



October 8, 2025

## Sinkut View Elementary

Phone: (250) 567-5133

*We are grateful to live, work, and play on the unceded, ancestral territories of fourteen First Nations representing the Dakelh, Nedut'en and Wet'suwet'en peoples.*

### MESSAGE FROM THE PRINCIPAL

Hadih Sinkut View Elementary community!

Happy October! As I am writing this, the leaves are falling off the trees as the winds are blowing in all directions! It is gorgeous with all the yellow swirling around us, but soon the trees will be bare. That is a good reminder to set ourselves up for the darker season that is upon us. Try to be mindful of potential feelings or moods that may arise as the season is changing. How do we nourish our minds, bodies, hearts and spirits to get through the colder and darker months?

With that in mind, please have conversations at home with your child(ren) about taking care of ourselves and others. We are still working on building a strong community by practicing good communication skills and owning our actions (and words). Every day, we try to contribute in positive ways. What does that look like? Sound like? Feel like?

As the weather is cooling down, also ensure that your child(ren) are warmly dressed. The mornings are quite chilly, and the rest of the day seem to be all kinds of weathers! Do check the forecast daily, but assume windy, cool and also rainy at some point 😊

Other than that, our school continues to be buzzing with learning! Hockey Academy starts next week and band is of course in full swing! This week, Gr 2-6s are off to Fraser Lake for the District Cross Country run. Dakelh Language and Culture with Cecilia John is going really well and we are learning and connecting with her. Every day is a new day of learning and growing hearts and minds.

Before signing off, I want to remind you to make appointments for the Talk About Learning times on October 21st.

I am so grateful for all of you and wish you a very Happy Thanksgiving and long weekend. Take care and all the best,  
Mia Moutray  
Principal



### Upcoming Events

October 9—X-Country Run for Gr. 2—6 in Fraser Lake

October 9—Hamburgers

October 10—BBQ Chicken

**October 13—Thanksgiving—No School**

October 14—Grade 5 Band

October 14—Hockey Academy

October 14—Mac and Cheese

October 15—Grade 6 Band

October 15—Turkey Sandwich

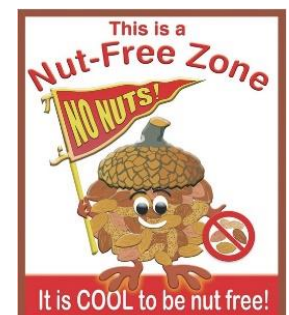
October 16—Grade 6 Band

October 16—Bacon Ranch Wrap

October 17—Chicken Alfredo

**October 21—Talk about Learning Time.**

**Students dismissed at noon.**



**UPCOMING DATES:**  
 SEPT 12  
 SEPT 26  
 OCT 10  
 OCT 31  
 NOV 28  
 DEC 12

**SELECT FRIDAYS  
 AFTER SCHOOL**

**CHILL ZONE**  
*@ the Library*

3:20 - 4:45  
 ON SELECT FRIDAYS

**FOR AGES 8+**  
 WHO ARE CONFIDENT PLAYING  
 TOGETHER ON THEIR OWN.

YOU CHOOSE

**DROP IN : VIDEO GAMES : CRAFTS : MUSIC : BOARDGAMES**

Vanderhoof Public Library

**VANDERHOOF PUBLIC LIBRARY'S**

**YOUTH BOOK CLUBS**  
 2025/26

REGISTER NOW!  
 MEETINGS BEGIN IN OCTOBER

**BOOK BUDDIES**  
 Recommended Grades 2-4  
 FOR KIDS READY TO DIVE INTO CHAPTER BOOKS AND SHARE STORIES WITH FRIENDS.  
 MEETS FIRST FRIDAY OF THE MONTH  
 3:15 PM - 4:30 PM

**LIT LEGENDS**  
 Recommended Grades 5-7  
 FOR MIDDLE GRADE READERS EAGER TO EXPLORE BIGGER ADVENTURES, DIVE INTO NEW THEMES, AND CHALLENGE THEMSELVES.  
 MEETS THE LAST WEDNESDAY OF THE MONTH  
 3:15 PM - 4:30 PM

**LIT VIBES**  
 Recommended Grades 8-12  
 FOR TEENS WHO WANT TO READ, CHILL, AND TALK BOOKS THEIR WAY.  
 MEETS THE LAST THURSDAY OF THE MONTH  
 3:15 PM - 4:30 PM

**HANGIN' WITH MY HOMIES HOMESCHOOL BOOK CLUB**  
 Recommended age 10+  
 A FUN, RELAXED SPACE FOR HOMESCHOOLERS TO CONNECT OVER STORIES AND CREATIVITY.  
 MEETS THE SECOND THURSDAY OF THE MONTH  
 1:30 PM - 3:00 PM

