




## BOWEN ISLAND COMMUNITY SCHOOL E-BULLETIN

 <b>WE ARE...</b>
connected
confident
curious
compassionate

### BICS This Week for Families

For the week of October 21-25

National Media Literacy Week (See *10 Tips for Parenting Digital Natives* below)

#### Monday (October 21)

- 8:45 am Pod Assembly – Curiosity. Students should go to their classrooms first for attendance.
- Foundational Skills Assessments continue for Grade 4 and 7 students
- Extended lunch until 1:15pm for meeting Terry Fox Fundraising goals. See below for hot dogs!

#### Tuesday

- 12:55 pm Choir
- 3:00 pm Girls Volleyball Team in our Gym
- 3:00 pm Boys Volleyball Team at Irwin Park Elementary
- 5:15pm PAC Meeting in the Learning Commons
  - Class reps will be invited to join early at 5pm for introductions and updates

#### Wednesday

- Digital Citizen Day ([Read more about digital citizenship](#))
  - If your family participates online, please take the time to brainstorm ways to engage and share responsibly in our digital world. Teachers will review personal digital device agreements and discuss digital citizenship with their students.
  - Here are four tip sheets and videos about the different aspects of digital citizenship:
    - [Empathy and Community](#)
    - [Positive Technology Use](#)
    - [Sharing Information](#)
    - [Ethics and Privacy](#)
- 12:35pm Grade 6/7 Band

#### Thursday

- 12:35pm Grade 6/7 Band

#### Friday

- Provincial Professional Development Day (school not in session).

- All staff will be attending various provincial professional learning opportunities and connecting with colleagues across the province.

### **Upcoming dates:**

October 31<sup>st</sup>: Halloween Assembly and activities in classrooms. See below for costume information.

November 8<sup>th</sup>: Remembrance Day Ceremony 10:45 am. All are welcome.

November 11<sup>th</sup>: Remembrance Day (school not in session)

November 12<sup>th</sup>: District Professional Development Day for Indigenous Education (school not in session)

November 19<sup>th</sup>: Save the Date! Parent Education Night and PAC Meeting

- The Science of learning to read and ways to help your child at home

### **Hot Dog!**

Thanks to students and families for contributing over \$850 to the Terry Fox Foundation. We met our fundraising goals and Ms. Ohlhauser and Mrs. Magrath enjoyed “hot dogging” on Friday.



### **BICS Seawolves spirit wear!**

BICS Seawolves spirit wear will be available to order again this year with a delivery date at the beginning of December. Please [check out our online store](#) for shirts and hoodies. NEW this year – toques and hats! Orders close Nov 10.

### **Halloween! 🎃**

If your child chooses to wear a costume on Oct 31, please remember the following guidelines:

- Have your child arrive in their costume
- Masks and weapons are not allowed
- Continue to avoid costumes that promote cultural stereotypes
- Safe movement and footwear is necessary. Costumes should be able to be worn all day and students should be able to use the bathroom by themselves while in their costume.

### **From the PAC**

Hot Lunch ordering is now closed for the term but there are still spots open to volunteer. Thank you to everyone who has signed up for Hot Lunch Volunteering! What an amazing group of people! We have added a second dishwasher to the Hot Lunch volunteers as we've had feedback that it's a big job for one person. Our goal is to have all the jobs be fun so adding another person will lighten the load! Please consider signing up if you haven't already! [Click here for the sign](#)

[up.](#)

## West Vancouver Schools Admissions

2025/2026 admissions open on Tuesday October 15<sup>th</sup> at 8:00am for all Kindergarten students and all Grade 1 –12 in-catchment students.

Admissions for Out-of-Catchment and Out-of-District students opens on at 8:00am on Wednesday January 15<sup>th</sup>, 2025.

For more information about admissions dates, guidelines, and information, please visit

<https://westvancouver.schools.ca/admissions/>

Please carefully read the information regarding new documentation procedures before starting the application process.

### 10 TIPS FOR PARENTING DIGITAL NATIVES

- Be Present and Informed** - Be there to talk with your kids. Keep the lines of communication open. Know who they're with and what they are doing.
- Balance Screen Time and Green Time** - Build in times to be tech free - get outside as a family and enjoy other activities!
- Walk the Talk** - Make sure you are modeling good digital behaviour. Your kids will take their cues from you!
- Join In** - Yes, you might not really want to learn how to play Minecraft or do a TikTok dance, but by joining in and learning with your child you keep the dialogue going!
- Family Plan** - Work with your children to develop a family technology plan. Let them have some input and they will be more likely to follow the plan!
- Technology Free** - Build in technology free times in your calendar and zones in your house. One great example is bedrooms - technology doesn't belong there.
- It Takes a Village** - Raising safe, savvy digital natives is hard work. Include people like aunts, uncles and trusted family friends in your child's social media circle.
- You Are The Parent** - Don't feel badly about limiting the wifi time or setting boundaries on technology use. That's part of being a parent.
- Be Specific** - Make sure you are specific about your family's rules and expectations. It is easier for everyone when the rules around tech use are clear.
- Be Age Appropriate** - Make sure your expectations and permissions match the age of your child. You wouldn't give a 5 year old a Snapchat account, but a 14 year old might be ready!

WEST VANCOUVER SCHOOLS

## From the Bowen Island Community Health Centre

### Embracing the Expected

#### A Discussion on Death and Dying

How to think about, talk about, and plan for death

**Who should attend?**  
Everyone of all ages!  
Death is a natural part of life and the earlier you start planning, the better!

Information Session  
**Dr Katie Longworth**  
Family Physician  
Bowen Island Community Health Centre

**FREE DROP-IN EVENT**

Wednesday, October 30  
5:00-6:30pm

The Library Annex  
430 Bowen Island Trunk Road

BOWEN ISLAND COMMUNITY HEALTH CENTRE