

2026.04.02 SD8 Weekly Bulletin - Family Edition



Mission - We inspire and support each learner to thrive in a caring learning environment

INFORMATION TO SHARE WITH SCHOOL FAMILIES / PARENTS / GUARDIANS

Important 2026-2027 School Busing Information

The School District 8 - Kootenay Lake Transportation Department is getting ready for the next school year. Please take note of the following important school busing information.

Key Topics

2026/27 School Bus Registration Deadline: June 12, 2026.

Applications received after the deadline will be considered only if space is available on routes as scheduled. All students requesting SD8 school busing privileges **MUST** register annually.

[Apply Here!](#)

Riding the School Bus: School bus privileges are reserved for students who have been registered for SD8 busing for the given school year and who have received a confirmation email including the assigned bus route information. Students are only permitted to ride the school bus as assigned. Families must agree to [SD8 bus pass procedures](#) and [bus conduct guidelines](#) in order to ride the school bus.

Bus Routes: School bus routes are built annually by the Transportation Department prior to September for school start up. Route design is based on school catchment and eligible rider demand as of the registration deadline. A student's bus route and stop assignment will be determined based on the home address on file with the school. Families will receive a bus registration confirmation email, communicating which routes and stops are assigned to their student.

Eligible Riders: Students who live within their school's catchment and outside of the walk limits.

Courtesy Riders: Students who live outside of their school's catchment or within the walk limits or ride the bus less than 4 times per week.

School Walk Limits: Students are expected to walk to school wherever possible. To be eligible to ride an SD8 school bus, a student must reside at a distance from their catchment school greater than 2.5 km for elementary, and 3 km for intermediate and secondary.

Bus Passes: Please return your bus pass to your bus driver at the end of the school year! All approved busing students will be issued a new bus pass by their school for September startup. Students must follow bus pass procedures to utilize their SD8 busing privileges.

School Bus Registration Application Process

Complete the 2026/2027 school bus registration application form [Apply Here!](#)

Processing and route design take place during the summer months. Once processing and route design is complete, you will receive an email confirmation that:

- a) Your request for transportation privileges has been approved **OR**
- b) You have been put on a waiting list.

Students eligible for SD8 busing will be awarded a seat on the bus. Students not eligible for SD8 busing (courtesy riders) may be granted a seat on the bus after all eligible students are placed and only if there is an extra seat available on a set run.

Please note: *If you are a courtesy bus rider and have a seat on the bus this year, you may not have a guaranteed seat in the 2026/2027 school year.*

Please consider the below from the Ministry of Children and Family Development:

Are you interested in caring for children & youth?

JOIN OUR FOSTER CAREGIVER COMMUNITY.

We are seeking nurturing homes that can offer temporary inclusive care to children and youth, including those with support needs.

Caregiving is a rewarding position, and you won't be alone; additional financial resources and support are available to help you provide care.

Every child and youth deserves a safe place to belong, a home where they feel valued, understood, and cared for.

Make a lifelong difference to a child and youth today.

If you are interested in becoming a foster caregiver, please scan the QR code or visit:
[Foster Caregiving - Province of British Columbia](#)



Attendance

Attending school regularly helps children feel better about school - and themselves. You can help your children start building this habit early so they learn that going to school on time, every day is important. Good attendance will help your children do well in school, post-secondary, and at work.

Calling All Parents

We value families and want them to be with us as much as possible.

- ▶ Having families in the school helps students feel a stronger sense of belonging.
- ▶ When you are here with us, it shows your children and teens that you value education and want them to do well in school.
- ▶ Your involvement helps make sure we are doing what families want for their children and teens. You know your children best. You can help us know what is right for them. Did you know that seeing their family members in the school also helps students want to attend school each day? And attendance is vital if our students are going to succeed. Children have to be in school in order to learn. Even missing a few days of school each month can impact on their achievement and their well-being.

