



ATTENDANCE LETTERS

This week, families of students who have accumulated more than 10 absences this school year will be receiving an attendance letter. These letters are intended to keep families informed and to strengthen our partnership in supporting student success.

Regular attendance plays an important role in a child's overall well-being and learning. Chronic absenteeism can impact academic progress, social connections, and confidence, and over time may affect a learner's mental health and long-term engagement with school. Being present helps students build routines, maintain relationships, and feel a strong sense of belonging within our school community.

If you are experiencing challenges in getting your child to school or need additional support, please do not hesitate to reach out. We are here to work with families and help find solutions together.

GROWING APPETITES

As the sun rises earlier and longer days return, we notice that many of our learners have grown over the dark winter months. Please check with your child to ensure they have a variety of healthy snacks and lunch to sustain them throughout the day. Extra food (apples, granola bars) is available and picked up at the office when needed.

THE WEEK AHEAD

Monday, February 16th

- Family Day (School not in session)
Have a wonderful Family Day weekend!

Tuesday, February 17th

- Lunar New Year
- Boys' Basketball Practice at 7:45 am
- Girls' Basketball Practice at lunch
- Basketball Game #5 at BICS

Wednesday, February 18th

- Pods Gold Medal Breakfast – see below for more information (**parent volunteers needed**)

Thursday, February 19th

- Division 1–5: Physical Health Lessons with Shift Education and classroom teachers (see email sent home to families)

Friday, February 20th

- Sports Jersey Day – wear the jersey of your favourite sports team

UPCOMING DATES

February 24th

- Early dismissal at 10:45am for Family learning conferences (Sign-up link will be sent home to families on Tuesday)

February 25th

- Pink Shirt Day
- Girls' Basketball Tournament

February 26th

- Boys' Basketball Tournament





BICS PAC CORNER

Volunteers Needed!

PAC Hot Lunch Volunteers are needed:

Baker, Thursday, February 19, 2026
Dishwasher, Friday, February 27, 2026

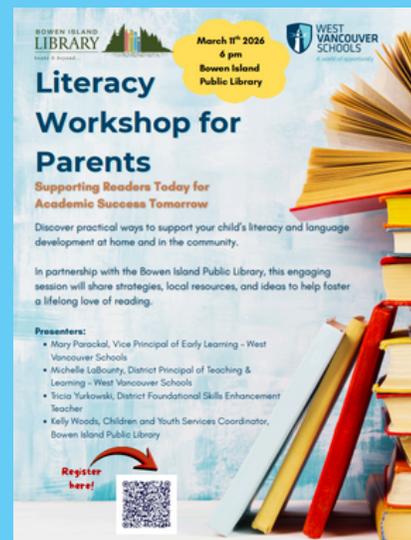


LITERACY CONNECTIONS

SAVE THE DATE!

Literacy Workshop for Parents:
March 11th 6pm at Bowen Island Library

Discover practical ways to support your child's literacy and language development at home and in the community. This engaging workshop will share strategies, local resources and ideas to help foster a lifelong love of reading.



GOLD MEDAL PANCAKE BREAKFAST

We are excited to be hosting a Gold Medal Pancake Breakfast on **Wednesday, February 18** as we come together as a school community to watch the Olympics and celebrate!

Volunteers Needed!

To make this special event possible, we are looking for **parent volunteers** to help cook pancakes from **8:00–10:00a.m.** If you are available to help, please email lmagrath@wvschools.ca—your support would be greatly appreciated.

To help reduce waste, we ask that **each child bring a plate, fork, and knife in a Ziploc bag to school for the breakfast.**

Thank you for helping us make this a fun and memorable community event!



FRIENDLY REMINDERS

As we move through the season, we kindly remind families to keep children at home when they are feeling unwell. This helps prevent the spread of germs and keeps our school community safe and healthy. Thank you for your support and partnership in caring for one another.



Please see the HealthlinkBC for Hand, Foot and Mouth Disease information.



PARENT RESOURCES

Feeding Futures Program:



As part of the Ministry of Education and Childcare [Feeding Futures initiative](#), the West Vancouver School District has established a food security structure to confidentially assist students and families. The West Vancouver School District Food Security Plan will help students and families by providing confidential financial support for families facing food insecurity.

Families are encouraged to reach out directly to their school principal or to feedingfutures@wvschools.ca if they need support with food-related costs. Please be assured that all requests will be addressed with sensitivity, respect, and confidentiality.

WEST VANCOUVER SCHOOLS ADMISSIONS INFORMATION

K-12 admission applications for both in-district and out-of-district students opens on January 15. If you have students in your family or network who are looking to join our district, please help spread the word about this important date.

