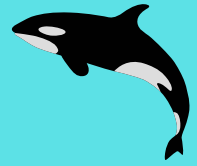




# BICS THIS WEEK

January 27-31, 2025



## Highlights

### Monday

- Pro D Day - school not in session

### Tuesday

- 12:10 Open Gym girls and boys
- 12:35 Senior Band
- 12:55 Choir
- 2:35 Basketball Game - Boys & Girls
- 2:45-3:30 Dalmatians Rehearsal

### Wednesday

- 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 Dalmatians Rehearsals

### Friday

- 12:55 Choir



## Open Event: Basketball Banquet hosted by Island Pacific School

On Tuesday, January 28th, Island Pacific School will be hosting an End-of-Year Basketball Banquet, and we would like to extend an invitation to all members of the BICS school community to join us for one of the highlights of the evening; a talk from our guest speaker:

### Lealand Muller

Lealand is an inspiring athlete who competed in wheelchair basketball at the 2023 Invictus Games in Düsseldorf. He will share his experiences with us.

The schedule for the evening is as follows:

- 6:15 PM: Snacks and Desserts
- 7:00 PM: Guest speaker presentation

The event will take place in the chapel next to Island Pacific School, and attendance is open to you and your school community. Entrance will be donation-based. Hope to see you there!

## Upcoming Events

- Jan 27th - Pro-D Day
- Feb 28th - Pod (House) Soccer Begins
- Jan 28th - First basketball game of the season
- Girls away at West Bay, Boys home
- Jan 29th - Lunar New Year
- Jan 30th - Parent night with Miles Rubin (see poster below)



## **Open Event: Basketball Banquet hosted by Rockridge Personal Project Exhibitions - February 6th**

Dear Future Raven Families,

We want extend the invitation to all of you for our Rockridge Personal Project Exhibition which takes place on Thursday, February 6th, 2025. We have a large group of Grade 10 students this year – almost 200! – and they will be presenting to our community from 6:00 – 7:30 pm.

Our students are always surprised to find out how many people come to visit Personal Project Exhibition in the evening, and we'd love for you to be a part of those visitors! It is a great event to see our students in action and speak to them about their learning. It is also a nice time to see the school, wander through the hallways and get more familiar with the building.

We look forward to seeing you!

## **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. 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!

## **Hot Lunch**

Hot Lunch Volunteering - from the PAC

Sign up your kids for Hot Lunch before the registration deadline on Wednesday, January 29th at 10 am. Sign up:

<https://munchalunch.com/login.aspx>

We need volunteers to keep the Hot Lunch program running this Friday. If you can help between 12-2 pm, or for any future slots, sign up here: <https://signup.com/go/ZAmKoRG>.



# 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.



PLEASE JOIN US IN CELEBRATING OUR

# Personal Project Exhibition



PRESENTED BY ROCKRIDGE GRADE 10 STUDENTS  
IN COMPLETION OF THEIR MYP CERTIFICATE

COME EXPLORE THEIR LEARNING JOURNEYS,  
DISCOVERIES AND WHAT WAS CREATED IN THE PROCESS!

FEB. 6, 2025 - 6:00 - 7:30 PM

Rockridge Secondary - 5350 Headland Dr., West Vancouver