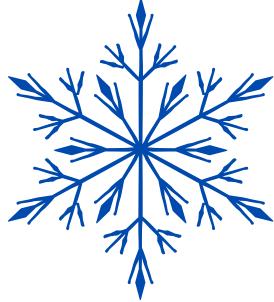




# Panther Newsletter

## January 2026



Ki?su?k kyukyit! Bonjour! Hello Panther families!

Happy New Year to our students and families! We hope everyone enjoyed a restful and joyful winter break, and we are so happy to welcome everyone back to École Isabella Dicken Elementary as we begin a new year together.

We would like to extend a heartfelt thank-you to all the families who purchased tickets and joined us for our Family Christmas Caroling Evening. Thanks to your generosity, we were able to make an \$850 donation to the Fernie Food Security Society, supporting families in our wider community. We also had a great start to the new year with a visit from the Maple Man, who shared a lively French-Canadian cultural presentation. Students learned about traditions connected to maple syrup through storytelling, music, movement, and a hands-on tasting experience. It was an enjoyable and memorable learning opportunity for all!

January is one of our favourite months at school. This is the time of year when we really begin to see students growing in confidence with their routines, strengthening relationships, and making big strides in their learning. It is also a time when students have many opportunities to get involved in extracurricular clubs, try new activities, and connect with peers beyond the classroom.

Behind the scenes, January is also when we begin planning for the next school year. While it may feel early, much of this work begins now as we review enrolment numbers and prepare for budget planning later in February. The first steps in planning for next year include gathering Kindergarten registrations and confirming French Immersion and English program choices for students moving into Grade 4. We will be launching our Kindergarten Registration Blitz on February 2nd, with the goal of having all Kindergarten students registered by February 20th. If you know a family with a child starting Kindergarten next year, we encourage you to remind them to make registration a priority. On Wednesday, January 21<sup>st</sup> we will also be hosting an information session for parents/guardians of Grade 3 students who would like to learn more about the French Immersion program that begins in grade 4. In February, parents/guardians are asked to confirm whether their child will continue in the English stream or request French Immersion for grade 4 and beyond.

As always, we are here to support your child's learning journey. If you have any questions or concerns, please don't hesitate to reach out to teachers or the administration.

Warmly,  
Ms. Neufeld & Mrs. Leeden



# ♥ ÉIDES PINK SHIRT DAY T-SHIRT DESIGN CONTEST



**Entries due to the office by January 15th**

**Design a T-shirt for Pink T Shirt Day that promotes kindess, inclusion or standing up against bullying.**

**The winning design will be on t-shirts that students and staff can purchase to wear on Pink Shirt Day and more!**



**Entries Should be:**

- hand - drawn
- black and white (pencil or marker)
- on white paper (8.5x11)
- keep it simple and bold
- include words, pictures or both

# ÉIDES EXTRA-CURRICULAR CLUBS & ACTIVITIES

## JANUARY – MARCH 2026

Thanks to many parent, community, ÉIDES student and staff volunteers, we have an impressive number of extra-curricular activities offered to our students! The following programs have started up and will be running from now until March break (unless notified otherwise). Please ask your classroom teacher or give us a call if you have questions about any of these opportunities.

<u>TIME</u>	<u>LUNDI</u>	<u>TUESDAY</u>	<u>MERCREDI</u>	<u>THURSDAY</u>	<u>VENDREDI</u>
8:00 – 8:50 am	G5 Boys Basketball	G5 Girls Basketball			
12:15 – 1:00 pm	G2-6 Running Club	G6 Leadership Club Library	G2-6 Running Club		
12:15 – 12:40 pm		G5 Basketball Open Gym Time		G6 Basketball Open Gym Time	G5-6 Gaga Ball Intramurals
12:40 – 1:00 pm		G4 Basketball Open Gym Time		G2-6 Glee Club Gym	G3-4 Gaga Ball Intramurals
3:10 – 4:30 pm	G6 Boys Basketball	G6 Girls Basketball	G6 Boys Basketball	G6 Girls Basketball G4-6 Cross-Country Ski Club	

### **PAC Meeting**

Tuesday, January 13th  
7:00 pm  
Library

Babysitting available in the kindergarten class!



### **Important Parking Notice**

Due to limited parking in our staff lot, unauthorized vehicles parked along the fence will be towed.

Please also be aware that Fernie Secondary School's parking lot (2nd Ave entrance) is reserved for their staff only.

We kindly ask that you do not use either of these parking lots for pick-up or drop-off.

Thank you for your cooperation.



