



BICS

THIS WEEK

HELP SHAPE OUR NEXT STEPS!

We'd Love Your Voice at the Table!

At BICS, improving student learning is something we do together. We invite parents and caregivers to join us on **Wednesday, October 21 from 4:30–5:30 p.m.** in the **Multi-Purpose Room** to be part of our Year 2 Framework for Enhancing Student Learning (FESL) conversation.

Our FESL is a multi-year process that helps us look closely at how our students are doing, celebrate what is working, identify areas where students need more support, and decide together where to focus our efforts. In Year 1, our work centred on belonging and strengthening literacy instruction across the grades.

As we begin Year 2, parent and caregiver perspectives are an important part of determining our next steps. We'll share some of what we learned last year and, most importantly, make time to listen to your ideas, experiences and hopes for our students.

We hope you'll join us and help shape the next chapter of learning at BICS.

THE WEEK AHEAD

October 12th

- Thanksgiving Holiday (School not in Session)

October 13th

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October 14th

- Division 1 Walking Field Trip

October 15th

- BC ShakeOut Earthquake Drill

October 16th

- Division 1 Field trip

UPCOMING DATES

October 19th

- Division 1 Place-Based Learning

October 20th

- Volleyball Game #1 at BICS 3:30 PM

October 21st

- Division 1 Community Service
- 4:30–5:30pm FESL Meeting

October 22nd

- Student Vote for grades 4–7

October 23rd

- Provincial-wide Pro-D Day (School not in Session)

October 27th

- Volleyball Game #2 at BICS at 3:30 PM

October 28th

- Photo Retake Day
- Parent-Teacher Conferences (early dismissal at 1:15 PM)





FOUNDATIONAL SKILLS ASSESSMENT

Over the next few weeks students in Grades 4 and 7 from our school and all across British Columbia will be completing these assessments. While at school, our staff will ensure that students are supported and that conditions are conducive to learners being able to demonstrate their best ability. We are also asking for your support to help your children by ensuring they:

- have eaten a good breakfast
- have a water bottle
- are well rested
- arrive on time (most assessment sessions will take place in the morning when students are fresh)
- arrive with their laptop device (as applicable) fully charged

Our goal is for students to see this as a valuable experience, feel proud of their work, and for staff and families to use this assessment to inform and guide our instruction.

For FSA sample booklets, questions and tests:

<https://www2.gov.bc.ca/gov/content/education-training/k-12/administration/program-management/assessment/foundation-skills-assessment/fsa-samples>



SMS TEXT MESSAGING

For parents/guardians who would like to be notified of a school emergency such as power outages, severe weather or safety alerts via SMS – Please text a “Y” or “Yes” to 978338 to ensure you are on the list.



MEDICAL ALERTS

Medical Alerts and Information for students: Our verification forms have been completed by most families now, and we would like to remind you if there are any medical conditions or issues we should be aware of with your child, please be sure to contact the office so we can put an alert on the child's file. Please contact Marie or Casey in the office to provide information or to fill out appropriate forms.

Thank you

DPAC PARENT SERIES 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 #1 SCREEN TIME: FINDING BALANCE IN A DIGITAL WORLD

Wednesday, October 21, 2026 at 6:30 pm in the library at West Vancouver Secondary

Technology is an important part of how children learn, connect, and play. Join us as we explore healthy technology habits, the difference between productive and distracted screen use, and practical strategies for supporting balance at home.

Featuring Dr. Alex Choi together with West Vancouver Schools educational leaders.

Dr. Choi is the Chief Medical Officer with Vancouver Coastal Health and is dual-certified as a family physician and public health specialist. She holds an MD and a Master of Health Science, as well as CCFP and FRCPC designations. In her role, Dr. Choi provides health guidance to West Vancouver Schools and works with the VCH medical team to support practical approaches to managing the effects of heavy technology use on young people's sleep, physical activity and social-emotional development.

Tickets: \$10 each

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





VOLLEYBALL

This year, our volleyball program will focus on skill development, teamwork, participation, and building confidence on the court. Students will have opportunities to play against other schools and develop their skills through games and tournaments.

As participation numbers vary throughout the season, game and tournament opportunities may look different for each team.

When needed, we may collaborate with other schools to provide additional playing opportunities.

Our goal is to create a positive, inclusive, and fun experience where every student has the opportunity to learn, improve, and enjoy volleyball!

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



BUS TRANSPORTATION

Transportation services for each eligible student in your household must be requested every year, by submitting an [online student transportation request form](#) for each student.

If you are a new registrant or have recently moved, please submit a request form for each student as soon as possible.

