



THE WEEK AHEAD OCTOBER 19TH– 23RD, 2026

Monday

- Div. 1 Place-Based Learning

Tuesday

- Volleyball Game #1



Wednesday

- Div.1 Community Service
- 4:30-5:30 FESL Meeting

Thursday

- Student Vote Grades 4-7



Friday

- Provincial Wide Pro D- School Not in Session

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!

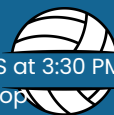
UPCOMING DATES

Monday- Friday, Oct. 26-31

- Primary Pumpkin Inquiry!

October 27th

- Volleyball Game #2 at BICS at 3:30 PM
- Division 1 Foundary Workshop



October 28th

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



Thursday Oct. 29

- Grade 7s Grouse Mountain

Friday Oct. 30th

- HALLOWEEN



Follow us on Instagram for more highlights!
[@bics_45](https://www.instagram.com/bics_45)



WE ARE...
connected
confident
curious
compassionate



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](#)



We'd Love Your Voice at the Table!

Parents and caregivers are invited to share their feedback, ideas and hopes for student learning as we begin Year 2 of our Framework for Enhancing Student Learning journey.

Join us for a conversation about what we learned in Year 1 and help shape our next steps.



Wednesday, October 21

4:30–5:30 p.m.

Multi-Purpose Room





**BICS SPIRIT WEAR
PAC FUNDRAISER**

BICS GEAR IS BACK!
LOOKING FOR TIDAL WAVE TUESDAY GEAR?
ORDER BEFORE NOV 1ST!

SCAN QR CODE TO ORDER

Scan me!

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, making it a great opportunity to show your BICS pride or pick up a gift for a fellow Seawolf!

Place your order [here!](#)

Let's make some waves, Seawolves!



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

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





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



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.)



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 5 Push Ups 10 Frog Jumps 10 Bum Kicks Repeat X3	6 10 Bum Kicks 20 Lateral Jumps 10 Jumping Jacks Repeat X3	7 10 Squats 10 Jumping Jacks 10 Twists Repeat X3	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 Ups" 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 Twists 10 Bum Kicks 10 Twists 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

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](#)



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**



**PROTECT YOURSELF,
PROTECT YOUR COMMUNITY**

LET'S GET VACCINATED!

Flu and covid VACCINES
for all ages available at

BOWEN ISLAND
COMMUNITY
HEALTH CENTRE
1037 MILLER RD

OCTOBER 19
UNTIL
NOVEMBER 6

BOOK TODAY!

Appointments are
available
Monday - Friday

Extended evening hours
Tuesdays & Thursdays

Book an appointment
604 947 9986

or

Drop-in
(limited availability)



**PLEASE WEAR
SLEEVES THAT
ROLL UP EASILY**