

## Thursday January 22, 2026 E-Bulletin

### Bear Calendar

<b>January 23</b>	<b>Fri</b>	Bear Wear Friday
<b>January 26</b>	<b>Mon</b>	
<b>January 27</b>	<b>Tues</b>	<b>CPAC Parent Evening:</b> 7:00 PM at Caulfeild. Social Media, Screen Time, and Setting Boundaries with Cari Wilson, District VP of Innovation and Technology <b>Basketball Game #2 (Boys at Caulfeild, Girls at Irwin Park)</b>
<b>January 28</b>	<b>Wed</b>	<b>DPAC Parent evening</b> on Executive Function with Sarah Ward at the Kay Meek Theatre <a href="#">Tickets</a>
<b>January 29</b>	<b>Thurs</b>	
<b>January 30</b>	<b>Fri</b>	Professional Development Day - <b>school is not in session</b>
<b>Future Dates to Note</b>		
<b>February 3</b>	<b>Tues</b>	<b>Basketball Game #3 (Boys at PJ, Girls at Caulfeild)</b>
<b>February 4</b>	<b>Wed</b>	Gr 7 students Flock to the Rock
<b>February 10</b>	<b>Tues</b>	<b>Basketball Game #4 (Boys at Caulfeild, Girls at Ridgeview)</b>
<b>February 12</b>	<b>Thur</b>	Jump Rope for Heart
<b>February 13</b>	<b>Fri</b>	Reading Break - <b>school is closed</b>
<b>February 16</b>	<b>Mon</b>	Family Day - <b>school is closed</b>
<b>February 17</b>	<b>Tues</b>	<b>Basketball Game #5 (Boys and Girls at BICS)</b>

[2025-2026 IDEC School Calendar](#)

## Learning at IDEC

Hello Families,

This Tuesday, our intermediate students enjoyed a **Jr. Canucks Floor Hockey** visit supported by the Canucks for Kids Fund. Students were introduced to floor hockey skills through an inclusive, high energy session, while teachers gained tools and training to confidently deliver the program as part of the PE curriculum.

Caulfeild IDEC is partnering with West Bay Elementary to host two upcoming **parent information sessions** on digital citizenship, screen use, and student well being. Please see the details below and sign up using the Parent Education Night link.

A reminder that CPAC will host a meeting next Tuesday, January, 27th at 8:45 in the Non-Fiction Room. Ian Kennedy, Assistant Superintendent, will join us to speak to the Rockridge transition and special programs.

-Nathan



## Partnering for Digital Citizenship and Well-Being

We see Caulfeild as a partner with families in helping children learn how to be safe, responsible, and thoughtful digital citizens. In term two, Caulfeild Elementary is partnering with West Bay Elementary to host two parent information sessions on these important topics.

**Tuesday, January 27 at 7:00 PM, Caulfeild IDEC Elementary School:** Social Media, Screen Time, and Setting Boundaries with Cari Wilson, District Vice Principal of Innovation and Technology

**Monday, February 2 at 7:00 PM, West Bay Elementary School:** Understanding the Mental Health of Young People with Dr. Odeon Kalaci

Please Sign up **HERE:** [Parent Education Night Sign Up](#)

We also encourage families to review the Digital Guides we have previously shared from the School District regarding the social media platforms children are often drawn to. These can be found in the E-Bulletin.

Thank you for your continued engagement and partnership as we help students develop safe, healthy, and responsible habits around screens and social media.

## West Vancouver Schools and Personal Digital Devices (PDD)

As we begin the new year, we are asking all students and families to recommit to reducing cell phone use and to the school district's Personal Digital Device expectations. Consistent routines after the break help students re-engage quickly, keep instruction on track, and reduce distractions in shared spaces.

### Expectations at a glance:

**Elementary (K-7):** Cell phones are not used during the school day, including before and after school and at recess and lunch times. Laptops may be used to support learning during instructional time, only with explicit staff permission.

**Family actions that make a difference:** Minimize adult cell phone use in and around school. Refrain from sending your child texts or calls during the school day; contact the office for urgent needs only. Review the school district's guidelines for personal digital device expectations. Help your child understand that when schoolwork requires technology that they need to choose a laptop over a phone as it helps to reduce distractions and support learning.

For a one-page overview of expectations, [see our Parent & Guardian Infographic](#).

Thank you for working with us to uphold these important expectations.

