

BICS THIS WEEK

THE WEEK AHEAD
OCTOBER 26TH– 30TH, 2026

Monday

- Primary Pumpkin Inquiry!

Tuesday

- Primary Pumpkin Inquiry!
- Volleyball Game #2 at BICS at 3:30 PM
- Division 1 Foundary Workshop

Wednesday

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

Thursday

- Primary Pumpkin Inquiry!
- Grade 7s Grouse Mountain

Friday

- Primary Pumpkin Inquiry!
- HALLOWEEN Parade and Sing-A Long
- We Scare Hunger Vote

PARENT TEACHER CONFERENCES

On Wednesday, October 28th, we will have an early dismissal at 1:15 pm to allow time for parent-teacher conferences. Please use the link below to access the sign-up sheet and arrange a time to meet with your child's teacher. Teachers are also offering conferences on days outside of Wednesday, should you prefer one of those times.

https://docs.google.com/document/d/1bX5TnMr6TxhOXLXtmJraq5pvs0nX3abwSieL3kp2BIA/edit?usp=sharing

We look forward to the opportunity to share your child's growth and progress and set goals for the coming weeks during these important meetings.



UPCOMING DATES

November 2nd
Division 1 Place-Based Learning

November 3rd
Volleyball Game #3 at 3:30-4:30 PM

November 4th
Division 1 Walking Field Trip

November 6th
Division 1 Field Trip

November 9th
Division 1 Place-Based Learning Offsite

November 10th
Remembrance Day Assembly

November 11th
Remembrance Day (School not in Session)



Follow us on Instagram for more highlights! @bics_45

BOWEN ISLAND COMMUNITY SCHOOL



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.

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

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





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



HALLOWEEN PARADE

We're excited to announce that our Halloween parade will take place again this year on Friday starting at around 9:00am. It will follow the same route as last year, forming a circle around the school and linking up in the outdoor area near the garden.



Families are also invited to our Halloween Sing-A Long starting at 10:45am.

FUN AND SAFE HALLOWEEN REMINDERS

Halloween is just a week away! As students get ready for school celebrations and trick-or-treating, West Vancouver Schools reminds families to keep safety and respect for others part of the fun.

At school:

- Student costumes must allow for safe movement, participation in learning activities and independence during the school day.
- Please leave masks, costume weapons and excessive makeup at home.
- Costume choices should be respectful and align with our school and District Codes of Conduct to help ensure Halloween is safe, welcoming and enjoyable for everyone

In the community:

- The WVPD has asked us to remind families to please reinforce respect for neighbours, private property and community spaces.
- We encourage children and youth to celebrate responsibly and demonstrate the kindness, courtesy, and respect that help make our community a safe and enjoyable place for everyone.

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!

NEW IYP PROGRAM - CYBER-SECURITY AND AI EXPLORERS

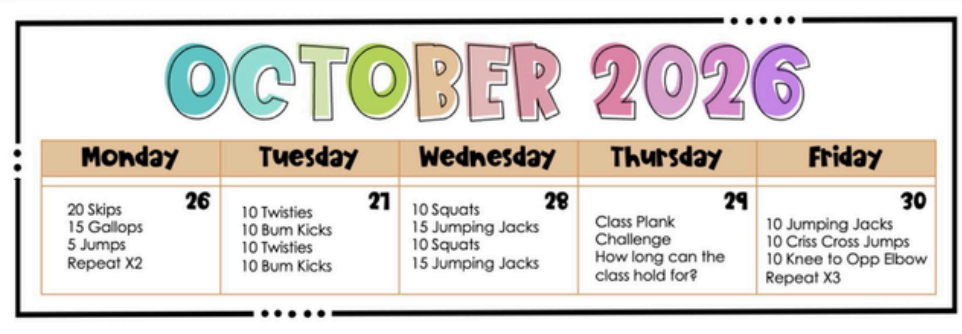
West Vancouver Schools is excited to be running a new IYP program called "Cyber-Security and AI Explorers". Our pilot offering of this program is for West Vancouver School students who are currently in Grade 7 or 8. The program will begin on November 19th and will run on Thursday afternoons from 3:30 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.







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

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!



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



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.

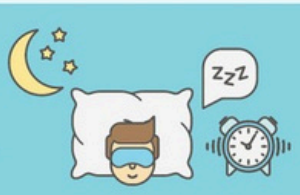


GOOD NIGHT, SLEEP WELL FOR A BETTER DAY

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

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

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.
Any questions to the email: craftfairatbics@gmail.com
VENDOR APPLICATIONS
Application Link: CLICK HERE

BOWEN ISLAND COMMUNITY SCHOOL

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