



BICS THIS WEEK

November 17-21 2025



The Week Ahead

Monday

- Field Trip to Museum of Vancouver Divisions 1 and 2

Tuesday

- Order deadline for school photos

Wednesday

- Field Trip to the Burrow Art Gallery Division 3
- Bob Baker at school with Division 1 and 2
- PAC Meeting 7:30 PM in the Library

Thursday

Friday

- Hot Lunch
- Creative Communities Divisions 6, 7, 8

Upcoming Events

- 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
- December 3rd Primary Winter Concert
- December 5th Learning Updates Published
- December 19th Last Day before Winter Break
- January 5th School back in Session



WE ARE...

connected

confident

curious

compassionate



Follow us @bics_45

Save the Date!

BICS Primary Winter Concert
Wednesday, December 3rd, 2025, 6:15 pm
Primary Classes, BICS Choir, and BICS Concert Band

This year, BICS will present two concerts: a Winter Concert for the primary classes (kindergarten through grade 3) and a Spring Concert for the intermediate classes (grades 4-7 and Ms. Hicks' grade 3/4 class). The Choir and Concert Band will perform at both.

Our Winter Concert on December 3rd will feature performances by:

Division 6 (Mr. Brown's class)
Division 7 (Ms. Nicolson's class)
Division 8 (Ms. Towne's class)
Division 9 (Ms. Waurechen's class)
Division 10 (Ms. Cooke and Ms. Hauner's class)
BICS Choir
BICS Concert Band

Please save **Wednesday, December 3rd, from 6:15-7:15 p.m.** if your child is in one of these groups for a fantastic evening of new and traditional winter songs.

Expectations @ BICS

Last 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

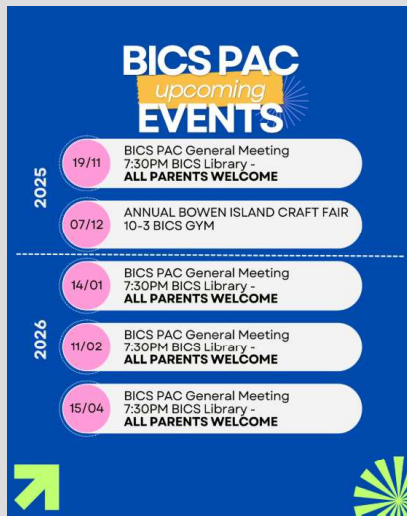
Use your words



I don't like that.

Find a safe adult





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>



AI Literacy Lessons

This school year, our district is introducing a series of AI literacy lessons to help students build essential knowledge and understanding of artificial intelligence. Approximately once a month, students will participate in short, age-appropriate lessons that explore key concepts and responsible use of AI. This month, primary students learned about what Artificial Intelligence is, intermediate students explored bias and effective prompting, and secondary students examined prompting, bias, and hallucinations. As AI becomes increasingly present in our everyday lives, these lessons are designed to provide our students with an understanding of the technology, as well as the skills to use it safely, ethically and responsibly.



Hello Families!

Catch-Up Photo Day images are now available! You can view them [here](https://vando.imagequix.com/K9L3W9Z): <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): <https://www.mountainwest.ca/support-for-families>

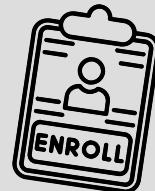
West Vancouver Schools Admissions

Admissions for the 2026/2027 school year began on Wednesday, October 15th at 8:00 am for all Kindergarten students and all Grade 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.



Parent Info

Parents Guide to Social Media and Digital Devices

In our increasingly connected world, children's access to digital devices and social media presents both exciting opportunities and new challenges. The West Vancouver School District has created a helpful collection of resources to support families in guiding safe, balanced, and responsible technology use.

Explore conversation guides, safety tips, and videos designed for parents and caregivers [here](#):

westvancouver.schools.ca/resources/parents/social-media-digital

Together, we can help our young learners thrive in the digital world.



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!



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
- It should be fun!**

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



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