## Cybersecurity, Artificial Intelligence and Quantum Computing

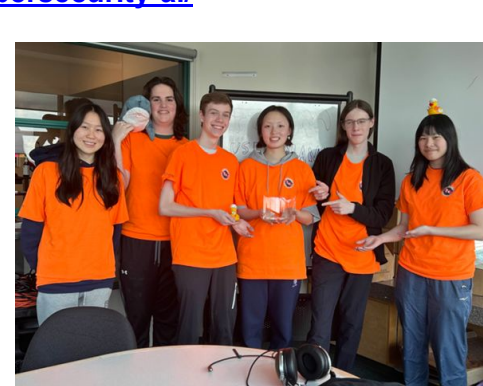
is a hands-on, project based course offered to students who are attending Rockridge, Sentinel or West Van Secondary. Students learn the theory and apply it to practical projects in the fields of Cybersecurity, Artificial Intelligence and Quantum Computing. They also have an opportunity to prepare for external certifications in Cybersecurity, Networking, Internet of Things, Programming, CompTIA, and Data Science. Students can participate in local, national, and international competitions such as [CyberPatriot](#), [Young Defenders of the North](#), [picoCTF](#) from Carnegie Mellon University, [Quantum Arcade Game Jam](#) from UBC, and others. The course aims at helping students prepare material they can use for university applications.

More details about the course is available here <https://cybersecurityand.ai/>

If interested, please sign up at <https://westvancouver.schools.ca/programs/cybersecurity-ai/>

There are only 4 spots left for students who will be in Grade 8 next year (2026 - 2027). Dr. Chugani will contact those shortlisted to schedule a meeting and go over the course schedule, requirements, and expectations. Please contact him ([mchugani@wvschools.ca](mailto:mchugani@wvschools.ca)) if you have any questions prior to applying.

(Our team from the 2024 - 2025 class who ranked 2nd in Canada last year)



Did you know that it takes someone about 25 minutes to refocus on the task they were doing after being distracted by their phone?

The average teen gets 10 notifications an hour.  
Classes last 80 minutes.



**YOU DO THE MATH!**

## Parents/Caregiver Digital Guides

Parent Guide to Discord

Parent Guide to Instagram

Parent Guide to Roblox

Parent Guide to Snap Chat

Parent Guide to TikTok

Parent & Guardian's Guide to Personal Digital Devices

[Click Here to access the Links](#)



## 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](mailto: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 Schools Admissions

K-12 admission applications for both in-district and out-of-district students opens on January 15! If you have students in your family or network who are looking to join our district, please help spread the word about this important date.

West Vancouver Schools offer a wonderful opportunity to be part of a community that values excellence in education. Our schools take pride in creating meaningful learning experiences and providing opportunities that support the growth, well-being, and success of every student.

To learn more about registration expectations and processes, please visit our admissions page: [WV Schools Admissions](#)

We look forward to welcoming new students and families to our vibrant and supportive school community!

## Pick Up and Drop Off: Important Reminders

All students 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. 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: 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](mailto: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](mailto:caulfeild@wvschools.ca) or use the call back line (604-981-1205) if your child will be late or absent from school.



## CPAC Announcements

### Hot Lunch Program

Hot Lunch for our winter term is now open for ordering!

Did you know, profits from our hot lunch program go towards our school's fundraising. It's true! Your child can enjoy a hot lunch while fundraising for school programs!

New Parent Registration: <https://munchalunch.com/schools/Caulfeild>  
Returning Parent Login: <https://munchalunch.com/login>

Note: All orders/changes require 8 days to be processed. (If you order on December 28th, by 9pm your child will receive lunch on Monday, January 5th).

**2026 Vendors:** • Panago Pizza • WellFed Catering • Subway • Foodie Kids • Donair Dude

If you need help, please email Carrie Johnson at [cmalysh@gmail.com](mailto:cmalysh@gmail.com)

### After School Programs

We are pleased to announce that our after-school programs will start week of **January 5th**. You can register your child/children via the registration links below. Here's the winter lineup including a second Coding class for our experienced learners:

[REGISTER HERE:](#)

This term we are excited to offer:

- Monday Chess Club (Grade 1-7)  
Basketball (Grade 2-4)
- Tuesday Lights Up Musical Theatre (Kindergarten-7)
- Wednesday Multi-Sport (Grade 1-4)  
Coding with Python (Grade 4-6) **ADVANCED**
- Thursday Farsi Class (Grade 1-5)  
Art Mania (K-7)
- Friday Coding with Python (Grade 4-6) **BEGINNER**  
West Vancouver Little League Academy (Grade 1-4)

#### Connect with Us

Website: <https://westvancouver.schools.ca/caulfeild-elementary/parents/>  
WhatsApp Group: [CPAC News - 2023/2024](#)  
Email: [capac@wvschools.ca](mailto:capac@wvschools.ca)

## WV Community Events

### West Van Run! March 7<sup>th</sup> and 8<sup>th</sup>

We invite students and families to take part in this fun, community run and enjoy special discounted registration. Parents and students can register for \$45 using the code **WVSCHOOLS**, and children can join the Kids 1K for \$15 using the code **WVKIDS**. These codes can also be used by other family members who would like to participate.

