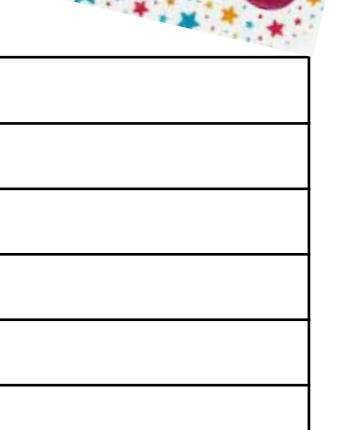


Thursday January 8, 2026 E-Bulletin



Bear Calendar

January 9	Fri	Bear Wear Friday
January 12	Mon	
January 13	Tues	
January 14	Wed	Field Hockey Wed to Fri
January 15	Thurs	Black Excellence Day
January 16	Fri	Bear Wear Friday

Future Dates to Note

January 19	Mon	Rockridge VP to visit the Gr 7s
January 20	Tues	Jr. Canucks Floor Hockey (Gr 4 - 7) Basketball Game #1 (Boys at Hollyburn, Girls at Caulfeild)
January 27	Tues	Parent Evening: 7:00 PM at Caulfeild. Social Media, Screen Time, and Setting Boundaries with Cari Wilson, District VP of Innovation and Technology Basketball Game #2 (Boys at Caulfeild, Girls at Irwin Park)
January 30	Fri	Professional Development Day - school is not in session
February 3	Tues	Basketball Game #3 (Boys at PJ, Girls at Caulfeild)

2025-2026 iDEC School Calendar

Learning at iDEC

Hello Families,

Welcome back and Happy New Year. I hope you and your families enjoyed a restful and joyful winter break and had time to reconnect and recharge.

It has been wonderful to welcome students back to school this week. There has been a strong sense of energy, enthusiasm, and connection throughout the building as classes settle back into routines and learning resumes.

January is a time for reestablishing rhythms, setting goals, and building momentum. Over the coming weeks, students will be revisiting classroom expectations, engaging in new learning, and continuing to strengthen their sense of belonging within our school community. Your ongoing support at home plays an important role in helping students feel confident and ready to learn.

Thank you, as always, for your partnership and for the care you show our school community. We are looking forward to a positive and productive year ahead.

In the coming weeks we can look forward to our CPAC sponsored Field Hockey, the Junior Canucks Floor Hockey program. Tonight, Rockridge will be hosting an open house for incoming students. See below for more information. The DPAC would also like to invite you to a presentation by Sarah Ward, on Executive Functioning, Wednesday, January 28. For more information, click [HERE](#).

-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 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.

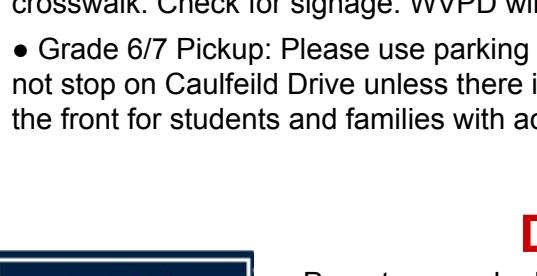
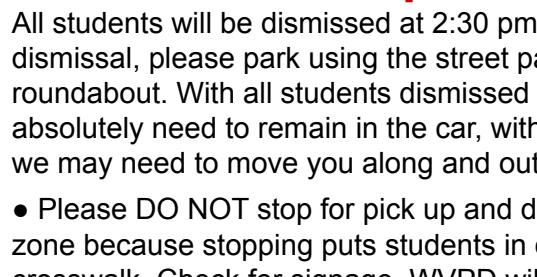
Expectations at a glance:

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.



District Weather and School Closure Procedures

The district aims to keep schools open on every regular instructional day, including those with snowfall. However, the final decision to send students to school resides with the parent or guardian since they are most familiar with the specific road and weather conditions around their home and community.

