



# EAGLE HARBOUR MONTESSORI SCHOOL E-BULLETIN

NOVEMBER 20, 2025

## UPCOMING EVENTS



### NOVEMBER 24

Pro-D Day  
(no school)



### NOV. 26-DEC. 3

Holiday Market  
collections



### DECEMBER 5

Learning Updates  
Published  
Holiday Market in  
gym 1-4PM



### DECEMBER 18

Winter Musical



### DECEMBER 19

PJ Day and last day  
before winter break.  
Early Dismissal  
12:15PM



## 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.

## CYPRESS SKI DAY

We are going on an adventure! EH students have the opportunity to participate in a half day ski lesson at Cypress Mountain on January 28, 2026. Permission forms went home this week. **Please return by November 27th!**



## UPPER EL FUNDRAISER



Upper EIs will be fundraising for Camp Potlatch this year. The PAC has generously offered to match what they raise. Students will be selling baked goods, popcorn and hot chocolate at the Holiday Market December 5th. Thanks for your support!

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  
Prière de les faire traduire.

重要資料  
請找人為你翻譯

これはいせつなお知らせです。  
ご家族に日本語に訳してもらってください。

알려드립니다  
아침을 번역해 주십시오

CHỈ DẪN QUAN TRỌNG  
Xin nhủ người dịch bộ

बहुवै माहवर्ग  
धन्य है कि आप हमें इस सूचना से अवगत कराते हैं।

INFORMACIÓN IMPORTANTE  
Busque alguien que le traduzca.

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

TEO AY MAHALAGANG IMPORMASYON  
Ipaaralan sa wikang tagalog kang hindi  
mainitindihan

يرجى ترجمة هذا  
معلومات هامة

BAKHAH HINFORMALIBER  
Переведите это, пожалуйста.



**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**

**اطلاعات مهم و سودمند**  
 فقط از یک نفر بخوانید که برای شما ترجمه کند  
**ITO AY MAHALAGANG INFORMASYON**  
 Inuuri sa wikang tagalog kung hindi  
 maintutuhan  
**برجی ترجمه هذا**  
**معلومات هامة**  
**ВАЖНАЯ ИНФОРМАЦИЯ**  
 Прочитайте 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

## PAC MEETING

Thank you for joining us for our PAC meeting on Tuesday, November 18th. Meeting minutes [HERE](#).

Click name below to Join your class WhatsApp group:



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

## PARENT OPPORTUNITIES

### Free Parent Evening: "The Four R's of Resilience" with Sharon Selby

Registered Clinical Counsellor and Founder of Toddler to Teen® Anxiety Solutions, Sharon Selby is passionate about reducing the high levels of anxiety increasingly impacting children and youth, which led her to be awarded the **2020 Metro Vancouver YWCA Women of Distinction Award for Connecting the Community**. Dedicated to extending her support to as many families as possible, she runs anxiety management groups for children and parents across the Lower Mainland, provides 1:1 counselling, and is the author of three children's books: *Surfing the Worry Imp's Wave*, *The Big Feelings Book for Children*, and *Let's Talk About Anxiety*. Sharon is a sought-out media personality, from print and radio to television and TEDx. She has been counselling children, teens and families for over 27 years and runs a busy private practice at Sharon Selby Counselling in West Vancouver. In addition, she conducts online support groups for parents and has invested countless hours developing free online resources on anxiety and other topics related to highly sensitive children and teens, available through her blog ([www.sharonselby.com/blog](http://www.sharonselby.com/blog)) and her free e-book: *8 Common Mistakes to Avoid When Your Child Is Anxious*, available at [www.sharonselby.com/free](http://www.sharonselby.com/free).




**Where:** Caulfeild Learning Commons.

**When:** Wednesday Dec 3rd, 2025. 6:00 - 7:00 p.m.

**Cost:** Free. Sponsored by CPAC

## 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](mailto: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:**

- 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](https://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!**



# 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:**

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

**WELSH HALL  
WEST VAN  
MEMORIAL  
LIBRARY**


**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 Ozirny, Head of Youth Services - West Vancouver Memorial Library



**WEST VANCOUVER SCHOOLS**  
*A world of opportunity*



**Parent  
Literacy  
Workshops**

**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**

**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 Ozirny, Head of Youth Services - West Vancouver Memorial Library

