



BICS THIS WEEK

November 3-7 2025



The Week Ahead

Monday

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Tuesday

- Volleyball Game #3

Wednesday

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Thursday

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Friday

- Division 7 Crippen Park Field Trip

Upcoming Events

- November 10th Remembrance Day Ceremony
- November 11th Volleyball game #5
- November 11th School not in session
- November 21st Creative Communities 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

Seasonal Flu and COVID-19 Immunizations

The Bowen Island Community Health Centre (BICHC) is currently offering seasonal flu and COVID-19 immunizations until November 6, with extended clinic hours on Thursdays.

Respiratory illnesses have already begun circulating on the island, and early reports from the Southern Hemisphere indicate a particularly strong flu strain this year.

Please note that BICHC is the only on-island option for child vaccinations, as local pharmacies cannot administer vaccines to children under 12 years of age.

Families are encouraged to book appointments by calling Megan Smith, MPH, at 604-947-9986 (ext. 116) to help keep our school and island community healthy this season.

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.

Save the Dates:

BICS PAC General Meetings

Wednesday, 19 November 2025 @7:30pm

Wednesday, 14 January 2026 @7:30pm

Wednesday, 11 February 2026 @7:30pm

Wednesday, 15 April 2026 @7:30pm

Wednesday, 13 May 2026 @7:30pm

June - AGM TBD.



Student Absence Reminder

If your child will be away from school, please remember to **call 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!

BICS PAC

upcoming EVENTS

2025

19/11

BICS PAC General Meeting
7:30PM BICS Library -
ALL PARENTS WELCOME

2025

07/12

ANNUAL BOWEN ISLAND CRAFT FAIR
10-3 BICS GYM

2026

14/01

BICS PAC General Meeting
7:30PM BICS Library -
ALL PARENTS WELCOME

2026

11/02

BICS PAC General Meeting
7:30PM BICS Library -
ALL PARENTS WELCOME

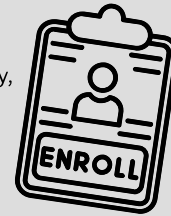
2026

15/04

BICS PAC General Meeting
7:30PM BICS Library -
ALL PARENTS WELCOME

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.

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

