

Hollyburn This Week

Highlights, Happenings, and What's Ahead



Good afternoon Hollyburn Families,

A reminder that tomorrow is a NSBIT day. School will begin at 9:50. Staff will be engaged in collaborative learning and planning during this time. Thank you for supporting a smooth late start by arriving on time.

On Monday, our school will come together for our Remembrance Day Assembly. This will be a calm and respectful gathering where students will hear readings, music, and take part in a moment of silence. Students are encouraged to wear white or black. If your family is able, a small donation to the Legion supports veterans and their families. All students will receive a poppy.

Thank you for your continued support of our school community.

Warm regards,
Principal Lloyd



november

10

Remembrance Day Ceremony

students are encouraged to wear black or white
poppies will be provided for all students
donations to the legion are welcomed



**Board Game Club &
Newspaper Club**

11

**Remembrance Day
(school not in session)**



12

**Remembrance Day
Art due to the Office**

BASKETBALL CLUB



13

**Wear Hollyburn
Blue**

NEWSPAPER CLUB



14

Div 1 & 2 field trip to MOV

FOR COMMUNITY CONNECTIONS CLICK [HERE](#)

from the newspaper club:

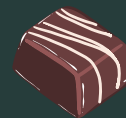
students are invited to submit remembrance day art

- deadline: november 12th
 - submission location: to the office
- please include student's full name and division.





HOLIDAY 2025 PURDYS CHOCOLATE FUNDRAISER!



Looking for the sweetest way to support our school this holiday season?

From now until November 30, you can order delicious Purdys Chocolates through our online campaign — just in time for the holidays! This is a great opportunity to pick up gifts for family, friends, neighbours, teachers — or even yourself!

All proceeds will go directly toward supporting our school community. Thank you for helping make this fundraiser a success! If you have any questions, please reach out to: jdelucrazia@wvschools.ca

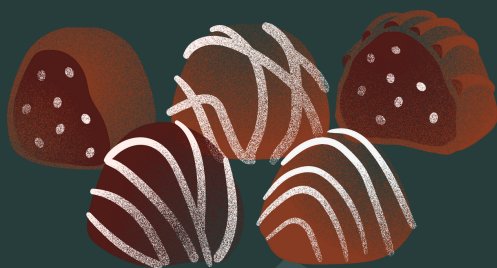
CLICK HERE

How to Order:

1. Visit our campaign page:
2. <https://fundraising.purdys.com/1926383-130664>
3. Click "Join Campaign"
4. Use our campaign number: 58622
5. Start shopping!

Key Dates

Order Deadline:
November 30, 2025
Pick-Up at School:
December 11, 2025



Physical Activity and Physical Literacy: Children and Youth

Ages 5-17

Every move counts!

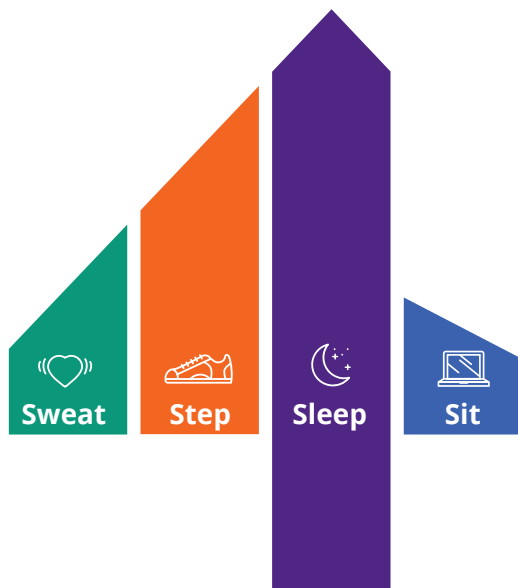


- Any amount and type of physical activity is good for you
- Outdoor play has additional benefits for mental wellness
- Try different activities to find something you like
- **It should be fun!**

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

important reminders

FROM THE HOLLYBURN OFFICE



Running late? Sick child?

Please remember to
contact the office by

phone or email at

hollyburn@wvschools.ca

by 9am

HAVE YOU PACKED CUTLERY
FOR YOUR CHILD'S
HOT LUNCH?

Please remember to pack a
fork/spoon/chopstick so your child
can enjoy their hot lunch meal



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 8:00am 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.



IMPORTANT

Current students do not need to re-apply unless they intend to transfer schools.