Weather Closure of Schools (Outside School Hours)

Any decision to close schools for the safety of children will be made by the Superintendent. Parents, students, and staff will be informed of the Superintendent's decision via the school district website at www.westvancouverschools.ca and a School Messenger email. We endeavor to communicate this information to parents and staff by 6:00 a.m. on the day of closure.

Weather Closure of Schools (During School Hours)

If weather conditions create a concern for the safety of students returning home, the school principal can decide to dismiss school early after consulting with the Superintendent. The decision will be communicated to parents and students using the school's normal communication systems. Student safety is our first priority. Every effort will be made to keep schools open, but parents are encouraged to establish a plan for their children in the event of early dismissal or school closure.

As always, please refer to [this section of our website](#) for the latest information.

School closures may also appear on several local news sources including:

- News 1130 <http://www.news1130.com/>
- CKNW 98 <http://www.cknw.com/news/>
- Global TV <http://globalnews.ca/live/bc/>
- CBC <http://www.cbc.ca/news/canada/british-columbia/>

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 Guide to Personal Digital Devices](#)

[Click Here to access the Links](#)

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!

*WE WILL BE WELCOMING BOWEN ISLAND FAMILIES TO TOUR THE ROCK FROM 6:00-6:30PM SO THAT THEY CAN TAKE THE EARLIER FERRY

SAVE THE DATE!

FOR OUR ANNUAL INFORMATION NIGHT FOR INCOMING GRADE 8 STUDENTS AND FAMILIES

ROCKRIDGE

SECONDARY

BASE QUAKER

Date: Thursday, January 8th, 2026

Time: 6:30PM - 8:00PM

Where: Rockridge Secondary

5350 Headland Drive, West Vancouver

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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

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://westvancouverschools.ca/caulfeild-elementary/parents/>

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

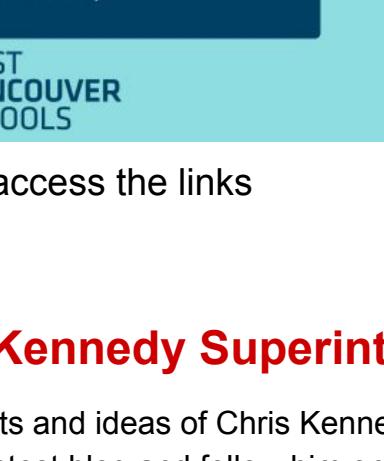
Email: capac@wvschools.ca

WV Community Events

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](#)

KAY MEEK THEATRE 6:30 - 8:30 PM
1700 MATHERS AVE
WEST VANCOUVER

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.

WEST VANCOUVER SCHOOLS DPAC

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!

Parents/caregiver: Aim to provide varied opportunities for movement.



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

• Active play: 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 can physically literate through physical activity, which develops movement skills that enable participation in activities for life. 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



• Help you move in the ways you want to

• Make it easier to fall asleep

• Boost your immune system



• Improve your grades and do better in school

• Provide opportunities to make friends

Ideas to add in more activity:

• When possible, replace screen time with active time.



• Get active as a family - explore a new park or trail, plan a nature scavenger hunt, or have a dance competition.

• Join a sports team or an activity group.



• Dance to your favorite songs.

• Create an obstacle course using what you have on hand.



• Play with a neighbour/friend.

• Visit a playground.



• Try different seasonal activities: swimming in the summer, sledding or skating in the winter.

• Try something new: soccer, dance, drumming, lacrosse, etc.



• Spend more time outdoors.

• Try something new: soccer, dance, drumming, lacrosse, etc.



• Choose active transportation (e.g. walking, cycling, rolling, busing).

• Try geocaching.



• 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

northern health interior health vancouver coastal health island health Fraser Health BC Centre for Disease Control

BC Ministry of Health Ministry of Education Ministry of Children and Family Development Ministry of Transportation and Infrastructure Ministry of Environment and Climate Change Ministry of Health

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