



EAGLE HARBOUR MONTESSORI SCHOOL E-BULLETIN

NOVEMBER 13, 2025

UPCOMING EVENTS



NOVEMBER 14
PJ DAY



NOVEMBER 24
Pro-D Day
(no school)



NOV. 26-DEC. 3
Holiday Market
collections



DECEMBER 5
Learning Updates
Published
Kids Holiday Market
1-4PM



DECEMBER 18
Winter Concert



WINTER MUSICAL

We are busy preparing for our winter musical on December 18th. All students will be participating in the performance. If your child does not have a main role/speaking role, below are some details about costumes:

Upper EI "Snowmen": white shirts and black bottoms. A colourful scarf and top hat (if possible). We will add black "buttons" to their shirts.

Lower EI "Elves": Red or green shirt with black pants. Elf hats (not too big) and striped socks (if possible).



Kindergarten "Toys": be creative! A teddy bear could be a fuzzy onesie, action figure could have a cape, doll could be a colourful dress.

REMEMBRANCE DAY

Thank you Upper EIs and Ms. Kennedy for a wonderful ceremony. Special thanks to our Grade 3 drummers who sang the *Equality Song*, and Angus and Grace who represented EH at the WV ceremony this Tuesday.



USED BOOK SALE



Thank you for supporting EHMS!

The used book sale was a big success. Special thanks to Katy for all her hard work! We raised over \$1300!

5575 Marine Drive
West Vancouver, BC V7W 2R4
T: (604) 981 1380
F: (604) 981 1381
eagleharbour@wvschools.ca
@eagleharbourmontessori



WEST
VANCOUVER
SCHOOLS

IMPORTANT INFORMATION
PLEASE HAVE THIS TRANSLATED
RENSEIGNEMENTS IMPORTANTS
Veuillez les faire traduire.
重要資料
請找人為您翻譯

これはたいせつなお知らせです。
（必ずおのれに翻訳していただくこと）

중요한 정보입니다
타인도 함께 알 수 있도록
CHỈ DẪN QUAN TRỌNG
Xin mời người dịch tiếp
મહત્વની માહિતી
આવશ્યક છે તમારે તેનું કોઈ ભાષામાં
INFORMACIÓN IMPORTANTE
Despues alguien que lo traduzca.

اطلاعات مهم و سوزمند
لطفاً از یک نفر بخوانید که برای شما ترجمه کند

THUẬT MÀNH LAGUANG INFORMATION
Đuối họ với hàng người, hàng khác
mười triệu
برجای ترجمه هذا
معلومات هامه
BAKHAH HINDOPMAIDIR
Thapayayya ito, romayayya.



EAGLE HARBOUR MONTESSORI SCHOOL E-BULLETIN

PRO-D OPPORTUNITIES

On **November 24th Pro-D**, the Gleneagles Ch'axay PAC has organized student courses taught by qualified instructors from Sea 2 Sky Safety. Courses will run at GEC from 8:35 to 2:35 pm. **To Register, email gecpacchair@gmail.com and bring a cheque to the class for either \$75 or \$65, made out to GEC PAC.**

Babysitting Course: Ages 11-13. Students learn babysitting skills, safe environment awareness and how to deal with different situations when left with a small child. Cost is \$75

Stay Safe Course: A basic first aid course designed for kids 9 - 13 years old. Kids will learn about being safe when they are without the direct supervision of a parent, along with first aid and awareness skills. Cost is \$65



West Vancouver Schools Admissions

Admissions for the 2026/2027 school year begins 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.

5575 Marine Drive
West Vancouver, BC V7W 2R4
T: (604) 981 1380
F: (604) 981 1381
eagleharbour@wvschools.ca
[@eagleharbourmontessori](https://www.instagram.com/eagleharbourmontessori)



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

PAC MEETING

Thank you to those who joined our last PAC meeting. PAC minutes to be shared shortly.

Please join us for our next meeting ONLINE on **Tuesday, November 18th at 6:30PM**. Meeting link [PAC MEETING NOV 18](#)

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!**

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 NEWS

We want to make information accessible and easy to find. Check out this link [HERE](#) for more information on local programs, events, and resources in West Vancouver.

NEW! We've added Instagram to our [Parents Guide to Social Media and Digital Devices](#)

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:

- Sit less:** 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.
- Stop:** 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.
- 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.
- Choose active transportation (e.g. walking, cycling, rolling, bussing).
- Spend more time outdoors.
- Walk a dog.
- Try geocaching.

Additional activity ideas Additional ideas at: [Pacific Institute for Sport Education](#)

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



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!

DISTRICT UPDATES

Join us for an engaging session on supporting your child's literacy and language development. Presented by **West Vancouver Schools** in partnership with the **West Vancouver Memorial Library**, these workshops will explore practical strategies to foster a love of reading, build foundational skills, and create strong home-school connections. Sessions will include insights from district educators and library staff, highlighting local resources that help every child thrive academically. All sessions will take place in Welsh Hall at the West Vancouver Memorial Library. Session dates are as follows:

November 18th – [Parents of Kindergarten – Grade 3 students](#) ([Register NOW!](#)) ·

January 27th - Parents of Grades 4 – 7 students

March 3rd – Parents of Grades 8 – 12 students

K - GRADE 3 PARENT LITERACY WORKSHOP:

**BUILDING FOUNDATIONS FOR
LITERACY AND ACADEMIC SUCCESS**

Join us for an engaging evening designed for parents of children in Kindergarten to Grade 3.

Learn about the curriculum, practical strategies, resources, and ideas to help your child build strong literacy foundations and thrive as a learner.

Topics Covered

- Creating conditions that support academic success
- Building foundational literacy skills and practices
- Reading for communication and connection

Presenters:
Mary Parackal, Vice Principal of Early Learning
Michelle LaBounty, District Principal of Teaching & Learning
Shannon Ozmy, Head of Youth Services - West Vancouver Memorial Library


WEST VANCOUVER SCHOOLS
A world of opportunity


west vancouver MEMORIAL LIBRARY

**TUESDAY
NOV 18TH
5:30-6:45PM**

**WELSH HALL
WEST VAN
MEMORIAL
LIBRARY**

Register here!





Parent Literacy Workshops

**Supporting Readers Today for
Academic Success Tomorrow**

Discover practical ways to support your child's literacy and language development at home and in the community.

In partnership with the West Vancouver Memorial Library, these engaging session will share strategies, local resources, and ideas to help foster a lifelong love of reading.

Presenters:

- Mary Parackal, Vice Principal of Early Learning - West Vancouver Schools
- Michelle LaBounty, District Principal of Teaching & Learning - West Vancouver Schools
- Shannon Ozmy, Head of Youth Services - West Vancouver Memorial Library

WEST VANCOUVER SCHOOLS
A world of opportunity

west vancouver MEMORIAL LIBRARY

Tuesdays 5:30-6:45pm

- Nov 18: Grades K-3
- Jan 27: Grades 4-7
- Mar 3: Grades 8-12

West Vancouver Memorial Library
- Welsh Hall

