

BICS THIS WEEK

THE WEEK AHEAD
NOVEMBER 9TH TO 13TH, 2026

Follow us on Instagram for more highlights! @bics_45

Monday
- Division 1 Place-Based Learning Offsite

Tuesday
- 10:45 am Remembrance Day Assembly (parents welcome to attend)



Wednesday
- Remembrance Day (School not in Session)



Thursday
- Basketball Clinic 7:45-8:40 AM

Friday
- Hot Lunch



UPCOMING DATES

November 17th
Div 3 Field Trip to Burrow Volleyball Game #4

November 24th
PAC Meeting at 5:30 PM

November 25th
Boys Volleyball Jamboree 1:30- 4:30PM

November 26th
Girls Volleyball Jamboree 1:30- 4:30 PM

November 27th
Pro-D Day (School not in Session)



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

Congratulations to our BICS players' showing resilience, positive attitudes and ability to bounce back after tough moments. They showed great perseverance, kept encouraging one another and continued to give their best.

We are so proud of the effort, teamwork and sportsmanship shown by all our players!

Go Seawolves!

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

BASKETBALL SKILLS CLINIC FOR STUDENTS IN GRADES 5–7

November 5th, 12th, and 19th from 7:45 to 8:40 AM

We are excited to offer a **Basketball Skills Clinic for students in Grades 5-7** this November.

A wonderful community member, **Coach Jeff Grant**, has generously volunteered his time to lead the clinic. Coach Grant has extensive coaching experience, including coaching youth athletes at General Wolfe Elementary and with the Split Second Vancouver Club. We are grateful for his enthusiasm and willingness to help develop basketball skills and confidence in our students.

The clinic will focus on fundamental basketball skills, teamwork, sportsmanship, and having fun while being active. This is a great opportunity for students interested in basketball, regardless of their previous experience. **Mrs. Kim Taylor** and **Mrs. Gleason** will also be supporting the clinic.

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

NOVEMBER 2026

Monday	Tuesday	Wednesday	Thursday	Friday
2 5 Mountain Climbers 10 Squats 5 Push Ups Repeat X2 1 MINUTE!	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 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 10 Twisties 10 Toe Touches 10 Jumping Jacks Plank Until Failure	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 Twisties for ONE Minute
30 10 Squats 15 Jumping Jacks 10 Squats 15 Jumping Jacks				

BOWEN ISLAND COMMUNITY SCHOOL



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



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

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 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? Email: craftfairatbics@gmail.com
VENDOR APPLICATIONS
Application Link: CLICK HERE



HALLOWEEN KINDNESS

A huge thank you to all of our students and community members who brought in a canned good and cast a vote for our Scariest/Best Decorated Door Contest! 🎃

Thanks to your generosity, we collected a wonderful donation of food for the Bowen Island Food Bank. A special shout-out to Ms. Layzell's class, who took home the win for their fantastic door decoration, and to Mrs. VanSchouwen's class, who went above and beyond by delivering an entire car full of canned goods to the Food Bank!

We are so proud of our BICS community for finding ways to bring a little Halloween fun together with kindness and giving back. Thank you for making a difference!





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.



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.



WEST VANCOUVER RECREATION

INCLUSIVE ART EXPLORATION

ALL AGES!







Explore creativity, connection, and sensory discovery in this welcoming, inclusive art program for all ages and abilities. Move at your own pace through three hands-on art stations: contribute to a collaborative **Collective Mural,** experiment with colour, texture and playful techniques at **Color Magic**, and create nature-inspired artwork at **Nature & Stone Art**.

Using painting, collage, bubble art, natural materials and more, participants can express themselves, explore new techniques, and connect with others in a relaxed, accessible environment.

This event is open to participants of all ages and abilities.

/westvanrec

QUESTIONS?
604-925-7280

WEDNESDAY, NOV. 18
6–8 P.M. | $5 | #232934

Gleneagles Community Centre
Seaview Room

REGISTER HERE

westvancouver.ca/access

westvancouver