Family Engagement Sessions (virtual) - [LINK](#) for all sessions

Attend by ZOOM, Password: parent

April 9, 2026 - 6:00 pm - Scholarships: What to Expect During Adjudication

Review for students and families.

DPAC Meetings (virtual)

Please join us virtually for our next DPAC Meeting!

Find meeting dates, agendas, DPAC contacts and more [here!](#)

Next meeting is April 16 from 6:00 - 8:00 PM - hope to see you there!

[SD8 News](#) - catch up on the latest announcements, Board Highlights and news in SD8!

[Superintendent's Report](#) - Read the latest blog from Superintendent Smillie to find out what's being celebrated and what is going on around the district this month!

Spending time outdoors is wonderful for children and families! Being aware of ticks is a good way to stay safe while enjoying nature. This document provides information about ticks to help parents protect their families.

What are Ticks and Where are They Found?

Ticks are tiny creatures that can sometimes attach to people or animals. They are not insects, but are arachnids, like spiders. Adult ticks have eight legs.

Ticks need to feed on blood to grow and develop.

Ticks cannot jump or fly. They wait on grass and low shrubs for a host to brush against them.

Ticks are often found in areas with trees, shrubs, grass, wood piles, and piles of leaves.

In British Columbia, ticks can be active whenever the temperature is consistently above freezing and there isn't snow. They are most common in the spring, summer, and fall.

The Western Black-legged Tick, which can carry Lyme disease, is very common along the B.C. coast and parts of the interior. The Rocky Mountain Wood Tick, which can cause tick paralysis, is found in the interior dry belt of B.C.

The Brown Dog Tick rarely feeds on humans but can live indoors, often found where dogs sleep.

Why Be Aware of Tick Bites?

Most tick bites do not cause diseases. However, some ticks can pass on germs that make people sick if they have fed on an infected animal.

Removing attached ticks quickly reduces the chance of infection.

In B.C., tick bites can potentially cause:

- **Lyme Disease:** Carried by the Western Black-legged Tick. Symptoms can include a rash (often looking like a "Bull's Eye"), fever, headache, muscle and joint pains, and fatigue.
- **Tick Paralysis:** Can be caused by the Rocky Mountain Wood Tick. This is rare but serious. Symptoms include increased lack of coordination, starting with numbness in the feet/legs and difficulty walking, which can spread upwards. It is caused by a toxin from the tick. Recovery is complete if the tick is removed quickly.

Tick bites are usually painless because the tick's saliva contains an anesthetic. You might not notice one right away.

How to Protect Your Family (Prevention) - Simple steps can help prevent tick bites for you and your children.

Clothing: Dress in light-coloured clothing to easily spot ticks. Wear long sleeves and long pants. Tuck shirts into pants and pant cuffs into socks or boots. Avoid short pants.

Bug Spray: Apply insect repellents containing DEET or Icaridin to clothes and any uncovered skin.

Stick to Trails: Try to avoid walking through tall grass, brush, or thick bushes, especially in areas where animals frequent. Stick to cleared paths if possible.

Choose Resting Spots: If resting outdoors, sit on a bare rock, a ground sheet, or an area without vegetation instead of lying directly on grass or bushes.

Check for Ticks After Being Outdoors! It's very important to check yourself, your kids, your pets, and your outdoor gear after spending time in areas where ticks might be.

- Do a full body check on everyone.
- Check the pubic region, back of the knees, the base of the skull, and the scalp (check hair carefully).
- Check the backs of everyone.
- Also, inspect clothes carefully after being outdoors, especially near the collar, after they have been hanging overnight.

How to Remove a Tick Found on Your Child (or Yourself)

If you find an attached tick on your child or yourself:

- Remember ticks don't burrow under the skin. They are attached by small, barbed mouthparts.
- Use tweezers.
- Grasp the tick as close to the skin as possible, right at the tick's head.
- Pull slowly and gently straight upwards, without twisting. This should remove the tick with its mouthparts.

After Removing a Tick

After removal, clean the bite area with soap and water or an antiseptic.

