



GLENEAGLES CH'AXÁY & LIONS BAY E-BULLETIN

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**IMPORTANT INFORMATION
PLEASE HAVE THIS TRANSLATED**

RENSEIGNEMENTS IMPORTANTS
Prière de les faire traduire.

重要資料
請找人為你翻譯

これはたいせつなお知らせです。
どなたかに日本語に訳してもらってください。

알려드립니다

여가들 민악에 주심시요

CHỈ DẪN QUAN TRỌNG

Xin nhờ người dịch hộ

समूची माहवारी

समूची माहवारी विषय के संबंध में जानकारी के लिए कृपया हमें सूचित करें।

INFORMACIÓN IMPORTANTE

Busque alguien que le traduzca.

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

ITO AY MAHALAGANG IMPORMASYON
Isalin sa wikang tagalog kung hindi maintindihan

يرجى ترجمة هذا

معلومات هامة

ВАЖНАЯ ИНФОРМАЦИЯ

Переведите это, пожалуйста.

October 30, 2025

Happy Halloween!

A few reminders for parents regarding student costumes. All students are welcome to come to school in costume **tomorrow, October 31st**, keeping the guidelines below in mind.

Please adhere to the following guidelines around costumes:

- Students should arrive at school in costume; no changing should be required
- Students should be comfortable in their costume choice and not restricted by their clothing. Clothing should not interfere with student learning or movement.
- NO accessories of any kind are permitted (no wands, swords, weapons or other handheld items)
- Makeup must be kept to a minimum; consider a 'paired down' version of your child's costume
- NO costume masks are permitted, children's faces should be visible
- Costumes should be school appropriate for K to 7; and should be culturally respectful



Classrooms will be hosting a variety of activities related to Halloween:

- **At Gleneagles**, all classes will continue with their tradition of parading; beginning at 9:00am, Primary classes will begin the parade as they will wind through our Intermediate classrooms and then out via the friendship deck, around the gravel field. If it's raining, we'll stick to the undercover areas. Parents are welcome to watch the ghouls as they walk by outside!
- **At Lions Bay**, students will parade shortly after drop-off at 8:45 am. Parents are welcome to stay and watch – the parade will head along the road that leads to the staff parking lot. In case of heavy rain, the parade will head up to the gym. Halloween craft and game stations will be held between recess and lunch. Thank you to the parents who are coming to volunteer for our craft and activity station rotation!

- **Parents are reminded that videos and photos are permitted but are asked to not post publicly online.**
- Please check in with your child's classroom teacher if you are unsure of costumes. We are looking forward to a fun-filled day!

Following Halloween, we ask families to use discretion in sending candy to school. We encourage students to bring a healthy snack and nutritious lunch each day. Candy should be enjoyed at home; a reminder that no sharing of treats or food is permitted amongst students. Thank you for following this effort to enjoy our Halloween treats in moderation and prepare our students in the best way possible for learning at school.

Remembrance Day

On **Monday, November 10th**, students and staff from both Gleneagles and Lions Bay will come together to pause and remember the sacrifices made by those who serve our country and protect our freedom, not only in the past but also today. Our Lions Bay students will be performing a song, some of our GEC classes will be reciting poems or script, and the assembly will be hosted by GEC grade 7 students.

All students are encouraged to bring a small donation for the Legion Poppy campaign – donations can be made any time between November 3 and 10th - thank you for your support. Parents are welcome to join us for this event – parking will be available on the gravel field beginning at 10:30 am (once recess has ended) and everyone is asked to be seated by 10:45 am so that we can begin promptly.

A reminder that schools will be closed on **Tuesday, November 11th** in recognition of the Remembrance Day holiday.

GLENEAGLES NEWS

GEC Scares Hunger

A big thank you to everyone who has supported our GEC Scares Hunger campaign – to date, we have collected over 200 food items! Thank you, GEC! This campaign will support the [Harvest Project](#) and all food items collected will be donated directly to their efforts to restock their shelves and help families in need this winter.



Tomorrow, October 31st is the last day for collection of items.

Suggested items are: peanut butter & spreads, canned fruit, granola bars, cookies, crackers, coffee, flour, sugar, salt, oil, vinegar, pasta, rice, canned tuna, toothbrushes, toothpaste, soap, shampoo and other toiletries.

