



BICS THIS WEEK

November 10-14 2025



The Week Ahead

Monday

- 10:45am Remembrance Day Ceremony
Parents and community members welcome to join!
- Student Council at lunch

Tuesday

- Remembrance Day: School not in session

Wednesday

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Thursday

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Friday

- Hot Lunch

Upcoming Events

- November 19th: BICS PAC Meeting at 7:30pm
- November 21st Creative Communities In Class Field Trip Divisions 6, 7, 8
- November 24th ProD Day School not in session
- November 25th Division 1 Burrow Field Trip
- November 26th Boys Volleyball Jamboree
- November 27th Girls Volleyball Jamboree



WE ARE...

connected

confident

curious

compassionate



Follow us @bics_45

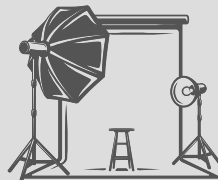


Hello Families!

Catch-Up Photo Day images are now available!

You can view them here:

<https://vando.imagequix.com/K9L3W9Z>



Use the login code from the yellow QR flyer your child brought home. Any email address works for login.

Order deadline: November 18, 2025

Orders placed before the deadline will be sent to the school. Late orders ship to your home with a shipping fee.

If you need your login code, please visit:

<https://www.mountainwest.ca/support-for-families>



Expectations @ BICS

This week we had an assembly to go over what it means to feel safe at school. As a school community, we discussed what the expected behaviours are in certain spaces and what to do if there is a problem. Ask your child what their take-away was!

Be Safe. Be Fair. Be Kind.



Classroom

Listen to others
Clean up materials
Hands and body to self
Listen to the adults



Hallways

Walking
Quiet
Hands and body to self
Listen to the adults



Playground

Include others
Following the rules of the game
Use equipment safely
Listen to the adults

What To Do If There Is A Problem?

Stop and take a breath

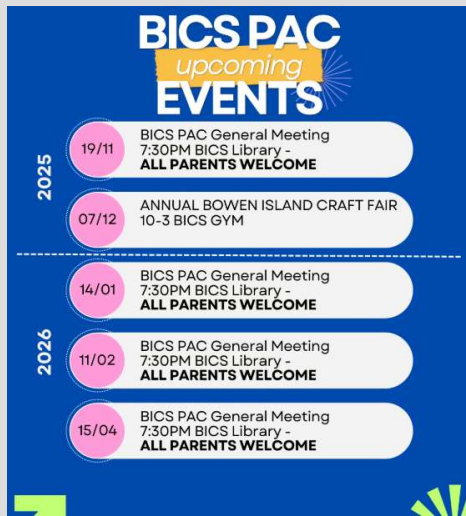
Use your words



I don't like that.

Find a safe adult





Absence Reminders

If your child will be away from school, please remember to **call (604) 947-9337 and press 2 for our callback line** to report their absence or **send an email to BICS@wvschools.ca**. This helps us ensure all students are accounted for each day. When you call, please include your child's full name and the reason for the absence.

Thank you for helping us keep our attendance records accurate and our students safe!

Class Parent

Are you interested in becoming a class parent and supporting your child's teacher and the PAC with communication?

Please reach out to your child's teacher if you are interested.



Looking to volunteer at the BICS CRAFT FAIR and be a part of the continued success of our beloved island tradition?

We have shifts on both Saturday, December 6th and Sunday, December 7th to fill. Sign up below or email craftfairatbics@gmail.com

LINK <https://signup.com/go/HgzYSzz>

Physical Activity and Physical Literacy: Children and Youth Ages 5-17

Every move counts!

- Any amount and type of physical activity is good for you
- Outdoor play has additional benefits for mental wellness
- Try different activities to find something you like

Parent/caregivers: Aim to provide safe and varied opportunities for movement.

It should be fun!

The Canadian 24-Hour Movement Guidelines suggest children and youth:

- Sweat:** Be active each day – enjoy at least 1 hour of daily moderate to vigorous activities. Take part in muscle strength and bone-strengthening activities 3 times per week or more.
- Step:** Enjoy several hours of light intensity physical activity.
- Sleep:** Sleep well, 8-11 hours, with consistent routines.
- Sit:** Minimize and break up screen and sedentary time as much as possible.

Physical literacy is the motivation, confidence, physical competence, knowledge and understanding to value and participate in physical activities for life.

Children and youth become physically literate through physical activity, which develops **movement skills** that **enable participation** in activities as they age. Getting active early increases the likelihood that participation and its benefits will continue into adulthood.

Physical activity can...

- Improve mood and help you manage emotions
- Help you move your body in all the ways you want to
- Make it easier to fall asleep
- Boost your immune system
- Improve your ability to focus and do better in school
- Provide opportunities to make friends

Ideas to add in more activity:

- When possible, replace screen time with active time.
- Join a sports team or an activity group.
- Create an obstacle course using what you have on hand.
- Visit a playground.
- Try something new: soccer, dance, drumming, lacrosse, etc.
- Spend more time outdoors.
- Try geocaching.
- Get active as a family – explore a new park or trail, plan a nature scavenger hunt, or have a dance competition.
- Dance to your favorite songs.
- Play with a neighbour/friend.
- Try different seasonal activities: swimming in the summer, sledding or skating in the winter.
- Choose active transportation (e.g. walking, cycling, rolling, bussing).
- Walk a dog.

Additional activity ideas Additional ideas at Pacific Institute for Sport Education

View 24-Hour Movement guidelines in full csepguidelines.ca/guidelines/children-youth

Logos for Northern Health, Interior Health, Vancouver Coastal Health, Island Health, Fraser Health, BC Health Services, and British Columbia.

Parent Info



Did you know that it takes someone about 25 minutes to refocus on the task they were doing after being distracted by their phone?

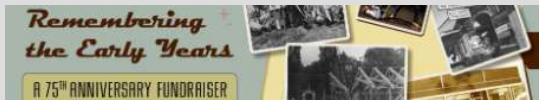


The average teen gets 10 notifications an hour.
Classes last 80 minutes.

YOU DO THE MATH!

Schools in West Vancouver have plans for how to keep cell phones out of learning spaces but there are things that you can do, as a parent, to help your child stay focused on their learning!

- Do not message your child during the school day. **If you must get in touch, call the school office** and they will relay the message.
- Almost all apps have a way to turn off or silence notifications. In addition, most phones have a way to set the phone so that notifications, messages and calls are silenced during certain periods of the day.



The West Vancouver Library is turning 75 years old! Please join us at the West Van Library Foundation's Fundraiser at the Library on November 7. It promises to be a fun night of entertainment and camaraderie! The guys from the Piano Heist will be regaling us with the library's early beginnings BEFORE the opening of the current building (20s, 30s, 40s) through music and song.

For those who would like to get started early on their Holiday Shopping, the Silent Auction, which includes some fabulous artwork, is now live online! You don't have to attend the Event to participate, but the Auction will be continuing in-person at the Event:
<https://www.32auctions.com/organizations/133035/auctions/189283>

The ticket price of \$75 also includes a free drink ticket and is eligible for a tax receipt:
<https://westvanlibrary.ca/foundation/events/#event>

West Vancouver Schools Admissions

Admissions for the 2026/2027 school year began on Wednesday, October 15th at 8:00 am for all Kindergarten students and all Grades 1-12 In-catchment students.



Admissions for Out-of-Catchment and Out-of-District students will open at 8:00 a.m. on Thursday, January 15, 2026.

For more information about admissions processes, dates, guidelines, and requirements, please visit [our website \(https://westvancouver.schools.ca/admissions/\)](https://westvancouver.schools.ca/admissions/).

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