

OCTOBER 30, 2025

LOOKING AHEAD

OCT 31	Halloween Celebrations! Parade at 08:35 Feel free to stay after drop off as we parade around the outside of our school!
NOV 2	Daylight Savings turn clocks BACK!
NOV 8	National Aboriginal Veterans Day
NOV 10	11:00AM Remembrance Day Assembly - Parents welcome.
NOV 11 	Remembrance Day Stat - school not in session
NOV 24	Professional Development Day - school not in session
NOV 25	5:00 PM PAC meeting
NOV 25-30	Dance Week
DEC 5	1st Term Learning Updates - posted
DEC 14-22	Happy Hanukkah
DEC 19	Last day of school before Winter Break
DEC 22-JAN 2	School will be closed for Winter Break
DEC 25	Merry Christmas
JAN 5	First day of Classes

HALLOWEEN CELEBRATIONS
FRIDAY OCTOBER 31



**DAYLIGHT SAVINGS
TIME CHANGE**
*REMEMBER TO SET YOUR CLOCKS
BACK ONE HOUR THIS WEEKEND*



UPCOMING REMEMBRANCE DAY ASSEMBLY

Join us on **Monday, November 10th at 11 AM** for our Remembrance Day assembly as we come together to honor and remember the sacrifices of our brave Canadians who fought and continue to fight for our freedom and peace. The assembly will be lead by our Grade 3 students and begin at 11:00 AM.

Families are welcome to join us, but please be aware that once we have all of our students and staff seated, audience seating will be limited. **Doors open at 10:50** for parents interested in attending.



Students and Parents are encouraged to bring a **small donation (\$2)** for their poppy. All proceeds are donated to the West Vancouver Legion to support their ongoing efforts around Remembrance Day. If families would like to observe Remembrance Day services in West Vancouver, [click here](#) for more information.

🎃 Spooktacular Day: An Idea Shift in your Halloween Tradition! 🧛

As the leaves turn and the days grow shorter, we're gearing up for one of the most bewitching nights of the year—Halloween! The excitement of costumes, pumpkins, and, of course, trick-or-treating fills the air, bringing smiles to our little ghosts and goblins. 🌀

This year, how about adding a little *extra* magic to your Halloween tradition?

✨ Enter the Switch Witch! 🌙

Instead of letting your little ones indulge in an endless pile of candy, why not introduce a delightful twist? After an thrilling night of collecting treats, let your child choose **5 of their favourite pieces** of candy to keep (because everyone deserves a few sweets!). The rest? Place them in a basket and leave it outside your door for the **Switch Witch!**

Under the cover of night, the **Switch Witch** will whisk away the leftover candy and leave behind a *special gift!* 🎁 in return. This not only adds an extra layer of excitement to Halloween but also helps manage candy consumption—setting the stage for healthier eating habits.

But wait, there's more! The Switch Witch is not just about fun; she has a kind heart, too! The candy she collects can be donated to local food banks or organizations like Covenant House, spreading joy to those in need. Our Caring IB Learnings will love the idea that their candy can bring smiles to others!

Let's make this Halloween a night of fun, creativity, and kindness! So gather your ghosts, goblins, and little witches, and get ready for a hauntingly good time.

Wishing our Cypress Park Families a Happy and Safe Halloween! 🕸️🧛🎃

TAKE A PEEK EVERY WEEK

Head lice are a common, annoying pest that all schools encounter, and one great way to help control the spread of head lice is to take a peek every week. It is important that we change how we approach and talk about head lice in our community.



We would like to encourage parents to speak more freely with each other if their child has head lice and to notify the school immediately. **Please report** cases to the school; individual information is never shared but this helps bring an awareness to the community at large. We currently do not have any cases here at Cypress Park but it is the season and other schools in our community have reported head lice.

Our Cypress Park website has pamphlets and information sheets from Vancouver Coastal Health. You will find them under the school resource page, [click here](#). Please make sure to go here first, for any questions.

NO SUCH THING AS BAD WEATHER JUST INAPPROPRIATE CLOTHING

With the wet weather, make sure your child has **RAIN GEAR** and a change of clothes, especially **EXTRA SOCKS**—some students go through two pairs in a day!

