



BICS THIS WEEK

December 8-12 2025



The Week Ahead

Monday

- Bring in donations for Candy Cane Lane. Parent volunteers still needed from 10-12pm or 1-2pm.
- Division 1 Skating Field Trip

Tuesday

Wednesday

Thursday

- Division 3 Skating Field Trip

Friday

- Candy Cane Lane (Holiday Garage Sale to support Bowen Christmas Hamper)
- Hot Lunch

WE ARE...

connected

confident

curious

compassionate

Upcoming Events

- December 19th Holiday Hat day and last Day before Winter Break. Family Sing-a-long at 11:30am. Dismissal at 12:20pm
- January 5th School back in Session
- January 8th: Rockridge information night for Grade 7 families (see below)



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Thank you to everyone for coming together for our Winter Concert last night. The decorations were beautiful, the performances were entirely student-led, and the amphitheatre was filled with wonderful energy and excitement. It was truly a celebration of our school community.

Our students worked incredibly hard. They wrote their own songs, learned their parts, and performed with confidence and heart. Seeing them share their creativity and joy was the highlight of the evening and an inspiring way to begin our holiday season.

This event was a tremendous success thanks to the support of our families and the thoughtful leadership of Mr. Forst. We are so grateful for the teamwork, care, and enthusiasm that made the night so special.



Home Reading- Does it really matter?

Home reading and the science of reading are important because they work together to build strong, confident readers. The science of reading shows us that children learn to read best through explicit instruction in phonics, vocabulary, fluency, and comprehension. When families support this learning at home through regular reading, ideally about **20 minutes a day**, students get extra practice applying these skills in meaningful ways.



Home reading strengthens vocabulary, builds background knowledge, and helps children develop stamina and a love of books. It also reinforces the decoding and comprehension strategies they learn in class, leading to better long-term reading success. Together, school instruction and home reading create a powerful foundation that supports students in becoming skilled, lifelong readers.



Candy Cane Lane

The BICS Student Council will be holding a Holiday Garage Sale, called Candy Cane Lane, this Friday, December 12th, with proceeds benefiting the Bowen Island Christmas Hamper. Student council members need your help!

Please look around your home for any new or gently used items to donate to the sale. Bring donations of toys, stuffed animals, games, books, kitchenware, housewares, decorations, jewelry, scarves/mitts, and gift bags/wrapping paper (in a box or bag) to the BICS office between now and Wednesday, December 10th.

Parent volunteers will be needed to assist students with shopping and wrapping. Please email bics@wvschools.ca if you are able to help.



This Friday, each student can purchase items to gift to family members over the holidays. The cost is by donation with a suggested amount of **\$1 - \$2 per item**. All proceeds go to the Bowen Island Christmas Hamper.

Holiday Hat Day!

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



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.



❄️ 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 have several important fundraisers coming up, and we're reaching out for your support. 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 9 and 16
We need volunteers to sort refundable recycling on three Tuesdays in December. This fundraiser provides a substantial source of income for our PAC and school. Filling our volunteer slots is crucial to keeping it going.

Each Tuesday, 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>

This fundraiser can't go ahead without filling these spots.

BIRD volunteers Tuesday Dec 8: Two more people to sort refundable recycling from 9-11 or 11-1.

Thank you for giving your valuable time to support our school!



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

Warmly,

BICS PAC
bicsvolunteers@gmail.com



BICS PAC upcoming EVENTS	
2025	19/11 BICS PAC General Meeting 7:30PM BICS Library - ALL PARENTS WELCOME
	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
	11/02 BICS PAC General Meeting 7:30PM BICS Library - ALL PARENTS WELCOME
	15/04 BICS PAC General Meeting 7:30PM BICS Library - ALL PARENTS WELCOME

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.



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](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.

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**.



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



Additional activity ideas Additional Ideas at Pacific Institute for Sport Education



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

