



BICS THIS WEEK

Winter Break



The Week Ahead- Jan 5th

Monday

- School opens after Holiday Break

Tuesday

- West Vancouver Secondary Open House for Grade 7 Families

Wednesday

Thursday

- Rockridge Open House for Grade 7 Families. 6 PM start time for Bowen Families.

Friday

WE ARE...

connected

confident

curious

compassionate

Upcoming Events

- January 12th - Canucks for Kids Floor Hockey
- January 14th - BICS PAC meeting at 7:30 pm
- January 20th - Grade 7 Basketball Game #1
- January 27th - Grade 6 Immunizations
- January 30th - Professional Development Day- School Not In Session



Follow us @bics_45



Happy Holidays
From the staff at BICS

Dear BICS Families,

As we head into the holiday break, we would like to wish all of our families a safe, restful, and joyful holiday season. We hope this time brings moments of connection, celebration, and well-deserved rest with loved ones. We look forward to welcoming everyone back to school on January 5th and beginning the new year together.

Happy Holidays and best wishes for a healthy and happy New Year!

With Love,
The BICS Staff

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**.



Building Strong Digital Routines Together

Over the first term, students and staff have worked hard to follow the West Vancouver Schools Personal Digital Device (PDD) expectations. Classrooms are more focused, transitions are smoother, and students tell us they can concentrate better without the pull of their phones. Thank you to families for reinforcing these habits at home.

As we return to school after the winter break, please help us maintain this momentum by reminding your children of the digital device expectations while they are at school.

What's expected at school:

Elementary (K–7): Cell phones are not used during the school day, including before and after school and at recess and lunch times. Laptops may be used to support learning during instructional time, only with explicit staff permission.

Secondary (8–12): Cell phones and other digital devices should only be used during instructional time with explicit staff permission. Device use should be intentional, supervised, and tied to learning,

How families can help:

Parents and guardians are encouraged to support schools by demonstrating these expectations whenever possible. This includes limiting adult cell phone use in and around school and refraining from contacting your child during school hours.

For a one-page overview of expectations, [see our Parent & Guardian Infographic](https://westvancouver.ca/wp-content/uploads/2025/06/Parent-PDD-Infographic-US-Letter.pdf).
(<https://westvancouver.ca/wp-content/uploads/2025/06/Parent-PDD-Infographic-US-Letter.pdf>)



Stay Informed: Quick Updates When it Matters Most

For parents/guardians who would like to be notified of a school emergency, such as power outages, severe weather or safety alerts via SMS, please text a “Y” or “Yes” to 978338 to ensure you are on the list.



West Vancouver Schools

Parent & Guardian's Guide to Personal Digital Devices



While digital devices can enhance learning in many ways, allowing students to collaborate, create and communicate, it is important that they are used in a mindful and meaningful way.

Personal digital devices should only be used with the permission of a teacher or administrator. Additional considerations will be made to provide for student's health and accessibility needs, and accommodation requirements.

Elementary

Cell phones should NOT be used in elementary school.

Secondary

Cell phones should only be used in class if specifically required for a learning task.

What can parents and guardians do to help?



- Understand the digital device expectations at your child's school
- Support and encourage your child's appropriate use of digital devices
- Refrain from contacting your child during the school day. If it's an emergency, contact the school office
- Personally model and encourage digital device boundaries

You're Invited: Special Rockridge Tour for Bowen Families

We are delighted to invite our Bowen Island families to a special pre-event tour of Rockridge Secondary on Thursday, January 8th.

We recognize the importance of ferry schedules for our Bowen community. To ensure you can attend our **Grade 7 into 8 Parent Night** and still catch an earlier ferry home, we have arranged an exclusive early preview for you.

- When: **January 8th @ 6:00 PM** (30 minutes prior to the main presentation)
- Where: **Rockridge Secondary Main Entrance**
- What: **A guided tour led by our Student Mentors**

This is a fantastic opportunity for you to see the building through the eyes of our students and discover all the programs and facilities awaiting your future Grade 8 student. Following the tour, you'll be perfectly positioned for the start of the Parent Information Night at 6:30 PM.

