



ATTENDANCE LETTERS

In the next few days, some families may receive an attendance letter from the school. These letters serve as a check-in and reminder to families when learners have missed more than 10 out of our 95 school days (over 10% of the school year to date).

For families, this check-in may confirm absences due to illness or family vacations; however, we also use these letters to offer support and strategies to improve attendance, if needed. Regular attendance is important to a student's sense of belonging, connection with peers, and overall academic success.

We understand that absences happen for many reasons, and we appreciate working together to support student learning and well-being.

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 9th

- Student Council meeting at lunch

Tuesday, February 10th

- Peace Counsellor Presentation Grade 6/7
- Boys' Basketball Practice at 7:45 am
- Girls' Basketball Practice at lunch
- Olympic Activities at lunch
- Basketball Game #4

Wednesday, February 11th

- Girls Basketball Practice at 7:45 am
- Olympic Activities at lunch
- PAC Meeting 7:30 PM (online link will be sent out in the morning for those who cannot attend in person)

Thursday, February 12th

- Division 1- Grandfriends Ukulele Show
- Olympic Activities at lunch

Friday, February 13th

- Reading Break (School not in session)

UPCOMING DATES

February 16th

- Family Day (School not in session)

February 18th

- Gold Medal Pancake Breakfast (parent volunteers needed)

February 24th

- Family learning conferences (Early dismissal- 10:45am)





BICS PAC CORNER



Volunteers Needed!

We'd love for you to sign up for a shift at BIRD, our biggest fundraiser for the Grade 7 grads.

Date: Tuesday, February 10

Shift: 10:30 AM - 12:30 PM (We need 3 volunteers per shift)

Hop on over and register using this link: [Sign Up Here](<https://slotted.co/p33papdu>)

PAC Hot Lunch Volunteers are also needed:

Baker, Thursday, February 19, 2026

Dishwasher, Friday, February 27, 2026



**PAC MEETING IS ON WEDNESDAY,
FEBRUARY 11 AT 7PM IN THE LIBRARY**

FAMILY LITERACY WEEK



BOWEN ISLAND ROTARY CLUB

Join us on February 9th at 7:30 PM at Artisan Eats for a free event with award-winning author Katie Smith Milway. She'll deliver a talk, lead a microfinance role play, and discuss her book, *One Hen and Then*. Bring the family to learn about social entrepreneurship. Books will be available for purchase and signing.

Please share with your community!

"One Hen and Then: The Story of a Small Loan and a Big Dream"

EVENT DETAILS

Date: February 9th

Time: 7:30 PM

Location: Artisan Eats

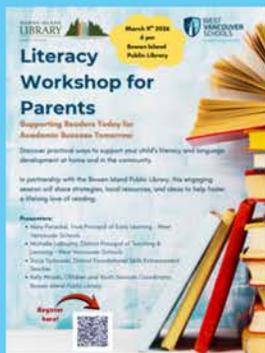
Cost: Free for all attendees

Books will also be available for purchase and signing.

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.





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.

FRIENDLY REMINDERS

As we begin the school day, we encourage families to support students in developing independence by saying goodbye at the front door and allowing children to walk into the school on their own. This routine helps build confidence, responsibility, and a calm start to the day for all learners.

If you arrive after the bell, please bring your child into the school and check in at the office so we can ensure they are safely signed in.

Thank you for your continued support in helping our students grow as capable and independent learners.



HOMEWORK CLUB

When: Mondays 3:00–4:30

Where: Multipurpose Room

Who: Grade 3–6

What: Reading and Math for the first half then boardgames and STEAM

Email the office to sign up! bics@wvschools.ca



VOLUNTEER AND PARENT ENGAGEMENT OPPORTUNITIES

- Gold Medal Pancake Breakfast on February 18th
- Connect with your child's classroom teacher to find out ways to help (reading, hands-on activities, field trips, etc.)
- 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)



CYBERSECURITY, ARTIFICIAL INTELLIGENCE AND QUANTUM COMPUTING DISTRICT PROGRAM

Cybersecurity, Artificial Intelligence, and Quantum Computing is a hands-on, project-based course offered to students attending Rockridge, Sentinel, or West Van Secondary. Students learn the theory and apply it to practical projects in the fields of Cybersecurity, Artificial Intelligence and Quantum Computing. They also have an opportunity to prepare for external certifications in Cybersecurity, Networking, Internet of Things, Programming, CompTIA, and Data Science. Students can participate in local, national, and international competitions such as CyberPatriot (<https://www.uscyberpatriot.org/>), Young Defenders of the North (<https://www.instagram.com/p/DHqs2PtM4Dw/>), picoCTF (<https://picoctf.org/>) from Carnegie Mellon University, Quantum Arcade Game Jam (<https://knowledgeflow.org/initiative/ubcs-year-of-quantum-arcade-game-jam/>) from UBC, and others. The course aims to help students prepare material they can use for university applications.



More details about the course are available here <https://cybersecurityand.ai/>

If interested, please sign up at <https://westvancouver.schools.ca/programs/cybersecurity-ai/>

There are only 4 spots left for students who will be in Grade 8 next year (2026 - 2027). Dr. Chugani will contact those shortlisted to schedule a meeting and go over the course schedule, requirements, and expectations. Please contact him (mchugani@wvschools.ca) if you have any questions before applying.

(Our team from the 2024 - 2025 class, who ranked 2nd in Canada last year)

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!

| 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 |

Winter 2026 • Bowen Island Public Library presents:

Pro-D STEAM Club

Learn new skills, make something new!



Fridays
Jan 30 & Feb 13
10:30-11:30 am
Bowen Island Library
Ages 6-10

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

Registration Required!
Register Here 

BOWEN ISLAND LIBRARY
bipi.ca/steam
(604) 947-9788
info@bowenlibrary.ca



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! 



Bowen Library: Pro-D Day 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.

Fridays, January 30, February 13, March 26, 10:30 am-11:30 am in the Library Annex. Please register at: bipi.ca/steam