

Thursday October 30, 2025 E-Bulletin



Bear Calendar

Oct 31	Fri	Halloween Parade & CPAC Mtg in the Learning Commons at 8:40 am
Nov 3	Mon	Dance Week! Nov 3-7 with Jess Dance
Nov 4	Tues	Volleyball (BYE Week, Intersquad Game)
Nov 5	Wed	
Nov 6	Thurs	
Nov 7	Fri	Bear Wear Friday
Future Dates to Note		
November 10	Mon	Remembrance Day Assembly
November 11	Tues	Remembrance Day - school closed
November 18	Tues	Volleyball Game #4
November 24	Mon	Pro D day - school is not in session
December 3	Wed	3 R's of Resilience with Sharon Shelby, 6:00-7:00 pm at Caulfeild
December 5	Fri	Santa Sale Term 1 Learning Updates will be posted
December 18	Thurs	Winter Concert (tentative) - afternoon and evening performance
December 19	Fri	Last day of classes before the Winter Break
January 5	Mon	First Day of School after the winter break
Jan 12 - 16	M - F	Field Hockey Week

2025-2026 iDEC School Calendar

Learning at iDEC

Hello Families,

This year, our school's **Framework for Enhancing Student Learning (FESL)** goal is to inspire students to grow as compassionate, tenacious individuals prepared to persevere through challenges. Teachers are focusing on developing Growth Mindset through classroom activities, and families can help strengthen this learning at home. One great way to support this connection is by attending *The Four R's of Resilience* with Sharon Shelby, a parent evening on December 3. More information can be found below..

Halloween is tomorrow morning and is meant to be a fun and enjoyable time for all. Please review the expectations below with your child. The CPAC meeting will take place tomorrow (Friday) in the Library Nonfiction Room beginning at 8:40. Once again this year at iDEC you will be able to **donate your extra candy** until November 14th. We will use these donations to give back to our community. We would also like to ask that students continue to bring healthy snacks to school to fuel their body for learning. This not only helps fuel our learners nutritiously, but ensures wrappers are properly recycled at home.

The winners of our **Caught Being the Bear Draw** for October are Vicki (Div 14), Rayne (15) Bowen (Div 8) and Zara (Div 5) and our Staff Winner is Mrs. Constantineau. Thank you to all of our bears and the teachers and classmates who nominated them!

Next week is **Dance Week** with Jess Dance. "Jess Dance is a team of passionate dance educators dedicated to reaching all communities for meaningful and impactful week-long dance programs within elementary and secondary schools!" Thank you to CPAC for making this opportunity possible for our students. To learn more about how CPAC makes these opportunities happen, see page two for links to the **Community Fundraiser!**

-Nathan



Photo Gallery is Live!

Exciting news! Your online gallery from your school Catch Up photo session is now live!

- Please visit this link to access the gallery: <https://vando.imagequix.com/K9L3W9Z>
- The login code to access your images is on the yellow QR flyer your child was given on photo day. Any active email address can be used to login.
- Your order deadline is: November 11 2025**

All orders will be shipped to the school. **If you miss the deadline, your order will be shipped directly to your home with a shipping fee applied.**

Missing your login code? No problem!

- Visit <https://weborders.mountainwest.ca>
- Click on "Looking for your login code?"
- Enter the information required.
- Your code will be emailed within 1 business day.

[Click Here](#) to find out more about ordering.

Phone: 1.888.644.4494, Email: help@mountainwest.ca

Free Parent Evening: "The Four R's of Resilience" with Sharon Shelby

Registered Clinical Counsellor and Founder of Toddler to Teen® Anxiety Solutions, Sharon Selby is passionate about reducing the high levels of anxiety increasingly impacting children and youth, which led her to be awarded the **2020 Metro Vancouver YWCA Women of Distinction Award for Connecting the Community**. Dedicated to extending her support to as many families as possible, she runs anxiety management groups for children and parents across the Lower Mainland, provides 1:1 counselling, and is the author of three children's books: *Surfing the Worry Imp's Wave*, *The Big Feelings Book for Children*, and *Let's Talk About Anxiety*. Sharon is a sought-out media personality, from print and radio to television and TEDx. She has been counselling children, teens and families for over 27 years and runs a busy private practice at Sharon Selby Counselling in West Vancouver. In addition, she conducts online support groups for parents and has invested countless hours developing free online resources on anxiety and other topics related to highly sensitive children and teens, available through her blog (www.sharonselby.com/blog) and her free e-book: *8 Common Mistakes to Avoid When Your Child Is Anxious*, available at www.sharonselby.com/free.



