



# BICS THIS WEEK

December 15-19 2025



## The Week Ahead

### Monday

- No homework club. Sign up for next term!

### Tuesday

- North Shore Little League workshops K-5

### Wednesday

### Thursday

### Friday

- Holiday Hat Day
- Last Day before Winter Break.
- Family Sing-a-long at 11:30 am.
- Dismissal at 12:20 pm

## WE ARE...

connected

confident

curious

compassionate

## Upcoming Events

- January 5<sup>th</sup> School back in Session. Homework Club begins for the second term.
- January 8<sup>th</sup>: Rockridge information night for Grade 7 families (see below)

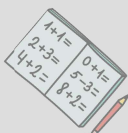


Follow us @bics\_45

Bowen Island Community School staff wish our families a safe, happy and restful holiday break. We look forward to seeing everyone back on January 5th!

## Thank You for Joining Homework Club! Sign up for Second Term!

We sincerely appreciate all the students who took part in Homework Club. While it has concluded for the month, please send an email to [bics@wvschools.ca](mailto:bics@wvschools.ca) if you would like to sign up for the second term. It will start on the first Monday back - January 5th. Enjoy your well-deserved break!



## 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](mailto:BICS@wvschools.ca)**.



## Showing Kindness

At BICS, we're celebrating the holiday season with a Kindness Advent Calendar, encouraging students and staff to spread small acts of care throughout our school community each day. From helping hands to heartfelt compliments, our learners are showing that kindness is a gift we can all give—and receive. As we move through December, we invite families to join us in this spirit of connection and generosity.

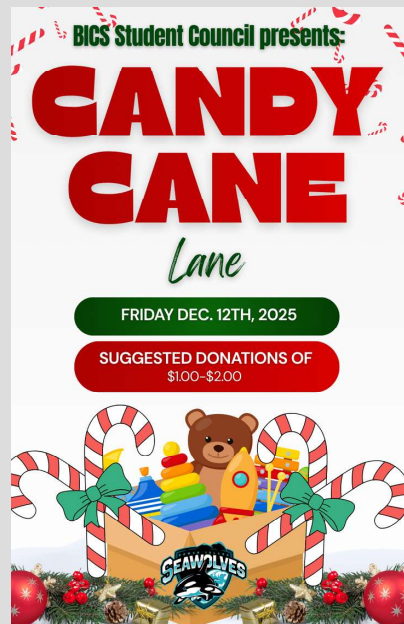
**How might small acts of kindness at home create a ripple effect in our wider community?**



A collage of eight photographs showing children engaged in various activities. The top row features a boy in a yellow shirt pointing upwards and a girl in a white shirt holding a clipboard. The middle row shows a girl in a purple shirt smiling, two girls holding a blue stick, a boy in a striped shirt eating, and a girl in a purple shirt with green foam. The bottom row includes a boy in a red shirt and a girl looking at something, and a large wooden totem pole figure.



BICS Student Council invites all students, teachers and parents to wear their best holiday hat(s) on Friday, December 19<sup>th</sup>. Let's get Festive!



## West Vancouver Schools Admissions

Admissions for the 2026/2027 school year began on Wednesday, October 15<sup>th</sup> 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.



## ❄️ PAC FUNDRAISERS and VOLUNTEERS NEEDED

Dear BICS Families,

We hope you're all doing well as we head into a festive and busy season! We've had several important fundraisers come up, and we're reaching out for your support again. These activities provide valuable funds that directly benefit our students. If we all give a little of our time, these fundraisers will be a huge success.

### BIRD Fundraiser – Tuesdays, December 16

We **need volunteers** to sort refundable recycling.

This fundraiser provides a substantial source of income for our PAC and school. Filling our volunteer slots is crucial to keeping it going.

There are 4 volunteer slots available during two shifts, **from 9-11 AM and 11 AM-1 PM**.

Each shift needs a few people willing to lift heavy totes of bottles and cans.

[LINK](https://signup.com/client/invitation2/secure/1192617884029/false#/invitation)

<https://signup.com/client/invitation2/secure/1192617884029/false#/invitation>



## Canned Good Donations

A big thank you to all the families who have already contributed to our canned good drive. Your generosity is making a meaningful difference for community members who need extra support during the winter season. We are still collecting donations, and any non-perishable items are greatly appreciated. This is a wonderful opportunity for our students to practice kindness, empathy, and community care. Thank you for helping us spread warmth and support during the holidays.



**BICS PAC**  
upcoming  
**EVENTS**

2025	19/11	BICS PAC General Meeting 7:30PM BICS Library - <b>ALL PARENTS WELCOME</b>
	07/12	ANNUAL BOWEN ISLAND CRAFT FAIR 10-3 BICS GYM
2026	14/01	BICS PAC General Meeting 7:30PM BICS Library - <b>ALL PARENTS WELCOME</b>
	11/02	BICS PAC General Meeting 7:30PM BICS Library - <b>ALL PARENTS WELCOME</b>
	15/04	BICS PAC General Meeting 7:30PM BICS Library - <b>ALL PARENTS WELCOME</b>

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

Warmly,

BICS PAC  
[bicsvolunteers@gmail.com](mailto:bicsvolunteers@gmail.com)



# 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](https://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!**

**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](https://csepguidelines.ca/guidelines/children-youth)

