



A collage of nine photographs showing children and adults participating in a pumpkin carving activity. The photos show various stages of the process, from holding pumpkins to carving faces and displaying the finished jack-o'-lanterns. The bottom right photo includes the text "PIC-COLLAGE".



We ask that student stay home for at least 24 hours after symptoms such as vomiting or fever have completely resolved. This helps ensure that they are full recovered and helps keep others from getting sick.

For more information about admissions processes, dates, guidelines, and information, please visit <https://westvancouverschools.ca/admissions/> Please carefully read the information regarding documentation procedures before starting the application process.



WEST
VANCOUVER
SCHOOLS

重要資料
讀後人必能聽懂

INFORMACIÓN IMPORTANTE
Busque alguien que le traduzca.

ВАЖНАЯ ИНФОРМАЦИЯ
Переведите это, пожалуйста.

PARENT ADVISORY COUNCIL UPDATES

SUPPORT OUR SCHOOL!

Click on the logos below to learn more about our current PAC Fundraisers.



Order your hot lunch here!

mabel's labels.

Don't forget to label that awesome Spirit Wear!



Order your Eco Friendly Laundry Detergent Strips here

Help Us Choose This Year's Guest Speaker!

Each year, the PAC sets aside a budget to bring in a **guest speaker or presenter** to enrich our school's curriculum — and we'd love your input! Please **cast your vote by next Friday** for the speaker or topic you'd most like to see this year! Your feedback helps us plan something engaging, educational, and fun for the kids. [VOTE HERE](#)

Click name below to Join your class WhatsApp group:



[Kennedy](#) | [Hardern](#) | [Richardson](#) | [Stephen](#)

FALL AFTER SCHOOL PROGRAMS

Registration is now OPEN for After School Programs, running . October to December. Please note the age range and start/end dates of each program. **Click on Icons below to learn more and register!**



Monday - Theatre Bugs with Art Mania (K - Gr. 5)



Tuesday - Chess Club with Coach Clement-Ages 6-11



Wednesday - Art Adventures with Art Mania (K - 5)



Thursday - Kids Yoga (K - Gr. 5)



Friday - Sportball (Gr. 1 - Gr. 4)

CALLING ALL VOLUNTEERS!



Urgent: Traffic & Safety Coordinator Needed! We still don't have a **Traffic & Safety Coordinator** for this year — and it's actually a super fun, low-commitment role! It mainly involves **applying for a small grant now** (we'll help with that) and then planning a **bike-safety week at the end of the school year** — think **decorating bikes, fun challenges, safety games, and a community ride or parade**. It's a great way to bring some energy and joy to the school while promoting safety — and it doesn't require much time at all. If you're up for helping make this happen, please reach out **as soon as possible!**

Used Book Sale volunteers needed. Fair will run in the first week of November. **Please contact** katy.brier@yahoo.ca

Spring Fair Coordinators needed! A much loved event at EHMS and we need some volunteers to help run and coordinate the fair. **Contact** ehpac@wvschools.ca

DISTRICT UPDATES

DISTRICT NEWS

We want to make information accessible and easy to find when looking for local programs, events, and resources in West Vancouver.

Check out this link [HERE](#) for more information.

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



10-625-4338 (T) 604-271-4100 (T) 604-271-4100

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!



WEST VANCOUVER SCHOOLS
A world of opportunity

Jessica Richardson
Vice-Principal, Eagle Harbour Montessori School
Pronouns: She/Her/Hers
T 604 981-1380 C 604 836 7696