Thank you for your support to help us SCARE HUNGER!

Student Photos

If your child missed photo day, or requires a re-do of their photo, retake photos are scheduled for **Thursday, November 6th**. ***If your child requires a photo retake, please make sure that they know to visit the photographer on this day and please send a note to their classroom teacher so that we can help to ensure that no one misses an opportunity for a retake.***

Spirit Wear

Thank you to Alison Pienaar from the GEC PAC for organizing Spirit Wear for our school. Items have been received and have been sent home with kids – please check your child’s backpack and contact Alison directly if you are missing an item or have any questions regarding your order – gecpacchair@gmail.com

NEW! GEC PAC Website

Our Gleneagles PAC has been working hard behind the scenes organizing fundraisers such as Spirit Wear, the upcoming Trivia Night, Scholastic Book Fair, student courses for the November Pro-D, and much more!

We appreciate all that they do to support our school and in addition to their fundraising efforts, they have created a new Gleneagles PAC website! This site is filled with lots of information for parents and you are invited to take a look here: [GEC PAC Website](#)

You can also find their website linked through the GEC school site, under the parents’ tab [here](#).

Tickets Are Going Fast!

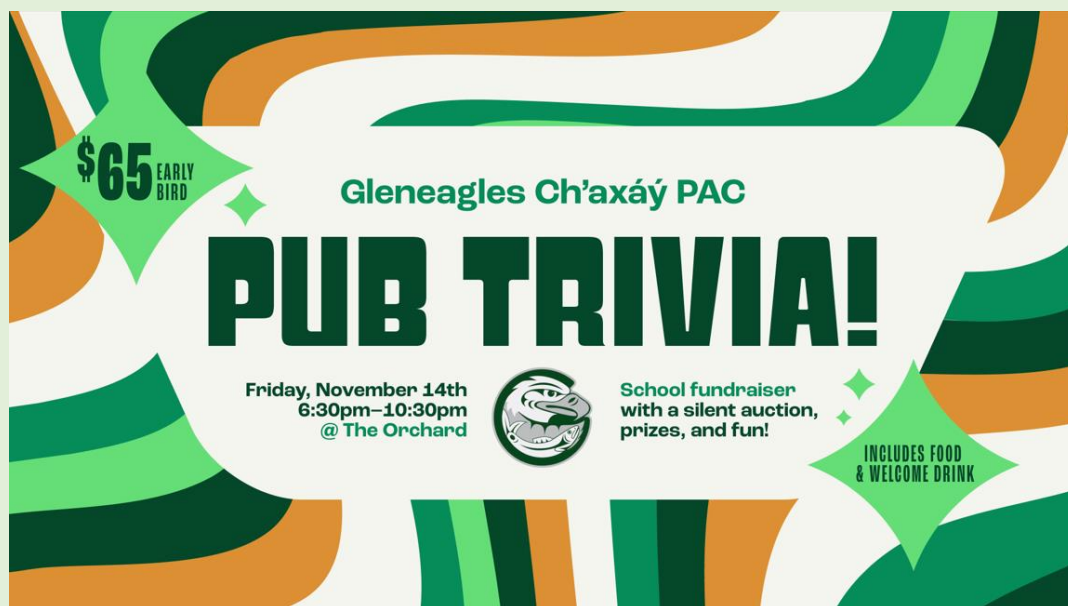
Our first-ever Gleneagles Pub Trivia Night is selling fast — Early Bird tickets are officially SOLD OUT! We’ve just released a limited batch of:

🙈 “Oops, I missed the Early Bird” tickets for \$65 — available right now.
Once these are gone, pricing will jump to General Admission at \$75.

Friday, November 14th at the Gleneagles Golf Clubhouse

Adults-only night of trivia, drinks, and a silent auction in support of our school!
Form a team of six or grab your ticket solo — we’ll match you up!
Don’t wait — these next-tier tickets won’t last long!

Please use this link to get your tickets: [Pub Trivia Tickets](#)



Scholastic Book Fair

The Scholastic Book Fair is returning to Gleneagles! Please mark your calendars for **November 19th to 21st**. All students will have an opportunity to browse and shop the fair and more details will be shared with parents in the coming weeks.

