

BICS THIS WEEK

THE WEEK AHEAD
NOVEMBER 2ND TO 6TH , 2026

Follow us on Instagram for more highlights! @bics_45

Monday	Tuesday	Wednesday	Thursday	Friday
• Please bring healthy snacks and keep candy and treats at home!	• Student Council Meeting at 12:20pm in the MPR • Volleyball Game #3 at BICS at 3:30 PM	• Division 1 Walking Field Trip (8:50-9:35AM)		• Division 1 Field Trip

HALLOWEEN

Wishing all our BICS families a fun, spooky, and safe Halloween!

A few reminders for our school celebrations:

- **9:00 a.m.:** Halloween Parade. Families are welcome to join us!
- **Bring a canned good:** Vote for the best-decorated classroom door as part of our We Scare Hunger campaign. All donations go to the Bowen Island Food Bank.
- **10:45 a.m.:** Halloween Sing-Along Assembly! Families may join!

Please remember that masks and costume props should be left at home. We love seeing our students' faces and want to make sure props don't get lost before Halloween night.

Have a spooktacular Halloween and safe Trick-or-Treating!

UPCOMING DATES



November 9th
Division 1 Place-Based Learning Offsite

November 10th
10:45 am Remembrance Day Assembly

November 11th
Remembrance Day (School not in Session)

November 17th
Div 3 Field Trip to Burrow



AFTER SCHOOL PLANS

A reminder to families to please make after-school plans with your child the day before or at the beginning of the school day. We have had students coming to the office unsure of their plans or needing to call home to find out if they are taking the bus or going to a friend's house. Having a clear plan helps students feel settled and ensures a smooth dismissal.

Please note that the school cannot arrange visits to friends' homes or coordinate changes to after-school plans. If an unexpected emergency arises, please contact the school directly.

Thank you for helping us ensure all students know their end-of-day plans before the school day begins!





VOLLEYBALL

Our volleyball teams had a wonderful game against Gleneagles! Spirits were high, sportsmanship was strong, and our Seawolves were fantastic hosts to our visiting team.

The boys took home a win, and the girls won one match. Great effort all around!

We are excited for the next game. Go Seawolves!

Tuesdays	Opponent
~~Oct. 20th~~	~~Pauline Johnson~~
~~Oct. 27th~~	~~Gleneagles~~
Nov. 3rd	West Bay
Nov. 17th	Caufield

BICS PAC ANNUAL HOLIDAY CRAFT FAIR

Sunday, December 6, 2026
10:00 am – 3:00 pm
Bowen Island Community School Gym
With one-of-a-kind handmade products, holiday shopping, and fun for all ages, this is a wonderful opportunity to connect with the Bowen Island community and showcase your work.
Any questions to the email: craftfairatbics@gmail.com
VENDOR APPLICATIONS
Application Link: CLICK HERE

LUNCH HOUR SUPERVISOR NEEDED

BICS is looking for someone to help supervise students during lunch on Mondays, Thursdays and Fridays. This is a great opportunity to support our school community for just one hour on each of these days!

If you are available or know someone who might be interested, please reach out to Mrs. Magrath at lmagrath@wvschools.ca for more information. Thank you for helping spread the word!

BICS PAC CORNER

Next PAC Meeting Tuesday, November 24 at 5:30pm

Upcoming PAC General Meetings will be held at 5:30 PM in the Library, with a Teams link available for parents. Upcoming meeting dates are:

May 25, 2027
January 26, 2027
February 23, 2027
April 27, 2027
June AGM - TBD

HOT LUNCH VOLUNTEERS

HOT LUNCH VOLUNTEER SIGN UP: VOLUNTEER LINK

Hot Lunch operates entirely through volunteers from parents, grandparents, caregivers, and the community. Last year, 26 Hot Lunch Fridays served 2,476 meals, with one cancellation due to insufficient volunteers. The program relies on this support, and gratitude is extended to all volunteers.

How You Can Help:

- **Pitch In:** Sign up for a short volunteer shift (~2 hours) to connect with other BICS families.
- **Chip In:** If you can't volunteer, donations are welcome on the new MunchaLunch website, and you can contribute any amount.