Following in the footsteps of his ancestors, René Turmel, alias the Maple Man, discovered the West just as his predecessors did. A third-generation maple producer from the Turmel family, René returned to work in British Columbia every year.

Once he understood the temperature, mountains, lakes, fruits, as well as the ambience in summer, René chose the Okanagan Valley as home. For the past 20 years, he has criss-crossed the Canadian West, sometimes planting trees, sometimes picking fruit. Today, he continues his Western journey by sharing his passion for the maple tree, still considered a mystery by many British Columbians.

Thanks to his business La Grande Coulée/The Maple Man, René has been touring Canada for the past five years with his traveling show, spreading his knowledge across the country about traditional sugar shacks.



Thank you for spending the day with us Maple Man!



# **CONSIDERING FRENCH IMMERSION FOR GRADE 4?**

**Then please join us for an  
information evening to learn  
more about the program and  
how you can support your  
child.**

**When: Wednesday, January 21, 2026**

**Time: 6:30 pm**

**Where: École Isabella Dicken Elementary**

**We look forward to seeing you and answering  
your questions about the program.**

# ♥ Welcome to Kindergarten

## Kindergarten Registration 2026-2027!

Registrations will begin to be accepted for children born in 2021 and turning 5 in 2026, beginning on February 2, 2026 at 8:30 am.

All applications will be dealt with on a first-come, first-serve basis. A birth certificate or other legally acceptable document, along with proof of B.C. residency (i.e., mortgage statement, rental agreement, or utility bill), must be provided at the time of registration. Registrations will be complete once such documentation is made available.

Please use the following links for your preferred method of registration:

- Online Portal Kindergarten Registration
- Online Registration Information
- Registration Form (for parents not wishing to complete online portal registration)

Parents who wish their child to attend a school outside their catchment area are required to first register their child at their catchment area school. To request a transfer, pick up a "Family Request for Student Placement Form" from your catchment area school or download the form and return it to the School Board Office. Board Office staff will only begin to accept these completed forms beginning February 2, 2026. Forms can be submitted via email to [studenttransfers@sd5.bc.ca](mailto:studenttransfers@sd5.bc.ca). Please refer to Administrative Procedure 300 for more information.

If you have any questions, please contact our school at [ides.mailing@sd5.bc.ca](mailto:ides.mailing@sd5.bc.ca) or call the office at 250.423.4651.



# Block Builders

A free LEGO® program for  
kids in grades 3 – 6.

- Discover new ways to build and play
- Team up for creative collaborations
- Enjoy yummy snacks

*Spaces limited, registration required.*

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**Date:** Tuesdays, Jan. 13 – Feb. 17

**Time:** 3:15 p.m. – 4:15 p.m.

**Location:** Isabella Dicken Elementary  
1301 2 Ave, Fernie

**To register or learn more contact:**

**Chrisy Hill**  
Community Literacy Outreach Coordinator

 [chill@cbal.org](mailto:chill@cbal.org)

 or text 250-946-7257

 [cbal.org](http://cbal.org)



**cbal**  
Columbia Basin Alliance for Literacy

**ÉIDES**  
KINDNESS CONNECTION COURAGE

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# Sport Registration Webinar



Join this FREE information session to

- ✓ Learn about local sport programs
- ✓ Understand how registration works
- ✓ Meet local sport organizations
- ✓ Learn about financial supports
- ✓ Hear about how sport helps kids feel confident and connected
- ✓ Find out how to support your child – coach, cheer or volunteer



Facilitator: Carolyn Gillespie,  
Manager of Community Sport  
PacificSport Columbia Basin

To learn more or register, visit:

[www.pacificsportcolumbiabasin.com/newcomer-sport-registration/](http://www.pacificsportcolumbiabasin.com/newcomer-sport-registration/)

**Wednesday, January 14, 2026**

6:00 p.m. (Pacific Standard Time)  
7:00 p.m. (Mountain Standard Time)

Online via Zoom – register for the link

To learn more, contact:  
Carolyn Amantea

- ✉ [camantea@cbal.org](mailto:camantea@cbal.org)
- 📞 or text 250-231-9415
- 🌐 [cbal.org](http://cbal.org)



Scan for more information and to register



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# Content for Parent Newsletters

## HEALTH PROMOTING SCHOOLS

January 2026

### WINTER HEALTH TIPS

#### Handwashing Tips

Whendone properly, good hand hygiene is the best way to prevent the transmission of disease. This hand hygiene article offers reminders for proper hand washing and hand sanitizer use, including when it is best to use soap and water and when to use alcohol-based hand sanitizer. Parents and caregivers can also find illustrations to help them teach their child how to properly wash their hands. To learn more, please visit [www.aboutkidshealth.ca/handwashing](http://www.aboutkidshealth.ca/handwashing)