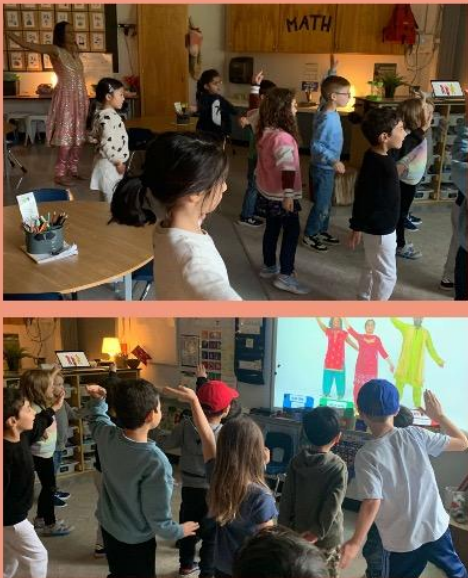
If you have **clean socks to donate**, we would greatly appreciate it—our supply is always in demand.





All our classes enjoyed a fun filled week of hockey with the West Vancouver Field Hockey Club. Thank you to our PAC for sponsoring this wonderful event.

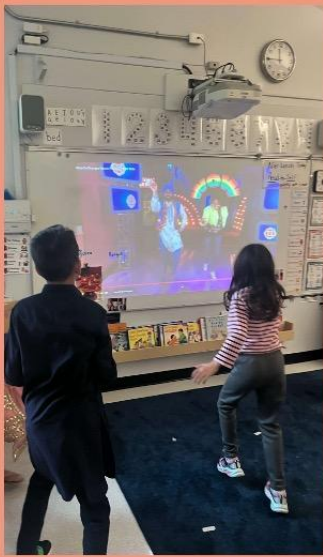




DIWALI CLASSROOM CELEBRATIONS

A huge thank you to Jeevan and Jora’s mom, Sonia, for sharing the traditions and joys of Diwali, the Indian festival of lights! Our classes had so much fun trying out Bhangra dancing and painting our own diyas to take home. We are grateful for the opportunity to learn from you.

Do you have a holiday or tradition you would like to share with us? Please let Ms. McLeod know and we would love to have you in!



WHO WE ARE - GRADE TWO SELF PORTRAITS

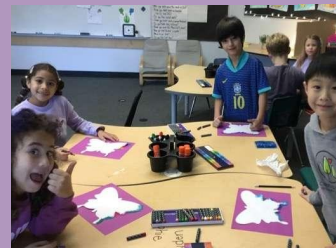
Our self-portraits are up! We explored two different mediums, pastels and watercolours and experimented with dividing our faces up into sections in order to place our different features.

PARTICIPATING IN RETT SYNDROME AWARENESS DAY 💜



Yesterday was Rett Syndrome Awareness Day! To show how we CARE, Cypress Park students created beautiful butterflies using paper and pastels to make unique silhouettes. We learned that butterflies are the symbol for Rett Syndrome, as each one is special—just like every individual.

Ms. Tilk, shared valuable information about Rett Syndrome and helped us understand more about this important cause. Ask your child what else they learned! 💜🦋





CYPRESS PARK PRIMARY PAC



PAC NEWS, EVENTS & HIGHLIGHTS



WHISTLER RETREAT

2 Nights **Chateau Fairmont Whistler Resort**.
VALUE: \$2,851



WILD PACIFIC ESCAPE

2 Nights Water's Edge & Pluvia Gift Card —
donated By **JUDY GRAY REALTORS**. VALUE: \$1,100



WHITECAPS SOCCER

4 Tickets to the **Whitecaps** Soccer Game &
\$100 to Orchard Restaurant. VALUE: \$500



LITTLE CHEF COOKING

Little Kitchen Academy Course & Old
Spaghetti Factory. VALUE: \$125



MAPLEWOOD FARMS

Maplewood Farms family membership for 2
Adults & 2 Children. VALUE: \$210



CERAMIC PAINTING & PASTA PARTY

Private Painting Party at **Bella Ceramica** &
a gift card to **Beach House** Restaurant. VALUE: \$250



LIGHTS UP PROGRAM



ARTS CLUB THEATRE TICKETS



VANDUSEN & BLOEDEL GARDENS



\$800 TICKETS ALREADY SOLD R IS FOR RAFFLE

Get ready for our **Winter Raffle Fundraiser** —
win nearly \$9,000 in prizes & support our school!

Each student was sent home with 2 booklets of
tickets (\$10 each, \$200 total) to sell to family,
friends, and neighbors. Let us know if you need
more — we have lots!



