



November 18, 2026

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 community,

I wish this message finds you all well. How are you dealing with the dark mornings? It is a bit of a change for all of us. As I greet the learners in the morning outside when they first arrive, it feels like we are waking up slowly with the sunrise (which we often watch together). I kind of like the quiet start of the day and as more daylight emerges, the chattier and social we all become.

I may sound like a broken record, but please ensure that your children have warm outdoor clothes. It is chilly out there and some of us are outside for 40 minutes. Being warm and dry make being outdoors so much better!

At this time of year, teachers are preparing for the first round of Learning Updates. On December 4th you will have access to them (students bring these home in their backpacks). If you have any questions or concerns, please reach out as soon as you can as most things can be resolved through conversations and clarifications.

As always, keep a close eye on the important dates coming up as December will be a busy one. One goal we have in LEADS is to try to organize things so that events can be communicated clearly in advance. We are always learning!

Have a cozy rest of November and ensure you take care of yourselves and find a bit of time for well-being practice. The Dakelh word of the week is Yoh, meaning house.

Much gratitude,
Mia Moutray
Principal



Nov 18: PAC Meeting at 7pm
Nov. 20: Pro-D day – No School for students
Nov. 27: Collaboration 10:50 - 11:50 am
Nov. 27: Lock down practice 1 pm
Nov. 27: November Assembly at 2 pm
Dec. 3: Skating (Miss Kelly and Mrs Ami) 10:15 – 11:45 am
Dec. 4: Learning Updates #1 go home
Dec. 11: Collaboration 10:50 - 11:50 am
Dec. 15 & 16: Winter Concerts at 1:15 pm
Dec. 18: Last day before Winter Break, December Assembly at 1 pm
Dec. 21 – Jan. 1: Winter break

Helpful ideas for darker mornings (and evenings):
https://www.injuryresearch.bc.ca/news/pacific-time



Nechako Figure Skating Club

CAN SKATE 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

REGISTRATION LINK:
https://nechakofsc.uplifterinc.com/registration

Contact : nechakofsc@gmail.com www.nechakofsc.com

Knock, knock.

Who's there?

Hoo.

Hoo who?

What's it like to be an owl?



What do you call a huge pile of cats?

A meow-ntain!

JUNIOR VIKES WRESTLING

VIKES WRESTLING VANDERHOOF

- Open to athletes grades 2-6
- No previous experience necessary
- October 13th - December 15th
- $100

Hurry, spaces fill quickly!

INFORMATION/REGISTRATION:
HTTPS://2MEV.COM/12725-JUNIOR-VIKES-WRESTLING-REGISTRATION

Contact Shannon
shimmelright@sd91.bc.ca

Children, Youth & Family Services Activity Calendar

NOVEMBER / 2026

SUN	MON	TUES	WED	THURS	FRI	SAT
1	2	3 Outdoor Day 3:00 pm - 4:30 pm (7-12 y/o)	4	5 Outdoor Day 3:00 pm - 4:30 pm (7-12 y/o)	6	7
8	9	10	11 STAT - CLOSED Remembrance Day	12 Outdoor Day 3:00 pm - 4:30 pm (7 - 12 y/o)	13	14
15	16	17	18 Outdoor Day 3:00 pm - 4:30 pm (7-12 y/o)	19	20 Breakfast Club 8am-10am Riverside Place Science Lab 10am - 3pm (6-12 y/o)	21
22	23	24	25	26 Outdoor Day 3:00 pm - 4:30 pm (7-12 y/o) Teen Group 3:15pm - 5pm (13-17 y/o)	27	28
29	30					Families Matter Drop-in group during regular office hours

