



NVSS NEWS

2608 Bute Avenue, P.O. Box 950, Vanderhoof, BC, V0J 3A0

<http://nvss.sd91.bc.ca/>

Tel:(250) 567-2291



Principal: Mr. Ken Young

Vice-Principal: Ms. Stacey Soffel

Vice-Principal: Mr. Travis Himmelright

February 4, 2026

Greetings Viking Nation!

As I write this newsletter, we have come to the beginning of February 2026. This means we are halfway through the school year! A lot of hard work is going on in the building right now and Semester 2 is under way.

Our winter sports programs are moving full speed ahead and our teams are certainly experiencing some great successes thus far. A big thanks to all coaches and volunteers who make the NVSS Sports Programs so successful – you are the glue that holds it all together. NVSS has already hosted a wrestling tournament, Senior Boys and Girls basketball tournaments, as well as Junior Boys and Girls tournaments. Every week and weekend has been full of activity!

A reminder to parents of Grads this year—Capstone presentations will be happening on March 3 & 4, and this can be a stressful time as students prepare for these. Please feel free to contact Rebecca Morin in the Careers Department as she is the coordinator for our Capstone Presentations. She can help to answer questions and walk both parents and students through the process if needed.

This semester we will be focusing on school wide improvement regarding attendance. We know that missing class time has a major impact on student success and as school community we want to increase our student attendance to ensure that all students can work towards their full potential. **Our new ATTENDANCE EMAIL to report students who are sick etc. is**

nvssattendance@sd91.bc.ca . Our front desk will also continue to receive calls regarding attendance.

As always, if you have any questions or concerns, please contact me or one of our Vice Principals: Stacey Soffel and Travis Himmelright.

Sincerely,

Ken Young, Principal

IMPORTANT DATES:

February 5

Mandatory Grad Meeting

February 6

Pro D Day

February 12

Valentine's Day Dance
(Look for posters for more details)

February 16 (no school)

Family Day

February 23

School Board Meeting

February 25

Pink Shirt Day

February 26-27

Share the Love Days

February 27

Trimester 2 Ends

March 2

Trimester 3 Begins

March 3 – 4

Capstone Presentations

March 16 – 27

Spring Break

April 3 & 6

Good Friday/Easter Monday

Please note that our Newsletter goes out via email. If you need to update your email with the office, please send an email to NVSS at:

nvss@sd91.bc.ca



Valentine's Dance
February 12th, 7 pm – 9:30 pm
Seniors Only – Grades 10-12

For inquiries regarding attendance, or for reporting the attendance or absences of your child if they are sick or will be away, please contact NVSS at our new Attendance email address:

nvssattendance@sd91.bc.ca

You may also contact the school at 250-567-2291 to report any absence related information.



NVSS Student Voice is in full swing and developing a plan to give all students at NVSS a voice in how to make our school even better. With topics ranging from healthy eating and mental health to inclusive activities during collaboration, the Student Voice Team is excited to move forward with their initiatives. Look for a survey to come out in the new year for all students to be a part of the conversation. Stay tuned for more information!

HOT LUNCH MENU February 2026				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
Perogies & Breakfast Sausage	Beef Stew	Pork Skewers & Rice	BBQ Chicken & Pasta	Pro D Day
9	10	11	12	13
Ham Sub Sandwich	Teriyaki Chicken & Rice	Spaghetti, Caesar Salad, & Garlic Bread	Chicken Noodle Soup	Burgers
16	17	18	19	20
Family Day	Chicken Quesadilla	Hamburger Soup & Cheese Bread	Fajita Rice Bowl	Baked Tortellini
23	24	25	26	27
Chili & Bun	Tuscan Chicken Pasta	Pizza	Beef Stroganoff	Chicken Caesar Wrap
\$6/day includes salad and fruit				



School Board Meeting

Monday, February 23, 2026
6:30 pm

School Board Office
Vanderhoof, BC

Important Public Attendance Notice:

Members of the public are invited to attend Regular Meetings of the Board of Education.

Due to limited space and seating availability, please request your seat in advance if you wish to attend in person.

Alternatively, members of the public may attend this meeting virtually through Microsoft Teams. To take advantage of this online attendance option, please visit www.sd91.bc.ca/meeting-information for the Teams link.

To view the meeting agenda, please visit www.sd91.bc.ca/board-agendas-and-minutes.

Contact:

Heather Silver
Executive Assistant to the Superintendent
250-567-2284 ext. 9003
hsilver@sd91.bc.ca

A Nechako Nordics  Community Event

FAMILY DAY FREE SKI!

Monday, February 16, 2026

Noon - 4:00 pm Free Entry

NVSA Trails
3501 Quail Road

Limited Free Rental Gear
First Come First Serve

Free BBQ provided by
the District of
Vanderhoof in honour of
the **100th** year
Anniversary!



1:00 pm - 3:00 pm
**Introductory Eco-Aim
Biathlon Rifle
Target Practice**
Try the Biathlon Rifles!



Celebrate Family Day outdoors!