[Sign up Here](#)



CLASSROOM SPOTLIGHT

Growing Learning in the BICS Garden

Our Grade 1/2 students have been exploring the life cycle and parts of a plant through a very special resource right here at BICS: the apples growing in our school garden!

This hands-on, cross-curricular inquiry has connected Science, Arts Education, Applied Design, Skills and Technologies, and Physical and Health Education in meaningful and delicious ways. Students have been learning about how plants grow and change, identifying the different parts of an apple and plant, and exploring positive and negative space through apple-inspired art.

Their learning has also extended into mindful eating, as students made apple chips and apple pie while exploring where our food comes from and taking time to notice the taste, texture, smell, and experience of eating. They have also been learning about composting, recycling, and caring for our environment, making connections between our garden, our food, and our responsibility as stewards of the land.





BICS PAC CORNER

**Next PAC Meeting Tuesday,
October 27th 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:

November 24, 2026

May 25, 2027

January 26, 2027

February 23, 2027

April 27, 2027

June AGM - TBD

🎄 BICS PAC ANNUAL HOLIDAY CRAFT FAIR 🎄

Sunday, December 6, 2026

10:00 am – 3:00 pm

Bowen Island Community School Gym

1041 Mount Gardner Road

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.

ny questions to the email: craftfairatbics@gmail.com

VENDOR APPLICATIONS

Application Link: [CLICK HERE](#)

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.

FOR MORE INFO 



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





OCTOBER 2026

Monday	Tuesday	Wednesday	Thursday	Friday
			1 10 Lateral Jumps 10 Squat Jumps 5 Push ups Repeat X3	2 20 Toe Touches 10 Squats 5 Push ups Repeat X2
5 Push Ups 10 Frog Jumps 10 Bum Kicks Repeat X 3	6 10 Bum Kicks 20 Lateral Jumps 10 Jumping Jacks Repeat X 3	7 10 Squats 10 Jumping Jacks 10 Twisties Repeat X 3	8 5 Mountain Climbers 10 Squats 5 Push Ups Repeat X2	9 10 Lateral Jumps 10 Squat Jumps 10 Jumping Jacks Repeat X2
12 NO SCHOOL	13 10 Skaters 15 Jumping Jack 10 Squats Repeat X3	14 Seated Arm Drill "Hips to Lips" 20 seconds Repeat X3	15 High Knees for ONE Minute Rest Repeat X2	16 1 MINUTE! Side shuffle to the left 3 steps Jump shot Side shuffle to the right 3 steps
19 5 Mountain Climbers 10 Squats 5 Push Ups Repeat X2	20 10 Lateral Jumps 10 Squat Jumps 10 Jumping Jacks Repeat X2	21 10 Jumping Jacks 10 Criss Cross Jumps 10 Knee to Opp Elbow Repeat X3	22 10 Lateral Jumps 15 Air Squats 20 High Knees Plank Hold for as long as you can	23 NO SCHOOL
26 20 Skips 15 Gallops 5 Jumps Repeat X2	27 10 Twisties 10 Bum Kicks 10 Twisties 10 Bum Kicks	28 10 Squats 15 Jumping Jacks 10 Squats 15 Jumping Jacks	29 Class Plank Challenge How long can the class hold for?	30 10 Jumping Jacks 10 Criss Cross Jumps 10 Knee to Opp Elbow Repeat X3

RCMP
GRC

E-BIKES ON BOWEN ISLAND

Know the rules. Ride responsibly. Keep Bowen Island safe.

ILLEGAL

E-DIRT BIKES



- Designed for off-road use
- Throttle operated
- Higher power output (typically over 500W)
- Not equipped with pedals
- Not allowed on roads, bike lanes, paths or public lands

E-SCOOTERS



- Motorized stand-up scooters
- Throttle operated
- Not equipped with pedals
- Not allowed on roads, bike lanes, paths or public lands

LEGAL

E-BIKES



- Equipped with pedals
- Electric assist only (no throttle only mode)
- Motor power limited to 500W (continuous)
- Max assisted speed of 32 km/h
- Must comply with Canadian E-Bike Regulations
- Allowed on roads, bike lanes and multi-use paths
- Wear a helmet. Ride responsibly. Yield to others.



FORMERLY NORTH SHORE
MULTICULTURAL SOCIETY

Settlement Workers in Schools (SWIS)

Support for you and your family as you
navigate the Canadian school system

**CHECK OUT THE
UPCOMING WORKSHOPS
& EVENTS!**



SWIS hosts a variety of workshops for newcomers and community events. Our newcomer workshops explore topics such as Canadian culture and systems, employment options, English language, parenting, health and so much more. Our community events explore themes of immigrant inclusion, belonging, and anti-racism.

