



ÉRBL
ÉCOLE RED BLUFF LHTAKO

École Red Bluff/Lhtako Elementary March 2026 Newsletter

Dahooja Parents/Guardians,

Kindergarten & Out-of-Catchment Registration

Kindergarten registration & Out-of-Catchment registration for the 2026/2027 school year has begun.

School District 28 is preparing for the 2026-27 school year and recently announced new catchment boundaries. We know that catchment changes can bring questions for families, especially about staying at a current school or requesting another school. Please refer to the link below for information about registering your child for next year and the Out-of-Catchment process. If you have questions about how these updates affect your family, please reach out.

✉ catchment@sd28.bc.ca 🌐 sd28.bc.ca 🏠 You may also contact your school directly.

<https://www.sd28.bc.ca/announcements/catchment-changes>

X Country Skiing – Hallis Lake

March 4th
Ms. Kishkan's class
Time: 8:30 to 12:30



Swim for Life Program

Thursdays
Ms. Leblanc & Mme. McTavish Classes
Time: 10:00 to 12:00
Ending March 12, 2026



Basketball

Boys Practice: Monday & Wednesday at Lunch
Girls Practice: Tuesday & Thursday at Lunch



Library Book Exchange Days



Monday Lundi	Tuesday Mardi	Wednesday Mercredi	Thursday Jeudi	Friday Vendredi
M. Smith grade 1/2	Mme. Suzie Grade K	Mrs. Mackay Grade 1/2	Mr. Colegate Grade 6/7	Mme. McTavish Grade 3/4
Mrs. Kishkan Grade 2/3	Mme. Sturt & Mme. Cathy Grade K/1	Ms. Mayden Grade K/1	Mme. Bird Grade 6/7	Mrs. LeBlanc Grade 3/4
	Mrs. Lowndes & Mrs. Dawson Grade 5/6	Mr. Jaura Grade 4/5	Mme. Presley Grade 4/5	

Winter Clothing

Students are to dress for the changing weather. As the days become colder it is important for students to bring a warm coat, gloves and a warm hat. Students will play outside most days except for when the temperature falls below -15 degrees Celsius. Parents and students are encouraged to check the lost and found as our collection is growing.

****Please write your child's name on their clothing****



Important Upcoming Dates

Mar 02	PAC Meeting @ 6pm in the library
Mar 04	Ms. Kishkan's class goes X Country Skiing at Hallis Lake
Mar 04	PAC Hot Lunch
Mar 05	Ms Leblanc & Mme McTavish's classes go swimming
Mar 11	PAC Hot Lunch
Mar 11	Term 2 Learning Updates sent home
Mar 12	Ms Leblanc & Mme McTavish's classes go swimming (last day)
Mar 16 to 27	Spring Break - No School
Mar 30	First day back at school after Spring Break
Apr 03	Good Friday (stat holiday) - No School
Apr 06	Easter Monday (stat holiday) - No School



First Nations Health Authority
Health through wellness

First Nations Health Authority
270 – 177 Victoria St.
Prince George, BC, V2L 5R8



Population & Public Health
500 – 299 Victoria Street
Prince George, BC, V2L 5B8

February 17, 2026

To Families and School Staff: What you need to know about measles

Measles is spreading in BC right now, as well as elsewhere in Canada and globally. With many families planning activities and travel for spring break, this letter has important information to help keep your child, your family, and our schools safe. Measles is a serious illness that spreads easily, but we can help stop it with vaccines and knowing what to do if we're exposed to it.

Vaccines help protect us

Getting the measles vaccine is the best way to stay safe, and it's free!

People are protected if they:

- got **two measles vaccines (shots)** after turning 1 year old,
- were born **before 1970**, or
- Were previously diagnosed with measles.

The measles vaccine needs about two weeks to build strong protection, so it's important to get vaccinated early if you have travel plans.

Check if you or your child got both vaccines:	If you or your child need vaccination:
<ul style="list-style-type: none"> • check online at BC Health Gateway (www.healthgateway.gov.bc.ca) • call your local Community Health Centre or Health Unit. 	Book an appointment at your local: <ul style="list-style-type: none"> • Community Health Centre, • Health Unit (www.northernhealth.ca/find-a-facility/health-units), or • pharmacy (www.bcpharmacy.ca/mmr)

What measles looks like

Fever and rash are key symptoms. Symptoms show up **7 to 21 days** after being near someone who has measles (if you catch the virus).

- Early symptoms include high fever, runny nose, cough, red watery eyes, feeling tired
- Several days later, a red blotchy rash appears, first on the face and neck, then spreads
- Sometimes small white spots inside the mouth appear

Measles can cause problems like ear infections, diarrhea, pneumonia, and even swelling in the brain.

If you think your child has measles symptoms

- Keep your child at home.
- Call **your doctor** or the **Northern Health Virtual Clinic at 1-844-645-7811** for health advice.
- Stay home until 4 days after the rash begins to stop the illness from spreading.
- If you need to go to the doctor or hospital, call ahead so they can prepare.

If measles exposure happens at school	If your child gets sick at school
<p>If there is exposure to measles at your school, public health will send a letter to the school to send home. It will tell you:</p> <ul style="list-style-type: none"> • Where to get vaccines • Information about testing, preventive treatment, and care • That anyone not immune to measles should stay home for 21 days to keep others safe 	<p>If your child feels sick at school, staff will call you – just like normal.</p> <p>If there is concern about measles, school staff will call public health for advice. Based on this advice, school staff may help that person go home quickly.</p> <p>While waiting, your child may wear a mask and stay in a separate room.</p> <p>You can call your doctor or the Northern Health Virtual Clinic at 1-844-645-7811 to assess you and see if you should be tested for measles.</p>

Extra care for some people

Measles can be very dangerous for people who are not protected, and who are pregnant or have weak immune systems. If you are worried about the health of your child or family member related to measles, call **your doctor** or the **Northern Health Virtual Clinic** right away. They can help you get care and medicine to stay safe.

More information

- <https://www.northernhealth.ca/health-topics/measles>
- <http://www.bccdc.ca/health-info/diseases-conditions/measles>
- <https://www.healthlinkbc.ca/healthlinkbc-files/measles>
- Northern Health Virtual Clinic: 1-844-645-7811

Let's work together to stop the spread of measles and keep our schools and families safe.

With thanks and in partnership,

*Northern Director of Nursing, on behalf of
First Nations Health Authority Public Health Doctors (Medical Officers)*

*Regional Nursing Lead – Healthy Schools, on behalf of
Northern Health Public Health Doctors (Medical Health Officers)*



School Hours:

8:25 Warning Bell

8:30 Start of Instruction

10:00-10:15 Recess

12:00-12:25

- Intermediate students outside to play
- Primary students eating lunch

12:25-12:49

- Primary students outside to play
- Intermediate students eating lunch

2:28 End of Day

Student Supervision

- Families are reminded that there is no student supervision before 7:55 am and no student supervision after 2:45 pm



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
Barlow Creek StrongStart	Mon-Thurs	8:15-11:15am
Bouchie Lake StrongStart	Mon-Fri	8:15-11:15am
Dragon Lake StrongStart	Mon-Fri	8:30-11:30am

Please contact Ms. Cari to learn which days have openings (250-747-2142)

We would also like to thank:

ZELDA FENCING AND LANDSCAPE

<https://zeldaquesnel.ca/>



for their continued support of our
Breakfast Club!