



# Barlow Creek Newsletter

Ms. N. Danuser, Principal

February 13, 2026

Ms. D. Telford, Secretary

816 Barkerville Highway, Quesnel BC V2J 6S6

Phone: (250) 992-5134 FAX: (250) 992-3146

## PRINCIPAL'S MESSAGE

Dahooja Barlow Creek Families!

We are working on a variety of learning activities as we are over half-way through our second term. It is a joy to watch your children learn and grow.

Please review the letter from Superintendent Dan Lowndes regarding the recent tragedy in Tumbler Ridge. It includes some supports for families should you need them.

Our February's BLAZERS is Earthly. Earthly students take care of the environment, only use what they need and leave something for others and are good citizens. In March and April our BLAZERS focus is Responsible. Being responsible means we make good choices and do the right thing.

Sunachailya Barlow Creek Elementary PAC for supporting our transportation costs to Troll.

To our families, we appreciate your ongoing support and patience.

Sunachailya,

Ms. Nancy Danuser, Principal

## **Dressing for the Weather**

We would like to remind ALL students to dress for the weather! Unless it is extremely cold (below -15C) we will be outside for lunch and recess. Wear layers, along with proper attire - such as, a **warm jacket, snow pants, mittens/gloves, toque and boots!**

**Even on colder days we may still head outside because temperatures can change!**

A change of clothes in your backpack is a great idea!

## **UPCOMING DATES:**

Candy guess Winner announced	Feb 13
PAC & Student Voice Valentine Dance	Feb 13
Real Acts of Caring Week	Feb 8-14
Valentines Day	Feb 14
Family Day—no school	Feb 16
PAC Meeting - 6:00pm library	Feb 18
Hot Lunch-Pango Pizza	Feb 19
Troll Skiing Days	Feb 23,26
School Spirit Pink Shirt Day	Feb 25
February Assembly—11:20 pm	Feb 25
Student Voice—board game	Mar 6
Daylight Savings Begins	Mar 8
Term 2 Learning Updates go home	Mar 12
School Spirit Pajama Day	Mar 13
<b>Spring Break</b>	Mar 16-27



## **SLOW DOWN**

to 5km/h in the school parking lot please.

February 11, 2026

Dear Parents and Caregivers,

Many families may be aware of the tragedy that occurred in Tumbler Ridge. News of events like this can be upsetting and may raise questions or concerns for students and families.

We want to assure you that **all** students and staff in our schools are safe. Student and staff safety remain our highest priority, and we continue to take every precaution to maintain safe and supportive school environments.

Events like this can be difficult for children and youth to understand, and a wide range of reactions is normal. Some students may experience anxiety, sadness, confusion, or changes in behavior as they process the information they are hearing.

In our schools, counsellors and support services are available for any students or staff who may need additional support. If you feel your child has been affected in any way, or if you notice changes in their usual behavior, we encourage you to contact the school so we can provide assistance as needed.

News of this tragedy may bring forward difficult emotions.

Schools will provide support for staff and students, and additional supports are available at:

**Call 310-6789 - Province of British Columbia – Help Starts Here**

**1 800 668 6868 or text Connect 686868 - Kids Help Phone**

**<https://kidshelpphone.ca> - Live online chat is available**

We know that in supporting children and youth, limiting exposure to news sources both traditional and social media channels, is essential.

We encourage families to talk with their children, answer questions calmly, and reassure them that they are safe. If families would like guidance in supporting these conversations at home, information and resources are available through the school.

As always, please contact the school if you have concerns or questions.

Thank you for your continued partnership in supporting our students.

Sincerely,

Dan Lowndes -Superintendent

## Student Voice

This year our Student Voice group participating in Real Acts of Caring Week. For RAC Week they had a daily challenge for students to do. Monday was giving complements to at least five people. Talking Tuesday saw students talking to someone they don't usually talk to and learning new things about them. Clean-up Wednesday had students cleaning up their classroom and school. Helping Thursday had students helping solve problems or giving help to classmates. Friendly Friday challenged students to smile and say hello to at least five people. Student Voice members checked in each day and gave stickers to students who shared how they met the daily RAC Week Challenge.