LUNCH VOLUNTEER SIGN-UP: VOLUNTEER LINK

Thank you for supporting Hot Lunch and our BICS community!
BICS PAC



BOWEN ISLAND COMMUNITY SCHOOL



NEW IYP PROGRAM - CYBER-SECURITY AND AI EXPLORERS

West Vancouver Schools is excited to be running a new IYP program called “Cyber-Security and AI Explorers”. Our pilot offering of this program is for West Vancouver School students who are currently in Grade 7 or 8. The program will begin on November 19th and will run on Thursday afternoons from 3:30 to 4:45 until March 11th, 2027. There will be no sessions during Winter Break. The cost for this is $300.00.

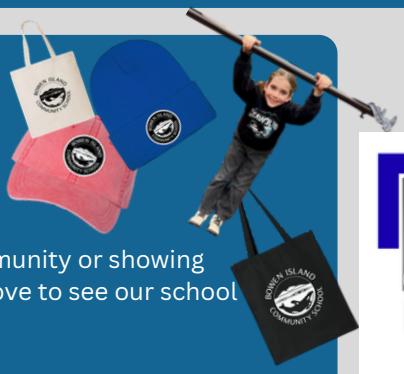
Sessions will take place in one of the computer labs at West Van Secondary. Students will be taught by West Vancouver Schools teaching staff and mentored by senior students in the district’s CS/QC/AI class.

Students will explore concepts in Artificial Intelligence, Cyber-Safety and Security through activities, labs and games. There may be an opportunity for an optional hackathon that students can choose to participate in.

For more information or questions, contact Ms. Wilson at cwilson@wvschools.ca

To register, please fill out this form.

GET YOUR BICS GEAR



Show your BICS spirit! Our Tidal Wave Tuesday gear is available to order, featuring tote bags, shorts, bucket hats and more!

Whether you're cheering on our school community or showing your Seawolf pride around the island, we'd love to see our school gear everywhere!

Orders close November 1, and gear will arrive in time for the holidays, so it's a great chance to show your BICS pride or pick up a gift for a fellow Seawolf! Let's make some waves, Seawolves!

Place your order here!







PUMPKIN INQUIRY IN GRADES K–2

Our K–2 learners have been busy exploring, investigating, and learning through our BICS Pumpkin Patch! Each student had the opportunity to choose a pumpkin, which became the starting point for a week of curiosity, questions, and hands-on discovery.

From counting pumpkin seeds and roasting them to measuring pumpkins of different sizes and predicting whether they would sink or float, students have been developing their understanding of math and science through meaningful, hands-on experiences.

This inquiry connects directly to the BC Curriculum, including early numeracy, scientific exploration, and the curricular competencies of asking questions, making predictions, observing, measuring, and communicating findings. Students are also developing their Core Competencies as they think critically, share their ideas, work collaboratively, and reflect on their learning. Through playful exploration and investigation, our young learners are discovering that learning begins with curiosity and that there is so much to learn from something as simple as a pumpkin!





FEEDING FUTURES

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.



DPAC PARENT SERIES

WEST VANCOUVER SCHOOLS DPAC

FUTURE READY: GROWING UP IN A DIGITAL WORLD

Technology is shaping how children learn, communicate, create and engage with the world around them. Join West Vancouver Schools, the District Parent Advisory Council (DPAC) and community and educational experts for a three-part series exploring the opportunities and challenges of growing up in a digital world. Through practical conversations, expert perspectives and useful strategies, families will learn how to support their children in an increasingly connected world.

SESSION #2 RAISING THINKERS IN THE AGE OF ARTIFICIAL INTELLIGENCE (AI)

Thursday, January 28, 2027 at 6:30 pm in the Kay Meek Main Theatre

Raising Thinkers in an Age of AI explores how artificial intelligence is changing the way children learn, create, and solve problems. Learn about opportunities and risks, practical strategies to support learning at home, and confidence in nurturing the critical thinking, creativity, and resilience that matter most for their child's future.

Featuring Future Design School Presenters

Tickets: $20 each

SESSION #3 NAVIGATING SOCIAL MEDIA, GAMING AND ONLINE LIFE

Wednesday, April 14, 2027 at 6:30 pm in the Kay Meek Studio Theatre

From social media to online gaming, today's digital world presents both opportunities and challenges. Explore ways to support positive online behaviour, healthy relationships, responsible decision-making, and digital citizenship.

