



EAGLE HARBOUR MONTESSORI SCHOOL E-BULLETIN

NOVEMBER 6, 2025

UPCOMING EVENTS



NOVEMBER 6-8
Used Book Sale



NOVEMBER 10
Remembrance Day
Assembly 11am



NOVEMBER 11
Remembrance Day
(no school)



NOVEMBER 14
PJ DAY



NOVEMBER 24
Pro-D Day
(no school)



DECEMBER 18
Winter Concert

USED BOOK SALE

We have our used book sale today (1:30-3:30PM), tomorrow (Friday 1:30-3:30) and Saturday (9-11:30AM).

Please spread the word in the community for Saturday (9am-11:30am). Students can purchase some great books for less than \$5/each! We hope to see you there.

The sale will take place in the Eagle Harbour School gymnasium.



DRESS FOR THE WEATHER

Rainy weather is upon us! All recess periods will be outside regardless of the weather unless extreme conditions make outdoor play unsafe. Please be sure your children come to school dressed for outdoor play with raincoats, hats and boots for rainy days.

HISTORICAL HALLOWEEN



Students did a terrific job on their Historical Halloween speeches this week. Thank you 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
Veuillez de les faire traduire.

**重要資料
請找人為您翻譯**

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
아장중 번역해 주십시오
CHỈ DẪN QUAN TRỌNG
Xin nhữ người dịch hộ

बहुमो महत्वपूर्ण
कृपया इसे हिंदी में अनुवाद करें।
INFORMACIÓN IMPORTANTE
Busque alguien que le traduzca.

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

TEO AY MAHALAGANG IMPORMASYON
Iutos sa wikang tagalog kung hindi maintindihan

برجی ترجمه هذا
معلومات هامة

BAKHAH INFORMASYON
Perevedite eto, pokazuyte.



EAGLE HARBOUR MONTESSORI SCHOOL E-BULLETIN

REMEMBRANCE DAY ASSEMBLY

Please join us on Monday, November 10th in the gym for our Remembrance Day Assembly hosted by the Upper EI class. We will begin at 11:00 am. Please dress respectfully for this somber occasion. Students are encouraged to consider “dressy casual attire” to honor the veterans past and present.



PRO-D OPPORTUNITIES

On **November 24th Pro-D**, the Gleneagles Ch'axay PAC has organized some 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 for \$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 to 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.

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لطفاً از یک نفر بخوانید که برای شما ترجمه کند

TEO AY MAHALAGANG IMPORMASYON
Ibaon sa wikang tagalog kang hindi
mainitnilhan

برجی ترجمه هذا
معلومات هامة

BAKHAH INFORMASI
Perevodyte eto, 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 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 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:



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.



Enjoy several hours of light intensity physical activity.



Sleep well, 8-11 hours, with consistent routines.



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



10-625-4338 (TDD) 1-800-663-0229

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

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