Whether you prefer walking, jogging, or running, this event welcomes all ages and abilities. It's a great way for families to be active together and supports our shared commitment to health and well-being across West Vancouver Schools.

Register here - <https://www.westvanrun.com/schools>

### The same great SportsWeek for just one day!

SportsWeek sets the standard for what an outstanding multi-sport camp should be. We know parents value a seamless experience and kids who are genuinely excited to attend. That's exactly what we deliver.

Through our expert coaches, differentiated programming, and a culture of choice and support, every child has the opportunity to thrive, build confidence, and enjoy a fun, engaging camp experience tailored to their needs.

#### Chartwell Elementary School

**January 30th**

**8:30am – 3:30pm**

**Book your spot here:**



<https://www.sportsweek.ca/event-details/sportsweek-pro-d-30th-january>

## DPAC

*parent evening with*

### Sarah Ward on Executive Functioning

Wednesday, January 28th  
\$20 per ticket

Sarah Ward is an internationally recognized expert in executive function. Her practical, research-informed strategies are widely regarded as groundbreaking in supporting student learning and independence.

Drawing from executive function coaching approaches used with elementary, secondary, post-secondary students and adults, this session will help build academic success by exploring time management, task prioritization, long-term project planning and the development of independent learning habits.

[Register HERE](#)

**REGISTER HERE**

**KAY MEEK THEATRE**  
1700 MATHERS AVE  
WEST VANCOUVER

**6:30 - 8:30 PM**

**What Parents will Gain From This Evening**

**Understand**

Parents will gain a clear, reassuring understanding of how executive function skills develop over time, why children may struggle with organization and time management, and what is developmentally typical at different ages.

**Learn**

Parents will learn practical, easy-to-use strategies they can apply at home to strengthen their child's time awareness, organization, study routines and follow-through for academic success.

## Community connections - ongoing registration

ongoing	West Vancouver Rec Centre <a href="#">Upcoming Events</a>
ongoing	West Vancouver Otters Swimming <a href="#">Registration information</a>
ongoing	West Vancouver Memorial Library <a href="#">Information and youth information</a>
ongoing	West Vancouver Soccer <a href="#">Registration information</a>
ongoing	West Vancouver Little League <a href="#">Registration information</a>
ongoing	West Vancouver Field Hockey <a href="#">Registration information</a>

**WEST VANCOUVER SCHOOLS**

### 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
- It should be fun!

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

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

- Sweat:** 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.
- Step:** Enjoy several hours of light intensity physical activity.
- Sleep:** Sleep well, 8-11 hours, with consistent routines.
- Sit:** 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.

**Physical activity can...**

- Improve mood and help you manage emotions
- Boost your immune system
- Help you move your body in all the ways you want to
- Improve your ability to focus and do better in school
- Make it easier to fall asleep
- 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** [cse.ca/guidelines/children-youth](https://www.cse.ca/guidelines/children-youth)

**west vancouver MEMORIAL LIBRARY**

**It's A New Year!**

We're starting the year off strong with opportunities to express your artistic side, explore virtual worlds, and build your own VEX Robots!

Read on for all the information.

Click [HERE](#) to access the links

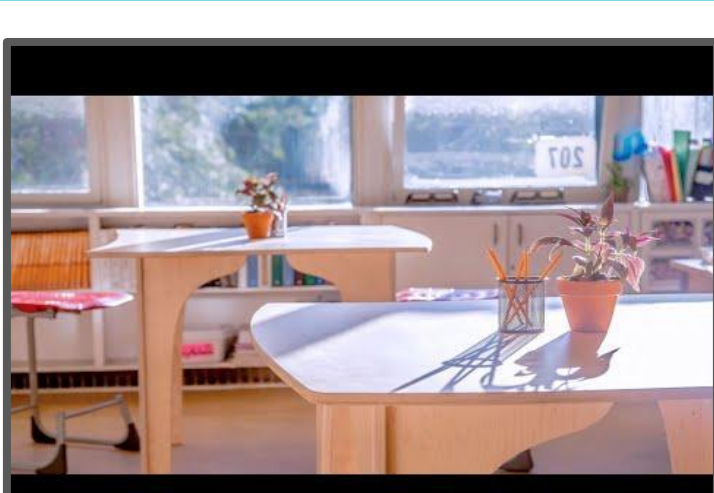
Click [Here](#) for more information

## 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/chrkennedy>

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



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### Connect with Caulfeild iDEC

School Website: [Caulfeild iDEC Elementary](#)

Phone: 604 981-1200

Email: [Caulfeild@wvschools.ca](mailto:Caulfeild@wvschools.ca)

X and Instagram: [@caulfeildschool](#)