School Spirit Pink Shirt Day is Wednesday, February 25 and School Spirit Pajama Day is Friday, March 13.

Student Voice will be holding auditions after spring break for our upcoming school talent show. Stay tuned for more information.

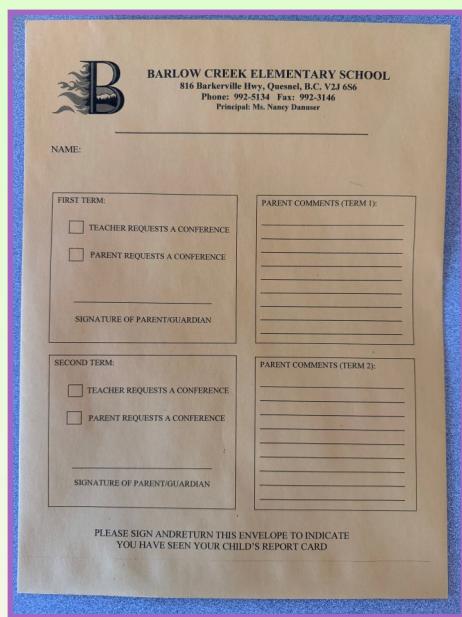
Student Voice-game afternoon Friday, March 6th. Various board games set up in classrooms and other spaces.

## Report Card Envelopes

**PLEASE return your child's report card envelopes **SIGNED**.**

We want to ensure that you have seen the report card and we want to re-use the report card envelope to save money on supplies.

Thank you!



Ms. Harrington will be hosting the following lunch programs:

Tuesday—Guitar



Thursday—Line Dancing

Thank you Ms.  
Harrington

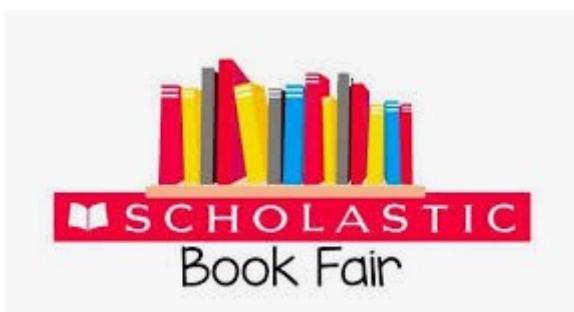


[kaylaoflynn@sd28.bc.ca](mailto:kaylaoflynn@sd28.bc.ca)

If anybody would like to Volunteer to help our Breakfast Coordinator, Mrs. Kayla O'Flynn with breakfasts, please email her at:



Kayla will need help periodically when she is doing the more time consuming breakfasts .



April 13th to 16th

Stay tuned!

Barlow Creek's Student Voice & PAC will be hosting a TALENT SHOW after Spring Break.

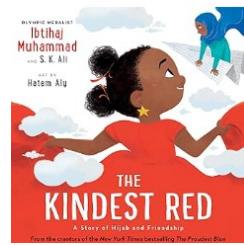
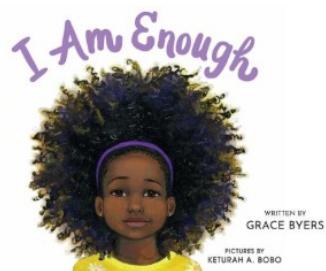
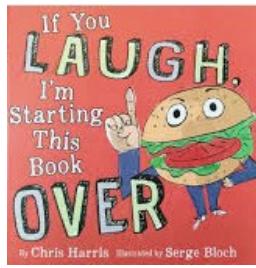
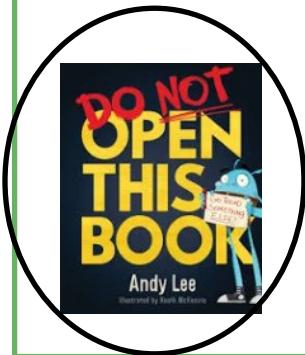


Get ready  
for your  
AUDITION!!



January's book battle books were "Do Not Open This Book" and "If You Laugh, I Am Starting This Book Over". The winner of January's book battle is "Do Not Open This Book".

