



December 6, 2023

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

Hadi Sinkut View!

It feels like a quiet week around here; I think it is the first week of the year that we do not have anything that isn't a regularly scheduled activity, just lots of learning and singing throughout the school. Just the way we like it!

I would like to introduce Mrs. Cindy Nevidon to the community. She has wonderfully agreed to come out of retirement to cover Mrs. Morris-Mullings' medical leave as part of a team with Mrs. Cyndi Lauze. Mrs. Lauze will be here on Wednesdays and Mrs. Nevidon will be here the rest of the week. Welcome and a huge thank-you to Cindy and Cyndi!!!

Just a reminder of the last few days of our Christmas Food Drive are this week. Thanks to all those that have brought donations of food and unwrapped gifts! The box is getting full but there is still room to give a little holiday cheer!

Snachailya, ~ Mr. Jason Kadonaga

Hot Lunch Orders

Going forward hot lunch ordering will be offered online unless a paper order form is requested. Thanks for helping us keep paper costs down! Please let Mrs. Wiens know if you need assistance setting up your MunchaLunch account. Hot lunch can be ordered monthly or weekly, cutoff dates are the Thursday before the following week.

[MunchaLunch](#)

Dakelh Word of the Week

nezk'uz ~ It is cold



Scan here to
access the
links in the
newsletter.



Dec. 7 – Hot Lunch: Roasted chicken with fried rice and salad bar

Dec. 8 – Skating: Mrs. Hilman's Class

Dec. 11 – Hot Lunch: Taco casserole

Dec. 13 – Manor Visit: Mrs. Hilman's Class

Dec. 14 – Drama 9 – Story Theatre K/1/2s 11:15-11:45 in the gym

Dec. 14 – Hot Lunch: Ham and potato soup with salad bar

Dec. 15 – Hot Chocolate Sale (Mrs. Hilman's class hosting) 9:00-10:30 a.m., more info to follow

Dec. 15 – Skating: Mrs. Wruth's Class

Dec. 18 – Ugly Sweater Day

Dec. 18 – Hot Lunch: Perogy casserole

Dec. 19 – Crazy Hair Day

Dec. 20 – Christmas Character Day

Dec. 21 – Jingle Day

Dec. 21 – Hot Lunch: Spaghetti and salad bar

Dec. 21 – Christmas Concert dress rehearsal, 1:15 p.m.

Dec. 21 – Christmas Concert, 6:30 p.m.

Dec. 22 – Pancakes & Pajama Day and Bingo (PAC pancake breakfast at 11:00 a.m.)

Dec. 22 – Skating: Mrs. Ottesen's and Mrs. Mullings' classes

Dec. 22 – Last day of school before Winter Break

Jan. 8 – First day back to school



Two days left to fill our donation box for the food drive!

Most of you are familiar with BC Children’s Hospital and the great work that they do to support children and families in our province. However, BC Children’s Hospital is much more than a physical resource, they’re also home to the Kelty Mental Health Resource Centre with a wide-ranging variety of information, resources, tips, etc. to help children and youth, as well as their parents/caregivers. Benjamin Franklin once stated, “An ounce of prevention is worth a pound of cure.”

Kelty Mental Health has a great section on Healthy Living that helps to build a healthy foundation. I’d encourage you to take some time to check it out. Some of it might already be a part of your family’s routine, but you’re likely to find some other helpful tips and reminders that could help in the long run, as you navigate life with your growing family.



<https://keltymentalhealth.ca/healthyliving>



Check out RecTimes to see the most up to date public skating schedule over the holidays!
<https://app.rectimes.com/districtofvanderhoof>



Attention

Send recipes to rturnerklopper@sd91.bc.ca with contact information.

Recipe

INGREDIENTS	SERVINGS	DIRECTIONS	PREP TIME	COOK TIME
SD91 is looking for recipes from the community to help build a school district recipe book. The recipes will also be used to make school menus.				
If you have a recipe to share it needs to:				
• be okay to serve a large population, easily 50 or more servings. • be transportable, so holds well in moving between sites. • include a list of ingredients, amounts for each ingredient to be used in the recipe, instructions, and any comments regarding traditional ways it may be served at home (ex. Side dishes, time of year, time of day it may be served) • There is need for more diverse recipes that may include fish or be plant-based and suitable for vegetarian and vegan diets.				
FROM THE				

Or drop it off at the local school
Submit by Jan 8, 2024

SCHOOL DISTRICT 91 NECHAKO LAKES