West Vancouver Schools offer a wonderful opportunity to be part of a community that values excellence in education. Our schools take pride in creating meaningful learning experiences and providing opportunities that support the growth, well-being, and success of every student.

To learn more about registration expectations and processes, please visit our admissions page: <https://westvancouver.schools.ca/admissions/>

We look forward to welcoming new students and families to our vibrant and supportive school community!



CAPILANO UNIVERSITY ACCESS PROGRAMS INFORMATION SESSION

Capilano University Access programs information session — March 5

Capilano University is hosting a [virtual information session](#) on Thursday, March 5, at 4 p.m. for students and their families to learn more about two Access programs designed to support students with learning differences: [Discover Employability](#) and [Education and Employment Access](#).

Both programs are full-time at the Capilano University North Vancouver main campus and start in September 2026.

PARENT VOLUNTEER AND ENGAGEMENT OPPORTUNITIES



- **Gold Medal Pancake Breakfast on February 18th – parent volunteers needed!!**
- March 3rd: Coffee and conversation about district literacy initiatives and supports with Michelle Labounty, District Principal.
- BICS Garden: We are looking for parents and community members to revitalize our school gardens. Email the school if you are interested (BICS@wvschools.ca). We will gather volunteers together in early March.

FEBRUARY				
MON	TUES	WEDNES	THURS	FRI
2 Squat jumps 5 Push ups 5 Twisties Repeat X 3	3 1 MINUTE! Side shuffle to the left 3 steps Jump shot Side shuffle to the right 3 steps	4 Fast Feet for 1 minute GO	5 10 Frog jumps 10 High knees 20 Mountain climbers Repeat X2	6 20 knee to opposite elbow 20 jumping jacks Repeat X2
9 20 Lateral jumps 20 Air squats 10 High knees Plank hold 20 seconds	10 5 Squat jumps 5 Push ups 5 Twisties Repeat X 3	11 Juggling – Grab some scrap paper or bean bag and juggle	12 20 seconds each V sit hold Lateral Jumps Repeat X3	13 NO SCHOOL
16 FAMILY DAY	17 10 Frog jumps 10 High knees 20 Mountain climbers Repeat X 3	18 Plank Hold Let's get a baseline How long can the class hold a plank for?	19 10 squats 10 jumping jacks 10 toe touches Repeat X2	20 Seated Arm Drill "Hips to Lips" for 1 minute
23 10 Frog jumps 10 High knees 20 Mountain climbers Repeat X2	24 Squat touch the ground Jump up high (Squat Jump) X5 Jumping Jacks X 10	25 10 Skips 10 Gallops 10 Jumps 20 High knees	26 Squat jumps 5 Push ups 5 Twisties Repeat X 3	27 1 MINUTE! Side shuffle to the left 3 steps Jump shot Side shuffle to the right 3 steps
Notes:				2026



Bowen Library: Spring Break STEAM Club
Ages (6-10)

Learn new skills, make something new! We'll explore a new STEAM activity every session, with time to practice and explore science, arts & technology.

March 26, 10:30 am-11:30 am in the Library Annex. Please register at: bipl.ca/steam

Registration Required!
Register Here ↓

BOWEN ISLAND LIBRARY
books & beyond...



bipl.ca/steam
(604) 947-9788
info@bowenlibrary.ca



SPRING ADAPTIVE SOCCER PROGRAM FOR NEURODIVERSE PLAYERS

10 Week Program on Thursdays from 3:45-4:45 PM

April 9th is the first session!
For ages 5 to 16

Location: Ambleside Field D

Register Here

Free Jersey Included with Registration fee

Our Adaptive Soccer Program is designed especially for neurodiverse players who are eager to explore the game of soccer in a fun, welcoming, and supportive environment. Whether a player is brand new to organized soccer or has some experience, everyone is encouraged to join, learn, and grow. The program is open to players aged 5 to 16.



BOWEN ISLAND LIBRARY
books & beyond...



March 11th 2026
6 pm
Bowen Island Public Library

WEST VANCOUVER SCHOOLS
A world of opportunity

Literacy Workshop for Parents

Supporting Readers Today for Academic Success Tomorrow

Discover practical ways to support your child's literacy and language development at home and in the community.

In partnership with the Bowen Island Public Library, this engaging session will share strategies, local resources, and ideas to help foster a lifelong love of reading.

Presenters:

- Mary Parackal, Vice Principal of Early Learning – West Vancouver Schools
- Michelle LaBounty, District Principal of Teaching & Learning – West Vancouver Schools
- Tricia Yurkowski, District Foundational Skills Enhancement Teacher
- Kelly Woods, Children and Youth Services Coordinator, Bowen Island Public Library

Register here!