#### New Colour-Coded Weather Alerts

Canadians know how quickly the weather can change—and how important it is to be prepared



[Canada.ca/Weather-Alerts](http://Canada.ca/Weather-Alerts)

Canada

for when it does. That's why Environment and Climate Change Canada (ECCC) has introduced new colour-coded weather alerts. Under this new system all weather alerts—Warnings, Advisories, and Watches—are now colour-coded, moving from yellow, to orange, to red as the potential risk increases. ECCC's forecasters choose the colours based on how confident they are that the weather will happen, and the possible impacts that weather may have. By giving alert colours meaning, Canadians are now able to get at-a-glance information about the potential risk a weather hazard poses to them. For more information on what the colours mean click [here](#)

### SCREEN TIME

#### Protecting Youth Online

Violent online groups are targeting children and teens through social media and gaming platforms, coercing them into harmful acts and spreading extremist ideologies. Parents and caregivers should watch for warning signs like secretive app use, sudden interest in violent content, or withdrawal. Learn more and get prevention tips: [Read the RCMP report](#).



# Pack and Go Snacks for Young Children

Routine snacks are part of healthy eating. They provide children with energy to grow, learn and play. They also prevent hunger-related mood swings. Think of snacks as mini-meals to fuel busy brains and bodies. Pack a mid-morning and mid-afternoon snack if your child will be away all day.



## Smart snacks have...

- at least two food groups
- a fruit or vegetable most of the time and
- a little protein or healthy fat for longer lasting energy (try cheese, plain yogurt, avocado, beans, egg, tofu, seed/nut butter)

## Winning Snack Combos

- Yogurt parfait with berries and granola
- Lightly steamed broccoli and beand dip
- French toast with applesauce and dip
- Whole grain crackers and cheese
- Mini [egg bites](#) and red pepper slices
- Thinly spread peanut butter between apple slices
- Smoothie (in thermos) and muffin
- Chopped strawberries and cottage cheese
- Baked tofu bites and cucumber slices
- Banana bread and soft melon pieces
- Mini avocado toast sandwiches
- Hummus and pita bread

## ReadytoGoSnacks

Packaged snacks are convenient but many have a lot of added salt, sugar or unhealthy fats. Use food labels to make a healthier choice.

Try these ready to go snacks:

- Unsweetened fruit sauce cups
- Fruit cups (packed in fruit juice)
- Cheese strings/sticks
- Individual yogurts/yogurt tubes
- Individual hummus cups

## Choking Hazards:

**Adapt foods for young children to prevent choking. See [Reducing Choking Hazards](#).**

## Vegetable and Fruit Tips

- Keep a variety of freshly washed and safely prepared (e.g. chopped, thinly sliced, grated) vegetables in the refrigerator.
  - E.g. cauliflower, broccoli, cucumber, pepper, turnip, zucchini, carrots, etc.
- Steam extra veggies at dinner time and pack as a cold re-run.
- Make a quick vegetable dip by mixing a bit of ranch dressing with plain Greek yogurt.
- Keep your pantry stocked with unsweetened applesauce and canned fruit, and dried fruit.
- Keep frozen berries in the freezer to add to yogurt and smoothies.



### Allergy Aware:

If nut products are restricted, sunflower, soy or pea butter may be an option.

### Bean Dip

This spread is a great meat-free option for lunches and snacks. Spread on crackers, pita or bread, or use as a dip for vegetables.

#### Ingredients:

1 tin (19oz/540 mL) chick peas, rinsed and drained  
(*also called garbanzo beans*)  
1-2 cloves garlic, minced  
1-2 green onions, chopped  
1/4 cup (50 mL) peanut butter or tahini (optional)  
2-3 Tbsps. (30-45 mL) lemon juice  
1/4 - 1/2 cup (50-125 mL) plain yogurt  
Pinch salt, cayenne and cumin



#### Fun variations:

For a purple colour, add some canned beets or beet juice (or fresh, cooked beets).

For a green colour, use shelled edamame beans instead of chick peas.

Puree all ingredients in a food processor (or mash by hand) and chill. Makes ~ 2 cups.

#### For more information:

- Resources on the Interior Health website:
  - [Nutrition for infants, toddlers and preschoolers](#)
- Appetite to Play (see information for families) [www.appetitetoplay.com/](http://www.appetitetoplay.com/)  
Call 8-1-1 to ask a registered dietitian your feeding and nutrition related questions.