The February's book battle books are "I Am Enough" and "The Kindest Red". Happy Book Battling!



## STUDENT LEARNING SURVEYS

All parents of grade 4, 7, 10, and 12 are asked to complete the survey each year. Here is the link for the survey:

[http://www.bced.gov.bc.ca/sat\\_survey/access.htm](http://www.bced.gov.bc.ca/sat_survey/access.htm)

There is no logon code required. Parents scroll to the parent section and enter our school district #28 Quesnel and the survey will begin.

It takes about 30 minutes to complete the survey and you have until May 1, 2026 to complete it.



## EARTH DAY

Earth Day is an annual event on *April 22* to demonstrate support for environmental protection. First held on April 22, 1970.



The 100th Day of School is **a symbolic celebration of students' achievements during the academic year, especially in elementary school.**

The event centers around the number 100, which helps develop learners' understanding and recognition of numbers up to 100.



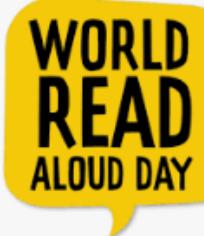
## BUS SAFETY



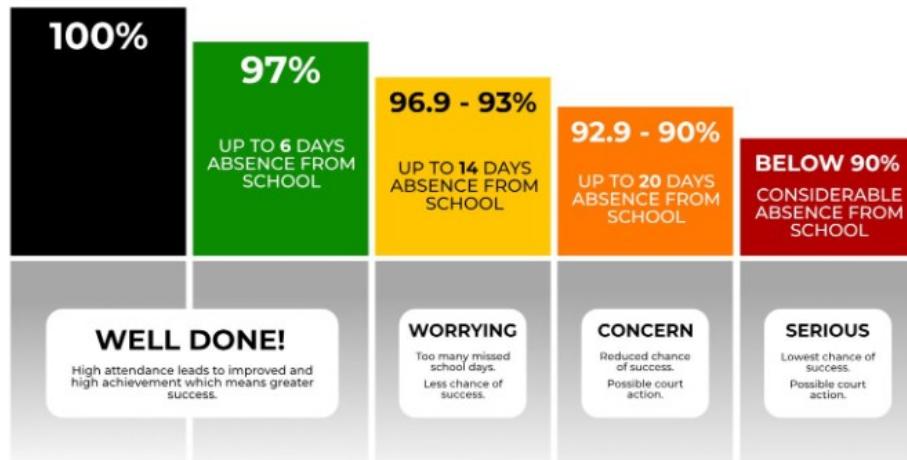
- 1. Sit facing front with your bottom right back**
- 2. Stay in your seat, use quiet voice and keep hands to ourselves**
- 3. Remain seated until the door opens**
- 4. Let people in front of you go first**

## World Read Aloud Day – February

We had a wonderful morning reading aloud. Our whole school joined in the gym with a Robert Munsch read-a-loud book. Then we read in groups with stories read by Division 5 students. We finished up with a Read-In throughout the school.



## WHAT IS YOUR ATTENDANCE?



There are 175 non-school days a year.  
That's plenty of time to go on visits, holidays, shopping and other appointments.



The theme for Pink Shirt Day 2026 (February 25, 2026) in Canada is "Sprinkle Kindness," encouraging small, everyday acts of compassion to create inclusive spaces, while the separate [International Day of Pink](#) (April 9, 2026) focuses on "ECHO," promoting listening to marginalized voices against bullying, homophobia, and transphobia. Both movements use pink shirts to stand against bullying, but have distinct themes for 2026.

## PAC News



Krispy Kreme coming after Spring Break!

PAC & Student Voice will be hosting a Valentine dance at lunch on **Friday, February 13**.

PAC meetings are the third Wednesday of every month.

Next meeting: Wednesday, February 18, 2026 at 6:00pm in the library.

Thank you to the PAC for helping with travel costs to Troll Resort and to the Primary Swimming lessons and for everything else you do for us.



## February is Black History Month



The theme for Black History Month in 2026 is "30 Years of Black History Month: Honouring Black Brilliance Across Generations — From Nation Builders to Tomorrow's Visionaries."

