

Hollyburn This Week

Highlights, Happenings, and What's Ahead



Dear Hollyburn Families,
It was an exciting and full week at Hollyburn.

On Tuesday, we recognized Lunar New Year together as a school community. This year marks the Year of the Horse. In many cultures, the Horse represents energy, perseverance, confidence, and hard work. These traits connect closely to how our students approach learning and relationships every day.

Our intermediate students participated in an important online safety presentation led by West Vancouver Police liaison officer Constable Whitehead. The session focused on digital responsibility, personal safety, and smart decision making online. Please see page 2 of this newsletter for more information and ways to continue these conversations at home.

We also celebrated the Olympic Games and reflected on the qualities that make elite athletes successful. Students identified traits such as dedication, resilience, teamwork, goal setting, and perseverance. These are the same qualities we see in our Hollyburn learners as they challenge themselves and grow.

Our school wide art project for The Card Project is now complete. This student created fundraiser will launch in April. Families will receive more information soon. We are proud of the creativity and collaboration shown across all grades.

Looking ahead, next week is our highly anticipated Safety Blitz Week. We ask families to take extra care during drop off and pick up times. Students who demonstrate safe choices will receive raffle tickets, with daily draws for prizes. Your support in setting children up for success with safety expectations makes a real difference.

We will also be marking Pink Shirt Day next week. This day began in Nova Scotia when students took a stand against bullying after a peer was targeted for wearing a pink shirt. Pink Shirt Day now serves as a reminder to stand up for others, choose kindness, and create inclusive spaces where everyone belongs.

Thank you for your continued partnership and care. We look forward to another strong week together.

With appreciation,
Breanna Lloyd
Principal
Hollyburn Elementary

HOLLYBURNHIGHLIGHT

DIGITAL SAFETY LEARNING

FOR INTERMEDIATE STUDENTS

This week, our intermediate students took part in an online safety presentation led by our Police Liaison team. The session focused on real, practical skills students need as they grow and learn online.

Students learned about:

- Staying safe in online spaces and games
- Understanding online behaviour and peer pressure
- Making thoughtful choices in group chats
- Knowing when and how to ask a trusted adult for help
- Understanding the real world impact of online actions

This learning builds directly on last week's visits from our District Vice Principal of Innovation and Technology, Cari Wilson, who met with Divisions 1, 2, and 3. During these sessions, students explored:

- Digital footprint and thinking before posting or sharing
- Group chats and social dynamics
- Screen use and screen habits
- Choosing appropriate sources for research
- Identifying credible and reliable information

Together, these sessions aim to support students in making informed, responsible decisions online and to help them develop healthy digital habits.

We ask families to continue these conversations at home. Device use plays a direct role in students' focus, well being, and ability to learn at school. Consistent messaging between home and school supports students in finding balance.

We have re shared two helpful resources with this newsletter:

- Vice Principal Wilson's Roblox information sheet
- Vancouver Coastal Health guidelines on supporting children's mental wellness and screen use for ages 5 to 12

These resources are shared to guide and support families and to help guide thoughtful awareness and open conversations to help children learn to manage technology in healthy ways.

Thank you for your continued partnership as we support our students in learning, growing, and navigating the digital world with care.



Parent's Guide to Roblox



General Information

Roblox is an online platform where children can play a wide range of games, create their own virtual experiences and connect with other players from around the world. It is a mix of gaming, creativity and social interaction – all happening in a digital environment.



Roblox does not have a minimum age level to join, so students as young as Kindergarten could create an account.

Social interaction is a large part of Roblox's appeal. Players can text and voice chat with other players. This leads children to make connections with people they do not know in person. These people may lie about who they are as a way to engage with unsuspecting youth.

Freemium

Roblox is a "freemium" app. This means that you can create an account and play for free but there are "premium" features and subscriptions that cost money.

Did You Know?

Experts who study sextortion and online predatory behaviour cite Roblox as a prime app for these "bad actors" to use to befriend victims. They will lure a child in by posing as a peer and then convince the child to "meet" them on another platform such as WhatsApp or Discord, where they can be more intimate. Boys between the ages of 9 and 15 are prime targets.



"Robux"

Robux is Roblox's own currency. It encourages players to level up their avatar and get game enhancements, among other things. Beware of scams where bad actors will try to get your child's Robux.

Roblox at School

West Vancouver Schools DOES NOT allow students to access Roblox while using school wifi.





Roblox uses these labels to indicate what type of content is in games.

Content Label	Content Description
Minimal	May contain occasional mild violence, light unrealistic blood, and/or occasional mild fear
Mild	May contain repeated mild violence, heavy unrealistic blood, mild crude humor, and/or repeated mild fear
Moderate	May contain moderate violence, light realistic blood, moderate crude humor, unplayable gambling content, and/or moderate fear
Restricted	May contain strong violence, heavy realistic blood, moderate crude humor, romantic themes, unplayable gambling content, the presence of alcohol, strong language, and/or moderate fear

Users under 9 can only play games labelled Minimal or Mild. However, the content in these games may still be inappropriate for your child.

Only available to 17+ users who have had their their age verified

Main Roblox Concerns

- Game play can become addictive. Limit your child's screen time.
- Roblox is a prime location for predators to source victims.
- Roblox collects significant amounts of data from its users. Do you know where the data goes or who it is being shared with?
- Remind your child not to give out personal information - there are lots of scams on Roblox. No names, school or where they live.
- Young players could be exposed to inappropriate language and/or sexualized content that they are not ready for.