We look forward to welcoming you and helping make your transition to Rockridge as smooth as possible!

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.

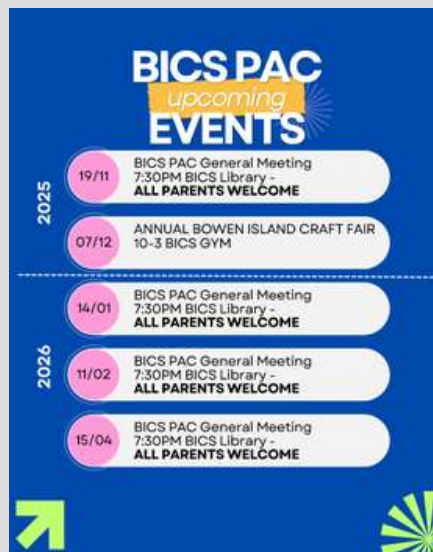
For more information about admissions processes, dates, guidelines, and requirements, please visit [our website](https://westvancouver.schools.ca/admissions/) (<https://westvancouver.schools.ca/admissions/>).

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



Canned Good Donations

A heartfelt thank you to all the families who contributed to our canned good drive. Your generosity made a significant difference for community members who needed extra support during the winter season. We successfully collected a wide range of non-perishable items, thanks to your kindness. This initiative provided a valuable opportunity for our students to practice empathy and community care. We deeply appreciate your help in spreading warmth and support during the holidays.



Thank you so much for supporting our BICS community. We're grateful for any time you can give.

Warmly,

BICS PAC
bicsvolunteers@gmail.com



North Shore Baseball

We were excited to welcome the North Shore Baseball League to BICS for a hands-on workshop with our K-5 students. Learners had a fantastic time building skills, staying active, and engaging with the high energy the presenters brought. We received great feedback from the North Shore Baseball League, who shared how impressed they were with how BICS students showed enthusiasm, focus, and a real readiness to bring the energy!



REGISTRATION NOW OPEN!

northshorebaseball.ca

2026 SPRING BASEBALL REGISTRATION IS NOW OPEN!

North Shore Baseball Association offers baseball programs for boys and girls aged 3 through 26 in beautiful North Vancouver, West Vancouver, Bowen Island and Lions Bay, BC, Canada.

Why North Shore Baseball?

- Programs for all skill levels.
- Kids play with their friends - age groups match school system
- House league and tiered options for older age groups.
- Opportunities for Summer ball and Tournaments

NorthShoreBaseball.ca

2026 SPRING RATES - Season runs April to June

Season	Match Dates	Age cut at Jan. 1st	Early Bird fee	Regular fee after Dec. 1st
2026	2025 - 2026	19 - 26	\$175	\$195
2025	2024 - 2025	15 - 17	\$150	\$165
2024	2023 - 2024	11 - 14	\$125	\$140
2023	2022 - 2023	7 - 10	\$100	\$115
2022	2021 - 2022	3 - 6	\$75	\$90
2021	2020 - 2021	3 - 6	\$75	\$90
2020	2019 - 2020	3 - 6	\$75	\$90

*Please Note: Includes 1 Spring (March) Field Day Only. All Other Baseball (Summer Fall, and North Shore Baseball Tournament Fees)

Early Bird discount of \$25 until December 19, 2025

Facebook: North Shore Baseball Association | Twitter: NorthShoreBaseball



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](https://westvancouver.schools.ca/resources/parents/social-media-digital):
westvancouver.schools.ca/resources/parents/social-media-digital

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



SAVE THE DATE!

FOR OUR ANNUAL

INFORMATION NIGHT FOR INCOMING GRADE 8 STUDENTS AND FAMILIES



Date: Thursday, January 8th, 2026

Time: 6:30* - 8:00 pm

Where: Rockridge Secondary
5350 Headland Drive, West Vancouver

*WE WILL BE WELCOMING BOWEN ISLAND FAMILIES TO TOUR
THE ROCK FROM 6:00-6:30PM SO THAT THEY CAN TAKE THE
EARLIER FERRY

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!**

Parental caregivers: 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.
- Steps:** 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