**FRIDAY, MAY 1ST @ 1:00PM**



**Jump Rope for Heart is the school fundraiser you don't want to skip!**

For over 40 years, students across Canada have been getting active and fundraising in support of Heart & Stroke.

## BLAZERS

At our January Assembly the following students were recognized for being ZIPPY BARLOW



BLAZERS: Aurora Trask, Mannix Erickson-Collins, Autumn Spicer, Morris Gilks, Elizabeth Moxam. These students are enthusiastic and active. They are excited about learning and have a positive attitude.

Winners of the January BLAZERS draw were Hannah Lepitich for being responsible staying on task and being a reliable responsible student. The other winner was Ryder Lawrence for being responsible and cleaning up a mess that wasn't his. Both students won a Barlow Blazers T-shirt.

## Dakelh Language and Culture

Practice some Dakelh with your children.

**Ndi talook dink'ih ho'en** - I saw four salmon

**Ndi yus skwunlai ho'en** – I saw five wolves

**Tsilyaz Bunun** – Time of the small snowflakes – February

**Ndi duni Ihk'ut taki'ih ho'en** – I saw six moose

## UTENSILS:

Please remember to send the required utensils for your children's lunches.

Be sure to send **WATER BOTTLES** and **SPOONS**.

Thanks in advance.



## Online Safety

Please take some time to talk with your children about safe online behaviour. Here are some things you can do to support your children to be safe online:

- \* Turn off the in-game chat features
- \* Help your child set up the games and monitor how they are using it.
- \* Take time to understand how the game works
- \* Don't use your child's name when signing up, use a screen name.
- \* Talk to your child about the dangers online what to look out for.
- \* Remind your child not to only play online with people they know.

Make sure your children aren't sharing personal information like names, where they live, age, school they attend, etc

## Monthly Library Awards

### Top Library Patrons

These are awarded to keen readers who regularly check out books and are enthusiastic about library.

January's Top Library Patron are [Arthur Everett](#), [Luna Bellamy](#) and [Eamon Shanks](#). These students are keen readers and make the most of their library time.



## DID YOU KNOW?

STUDENTS WHO ATTEND SCHOOL REGULARLY ARE MORE LIKELY TO GRADUATE ON TIME AND GO TO COLLEGE.



GOOD ATTENDANCE BUILDS HABITS THAT LEAD TO LONG-TERM SUCCESS.

IF YOU MISS SCHOOL, YOU MISS OUT!

Kindergarten Screening will be done at Welcome to K in May / June 2026

All children need to have their immunization brought up-to-date prior to Kindergarten entry. Please contact Northern Health Authority after May 1, 2026 @ 250-983-6850

**Kindergarten Registration closes March 31st, 2026**

**School District 28**

# **KINDERGARTEN REGISTRATION**

**Opens February 2, 2026 at  
your catchment school**

**FOR REGISTRATION IN FRENCH  
IMMERSION, PLEASE CONTACT ÉCOLE  
RED BLUFF LHTAKO AT 250-747-2634**

Children must turn 5 years old in 2026



**Required Documents:**

- Long Form Birth Certificate
- BC Services Card
- Proof of Address (2 pieces)

For more information, please contact your catchment school or the school District board office

For immunization, please contact NHA Community Health Services 250- 983-6850

School District 28  
401 North Star Rd Quesnel, BC V2J 5K2

250-992-8802

[www.scd28bc.ca](http://www.scd28bc.ca)

[info@sd28bc.ca](mailto:info@sd28bc.ca)



# StrongStart

A **FREE** Parent & Child participation program for **0-5 yr olds**



Join the fun at a **StrongStart** centre!

You and your child will make new friends, play, create art, go to the gym, sing songs, engage with stories, and so much more!