Where: Caulfeild Learning Commons.
When: Wednesday Dec 3rd, 2025. 6:00 - 7:00 p.m.
Cost: Free. Sponsored by CPAC

IDEC Halloween Costume Reminders for October 31st

Dressing up for Halloween gives us a chance to have fun and build community together. It is also an opportunity to remind ourselves how we can help everyone feel safe, included, and respected. At Caulfeild, we value all cultures and want every student to feel that they belong. While costumes are meant to be playful, some can unintentionally reinforce stereotypes. Please avoid wearing costumes that do so.

Students are asked to arrive at school in costume that morning. Please bring a change of clothes and a bag, only wear costumes for the morning. Costumes should be elementary school appropriate and comfortable for morning activities. Students will change into regular clothes for the afternoon to help keep costumes in good after school events.

Costume Guidelines:

- Replica weapons (such as guns or knives) are not permitted
- Inflatable costumes are fragile and often get damaged during the day, so they are not recommended for school use
- Masks are allowed
- Blood or gore is not appropriate for school
- Keep makeup to a minimum, as costumes will be removed before lunch recess

Thank you for helping make this Halloween a safe and enjoyable day for everyone!



School Safety Assessment at Caulfeild iDEC

On November 14, 2024, Caulfeild Elementary took part in the West Vancouver District's annual **School Safety Assessment Program**, which reviews traffic, pedestrian, and cycling safety around schools. Thank you to parents and community members who share concerns with me throughout the year—I bring these suggestions forward at the review so they can be addressed.

We'll continue to monitor these items and share updates as they move forward. Please keep sending me (nblackburn@wvschools.ca) your observations, as the safety assessment will occur again this November. Your feedback helps keep our students safe on their way to and from school.



Dress for the Weather

Fall is here and so is the rain! All recess periods will be outside regardless of the weather unless extreme conditions make outdoor play unsafe. Please ensure you send your children to school equipped for outdoor play. With the amazing playgrounds and outdoor spaces we have at iDEC, embracing the natural world is an expectation. Outdoor recreation periods are an important part of a child's physical activity and social time. Please send your children to school equipped with raincoats, hats and boots for rainy days.

West Vancouver Schools Admissions

Admissions for the 2026/2027 school year began on Wednesday October 15th at 8:00 am for all Kindergarten students and all Grade 1 –12 In-catchment students.

Admissions for Out-of-Catchment and Out-of-District students opens on at 8:00 am on Thursday, January 15th, 2026. For more information about admissions processes, dates, guidelines, and information, please visit

<https://westvancouver.schools.ca/admissions/> Please carefully read the information regarding documentation procedures before starting the application process.

Pick Up and Drop Off: Important Reminders

All students in K-7 will be dismissed at 2:30 pm, except on **Wednesdays when we dismiss at 2:00**. For orderly and quick dismissal, please park using the street parking and walk to the designated pick-up space near the top of the roundabout. With all students dismissed together, driving through the roundabout should only be used by families who absolutely need to remain in the car, with priority for primary students, as we expect lineups to be busy and long. If your child is not ready (outside and waiting), we may need to move you along and out of the line in order to keep traffic moving.

- Please DO NOT stop for pick up and drop off at the north side crosswalk on Caulfeild Drive. This is a no stopping zone because stopping puts students in dangerous situations. There are places to stop preceding and following the crosswalk. Check for signage. WVPD will support periodic enforcement of this area.
- Grade 6/7 Pickup (Drivers): Please use parking spaces along Caulfeild Drive so your child can safely enter your vehicle. Do not stop on Caulfeild Drive unless there is a parking space available. Please reserve at least two parking spaces near the front for students and families with accessibility needs.

Daily Health Checks



Parents are asked to do daily health checks before sending children to school. We ask for your assistance to ensure that your child is healthy and well enough to participate in normal school activities. If your child is unwell, please report their absence through the school email at caulfeild@wvschools.ca. Parents are also reminded that communicable diseases should be reported to your classroom teacher and to the school office. This would include chicken pox, measles, etc. While not a communicable disease, we also ask that students and families report any cases of lice to the office. When we have a report, we can take some preventative measures within our community and classrooms.

Call Back for Lates and Absences

Please remember to either **email us** at caulfeild@wvschools.ca or use the call back line

(604-981-1205) if your child will be late or absent from school.

CPAC Announcements

Annual School Fundraiser

Hello everyone! Our annual school fundraiser is officially open, and we could really use your help.

Here's the thing – every dollar you donate goes directly to the stuff that makes school amazing for our kids. We're talking arts and sports programs, field trips for every class, the tech subscriptions and learning apps they use, new music and sports gear, teaching supplies, Chromebooks, and even upgrades to our gym's AV system so assemblies don't sound like we're underwater.

