINCIPAL: MR. MIKE LEDUC



FLESS NEWS

Success for all learners.





Upcoming Events



Sept 25 – Terry Fox Run at 2:00 PM

Sept 26 – Elementary Ultimate Frisbee – W.L McLeod

Sept 29 – **Orange Shirt Day**

11AM – Flag Raising Ceremony



Sept 30 – National Day of Truth and Reconciliation

Oct 7 – Picture Day 📷

Oct 9 – District Fall Elem Cross Country

Oct 13 – Thanksgiving

Oct 21 – Early Dismissal – Lets Talk About Learning



From The Cave...



Hadih FLESS!

During this week of learning and reflecting on Truth and Reconciliation, I want to acknowledge that we are honoured to learn every day on the unceded traditional territories of the Nadleh Whut'en and Stellat'en First Nation. I am continually struck by the beauty of the land. My drive in this morning was full of vibrant fall colours as the leaves are in full autumn mode.

Tuesday, September 30th, marks the National Day of Truth and Reconciliation. You will notice the Truth and Reconciliation Orange Flag will be flown, as a visible reminder of why this work is so important. Monday, September 29th will be Orange Shirt Day here at the school, I encourage everyone to wear orange as a visible commitment to deepening our own understanding of how the residential school system continues to impact Indigenous communities. To mark the day, we will also be raising the flags of both of our local nations. We will be having a ceremony at 11am followed by the Reconcili-ACTION walk where we walk 1.2km in honour of the 4 boys who lost their lives running away from Lejac.

There has been lots of activity around the school this week. Our boys soccer and Sr. girls volleyball teams got some game action this week. The grade 4-7 ultimate frisbee teams are competing at the annual iCord Ultimate tournament hosted by WL McLeod on Friday, September 26th.

There have also been groups of learners headed out to help harvest the garden at Stellat'en and learn preservation techniques, always a great experience to get your hands dirty and give back!

Have a great long weekend full of reflection and learning,
Mr. Jason Kadonaga

LOOK WHO WAS CAUGHT BEING KIND!



Hunter Campbell



Zoey Grey



Jolee Ross



KELAN HOLLAND



Aiden Weselowski



Carson Raymond



Spencer Joseph



Jocelynn Sinclair



Connor Macgillivray



JOSIE MARTIN



Hector Dundas Shaw



Hailey Weber



Trynity McCharles



VERY SINDIA-NOOSKI



Brody Le Poidevin

COUGARS CORNER



Jr Girls Volleyball

Practice: Mon &
Wed
3:30- 5:00

Sr. Girls Volleyball

Practice: Mon & Thurs
5:00-6:30

Grade 8 Girls Volleyball

Practice: Tues & Thurs
3:30-5:00 PM

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

REMINDERS...

**October 7th is
PICTURE DAY!**



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

Thank You, FLESS!

A huge thank you to everyone who donated and participated in this year's **Terry Fox Run**. Thanks to your generosity and community spirit, we were able to raise **over \$1,000** in support of cancer research. What an incredible achievement — great job, FLESS!

Your contributions help carry on the legacy of **Terry Fox**, a Canadian hero whose Marathon of Hope continues to inspire millions. Since its inception, the **Terry Fox Foundation** has raised **over \$850 million** for cancer research, funding **over 1,300 innovative research projects**. Every dollar raised brings us closer to a world without cancer.

Let's keep the momentum going and continue to make a difference — just like Terry did.

“Even if I don't finish, we need others to continue. It's got to keep going without me.” – Terry Fox

Terry Fox Run



Thu, Sep 25, 2025

**Fraser Lake Elementary Secondary
– Fraser Lake, BC**

In support of cancer research.

Province: British Columbia

The background is a deep red color. A large, light-yellow semi-circle is centered on the page, containing the text. The border of the semi-circle is decorated with a dashed orange line. Various autumn-themed illustrations are scattered around the semi-circle: large orange maple leaves in the top left and top right corners; a small red maple leaf in the top left; a sprig of holly with red berries and green leaves at the top center; a purple leaf in the top right; a small yellow leaf in the middle right; a large brown mushroom with white spots in the bottom left; and several orange mushrooms in the bottom right.

FRASER LAKE QUILTERS GUILD

The Fraser Lake Quilters Guild is hosting an after-school sewing club for FLESS students. Meet at the Small Events Centre on the 2nd and 4th Tuesday of each month from October to May. Learn how to plan, prepare and make a project with guild members. Join the guild as a junior member and participate in the annual quilt show. Spaces are limited, so register today! Call or text Barbar Zang at 250-699-5088.

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...



Proposed Policy Update

The following draft policy is currently open for public feedback
until 4:30 p.m. on Friday, October 10, 2025.

[Policy 302.7.2 – Unexpected Health Emergencies](#)

Members of the public are welcome to review all the information, including how to provide feedback, on the SD91 Policies and Regulations webpage at www.sd91.bc.ca/policies-and-regulations.



VIRTUAL CLEARING HOUSE


Online auction site of SD91 assets

Updated often - check it often!



auction.sd91.bc.ca


Scan the QR Code to go to the website!




EXPECT RESPECT & A SAFE EDUCATION

Information for Parents and Caregivers

Resources to support you and your child



Register for free training
Tips to protect children and youth online



Have a conversation
Talk with children and youth about things they may be experiencing


What kind of information can I find on erase.gov.bc.ca?

- **Practical guidance** to help you support your child's safety and well-being
- **Resources and information about:**
 - Diversity and inclusion
 - Mental health and substance use
 - School and online safety
- **Free training sessions** to help you keep your child safe online
- **Videos** explaining erase, the Report It Tool, and safe, caring and inclusive schools
- **Tips** for bringing concerns to your child's school


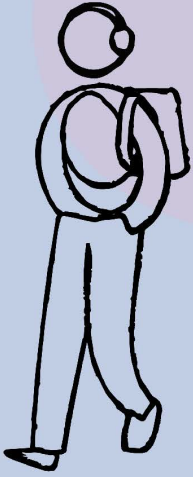
What is the Report It Tool?

Report It is an **anonymous online tool for students** to report anything concerning to their school safety team—whether it happens at school, online, or somewhere else. Find it at erase.gov.bc.ca.

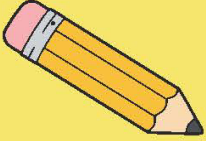















Questions? Reach out to your school to learn more.





Ministry of Education and Child Care



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.

ELEMENTARY FUN!





FLESS NEWS

Next update: October 9th, 2025