Drop in available at:

Baker StrongStart	Mon-Fri	8:30-11:30am
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Barlow Creek StrongStart	Mon-Thurs	8:15-11:15am
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Bouchie Lake StrongStart	Mon-Fri	8:15-11:15am
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Dragon Lake StrongStart	Mon-Fri	8:30-11:30am
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Please contact Ms. Cari to learn which days have openings (250-747-2142)

The school district operates 4 StrongStart BC early learning centres that provide **free**, school-based, high quality early learning programs for children aged 0-5 years old who are accompanied by a parent or caregiver. At StrongStart you and your child will have opportunities to play, make new friends, create art, go to the gym, sing songs, engage with stories and so much more!

Feel free to drop in to:

Baker StrongStart	Monday to Friday	8:30am-11:30am
Barlow Creek StrongStart	Monday to Thursday	8:15am-11:15am
Bouchie Lake StrongStart	Monday to Friday	8:15am - 1:15am
Dragon Lake StrongStart	Monday to Friday	8:30am-11:30am



# Your Voice. Your Child's Future.

## Help shape post-secondary opportunities for Northern BC youth

Complete the survey. Enter to win a \$500 towards your child's future education.

You know what your child needs. We want to hear it.

This 7-minute survey gives parents and guardians a real voice in how we support students from kindergarten through Grade 12—from early awareness programs to seamless transitions into post-secondary education.

Your honest feedback helps us build better pathways for all Northern BC families.

Scan to share your perspective  
[cnc.bc.ca/youthsurvey](http://cnc.bc.ca/youthsurvey)

Survey open February 6th - 27th  
Parents and guardians of K - 12 students in the region that CNC serves.

\*One entry per household, option of \$500 credit to the CNC Bookstore depending on your child's proximity to enrollment age



# BEAT THE WINTER BLUES!

Join StrongStarts for a morning of indoor fun at the **QYSA indoor fields!**  
(980 Anderson Dr.)

**THURSDAY, FEB 19TH**

**9:00 - 11:30AM**

We'll bring the activities and snacks.  
You bring your energetic little ones!

Please bring inside shoes &  
a water bottle. Dress in  
layers.



The program will be offered at Barlow Creek Elementary on Tuesdays and Thursdays, from **February 24 – April 16, 2026**. Each event begins at the end of the school day and ends at 4:15 p.m. (excluding Feb 26 Ski Day)

## Supporting Child Development After the Bell

The B.C. After School Sport and Arts Initiative (ASSAI)



Vision: All children in B.C. live a healthy expressive life through physical and creative activity

### What is ASSAI?

ASSAI, the After School Sport and Arts Initiative, provides fun, safe, accessible and high-quality after school programming to BC children from Kindergarten to Grade 8.

ASSAI programs are designed specifically to reduce barriers to participation that children may face (e.g., due to financial, social, cultural, behavioural, geographical, and other factors). ASSAI also provides resources to support meaningful engagement of children with disabilities.

In 2015/2016, ASSAI programs reached:

17	32
School districts	Communities
>165	>6,200
Schools	Individual children

### Who is involved?

ASSAI is delivered using a collaborative approach. Leadership at multiple levels contributes to the health and learning of children in the program:

Province
. The Province of B.C. through the Ministry of Community Sport and Cultural Development provides funding and vision
. DASH BC coordinates support and resources for community programs (e.g., connections to partners and training, development of resources)
Community
. School districts seek out community partners, identify their target population, hire and train program leaders, and design programs unique to their local context
School
. School staff refer students to programs and share equipment and facilities
Family
. Parents/caregivers register children for programs and communicate with school and program staff
Child
. Children go to the program and provide input into what activities they like best

### What impact is ASSAI having on children and school communities?

Preliminary findings from phase 1 evaluation:

#### Builds a positive school culture

ASSAI promotes positive connections within the school community, building upon what is going on during the school day. Children connect to caring adults who create a safe and fun environment for them to overcome anxieties and try new experiences. At the same time, children make friends in different grades and learn new skills. All of this develops their confidence and helps them enjoy school more, from the classroom to the playground.

#### Improves equity and accessibility

ASSAI has a leveling effect. While programs are designed to be welcoming to all, leaders use specific strategies to engage children who would not otherwise have the opportunity to participate in out-of-school activities. To reduce barriers, programs take place right in the school, immediately after school, and are offered at little or no cost. Activities are tailored to the diverse interests and skill levels of children. To further support meaningful engagement, ASSAI programs have a "person of rapport," a designated staff who connects with individual participants and provides behaviour support.

