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*Acknowledgement of Aboriginal Territory - We acknowledge, respect, and honor the First Nations in whose traditional territories the Kootenay Lake School District operates and all Aboriginal people residing within the boundaries of School District No. 8.*

#### District

1. Superintendent's Report ([link](#))
2. Next Online Parent Engagement Sessions:
  - Artificial Intelligence Framework in Kootenay Lake April 10<sup>th</sup> ([link](#))
3. Next Board Meeting: March 11<sup>th</sup> ([virtual link](#))
4. DPAC information ([link](#))

#### Learning

5. Mme Victoria's class made Tire d'érable: A parent recently visited our Grade 5, 6, and 7 French Immersion class to share the Quebec tradition of making tire d'érable (maple taffy). The students enjoyed a hands-on lesson, pouring hot maple syrup onto snow to create and savor this classic treat, while connecting with Quebec culture and practicing their French. It was a memorable and delicious learning experience for everyone involved.
6. Ms. Milne's class led an assembly for Black History Month: In February, our Grade 3-4 class presented a Black History Month assembly, sharing their studies of influential Black figures. It was an inspiring and educational celebration of Black history and culture. We are proud of their dedication and enthusiasm.
7. Winter Feast: The annual Winter Feast is a special event where Indigenous students share their experiences and provide feedback on the Indigenous Education program. This year, Ms. Jillian hosted a frybread taco lunch, and frybread was shared with all students, fostering a sense of community. We thank Ms. Jillian and Ms. Milne for their efforts in creating this inclusive celebration.
8. Ms. Ziefflie's class led an assembly for Pink Shirt Day: We wore pink for Pink Shirt Day to stand against bullying.
9. Be the Change: We're collaborating with the Ocean Legacy Foundation, co-founded by Creston local James Middleton, to transform recovered ocean buoys into hanging planters. Our Be The Change students are painting the buoys, and we'll sell them at a farmer's market in May, with proceeds supporting Ocean Legacy's cleanup efforts. This project helps the environment and unites our community.
10. Ms. Adams' class explores recycling: Ms. Adams' class explored the life cycle of everyday items and participated in recycling paper. They used old paper to create new sheets, reinforcing their understanding of recycling and sustainability through a hands-on activity.

#### School

11. 2025-26 School Fees Review
  - Review activity costs
    - School fees across the district going up to \$45 K-7
    - Skiing fees will be maximum \$70/person/trip (waiting for updated numbers from ski hill for exact amount)
    - Therapeutic Riding \$220
    - Non-compulsory field trips (prices subject to change depending on trip details)
  - Confidential process is in place to address financial hardship
    - [POLICY 430: Fees, Deposits and Financial Hardship](#)
    - [AP 5060: Fees, Deposits and Financial Hardship](#)
12. Still working on quotes and plans for outdoor learning space for:
  - Shade sails – upwards of \$30,000
  - Concrete – for under concrete 6 picnic tables and two benches as well as bark mulch \$11,000
  - Move gaga pits and bark mulch fill – volunteer work day in Spring
13. Ceiling installation for extra library side-room.
14. Food in Schools:

The food being provided in schools needs to abide by the nutrition standards as outlined in the [Canada Food Guide](#); please use the [Food and Beverage Sales in B.C Schools](#) document and the [School Nutrition Program Handbook](#) for further support. We know that adequate and sufficient nutrition has exponential impacts on physical and cognitive development, mental health, success in the classroom, relationship building, and more. Therefore, food being provided by the school needs to be balanced, low in saturated and trans-fat, sodium, and sugar.

**Emphasis is on providing the following three food groups:**

- Grain (whole grain, brown rice, spelt, etc.)
- Protein (plant based, lean meat, dairy, etc.)
- Fruits and vegetables
- Consider: unsaturated fats like avocado, olive oil, fish, nuts/nut butter, and seeds.
- Consider: diversifying the Canada Food Guide to include cultural items that represent your student population and beyond. The items listed are Eurocentric, feel free to be creative and bring in new items that you think would be enjoyed and reflective of the diversity here in our District.

**Please limit:**

- Processed meat (e.g., pepperettes, hot dogs, sausages)
- Refined grains - white bread, cinnamon bagels, etc.
- Baked goods and sweets
- Salty snacks like chips and pretzels
- Sauces – dressings, dips, gravies, and condiments
- Sugary drinks like juice. Water is always the drink of choice.