Early Bird Draw: Fri, Nov 14



Draw & Movie Night: Wed, Dec 3 @ 4:45PM



Top 3 Sellers: Any non-grand prize!



Top Selling Class: Enjoy a PJ Party!

To return stubs & funds: E-transfer \$200 to
info.paccpp@gmail.com with your ticket #
range, child's name & grade. [MORE DETAILS...](#)



HALLOWEEN COSTUME PARADE & ROSIE THE ROBOT PHOTO BOOTH

Join us Fri, Oct 31 at 8:35 AM for our annual
Costume Parade to kick off Halloween in style!

In the afternoon, we'll welcome a special guest —
Rosie the Robot! This one-of-a-kind, interactive
photo booth will help students capture all the
Halloween fun with instant photo keepsakes.

A huge heartfelt thanks to Margo in Kindie for
organizing & generously donating this extra-special
& unexpected surprise for the whole school to enjoy!





THANKS FOR COMING! PAC MEETING

FINAL PRESENTATION

Highlights included great discussions around:

- **International Mother Language Day:** The possibility of combining our Lunar New Year & Nowruz celebrations & expanding them to include all the cultures found in our school.
- **Cozy Corner Lounge:** Turning the stage area into a multi-use space for students & teachers.
- **New events:** Holiday Crafts & Tree Lighting, Grinch Family Movie Night, Winter Concert, Photos with Santa & Holiday Hamper.
- **Feedback:** Hot Lunch & After School Programs

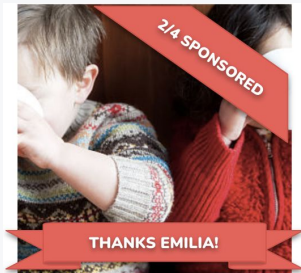
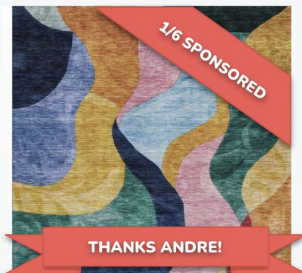
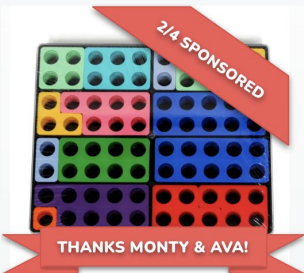


OUR MISSION: To raise funds that bring meaningful enhancements to Cypress Park — from new equipment and experts-in-residence to cultural enrichment and more!



NEW SPONSORSHIPS THIS WEEK FUNDING FUTURES

- **Evie (Gr K)** Math – Step Counting Blocks
- **Monty (Gr 1)** Math - Numicon & Step Counting Blocks
- **Ava (Gr 1)** Math - Numicon
- **Henrik (Gr 2)** Weird but True Nat Geo Books
- **Emilia (Gr 1)** Hot Chocolate & Treats



48% OF THE WAY THERE TEACHERS & STAFF

Contribute toward holiday and year-end gifts for our wonderful teachers and staff.

E-transfer \$40 to info.paccpp@gmail.com by Nov 30 with your child's name, grade, and "Teacher's Gift."



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



Every move counts!

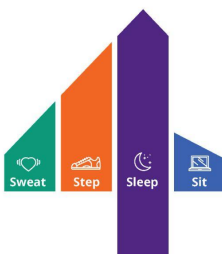
- Any amount and type of physical activity is good for you
- Outdoor play has additional benefits for mental wellness
- Try different activities to find something you like
- It should be fun!**

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



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



10-420-6136 (TTS221-IND-REV-07/24)

WEST BAY CRAFT FAIR GRADE 7 FUNDRAISER

Registration for Tables Now Open!

Tables are \$20 each (one per family) and available first come, first served.

Sign up now using the link [HERE](#)



Out-of-Catchment and Out-of-District
Registrations opens on
Thursday, January 15th, 2026 @ 08:00

Click [HERE](#) to register.
Have all your documents ready to upload in pdf format before you go online.

[HERE](#) are document requirements.

SCHOOL LOCATOR [HERE](#)

DISTRICT and COMMUNITY CONNECTIONS

Local programs, events, and resources will be found in one convenient location, accessible through a [single link](#) rather than detailed in school newsletters.

Ryley McLeod

Vice Principal, Cypress Park Primary School

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