



BICS THIS WEEK: Oct. 31- Nov. 4, 2022

| The Week Ahead | |
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| Monday | <ul style="list-style-type: none"> ▪ 11-11:45 AM, Halloween Assembly; families welcome to attend, further details below ▪ 12:20 PM, Junior Choir Rehearsal |
| Tuesday | <ul style="list-style-type: none"> ▪ Pajama Day; students welcome to wear their PJs! ▪ 7:45 AM, Triple Ball Practice (Grade 7) ▪ 3:30 PM, Triple Ball Game vs. Cedardale |
| Wednesday | <ul style="list-style-type: none"> ▪ 7:45 AM, Triple Ball Practice (Grade 7) |
| Thursday | |
| Friday | <ul style="list-style-type: none"> ▪ 12:20 PM, Senior Choir Rehearsal |

| Information, Requests, Reminders | |
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| BICS PAC Student Directory | The BICS PAC is offering families a Student Directory containing phone numbers and email addresses to help organize playdates and birthday parties. Having your child's name and family contact information in the directory is optional. If you would like to be in the directory, please share your information here . Only families who fill out the survey will be in the directory. |
| Calendar | School will not be in session Friday, November 11 (Remembrance Day) or Monday, November 14 (Professional Development Day). |
| Vancouver Coastal Health | Vancouver Coastal Health is offering free Speech and Language Services for 0-5 year old children on Bowen Island. If you are a parent of a child in this age range and have some concerns with their speech and language development, click here to learn more . |
| Reminder: Halloween | <p>We are very excited that we will again be holding an in-person Halloween assembly and singalong featuring Music Teacher Cindy Fairbank, our custodian Les Cornell, BICS alumni teacher Liz Watson, and other staff members. The assembly will occur on October 31st from 11-11:45 AM and families are welcome to join.</p> <p>To ensure the day is fun for everyone, please observe the following costume dos and don'ts:</p> <ul style="list-style-type: none"> • Feel welcome to dress in a costume or not • Continue to avoid costumes that promote cultural stereotypes. If you're looking for information on <i>cultural appropriation</i> vs. <i>cultural appreciation</i>, click here for a CBC video; and for a great list of questions to ask about whether a costume is appropriate or not, click here to see information from UBC's Equity & Inclusion Office. • Avoid masks, beyond, of course, a COVID-19-style mask. • Do not bring <u>any</u> item that resembles a weapon • Wear something comfortable that can be worn all day and can withstand being outside in any weather • Students should be able to put on their costume and take it off to use the bathroom by themselves |

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| | <ul style="list-style-type: none"> • Avoid scented items that might irritate others (e.g. some hair colouring products) • Come to school in your costume; students won't be able to visit the washroom for the purpose of costume updates • Students should avoid bringing in Halloween candy as eating high sugar foods, and the idea of eating high-sugar foods, often distracts students from learning. Candy may be held for students and returned at the end of the day but is best avoided to begin with. <p>Thank you!</p> |
| <p>My Education Family Portal</p> | <p>The MyEducation Family Portal is used by families of public school students in BC to access various files, most commonly report cards and (as applicable) individual education plans.</p> <p>MyEducation BC has developed a new feature that provides BC students and parents with the choice to connect their BC services card to MyEducation BC and use the BC services card app, rather than the district issued username and password.</p> <p>Please see the MyEducation BC Family Portal on the West Vancouver Schools Website and select 'Student Portal Guides' or 'Family Portal Guides' as appropriate for further information.</p> |

Learning Highlight – Self-Regulation and Mindfulness

Last week, students had a variety of opportunities to slow down and further develop their understanding of mindfulness. Students made clay slugs which are in the process of being fired and will be available to them soon as a “slow down” keepsake.



Separately, our School District’s physical literacy mentors Amber and Erin visited BICS to to teach students about the connection between activity and the brain. Physical activity is essential for health and learning and core to students’ days at BICS.

Help prevent the Spread of Communicable Diseases

We have had a lot of students miss school recently due to illness. To limit the spread of colds, the flu, and COVID 19, please keep your child home if they are demonstrating symptoms of illness. Thank you.

[Click here](#) for information about Health Checks including symptoms of illness.
[Click here](#) to access the COVID-19 Self-Assessment Tool.

Vaccine safety

Health Canada has a thorough approval process to make sure all the vaccines and medicines we take are safe.

- Vaccines are tested extensively before being approved for use
- Health Canada continues to monitor for vaccine safety
- No major safety concerns have been identified in the data Health Canada reviewed

Review Health Canada guidance on [COVID-19 vaccine safety and side effects](#). To date, 6 vaccines have been approved for use by Health Canada.



[Click on the image above to learn more about Immunizations.](#)