It's a good idea to take a photo of the tick.

Store the tick in a sealed container and keep it in the fridge or freezer for about 30 days.

You can submit a photo of the tick to eTick.ca for identification help. This can help determine if it's a type that might carry diseases.

Watch your child (and yourself) for symptoms in the days or weeks after the bite.

If your child develops symptoms like a fever, headache, muscle aches, fatigue, a rash (especially a "Bull's Eye"), or signs of lack of coordination/weakness/difficulty speaking or swallowing, see a doctor right away. Be sure to tell the doctor about the tick bite and when and where it happened. You can take the stored tick or photo with you.

Where to Get More Information

BC CDC Lyme disease - <http://www.bccdc.ca/health-info/diseases-conditions/tick-borne-diseases/lyme-disease-borrelia-burgdorferi-infection>

HealthLinkBC Lyme Disease - www.healthlinkbc.ca/healthwise/lyme-disease

Tick identification - etick.ca

American Dog Tick



Blacklegged Or Deer Tick



Brown Dog Tick



Groundhog Tick



Lone Star Tick



Pacific Coast Tick



Rocky Mountain Wood Tick



Soft Tick



Western Blacklegged Tick



Content for Parent Newsletters

HEALTH PROMOTING SCHOOLS

APRIL 2026

DENTAL HEALTH

April is Oral Health Month!



Healthy smiles help children learn, grow, and feel their best.

Taking care of teeth and gums starts with simple daily habits like brushing twice a day with fluoride toothpaste, flossing daily, eating healthy foods, and visiting a dental professional regularly. Good oral health supports overall health and helps prevent problems before they start. This month is a great reminder for students and families to focus on the basics and keep smiles bright at every age. Click [here](#) for more dental health information.

LEGAL SUBSTANCES

Calling All Teens: Join the YOUTHWISE Advisory Group!

Interior Health is looking for youth ages **13–19** to join the **YOUTHWISE Advisory Group**. This team of young advisors helps improve health and wellness services for teens across our region.

Members meet **online every 6–8 weeks** and are **paid \$30/hour** for their participation. If you live in the Interior Health region, have internet access, and want to share your ideas to support youth health, this is a great opportunity to get involved.

To learn more or sign up:

LegalSubstances@interiorhealth.ca

Help shape a healthier future for youth in Interior Health!



WE NEED YOU!
The Interior Health **YOUTHWISE Advisory Group** is looking for teens who are interested in sharing their feedback, advice and experiences to help improve youth-focused health and wellbeing services in the region!

ARE YOU...

- A TEEN?**
Eligible participants must be between 13-19 years old
- LIVING IN THE INTERIOR?**
Teens residing in any part of the Interior Health region of BC are welcome and encouraged to join!
- ABLE TO ACCESS INTERNET?**
Meetings take place every 6-8 weeks virtually via Zoom
- INTERESTED IN SHARING YOUR VOICE?**
You can help support youth by providing your feedback on Interior Health's youth programs and strategies
- LOOKING FOR SOME EXTRA CASH?**
Members are compensated **\$30/hour** for their participation

BECOME A YOUTHWISE ADVISOR AND HELP US CREATE A BETTER HEALTH SYSTEM FOR YOUTH

Interested? Connect with us!
LegalSubstances@interiorhealth.ca

MENTAL HEALTH

Podcast highlight: Supporting your Kids Through Trauma

When it comes to supporting children and youth through trauma there are things that parents can do to help. This podcast touches on what trauma is, how it can show up for kids, and its impact on mental health. This episode also outlines ways parents can support their child at home. Listen to the [podcast](#) or click here to [learn more about Trauma & PTSD](#)

Starting a Conversation About Bullying: Resources for Families

Bullying can significantly impact a young person's mental health and well-being. Families and educators can play an important role in intervening if bullying is suspected. [Check out tips](#) from Keltly Mental Health for parents and caregivers on how you can support your child if they are being bullied, or if they are bullying.