[Link here](#)

Honestly, whatever you can give makes a real difference. It all adds up to create those experiences our kids will actually remember.

Thanks for being part of making this happen!



COMMUNITY FUNDRAISER

We thank everyone who has invested in their kids' learning and donated to our annual school fundraiser so far!

WE Need Your Help to reach our Goal



FUNDRAISER GOAL = \$25,000

100% of the funds raised go directly towards PAC projects that enrich the education of the students in our school, such as:

- Field Trips = \$16,000 +/-** (\$1,000 per division)
- Technology = \$13,000 +/-** (replacement and upgrades)
- Teacher Discretionary Funds = \$9,500 +/-** (\$500 per teacher)
- Curriculum Enhancement = \$8,000 +/-** (Sports & Art Programs, CPR Course etc)
- School Improvements = \$6,000 +/-** (furniture, water fountain, Phonak sound systems)
- Licenses = \$5,000 +/-** (STEAM, Athletics)

We do not want to make any cuts to important school programs and resources that CPAC Funds. We hope we can still collect the planned amount.



[SCAN HERE](#)

Please donate before October 31

We suggest a donation of 100 per child, but any contribution is greatly appreciated. A tax receipt will be provided directly from the West Vancouver School District.

CPAC General Meeting - October 31 8:40am

Please join us for our first in person meeting on Friday, October 31 at 8:40am in the Learning Commons room on the 2nd floor. In addition to hearing updates from the principal and CPAC Exec, you will have a chance to connect with other parents at the beginning of the meeting and observe the Halloween parade at the school. You would not want to miss all the fun!

CAULFEILD ELEMENTARY PAC FUNDRAISER

In partnership with Windsor Meats



SUPPORT OUR SCHOOL & STOCK YOUR FREEZER!

The Caulfeild Elementary PAC is excited to partner with Windsor Meats for a delicious fundraising opportunity. Families can purchase premium frozen meat products – perfect for easy dinners and weekend BBQs – with 28% of every box going directly to support Caulfeild Elementary programs and activities.

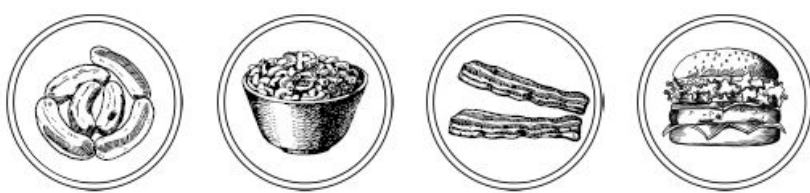
WHAT YOU GET

Each box will cost \$200 and will be filled with a selection of locally made, high-quality, family-friendly frozen products. The regular retail price of this box is over \$255, so you get to save over 20%!

- 6x Prime Rib Burgers – Juicy, flavour-packed, and ready for the grill.
- 18x Chicken Strips – Tender, crispy, and delicious, always a family-favourite.
- 8x Meatballs – Savoury and versatile for pasta, subs, or snacks.
- 2lbs Pork Sausages – Mild, savoury, and quick to cook, an easy addition to any breakfast.
- 2lbs Bacon – Expertly cured and smoked to perfection for a rich, savoury flavour and crisp bite.
- 4x Frozen Ready-Made Meals – Bolognese, Cottage Pie, Macaroni & Cheese, Butter Chicken.

HOW IT WORKS

1. Submit Order & payment through Munch-a-Lunch: Order submission and online payment will take place between October 30-November 10
2. Order Pick up: Orders will be ready for pick-up at Windsor Meats in Caulfeild Village from November 17-21, 5357 Headland Dr, West Vancouver, BC V7W 2Z5



Interested in more family friendly options? Visit windsormeats.com or stop by the store to shop.

Connect with Us

Website: <https://westvancouver.schools.ca/caulfeild-elementary/parents/>

WhatsApp Group: [CPAC News - 2023/2024](#)

Email: capac@wvschools.ca

WV Community Events

Physical activity can...

- Improve mood and help you manage emotions
- Help you move your body in all the ways you want to
- Make it easier to fall asleep
- Boost your immune system
- Improve your ability to focus and do better in school
- Provide opportunities to make friends

Ideas to add in more activity:

- ✓ When possible, replace screen time with active time.
- ✓ Join a sports team or an activity group.
- ✓ Create an obstacle course using what you have on hand.
- ✓ Visit a playground.
- ✓ Try something new: soccer, dance, drumming, lacrosse, etc.
- ✓ Spend more time outdoors.
- ✓ Try geocaching.
- ✓ Get active as a family – explore a new park or trail, plan a nature scavenger hunt, or have a dance competition.
- ✓ Dance to your favorite songs.
- ✓ Play with a neighbour/friend.
- ✓ Try different seasonal activities: swimming in the summer, sledding or skating in the winter.
- ✓ Choose active transportation (e.g. walking, cycling, rolling, bussing).
- ✓ Walk a dog.