Featuring members of the West Vancouver Police Department, together with West Vancouver Schools educational leaders.

Tickets: $10 each

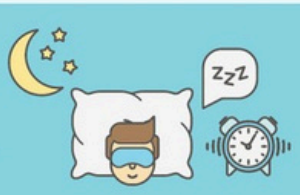
TICKETS CAN BE PURCHASED THROUGH YOUR SCHOOL CASH ONLINE ACCOUNT

GOOD NIGHT, SLEEP WELL FOR A BETTER DAY

DID YOU KNOW?

1 in 4 children and teens are **NOT getting enough** sleep!

To **do their best** and be as **healthy** as possible children and teens need **adequate sleep.**



SLEEP GUIDELINES

AGE	SLEEP GUIDELINES
3-6	11-13 hours
7-10	10-11 hours
10-12	9-11 hours
13-18	8-10 hours
Adult	7+ hours

BENEFITS OF ADEQUATE SLEEP

- Better brain (improved memory and concentration)
- Better body (improved energy, stronger heart and weight management)
- Better emotions (happier and more optimistic)

WHAT TO DO?

ELECTRONICS
- Turn electronics OFF at least one hour before going to sleep
- Keep electronics OUT of bedrooms when going to sleep

ENVIRONMENT
- Make bedrooms dark, quiet, and comfortable when sleeping
- Free bedrooms of distractions

EAT AND DRINK
- Eat a healthy and balanced diet
- Avoid caffeine, nicotine and other stimulants

EXERCISE
- Find a fun way to be active for at least 60 minutes per day
- Use active modes of transportation like walking, biking and public transit

EVERY DAY AND EVERY NIGHT
- Have a consistent wake-up time and bedtime (even on weekends)
- Create a homework and study plan
- Establish regular bedtime routines (read a book, take a bath etc.)

WEST VANCOUVER SCHOOLS

DAYLIGHT SAVINGS REMINDER

With B.C. remaining on permanent daylight saving time, clocks will not turn back this Sunday, November 1, and winter sunrises will be later.

We would like to remind families to take extra care travelling to school during these darker mornings and support consistent sleep routines at home as the days grow shorter.

On Sunday, please take a moment to check your digital calendars, alarms and devices. Ensure you have the latest updates installed and confirm that upcoming calendar entries and scheduled times are displaying correctly.

BOWEN ISLAND COMMUNITY SCHOOL









NOVEMBER 2026

Monday	Tuesday	Wednesday	Thursday	Friday
2 5 Mountain Climbers 10 Squats 5 Push Ups Repeat X2	**3** High Knees for ONE Minute Rest REPEAT X 2	**4** 5 Push Ups 10 Frog Jumps 10 Bum Kicks Repeat	**5** 5 Squats 10 Lateral Jumps 10 Elbow to Opposite Knee Repeat X 2	**6** 10 X Each Bear walk Crab walk Gallop Jumps
9 1 MINUTE! Side shuffle to the left 3 steps Jump shot Side shuffle to the right 3 steps	**10** 10 Twisties 10 Toe Touches 10 Jumping Jacks Plank Until Failure	**11** Repeat X 3 V Sit Hold 15 Seconds 10 Squats Plank Hold 15 Seconds	**12** 10 Speed Skaters 5 Push ups 1 Minute Squat Hold	**13** 10 Criss Cross Jumps 10 High Knees 5 Squats 5 Toe Touches
16 Twisties for ONE Minute	**17** NO SCHOOL	**18** Squat Hold with Air Punches 30 Seconds Bum Kicks 30 Seconds	**19** 15 Seconds Each V Sit Hold Lateral Jumps Repeat X 3	**20** Sit Down / Stand Up X 10 Jumping Jacks X 20
23 Fast Feet ONE Minute	**24** 10 Speed Skaters 5 Push ups 1 Minute Squat Hold	**25** 5 Mountain Climbers 10 Squats 5 Push Ups Repeat X2	**26** Juggling Find something in the class to throw and catch with	**27** NO SCHOOL
30 10 Squats 15 Jumping Jacks 10 Squats 15 Jumping Jacks				

BOWEN ISLAND COMMUNITY SCHOOL