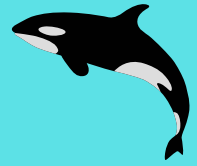




BICS THIS WEEK

January 20-24, 2025



Highlights

Monday

- Pod assembly: confident
- 12:10 Basketball Practice girls and boys

Tuesday

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

Wednesday

- Div 2 Field Trip
- 7:45 am Girls Basketball practice
- 12:35 Junior Band

Thursday

- 7:45 am Boys Basketball practice
- 12:35 Band
- Rockridge staff visit our Gr 7s
- 2:45-3:30 Dalmations Rehearsal

Friday

- 1:15 Emergency Release Drill
- NO Buses



Emergency Release Drill

We will conduct our emergency release drill on Friday, January 24, at 1:15 p.m. Please review the email sent out this morning and ensure that your emergency contacts are current. Students will only be released to their parents and designated emergency contacts with appropriate identification. If you have any questions, please don't hesitate to contact the office. Please also note that buses will not be running in the afternoon.





Upcoming Events

January 27th Pro-D Day

Jan 28th First basketball game of the season: Girls away at West Bay, Boys home

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

Hot Lunch Volunteering - from the PAC

We're looking for Hot Lunch Leads for next year to share the responsibilities with more folks. Please consider volunteering by signing up through Sign Up (link at the bottom of the newsletter). If you want to get trained as a Hot Lunch Lead, sign up for the 11:00 a.m. slot, but make sure to show up at 10:00 a.m., and Jana will help you out. It's a terrific way to meet other parents and get involved with the school!

The PAC organizes lunches for families who need a little help. If you volunteer, you can get a free hot lunch for one or two of your kids that day. Just choose "Single Portion" or "Double Portion" when you sign up. Thanks to our fantastic parent volunteers who keep the hot lunches going!

Lunches will no longer be available to order week to week. Please put your order in now so you don't miss the deadline.

Junior Ignite District Choir

We are excited to announce that applications are now open for the Junior Ignite District Choir, a premier program West Vancouver Schools offers for students in grades 5 through 7. This exceptional opportunity is designed for young students who have a passion for singing and wish to develop their vocal talents in a supportive and dynamic environment.

The Junior Ignite District Choir focuses on:

- Vocal Training: Enhancing students' singing abilities through professional instruction.
- Musical Education: Building a strong foundation in music theory and choral performance.
- Community Engagement: Providing opportunities to perform at various events, fostering a sense of community and teamwork.

We encourage all interested parents to visit our website for detailed information on program specifics, application procedures, and important dates [Junior Ignite District Choir](#) for more information. Many BICS alumni have completed this program and loved it.

Don't miss this chance to inspire your child's musical journey. Apply now (for next year) and let their voices shine!

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 Bowen Island. With over 20 years of experience, he has led workshops for parents, caregivers, youth, and clinical professionals.