#### Strengthens key life skills

- 
- . Development of social skills
- . Increased connectedness to school, peers, and caring adults
- . New skills to be active and creative for life
- . Improved resilience and self regulation

*"It makes me feel wanted, like people want to hang out with me. It makes me feel happy, and know there's a place to hang out after school"*

· ASSAI participant



#### Because of ASSAI...

- "I get along better with my classmates"
- "I get along better with my teachers"
- "I am better at making friends"
- "I have learned that I can do things I didn't think I could do before"
- "I am better at handling whatever comes my way"
- "I am better at sport/physical activities than before"
- "I am better in art, music, dance, and/or theatre"



### What does inter-sectoral collaboration in ASSAI look like?

In ASSAI, school districts work with supportive partners who want to contribute to the goal of fostering health, physical literacy, and creativity among children. The focus of collaboration looks different in every ASSAI community. From the community groups that visit after school programs to teach a specific topic, to the organizations that provide funding, equipment, staff, and consultation, to the ongoing co-planning that occurs through community working groups, ASSAI has seen several examples of inter-sectoral collaboration. They demonstrate the value of good working relationships and a common vision among partners. Here are some examples:

#### Health Promotion Education

ASSAI programs provide opportunities for education on health and safety. Participants eat and learn about nutritious snacks. They learn the safety principles of activities like cycling and skateboarding from community coaches.

#### Collaborative Program Design & Delivery

Partners contribute skills and resources to programs. In one ASSAI site, an anti-violence art project for girls was a collaborative effort. It involved elementary school students, secondary school mentors, school support staff, a First Nations artist, and community organizations such as the sexual assault centre.

#### Inter-sectoral Planning

In many ASSAI communities, the school district, health authority, health promoting schools coordinators, and social service agencies are all part of community coordinating tables. They work together to identify priority issues and actions to support child health.

After school programs offer a wide variety of opportunities to support child health, learning, and well-being. Health, education, and community partners can contribute in many ways. Think about what you have to offer or what support you need to make a positive impact on children in your community.

### What makes ASSAI successful?

ASSAI programs focus on 4 key features:

- . **School-based** → School is where kids are and can be a community hub for after school programs
- . **High quality** → Quality programs ensure that children and youth are safe, engaged, and having fun
- . **Accessible** → Accessible programs are intentional about how they reduce barriers to participation
- . **Capacity building** → Building capacity means being committed to continuous learning and improvement

ASSAI programs use a **strength-based approach**—a positive perspective that emphasizes children's strengths and assets rather than their needs. Programs and program leaders:

- . Show respect and kindness to all students
- . Promote opportunities for belonging
- . Provide opportunities for caring relationships
- . Emphasize cooperation rather than competition
- . Support participants to discover their strengths and capacities
- . Provide strong modelling and healthy attitudes



Interested to learn more about ASSAI?  
Email us at [info@dashbc.ca](mailto:info@dashbc.ca)



**DOMINOS** pizza  
fundraiser is still  
active.

25% off all  
menu items  
and the  
school raises  
money.



**nourish**  
FOOD BANK

**Contact**

**Address:** 138 McLean St, Quesnel, BC V2J 2N7

**Phone:** (250) 991-0481

**Hours:** **Friday** **Closed**

Saturday	Closed
Sunday	Closed
Monday	Closed
(Family Day)	
Tuesday	10 a.m.–2 p.m.
Wednesday	2–6 p.m.
Thursday	10 a.m.–2 p.m.

**ss:** 170 Front St, Quesnel, BC V2J 1Y8

**ss:** **Friday** **10–11 a.m.**

Saturday	10–11 a.m.
Sunday	11 a.m.–1 p.m.
Monday	10–11 a.m.
(Family Day)	<b>Hours might differ</b>
Tuesday	11 a.m.–1 p.m.
Wednesday	10–11 a.m.
Thursday	5–7 p.m.

**GreenHope**  
Society

**Hours**