<https://impactnorthshore.ca/immigrant-service-centre/settlement-workers-in-schools/>

ADAPTIVE SOCCER PROGRAM FOR NEURODIVERSE PLAYERS

13 Week Program
Fridays 3:45-4:45 PM
Ages 4 to 15

First Session is Friday, Sept. 11th
Location: Ambleside Field D





PERSONAL DIGITAL DEVICES

Personal digital device expectations apply throughout the entire school day, including before school, after school, and during break times. **Cell phones and smart watches will not be used at all during school hours.**

These guidelines are key to creating focused and engaging learning environments.

Our goal is to minimize distractions and maximize learning opportunities. Digital devices, when used appropriately, are powerful tools for collaboration, creativity, and communication. However, they should not interrupt instructional time or disrupt the learning environment.

WHAT FAMILIES CAN CONTINUE TO DO

Here are some ways families can help reinforce these expectations at home:

- **Encourage Balanced Screen Time:** Promote activities like reading, outdoor play, and family time.
- **Model Consistency:** Show your support by modeling mindful and appropriate device use.
- **Support School Communication:** Avoid contacting your child during instructional time. Non-urgent messages can wait until after school. If urgent communication is needed, please contact the school office.
- **Stay Engaged:** Revisit the Parent/Guardian Guide to Personal Digital Devices to refresh your understanding of the expectations and discuss them with your child.



West Vancouver Schools

Parent & Guardian's Guide to Personal Digital Devices

Personal Digital Devices include any personal electronic device that can be used to communicate or to access the Internet, such as cell phones, phones, laptops, tablets, smartwatches and any other portable technology device.



Laptops are the preferred device for school use.

While digital devices can enhance learning in many ways, allowing students to collaborate, create and communicate, it is important that they are used in a mindful and meaningful way.

Personal digital devices should only be used with the permission of a teacher or administrator. Additional considerations will be made to provide for student's health and accessibility needs, and accommodation requirements.

Elementary

Cell phones should NOT be used in elementary school.



Secondary

Cell phones should only be used in class if specifically required for a learning task.

What can parents and guardians do to help?



- Understand the digital device expectations at your child's school
- Support and encourage your child's appropriate use of digital devices
- Refrain from contacting your child during the school day. If it's an emergency, contact the school office
- Personally model and encourage digital device boundaries



WE ARE...

connected

confident

curious

compassionate



What is Early Literacy Screening?

Early literacy screening is a quick check that helps teachers understand how your child is developing early reading skills, an important part of literacy development. It's not a diagnosis or academic assessment.

It looks at skills such as letter knowledge, sound awareness, and word reading.

Early literacy screening tools are:

- Brief and easy to use
- Developed using research and student data
- Used by classroom teachers
- Designed to help keep children on track with reading

Early literacy screening provides a snapshot of where your child is in their reading journey.



How Does Early Literacy Screening Help My Child?

Early literacy screening helps teachers understand each child's reading skills and learning needs.

Screening helps teachers:

- Identify students who may need extra reading support
- Plan reading instruction for the whole class, small groups, or individual students
- Track student progress in reading over time
- Adjust teaching to better support student learning

Early literacy screening helps identify reading challenges early so support can begin right away.

This gives your child the best opportunity to build strong literacy skills and a solid foundation for future learning.

For more information and resources visit:
<https://curriculum.gov.bc.ca/literacy-screening>



Early Literacy Screening

Information for
Parents and
Caregivers



Ministry of
Education and
Child Care

What is Literacy?

Literacy is your child's ability to understand language and communicate in a variety of ways.

Literacy includes:

- Speaking and listening
- Building vocabulary
- Reading and understanding text
- Expressing ideas in writing
- Understanding stories and information

Literacy skills are tools that open doors to learning throughout life.



Why is Literacy Important?

Strong literacy skills support lifelong learning and wellness.

Success in Learning

Children with strong literacy skills are better able to:

- Understand classroom lessons
- Learn new subjects
- Share their thinking through speaking and writing
- Complete assignments independently
- Stay engaged and motivated in school

Health & Well-Being

Children with strong literacy skills are also more likely to:

- Build confidence and self-esteem
- Understand health and safety information
- Build independence and problem-solving skills
- Strengthen skills such as memory, attention, and focus

Later in life, literacy helps people:

- Apply for jobs
- Continue learning new skills
- Build social connections with others
- Participate fully in their communities

How Do Children Learn Literacy Skills?

Literacy development takes time, teaching, and practice.

Children will:

- Learn at different speeds
- Find some parts of literacy easier than others
- Build skills over time
- Show progress in different ways

Some children need more time and practice.

This does *not* mean they won't develop strong literacy skills over time.

Early support makes a big difference, and schools are there to help!

Literacy development can also happen at home. Reading together is a great way to build these skills.