Additional activity ideas Additional ideas at Pacific Institute for Sport Education



View 24-Hour Movement guidelines in full csepguidelines.ca/guidelines/children-youth

Physical Activity and Physical Literacy: Children and Youth Ages 5-17

Every move counts!

- Any amount and type of physical activity is good for you
- Outdoor play has additional benefits for mental wellness
- Try different activities to find something you like

Parent/ caregiver: Aim to provide safe and varied opportunities for movement

It should be fun!

The Canadian 24-Hour Movement Guidelines suggest children and youth:

- Be active each day – enjoy at least 1 hour of daily moderate to vigorous activities. Take part in muscle strength and bone-strengthening activities 3 times per week or more.
- Enjoy several hours of light intensity physical activity.
- Sleep well, 8-11 hours, with consistent routines.
- Minimize and break up screen and sedentary time as much as possible.

Physical literacy is the motivation, confidence, physical competence, knowledge and understanding to value and participate in physical activities for life.

Children and youth become physically literate through physical activity, which develops **movement skills** that **enable** participation in activities as they age. Getting active early increases the likelihood that participation and its benefits will continue into adulthood.

Community connections - ongoing registration

ongoing	West Vancouver Rec Centre Upcoming Events
ongoing	West Vancouver Otters Swimming Registration information
ongoing	West Vancouver Memorial Library Information
ongoing	West Vancouver Soccer Registration information
ongoing	West Vancouver Little League Registration information
ongoing	West Vancouver Field Hockey Registration information



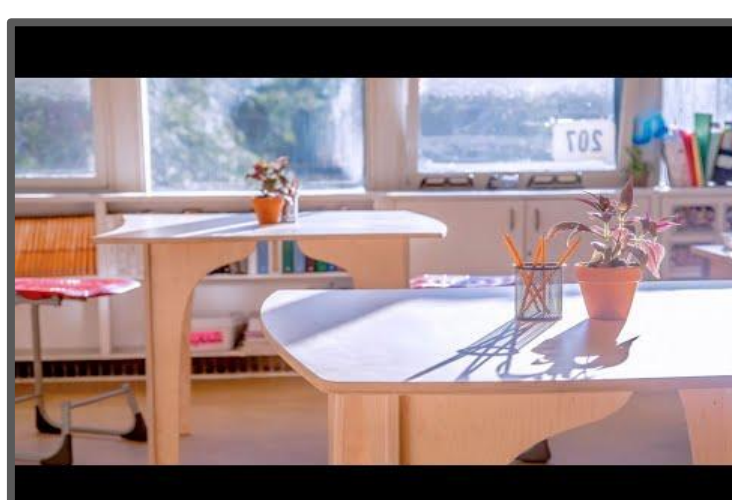
Click [HERE](#) to access the links

Chris Kennedy Superintendent - WV Schools

Get insight into the thoughts and ideas of Chris Kennedy, Superintendent of the West Vancouver School District. Read his latest blog and follow him on Twitter to learn more from the CEO of WV Schools in: <https://cultureofyes.ca/> or <https://twitter.com/chrkenedy>

We would love to have you connect with us and follow our [Caulfeild School Twitter](#) account! Many of our staff are active Twitter users and our [CPAC](#) also uses Twitter regularly.

Connect With Us



[iDEC Virtual Tour](#)
[Click Here](#)



[CLICK HERE](#)

Take a virtual tour of Caulfeild iDEC in less than two minutes. Visit our learning spaces on this narrated tour and begin to understand more about our vision for learning. Please share this video with potential new families to help them learn more about All Things iDEC.

The iDEC News is a wonderful way for us to bring you learning stories happening at iDEC as told by our very own students. We are very pleased to share the link to our YouTube channel to access our most recent iDEC News, as well as, past editions since 2019.

CONNECT WITH US! #westvaned

Tag us in your school success stories using our hashtag



A world of opportunity



/westvancouver.schools



@westvanschools



@westvancouver.schools

Connect with Caulfeild iDEC

School Website: [Caulfeild iDEC Elementary](#)

Phone: 604 981-1200

Email: Caulfeild@wvschools.ca

X and Instagram: [@caulfeildschool](#)