



PINK SHIRT DAY



Yesterday we celebrated Pink Shirt Day, a reminder that kindness, inclusion, and standing up for one another matter every day.

Our Kindness Ninjas, led by Mrs. Towne, spread smiles by delivering sweet treats to our classroom teachers as a thank-you for all the care, patience, and heart they bring to our school community.

Small acts of kindness can make a big impact—and today our halls were filled with pink, positivity, and appreciation. ❤️

SCHOLASTIC BOOK FAIR

Our Scholastic Book Fair was a huge success! Thank you to Mrs. Morton and Mrs. Grundy for supporting the sales of the books and treasures. We appreciate the support of our community and look forward to sharing our total proceeds in the coming days. Proceeds will be used to enhance our non-fiction collection of books.

FAMILY LEARNING CONFERENCES

Thank you to families for their attendance and flexibility in joining us for Family Learning Conferences this week. We enjoyed seeing our learners share their goals and set new ones for the coming months. If you did not yet get a chance to attend a Family Learning Conference, please reach out to your child's classroom teacher.

THE WEEK AHEAD

Monday, March 2nd

- Div 1 and 2 walk to Killarney Lake
- Div 10 and 6 Skating field trip

Tuesday, March 3rd

- 8:30am Literacy, Coffee and Connections with District Principal Michelle LaBounty and Vice Principal Mary Parackal. All parents are welcome.

Wednesday, March 4th

- Canadian Red Cross 'Stay Safe Programs' for Grade 4&5's

Thursday, March 5th

- Be the Change Earth Alliance Div 1

Friday, March 6th



UPCOMING DATES

March 9th

- Div 4 at the Burrow

March 13th

- Silly Sock Day
- Learning Updates published
- Spring Break Begins

March 30th

- School back in session



BICS PAC CORNER

THE PAC IS ALWAYS LOOKING FOR VOLUNTEERS FOR OUR HOT LUNCH AND OTHER IMPORTANT PROGRAMS. **PLEASE REACH OUT TO BICSVOLUNTERS@GMAIL.COM TO LEND A HAND.**



NEXT PAC MEETING IS APRIL 15TH

BASKETBALL

We are so proud of both our girls' and boys' basketball teams for a fantastic season. Our athletes showed growth in their skills, teamwork, and sportsmanship throughout the year.

Our boys' team demonstrated perseverance and determination, continuing to try their best and support one another even during challenging games. Thank you to our coaches and parents for volunteering your time, energy, and support — we truly couldn't have done it without you.

A special congratulations to our girls' team! A referee shared that you were the best team to work with, a true reflection of your outstanding sportsmanship and positive attitude. Well done to everyone involved!

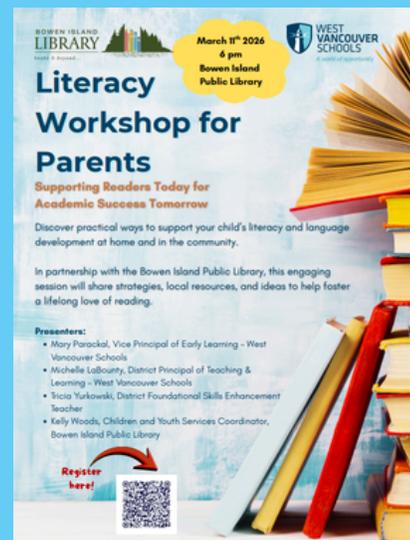


LITERACY CONNECTIONS

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.



FRIENDLY REMINDERS

Please keep an extra fork or spoon in your child's backpack for those just-in-case moments. Having spare cutlery on hand helps ensure students can enjoy their lunches comfortably if something is forgotten at home. Thank you for your support!





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.

RETURNING TO BICS

Are you returning to BICS for the 2026-27 School year?

We are currently accepting and processing new registrations for the 2026-2027 school year and want to determine our enrollment for the upcoming school year. To the best of your knowledge, if you know you will not be returning to BICS, please let Mrs. Grundy know in writing as soon as possible (bics@wvschools.ca). We hope your child will return to BICS and note that students are returning to school on Tuesday, September 8, 2026.

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!



PARENT VOLUNTEER AND ENGAGEMENT OPPORTUNITIES



- Join us for Coffee and Conversation on March 3rd with District Early learning and Literacy Specialists. Learn more about literacy supports and practices across the district.
- 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 with volunteers 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...

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!

March 11th 2026
6 pm
Bowen Island Public Library



February 18, 2026

Dear Parents and Caregivers:

As we continue to support the community of Tumbler Ridge, I know that school safety is weighing heavily on many of your minds. As a mom, I feel it too. Every single day our children walk out the door, we just want to know that they will be okay.

What happened was devastating. Our hearts are with the entire Tumbler Ridge community. Every school district has a Safe School Coordinator, as required by the Ministry of Education and Child Care, who leads district-wide safety planning, including detailed safety protocols and regular lockdown drills. Districts also receive ongoing provincial support, expert guidance and comprehensive training to help ensure strong, consistent safety practices across all schools. Schools across British Columbia are safe places for parents to send their kids to and for students to learn in.

While nothing can lessen the pain of what occurred, I am deeply grateful that the safety procedures in Tumbler Ridge, alongside the quick, courageous actions of all teachers, school staff, and students, prevented the situation from being far worse.

Districts and schools have emergency responses in place, and staff are trained to initiate them when needed. This kind of planning and practice happens in communities across the province. It is taken seriously, reviewed regularly, and designed to protect students and staff should the unthinkable occur.

The Ministry of Education and Child Care works closely with the Ministry of Emergency Management and Climate Readiness and Safer Schools Together—provincial experts in prevention, crisis, and trauma response—to provide school districts with clear guidance and ongoing support for their safety planning. This coordination ensures that schools are prepared and that best practices are shared province-wide.

I also know that many of you, and your children, have questions about what happened. Some kids may be feeling anxious or may want to talk about their own safety. It is normal for children to experience emotional reactions after hearing about or experiencing a traumatic event—even when they remain safe. Parents can watch for signs that a child may need extra support, such as worry or fear about safety, trouble concentrating, sadness, withdrawal or increased irritability, shifts in sleep or appetite, and physical complaints like headaches or stomach-aches.

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If you are looking for support on how to have these difficult conversations in an age-appropriate and trauma-informed way, resources are available on the [Expect Respect and a Safe Education \(erase\) website](#) and on this dedicated provincial [website to support people through the Tumbler Ridge tragedy](#).

I also want to acknowledge the heightened anxiety many 2SLGBTQIA+ students, staff, and families are feeling amid the rise in harmful rhetoric. Schools must continue to be safe, welcoming places where every student belongs. If your child or someone you know experiences threats or harassment, please use the [Report It tool](#) and connect with a teacher, principal, or school staff member.

At a time when British Columbians are coming together to support a grieving community, it is unacceptable to use this tragedy to target and harm vulnerable children.

You will have likely heard from your local school district with a further safety update. In the meantime, please contact your school principal if you have questions about safety protocols in place at your school.

We will continue working to ensure our schools remain places of safety, care, and belonging for every student.

Sincerely,



Lisa Beare
Minister