Vanderhoof Public Library  
 Bringing Knowledge to Life  
 MORE INFO AND TO REGISTER:  
 sara@vanderhooflibrary.com  
 250-567-4060



Registration is Now open for the Fall Maintenance Season Sept 23 - Nov 29  
 Registration link  
<https://www.active.com/vanderhoof-bc/water-sports/swimming-registrations/nechako-valley-swim-club-fall-maintenance-2025>  
 If your swimmer did NOT participate with us during the summer session, please remember to include the \$35 BCSSA fee (per swimmer) when registering.  
 If you are registering multiple swimmers, register them all at once to receive a multi-swimmer discount.  
 Any problems registering please contact Kathryn Egli  
[nvsc.registrar.otters@gmail.com](mailto:nvsc.registrar.otters@gmail.com)  
 Thank you  
 Penny Devauld, President  
 250-567-7999 for any questions about The Nechako Valley Swim Club

Please call the school at 250-567-5133 to reserve a time to meet with your child's teacher for Talk about Learning Time on Tuesday, October 21st.  
 Appointments are available from 1pm - 5pm

**JUNIOR VIKES WRESTLING**



- Open to athletes grades 2-6
- No previous experience necessary
- October 16th - December 18th
- \$100

**Hurry, spaces fill quickly!**

**INFORMATION/REGISTRATION:**  
[HTTPS://FORMS.GLE/VOZDERVKMSPQC3QB7](https://forms.gle/VOZDERVKMSPQC3QB7)

Contact Shannon  
 shimmelright@sd91.bc.ca

**NEWSLETTERS:** Newsletters will go home on Wednesdays. If you wish to receive a copy by e-mail, please send a request to [sswanson@sd91.bc.ca](mailto:sswanson@sd91.bc.ca)



**Nechako Figure Skating Club**

**REGISTRATION IS OPEN!**

Do you want to learn to skate or have a child that wants to learn to skate?  
 Registration is open for Nechako Figure Skating Club!  
 Ages 3 and up  
 Please visit our website for schedules and information.

**REGISTRATION LINK:**  
<https://nechakofsc.uplifterinc.com/registration>

Contact : [nechakofsc@gmail.com](mailto:nechakofsc@gmail.com) [www.nechakofsc.com](http://www.nechakofsc.com)

**SCHOOL DISTRICT 91 NECHAKO LAKES**

## 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](http://www.sd91.bc.ca/policies-and-regulations).

**SCHOOL DISTRICT 91 NECHAKO LAKES**

### School Board Meeting

**Monday, October 20, 2025  
6:30 pm**

**Room 112 @ FJSJS  
Fort St. James, 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)

Nick Ferguson, one of our SD#91 counsellors, will be working at our school again this year on Mondays. Nick works alongside staff and students at Sinkut View in a variety of ways. These may include helping to facilitate programs in the classroom, working with small groups on topics such as dealing with anxiety, building healthy relationships, etc., as it is suitable for a specific child, as well as providing individual counselling. If you have any questions or concerns or you would like your child to be able to access support through our school counsellor, please contact Mia Moutray or Stacy Swanson at the school.

The SD#91 counselling team also has a website to help parents, guardians and caregivers as they support their children and youth. You can find it at: <https://nechakowellness.wixsite.com/sd-91-counselling> or by scanning the qr code.

If you are looking for other longer-term individual support for your child, the following community agencies are available in the Vanderhoof area:  
 Connexus: 250-567-9205  
 Carrier Sekani Family Services: 250-567-2900



VANDERHOOF PUBLIC LIBRARY'S  
**WEDNESDAY**  
 AFTER SCHOOL PROGRAMS

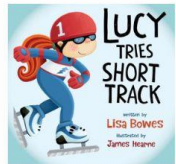
**DROP-IN PROGRAMS FOR ALL AGES**  
 Children under 6 must be accompanied by an adult.

- 1ST WEDNESDAY OF THE MONTH\* - LEGO CLUB  
 2ND WEDNESDAY OF THE MONTH - MINECRAFT CLUB  
 3RD WEDNESDAY OF THE MONTH - IMAGINATION STATION

\*PROGRAMS RUN ON THE FIRST WEDNESDAY OF EACH MONTH, BASED ON THE SCHOOL CALENDAR

CONTACT:  
 SARA@VANDERHOOF.LIBRARY.COM  
 250-567-4060

## Vanderhoof Clippers Speed Skating Club 2025 - 2026 Season



**Registration is Open!!**

**ACTIVE STARTS**

Low cost, fun and fast winter sport!  
**Ages 4-5**

Must be 4 years old on or before June 30th  
 Monday and Friday at **6:00pm**  
 All you need is a helmet and hockey skates to start  
 Cost: **\$200.00**

Questions? Contact:  
[vanderhoofspeedskating@gmail.com](mailto:vanderhoofspeedskating@gmail.com)

