



EAGLE HARBOUR MONTESSORI SCHOOL E-BULLETIN

NOVEMBER 27, 2025

UPCOMING EVENTS



NOV. 26-DEC. 3
Holiday Market
collections



DECEMBER 5
Learning Updates
Published
Holiday Hat Day
Holiday Market in gym
1-4PM



DECEMBER 12
Decoration Day &
Holiday Sweaters



DECEMBER 18
Musical 6-7PM



**DECEMBER 22-
JANUARY 2**
Winter Break



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. **Forms due 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!

Holiday Market Donations

Our holiday market is just around the corner! Please send all donations to the office between now and December 3rd. Gently used or new items are welcome. Students will "shop" for their families on Friday, December 5th between 1-4pm.





EAGLE HARBOUR MONTESSORI SCHOOL E-BULLETIN

PARENT OPPORTUNITIES

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

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) and her free e-book: *8 Common Mistakes to Avoid When Your Child Is Anxious*, available at www.sharonselby.com/free.



Where: Caulfeild Learning Commons.

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

Cost: Free. Sponsored by CPAC

**EAGLE HARBOUR MONTESSORI
HOLIDAY MARKET**
FRI DEC 5 1-4 PM

**DONATIONS
+VOLUNTEERS
NEEDED**

Our holiday market allows children to purchase new/lightly used gifts for friends and family. Kids come in with a budget and list, and come out with wrapped gifts!

DONATION DROP OFF
Wed Nov 26th- Dec 3rd
AT THE FRONT DESK
Limit 10 donations per family
Donation examples: candles, unwanted/new toys, mugs, games, scarves, gloves etc.

Help us prepare! Sign up to volunteer and have your donations ready!

Call Back for Lates and Absences

Please remember to either **email us** at aatkinson@wvschools.ca or call the office at (604) 981-1380 if your child will be late or absent from school.

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.



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

 **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:

- 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

northern health | interior health | Vancouver Coastal Health | Island health | Fraser health | BC Centre for Disease Control | BRITISH COLUMBIA

10-625-4538 (TOLL-FREE) 1-800-663-0229

Weather Closures and Procedures

The district aims to keep schools open on every regular instructional days, including those with snowfall. However, the final decision to send students to school resides with the parent/guardian, as they are most familiar with the specific road and weather conditions around their home and community. Any decision to close schools will be made by the Superintendent and will be based on the safety of students and staff. Efforts are made to communicate this information to parents/guardians by 6:00 a.m. on the day of closure. **Please check the [school district website](#) for the most current information on school closures.**

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

News 1130
CKNW 98
Global TV
CBC

<http://www.news1130.com/>
<http://www.cknw.com/news/>
<http://globalnews.ca/live/bc/>
<http://www.cbc.ca/news/canada/british-columbia>

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**

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

**WELSH HALL
WEST VAN
MEMORIAL
LIBRARY**


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

Register here!



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

**west vancouver
MEMORIAL LIBRARY**

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

WEST VANCOUVER SCHOOLS
A world of opportunity

**west vancouver
MEMORIAL LIBRARY**



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



<https://www.instagram.com/eagleharbourmontessori/>



**IMPORTANT INFORMATION
PLEASE HAVE THIS TRANSLATED**
RENOUVELEMENTS IMPORTANTS
Please do not leave children.
重要情報
請大人負責翻譯

この通知は重要な情報です。
必ずお読みください。
重要情報
必ずお読みください。
CHI DAN QUAN TRONG
Xin thông tin quan trọng
重要情報
必ずお読みください。
INFORMACIÓN IMPORTANTE
Por favor alguien que lo traduzca.

اطلاعات مهم و سوزناک
لطفاً از یک نفر بخواهید که برای شما ترجمه کند
THAY MÀNH MÀNG! THÔNG TIN QUAN TRỌNG
Đừng để ai bỏ quên thông tin quan trọng!
معلومات هامة
الرجاء ان تترجمها
BAKHAR HUSHMADISS
Plessebratay info, insonatay.