Come out to the **NVSA Ski Trails** in Vanderhoof and enjoy a free afternoon of skiing with the whole family. Try out the new **Biathlon Eco-Aim Rifles**. Fresh air, snowy trails, and time together.



Everyone is Welcome!



Proposed Policy Update

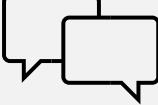
The following draft policy is currently open for public feedback
until 4:30 p.m. on Friday, February 13, 2026.

[Policy 101.1.1 – Trustee Elections – Bylaw](#)

Members of the public are welcome to review all the information, including how to provide feedback, on the [SD91 Policies and Regulations webpage](#).

Visitors/Parents/Caregivers Code of Conduct

Working together, we create a safe and supportive learning environment for students and a safe work environment for staff. Parents, caregivers and any other visitors to our schools support a safe environment by communicating and conducting themselves at the school and school activities respectfully.

<p>Communication</p> 	<ul style="list-style-type: none"> Use our process for addressing concerns – talk to the teacher first then, if follow up is required, contact school administration. Use respectful language whether in person, on the telephone, or through email. Respect staff time by accepting that they will respond to appropriate communication within 2-3 days outside of holidays, evenings and weekends. Clarify your child's version of events with school staff to fully understand and have perspective. Seek a peaceful and reasonable solution to all issues. Social media should not be used to voice complaints against the school, a staff member, parent/caregiver, or student. This is not a productive way to resolve an issue.
<p>Partnership</p> 	<ul style="list-style-type: none"> Try to ensure your child attends school and reaches out for support if needed. Work together with staff to resolve issues or concerns. Read and discuss the Student Code of Conduct with your child to help them understand and follow it.
<p>Conduct</p> 	<ul style="list-style-type: none"> When coming to school please be calm and do not swear, use inappropriate language, be threatening in your behaviour, and/or be verbally abusive.
<p>School Culture</p> 	<ul style="list-style-type: none"> Recognize that EVERY student is important to us. Treat all members of our school community with dignity regardless of "Indigenous identity, race, colour, ancestry, place of origin, political belief, religion, marital status, family status, physical or mental disability, sex, sexual orientation, gender identity or expression, or age" as protected by the BC Human Rights Code.

Date:	January 5, 2026
To:	Licensed Childcare Facility Operators
From:	Northern Health Chief Medical Health Officer Northern Health Medical Health Officers
CC:	Northern Health Licensing Team
RE:	2026-01-05 Memo on Influenza to Licensed Childcare Facilities

Staying healthy during flu season in Northern Health communities

Flu Season is here

Levels of influenza are rising in Northern Health, especially among children. Influenza (the flu) is an infection that mainly affects the nose, throat, and lungs. It is caused by influenza A and B viruses which spread every year from November to April. H3N2 is the main type of influenza virus that is spreading this year, and it can cause more severe illness especially in children and older adults. This makes it extra important to be protected from influenza this season.

Signs and symptoms

Infection with influenza can range from mild to severe.

Common symptoms include:

- Fever
- Headache
- Sore throat
- Body aches
- Extreme tiredness
- Cough, sneezing, runny nose
- Nausea, vomiting, or diarrhea

Getting sick with influenza can also lead to serious diseases, like pneumonia (which affects the lungs), and life-threatening complications.

How influenza spreads

Influenza spreads through coughing, sneezing, close contact, and by touching surfaces with influenza germs and then touching your eyes, nose, or mouth.

Who is at higher risk?

Some people are more likely to get very sick from influenza. This includes:

- Adults over 65 years old
- Children under 5 years old
- People who are pregnant
- People with chronic health conditions

Vaccines are the best protection from the flu

Influenza vaccine is the safest and most effective protection from influenza. It's free for everyone 6 months and older in BC. You can get it at health units, pharmacies, or some doctor's offices. Even though this year's vaccine isn't a perfect match to the H3N2 influenza virus, it still helps prevent severe illness and hospitalization and protect against other types of influenza viruses.

- Register and book online through the BC Get Vaccinated system or by calling 1-833-838-2323

Other ways to stay healthy

- Keep sick kids home until they feel better
- Wash hand often with soap or sanitizer
- Cough or sneeze into your elbow
- Throw away used tissues right away
- Clean and disinfect surfaces that are touched often
- Wear a mask if you can't avoid others while sick

These measures also help prevent illness from other viruses, such as COVID-19, RSV, and parainfluenza.

If your kids get sick

Have your kids stay home, rest, and avoid close contact with other people until they feel better and their fever is gone. Call your health care provider if your child has a health condition that increases their risk of getting very sick, or if they are very ill (such as having trouble breathing, chest pain, or signs of dehydration like dizziness, extreme sleepiness, or not peeing much).



Helpful links

[Book your vaccine](#)



[Health Link BC](#)



[Common Childhood Diseases: Quick Guide](#)



Sincerely,

Dr. Jong Kim,
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Chief Medical Health
Officer
Northern Health

Dr. Rakel Kling
MD
MSc MPH FRCPC
Medical Health
Officer, Northern
Interior
Northern Health

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