**Resources:**

- [SD8 Food Equity page](#)
- [Canada Food Guide](#)
- [Food and Beverage Sales in B.C Schools](#)
- [School Meal and School Nutrition Program Handbook](#)
- Fundraising Guide (this doc has a list of pre-selected products that meet the standards)(attached below)

**CLES Calendar**

15. March 12<sup>th</sup> Intermediate Talent Show 1:30pm
16. March 17<sup>th</sup> – 28<sup>th</sup> Spring Break (school reopens March 31<sup>st</sup>)
17. April 7<sup>th</sup> ProD
18. April 11<sup>th</sup> PAC school dance
19. April 18<sup>th</sup> Good Friday
20. April 21<sup>st</sup> Easter Monday
21. April 23-24 Early Dismissal (students dismissed 1hr early)
22. May 14<sup>th</sup> Family Engagement Night
23. May Focus on Youth



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# Food Fundraising Guide

Feeding Futures  
School District 8 Kootenay Lake



# Food Fundraiser Overview



School fundraisers involving food that is provided during the school day, such as breakfast, lunch, snack, and take-home grocery programs are subject to a maximum mark-up of 20%. Food provided to vulnerable students and families cannot charge a fee-per meal to students and families.

Fundraisers involving food outside of school hours or with entirely donated ingredients are not subject to a maximum mark-up. Examples of these events are listed below. For other food related fundraisers, please contact the Food Program Advisor for approval.

Fundraisers not subject to a maximum mark-up

- Middle and Secondary school sports tournaments
- Fundraisers with entirely donated ingredients
- Popcorn sales
- Craft fairs
- Christmas concerts
- Entrepreneurship events
- Movie nights
- Community events

Schools are permitted to have 2 fundraising events per-term that follow these guidelines.



## Balanced food fundraisers look like...

### Meals should include:

- **Source of protein** (e.g., lean meat like chicken, turkey and vegetarian options, dairy products, etc.)
- **Grain** (whole-grain, whole-wheat, buckwheat, quinoa, whole grain brown rice or wild rice)
- **Produce** (minimum 2 kinds of produce)
- **Beverage** (water or unsweetened milk)

### Entree (inclusive of a grain, protein and vegetables or fruit)



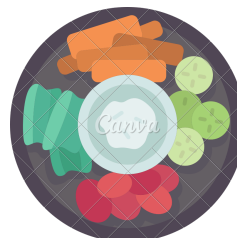
Or



### Fruit or Vegetable side



+



### Beverage



+





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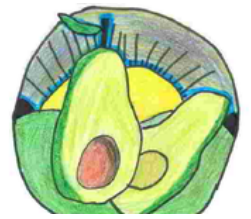
# Fruits and Vegetables





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# Snacks





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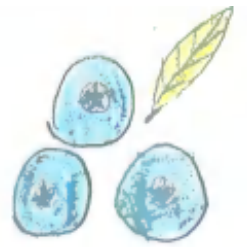






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# Hot Dogs



# Whole-grain/wheat buns



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# Beverages



Beverage  
of choice  
should be  
water

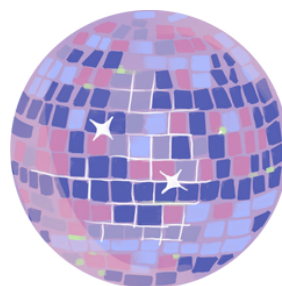




## Non-Food Fundraising Ideas



- Mulch Fundraiser
- Multicultural celebration days
- Favourite sporting team colours
- School discos and concerts
- Costume nights casual dress days
- Face painting days
- Cinema and trivia nights
- bike-athon, sled-a-thon, walk-a-thon, dance-a-thon, rock-a-thon or read-a-thon, for which sponsors pledge money by the mile, hour, or number of books/pages
- Charge for gift wrapping services during holidays
- Organize a fun run
- Recycling cans/bottles/paper
- Used book sale
- Trash to treasure sale: community members bring items to donate for a school yard sale
- Cookbooks with recipes from teachers/students/community members





## Additional Food Fundraising Ideas:

- Fruit or Veggie Kabobs
- Fruit sticks dipped in yogurt, rolled in granola, coconut, etc.
- Watermelon Slices
- Fresh produce boxes, baskets, or bundles
  - E.g., Sell bundles of donated fresh produce to families
- Banana pops
- Smoothie popsicles
- Pancakes/waffles
- Mini cucumbers, carrots
- Homemade granola bars, trail mix

## Fresh to You Fundraiser

Fresh to You is a fundraising initiative for K-12 schools in BC. [Schools participating in Fresh to You Fundraiser](#) receive bundles of locally grown fresh fruits and vegetables to sell to family and friends as a fundraiser

### Why Fresh to You?

- It promotes healthy food choices to students and their families.
- It provides high-quality, fresh, and seasonal produce for a healthy fundraising option.
- All of the produce is locally grown from BC suppliers, so your school is supporting BC farmers and growers in your community.
- It provides information for students and families about fresh, locally grown vegetables, as well as recipes for enjoying the produce at home.
- Your school receives a 40% profit on all of the bundles sold.

### Bundle 1 - \$25

- 5lb Red Beets
- 5lb Pacific Premium Potatoes - Small
- 3lb Onions (Yellow)
- 3lb Carrots

### Bundle 2 - \$30

- 5lb Pacific Premium Potatoes - Small
- 5lb Red Beets
- 3lb Carrots
- 1lb Parsnips
- 283 g Shallots