Student Learning Opportunities

On the upcoming **Pro-D Day of November 24th**, our GEC PAC has organized some student courses which will be taught by qualified instructors from Sea 2 Sky Safety Training. Both courses will run from 8:35 to 2:35 pm and students are asked to bring a packed lunch and snacks for the day.

Registration is now open through the [Munch-A-Lunch](#) fundraising tab.

Babysitting Course	Suitable for kids aged 11 to 13. Students will 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	This is 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

Winter Weather

Rain, Snow, and Cold temperatures are coming! This is a reminder as we head into winter that at GEC we go outside for recess and lunch every day, RAIN or SHINE. Students are outside for at least 40 minutes each day and we want to make sure they are warm and dry. Please ensure your child/ren come to school in appropriate waterproof clothing and footwear. It helps make our learning a lot more fun when we are dry, warm, and regulated! Thank you!



Traffic Reminders

A reminder to parents that the drop-off lane located at the front of the building outside of the school office, is for quick “drop and go” in the mornings. Parents are asked to pull into the drop-off lane, remain in your vehicle, and quickly drop your child off for school.



No parking is allowed in this area and please do not drop off kids in the crosswalk area or on the street. Thank you!

LIONS BAY NEWS

Halloween

Please see information above regarding Halloween costume guidelines and parade.

PAC Meeting

Tonight's LB PAC Meeting will be held **at 6:00 pm** via Teams. All parents are encouraged to attend!

Please see the PAC Meeting Agenda here: [Oct. 30 Agenda](#)

To join the PAC Meeting, follow the link below:

Microsoft Teams [Need help?](#)

[Join the meeting now](#)

Meeting ID: 292 286 929 358 7 Passcode: af9cX3Js

Remembrance Day

On **Monday, November 10th** students and staff from Lions Bay will be travelling via school bus to Gleneagles Ch'axá'y to participate in the annual Remembrance Day assembly. All students will be provided with a poppy and are invited to bring a poppy donation to school between November 3rd and 10th. We will sing the song "My Own Two Hands" by Jack Johnson and Ben Harper and we have been practicing every day.

We will be travelling via school bus from Lions Bay to GEC, departing here at approximately 9:40 am and will return to Lions Bay school by 1:30 pm. ***Please ensure that your child is wearing dark bottoms. Some examples include navy pants, black pants or jeans, or blue jeans. We will provide each student with a white Lions Bay shirt to wear for the day. Your child is encouraged to wear a white undershirt that day to make changing easier. Please help them to feel prepared by reminding them that we will all be changing into the white shirts before we walk to the bus to go to Gleneagles.***



Parents are welcome to make their own way down to GEC and join us for the assembly, please see information regarding parking and timing at the top of this e-bulletin.

DATES TO REMEMBER

Thursday, October 30 th	LB PAC Meeting, 6:00 pm
Friday, October 31 st	Halloween – GEC parade at 9:00, LB parade at 8:45
November 3 to 7 th	Tennis Program at GEC (all classes)
Tuesday, November 4 th	Volleyball game #3, 3:30 pm
Thursday, November 6 th	Hearing Screening for K class at GEC Photo Retakes at GEC, 9:00 am
Monday, November 10 th	Remembrance Day Assembly, 10:45 am at GEC
Tuesday, November 11 th	Remembrance Day Holiday, school not in session
Friday, November 14 th	GEC PAC Trivia Night (adult event), 6:30 pm

Tuesday, November 18 th	Fire Prevention presentation at GEC for Divs. 6 to 9 Volleyball game #4, 3:30 pm
November 19 to 21	Scholastic Book Fair at GEC

COMMUNITY NEWS

Please visit our [District Community Connections page](#) to see upcoming community news and events.

West Van Little League

Registration is now open for WVLL – T-ball and baseball for boys and girls from 5 years to 15 years old. Spring season runs from the beginning of April through mid-June and is followed by All-Star season over the summer and Fall. There is also a Girls Only program available.

Join us! Register your kids here: [WVLL](#)

Physical Literacy – Every Move Counts!

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

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