If Your Child Has Roblox...

- Make sure you sit with them while they make the account. You can step in at this point and change some of the settings to make it safer- watch [this video](#) for some pointers.
- Enable 2 Factor Authentication - this will help protect from scams.
- Make sure your child knows how to block and report users and content.
- Familiarize yourself with all of the settings and features then talk to your child about safety and your family values and rules.
- Remember, YOU are the adult. If your child is not using Roblox safely, you can take away their device or shut off their data.

Supporting your Child's Mental Wellness: Screen Use for Children aged 5-12



This is an emerging area of research. However, we know that there are both benefits and risks of screen use.¹

¹(Canadian Pediatric Society, 2019)

Potential benefits include¹:

- ✓ Social connections and friendships, self-expression and creativity
- ✓ Learning opportunities, cognitive and social development

Risks include¹:

- ✓ Behaviour and conduct challenges, negative impacts on learning and academic outcomes
- ✓ Negative impacts to mental health, decreased sleep quantity and quality, impacts to vision health, and lower levels of physical activity

How much screen time is too much?

The Canadian 24 hour movement guidelines recommend that children spend **less than 2 hours per day on recreational screen time**

(not including time spent on school-work)

However, **quality matters as much as quantity**, and **every child** is **unique** and **will experience the benefits** and **risks** of screen use **differently**.



Parents and guardians are encouraged to create **personalized family media plans** to address their child's needs. Setting limits when children are young is easier than cutting back when they're older.

Follow the 4 C's for some evidence-based tips to manage your child's screen use^{1 2}: ²(American Association of Pediatrics, 2024)

1) Communicate- Have regular, open conversations with your child about their tech use.

- Be open and curious when talking to your child about tech use. Ask questions like "what do you like about this show/app/game?" or "how does it make you feel after watching/using/playing it?" Let your child know that they can talk to you about anything negative or upsetting they see online. If they've gotten a phone and have started texting friends, check in about how those interactions are going. Continue to be present and engaged when screens are used. Whenever possible, **co-view and talk about content with children.**
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2) Content- When using screens, prioritize activities that are educational, active, or social.

- Help children choose developmentally appropriate content and recognize problematic content or behaviours. Read reviews, such as those on [Common Sense Media](#) or [Plugged-In](#) to find out what shows, games, and movies are the right fit for their maturity level. **Consider using parental controls with the ultimate goal of having your child begin to manage their own limits as they grow older.**

3) Calm- How does your child calm down emotions or go to sleep?

- **Support kids in settling their bodies to sleep by putting devices away at least 1 hour before bedtime.** Teach them techniques such as deep breathing and listening to quiet music to help calm their brains.
- When your child is bored, try going outside to play, do something creative, or play a game together instead of using screens.

4) Crowding Out- Instead of focusing on 'reducing screen time,' think about what your family wants to 'add back in.'

- **Ask your child: what does media get in the way of?**
- Talk with your kids about balancing time on screens so that there is enough time to sleep, read, play outside, draw, hangout, and play sports with other kids. Parents can role model putting phones down at bedtime, dinnertime, or on car rides - whatever makes sense for your family's media plan.

FEBRUARY

FOR COMMUNITY CONNECTIONS
[CLICK HERE](#)

date	what's happening...
23	
24	
25	<p>PINK SHIRT DAY</p> <p>Families welcome to join our Plnk Shirt Parade at 2:15</p> <p>1pm Girls Basketball Tournament at WVSS</p>
26	<p>1pm Boys Basketball Tournament at WVSS</p>
27	

SAFETY BLITZ WEEK



Reminder

From The Hollyburn
Office Team



Ms. Denman remains out of the office until the end of February.

Ms. DeLucrezia is currently in the office and supporting the front office role. She can be reached directly at:

JDeLucrezia@wvschools.ca

Please continue to send all general questions, updates, and student late or absence notices to: hollyburn@wvschools.ca

Our office team will respond and support you. Thank you for helping us keep communication clear and timely.

CAPILANO UNIVERSITY ACCESS PROGRAMS INFORMATION SESSION

Capilano University Access programs information session – March 5

Capilano University is hosting a virtual information session on Thursday, March 5 at 4 p.m. for students and their families to learn more two Access programs designed to support students with learning differences: Discover Employability and Education and Employment Access. Both programs are full-time at the Capilano University North Vancouver main campus and start in September 2026.

While this information session is primarily designed for secondary age students and their families, Grade 6-7 families who are interested are also welcome to attend to learn more about future pathways, growth opportunities, and transition-to-adult life planning.

Hollyburn Elementary School

SAFETY BLITZ

Week

**SAFETY MATTERS EVERY DAY OF THE YEAR.
THIS WEEK SERVES AS AN IMPORTANT REMINDER.**

During Safety Blitz Week, drivers, commuters, and pedestrians are expected to follow all safety expectations when arriving at Hollyburn. Arrival and dismissal routines protect children and families. They rely on patience and attention. School staff and community partners will be out in full force. Their role is to support safe habits and clear expectations.

FEBURARY 23-27
HOLLYBURN ELEMENTARY

- Slow down.
- Follow posted signage.
- Use crosswalks.
- Respect drop off and pick up procedures.



**Safety starts with adult choices.
Thank you for helping keep Hollyburn safe every day.**