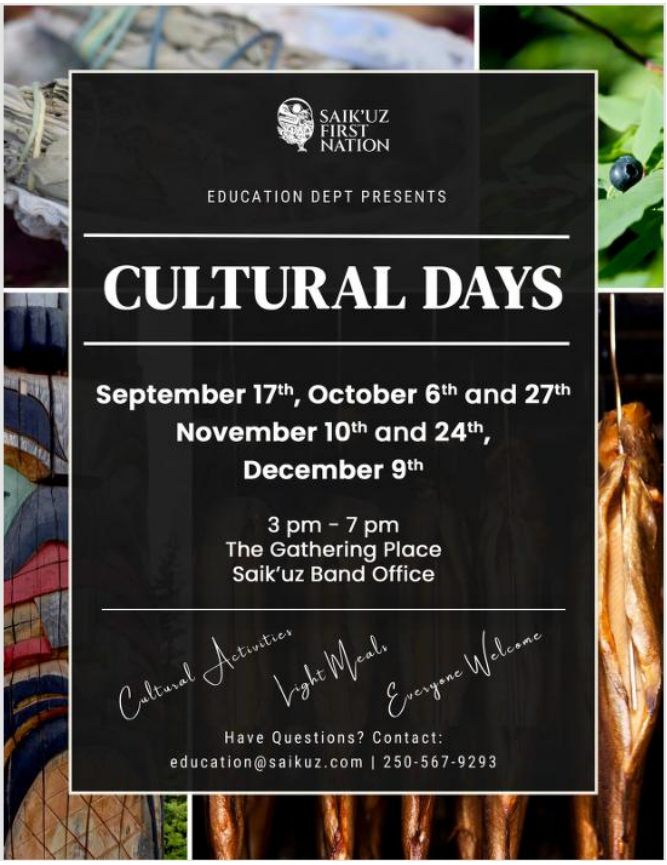
CONNEXUS COMMUNITY RESOURCES

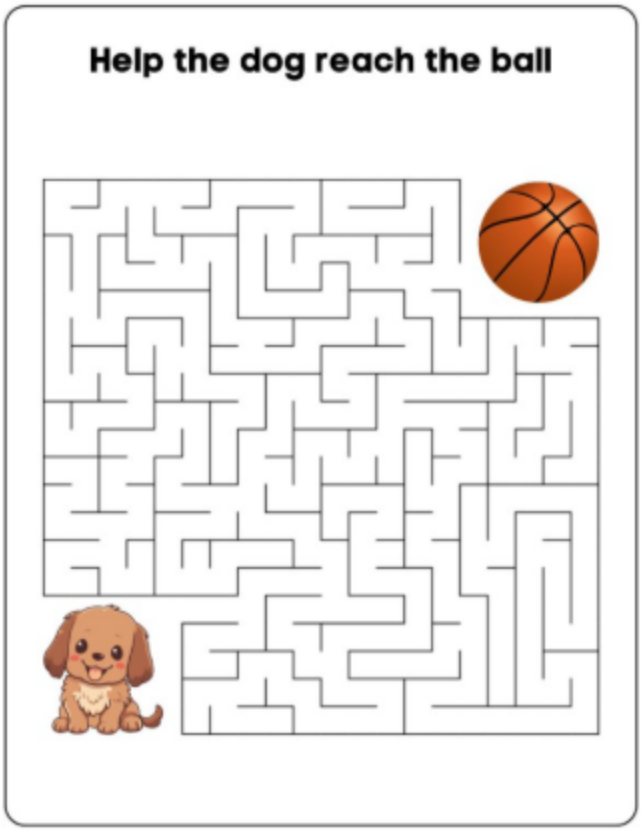
For more information & to register, contact:

Declan Cooper-Smith
Email: dcooper-smith@connexus.ca
Phone: (250) 570-1648

Samantha Pratt
Email: spratt@connexus.ca
Phone: (250) 570-7599


SD 91 DPAC
CONSIDERATIONS
FOR
PARENT FRIENDLY
MEETING SPACES
OFFER A PRIVATE AND INVITING MEETING SPACE
CONSIDER ANY BARRIERS OR ACCESSIBILITY FACTORS
ENSURE CLEAR SIGNAGE (INCLUDING LANGUAGES USED BY FAMILIES)
OFFER AN INDIGENOUS ADVOCATE TO BE AVAILABLE
ENSURE FAMILIES SEE THEMSELVES REPRESENTED IN THE SCHOOL
OFFER AN ONLINE OR PHONE MEETING AS A POSSIBLE OPTION
ACTIVELY SEEK INPUT FROM FAMILIES AS PARTNERS


SAIK'UZ
FIRST
NATION
EDUCATION DEPT PRESENTS
CULTURAL DAYS
September 17th, October 6th and 27th
November 10th and 24th,
December 9th
3 pm - 7 pm
The Gathering Place
Saik'uz Band Office
Cultural Activities
Light Meals
Everyone Welcome
Have Questions? Contact:
education@saikuz.com | 250-567-9293


Help the dog reach the ball


SAIK'UZ
FIRST
NATION
JOIN US FOR
K-12
TUTORING
Every Tuesday
& Thursday
Starting September 8
from 3:30m pm to 5:30 pm

NOVEMBER MENU

Student's Name:_____ Teacher:_____ Total Amount:

If your child regularly receives a Hot Lunch, please check the menu for meals that they cannot or will not eat. Please provide a lunch for your child on those days. Thank you!

Student price - $5.00. Staff price - $6.00. Cheques should be made payable to SD91.

Monday	Tuesday	Wednesday	Thursday	Friday
2 Sausage and Eggs 	**3** Beef Roast 	**4** Chicken Chow Mein 	**5** Quesadilla (V)  ***Grade 4-6 Handball/Volleyball***	**6** Butter Chicken 
9 Sloppy Joes 	**10** Perogy Casserole  ***10:45 – Remembrance Day Ceremony***	**11** **REMEMBRANCE DAY (NO SCHOOL)**	**12** Chicken Caesar Wrap 	**13** Lasagna 
16 Chicken Strips 	**17** Cheeseburgers 	**18** Mac and Cheese 	**19** Ham and Cheese Bun and Salad Bar 	**20** **PRO-D DAY (NO SCHOOL)**
23 Spaghetti 	**24** Wowie Maui Chicken 	**25** Loaded Baked Potato Soup 	**26** Breakfast Sandwich 	**27** BBQ Chicken 
30 Sausage and Eggs 				

*** Please note: Our kitchen is not fully vegetarian or gluten free. Gluten sensitive options are available if pre-requested.***

*** (V) indicates vegetarian option is available if pre-requested***



K5 Learning

Splashing fun word search

Grade 1 Vocabulary Worksheet

Circle the hidden words.

D	E	E	P	H	T	O	W	E	L
I	W	F	Y	H	A	V	D	Z	T
L	J	G	K	H	Q	F	M	K	N
S	W	I	M	G	K	D	L	A	P
X	D	V	Y	E	H	H	M	P	F
N	I	P	C	K	L	C	Y	O	L
H	V	U	A	L	A	N	E	O	H
V	E	R	P	N	R	Z	Q	L	M
A	N	R	D	Y	I	B	X	T	H
D	J	V	N	V	M	N	X	U	W

DIVE LANE SWIM LAP
TOWEL DEEP CAP POOL

