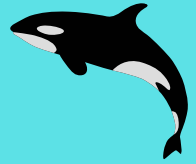




BICS THIS WEEK

January 13-17, 2025



Highlights

Monday

- 12:10 Basketball Practice girls and boys

Tuesday

- 12:10 Open Gym girls and boys
- 12:35 Senior Band
- 12:55 Choir
- 2:45-3:30 Dalmations Rehearsal

Wednesday

- 7:45 am Girls Basketball practice
- 12:35 Junior Band
- 2:45-3:30 Dalmations Rehearsal
- Black Excellence Day

Thursday

- 7:45 am Boys Basketball practice
- Amber and Erin are onsite for KF assessment and playground leadership
- 12:35 Band
- 2:45-3:30 Dalmations Rehearsal

Friday

- 12:55 Choir

 WE ARE...
connected
confident
curious
compassionate

Hot Lunch

The next hot lunch session runs from Jan 17 - March 14 and is now live. Lunches will no longer be available to order weekly, and all orders for this session must be made before Jan 29th. If you would like Hot Lunch to be sponsored for your family, don't hesitate to contact the BICS Administration team, Carmen or Principal Laura Magrath. Please follow the link at the end of the newsletter to put your order in today!

Personal Digital Device (PDD) Expectations

As we begin a new term, we'd like to remind students and families of our Personal Digital Device (PDD) expectations, which have been key to fostering focused and engaging learning environments.

Students are expected to use personal digital devices only with the explicit permission of a teacher or administrator, ensuring their use is intentional and supports learning. Families can continue to support this by:

- Encouraging balanced screen time at home.
- Avoiding calls or texts to students during school hours.
- Modelling mindful device use when on school property and at home.

Let's keep building on the success of this initiative and continue supporting safe, focused learning for all!

Upcoming Events

January 24th 1 pm Emergency Release Drill

January 27th Pro-D Day

January 30th Parent night with Miles Rubins (see poster below)

Hot Lunch Volunteering

Please consider volunteering by signing up through Sign Up. We need Hot Lunch Leads trained for next year to share the role with more volunteers. To train as a Hot Lunch Lead, sign up for the 11:00 am slot but arrive at 10:00 am, and Jana will guide you.

It's a great way to meet parents and get involved in the school! The PAC sponsors lunches for families in need, and parent volunteers can receive a free hot lunch for one or two children on the day they volunteer. Select "Single Portion" or "Double Portion" when signing up. Thank you to our fantastic parent volunteers who keep hot lunch running!

Personal Digital Device Expectations

As we reflect on the first four months of the school year, we're proud to recognize the progress we've made together in implementing our Personal Digital Device (PDD) expectations. Thanks to the collective efforts of our students, families, and staff, we've seen a significant improvement in how digital devices are used in our schools. This has fostered more focused and engaged learning environments, aligning with our shared goal of supporting student success.

This success would not have been possible without everyone's ongoing support and commitment. While we celebrate these strides, it's important that we remain consistent in maintaining these expectations and continue to remind and support students to ensure this positive momentum is sustained.

Why We're Doing This

The purpose of these expectations is to minimize distractions and maximize learning opportunities. Digital devices, when used appropriately, are powerful tools for collaboration, creativity, and communication. However, ensuring they don't interrupt instructional time or disrupt the learning environment remains a priority.

What You Can Continue to Do

Here are some ways families can help reinforce these expectations at home:

1. Celebrate Progress -

Acknowledge your child's efforts in adhering to the guidelines and discuss how this has positively impacted their focus and learning.

2. Reinforce Healthy Habits -

Continue encouraging a balanced approach to device use at home by promoting activities like reading, outdoor play, and family time.

3. Model Consistency -

Show your support by modeling mindful device use when on the school grounds or in the school building AND during shared family time.

4. Support School Communication -

Please avoid contacting your child during instructional time, this includes communication through phones and smartwatches. Remind them that non-urgent messages can wait until after school. If urgent communication is needed, please contact the school office.

5. Stay Engaged -

Revisit the Parent/Guardian Guide to Personal Digital Devices to refresh your understanding of the expectations and discuss them with your child.

Thank you for your partnership and continued support in making this initiative a success.

- Avoiding calls or texts to students during school hours.
- Modeling mindful device use when on school property and at home.

Let's keep building on the success of this initiative and continue supporting safe, focused learning for all!

Kids, Tech, and Mental Health

Workshop & Discussion with
Miles Rubin, RSW, MSW

January 30th, 6:00 PM
BICS Multipurpose Room

Join us for a workshop designed to help parents and caregivers navigate the role of technology in their children's lives. Gain valuable insights into the impact of technology on youth mental health and learn strategies for setting healthy boundaries.

This session is open to all parents and caregivers—whether you're considering introducing devices and technology to your child or have already done so.

Latest Research

Make sense of the current findings on technology's influence on youth mental health.

Setting Boundaries

Discover compassionate, supportive strategies for managing screen time and tech usage.

Professional Insights

Gain insights from a clinician with 25+ years of experience in mental health and addictions, including real-life examples focused on supporting youth and families.

Miles Rubin, RSW, MSW, is a mental health and addiction therapist with the IWK Health Centre, Orchard Recovery Centre, and a private practice on Bower Island. With over 20 years of experience he has led workshops for parents, caregivers, youth, and clinical professionals.

