

Irwin Park E-Bulletin - Fri Oct 10th 2025

Important Dates:

Mon Oct 13 th	Thanksgiving Holiday – School not in Session
Wed Oct 15 th	New Student Registration opens for Sept 2026
Tues/Wed Oct 14 & 15	Victory Gardens at Irwin Park working with Students
Wed – Fri Oct 15 – 17	Outdoor School Experience – Gr 7 cohort only
Mon Oct 20 th	DPAC Parent Ed – Equipping the Whole Child for Life w/ Molly Lawlor UBC

Important Links for Parents :

- [Irwin Park School Calendar 25-26](#)
- [Online Policy & Procedures Permission Form – 25/26](#) – MUST BE COMPLETED ASAP
- [Munchalunch](#) Hot lunch orders
- [Term 1 After School Activities Registration](#)



A Message from the Principal

With **Thanksgiving** weekend arriving, classes have spent this week discussing the importance of gratitude and family, and how long weekends like that coming provide us time to pause and reflect on the things we may other times take for granted. Living here in Canada, a peaceful country of freedom and choice, is not something that is necessarily the norm. Living here in the Lower Mainland, surrounded by the ocean and forested mountains, is also not the norm for many throughout not only our own

country but the world. We hope you can enjoy this weekend with friends and family, taking stock and time to appreciate the abundance that we enjoy.

Another reminder to all families as our seasons shift and we begin to experience **heavier rain and cooler temperatures**, we want to **remind parents to ensure their children are dressed appropriately** for the weather each day. Proper clothing, including jackets and boots when necessary, helps keep students comfortable and ready for learning. At Irwin Park, all recesses are held outdoors, and we rarely cancel outside play due to weather. Thank you for your cooperation in making sure students are prepared for the elements.

E Bulletin Highlights:

- XC Date Rescheduled – Tues Oct 14th
- Spirit Wear – Last week to Order!
- Halloween Dance – Save the Date! Limited tickets available
- IP Library Update – Sept/Oct
- WVSD Admissions Open On Oct 15th for 26/27
- October is Sleep Hygiene Month
- DPAC Parent Ed Opportunity – Equipping the Whole Child for Life

** Cross Country Team –Last District Race Rescheduled on Tues Oct 14th**

After a last-minute cancellation of the scheduled meet, our **3rd and final Grade 3–7 Cross Country Team** has been rescheduled for

- Next practice: **NO FURTHER PRACTICES**
- District Meet: **Tues Oct 14th at Ambleside Park (after school)**
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 **Panther P.R.I.D.E. Spirit Wear is here! 1 Week Left – Don't Delay!**

Our **2025 Spirit Wear** has returned with new items: **T-shirts, hoodies, beanies and baseball caps!**

Sale runs until **October 19th - go to →**

<https://irwinparkspiritwearstore.itemorder.com/shop/home/> **(if link is disabled, please paste the link into your browser)**

- Samples are on display in the **Grade 4/5 hallway in the coming week!**
- QR Codes are available on the posters around our school to order directly

Show your **Panther P.R.I.D.E.** and wear your school colours with P.R.I.D.E.! Hurry while supplies last – Makes a great holiday gift!

 **Save the Date – Irwin Park Halloween Dance!**

 **Thursday, October 30th - 5-7 pm**

 **Irwin Park Gym**

 **Grades K–7 Families Welcome!**

Our amazing IPPG Event Planning Committee is busy organizing a spook-tacular early evening filled with fun for all Panthers!  Get ready for a frightfully fun night with your Irwin Park community!

 **What's Happening:**

-  *Live DJ spinning Halloween hits*
-  *Costume Contest for students & families*
-  *Pumpkin Carving Contest*
-  *Food & Drinks available for pre-order*

 **Important Reminder:**

This event will be limited to ticket holders only due to gym

capacity. Stay tuned for more details and the online ticket purchase link — don't miss out!

Irwin Park Library News

Our amazing **Teacher Librarian, Ms. Harrington**, has created an engaging update showcasing the wonderful learning and opportunities happening in the Irwin Park Library for students K–7.

 Check out the Library Update PDF to see what's new and inspiring in our library this fall!

West Vancouver Schools Admissions – 26/27 School Year

 **2026/2027 School Year** (Kindergarten & In-Catchment Grades 1–12)

 **Opens:** Wednesday, Oct 15, 2025 at 8:00 a.m.

 Out-of-Catchment & Out-of-District

 **Opens:** Thursday, Jan 15, 2026 at 8:00 a.m.

 **More info:** Please review admission processes, key dates, guidelines, and required documentation here:

<https://westvancouver.schools.ca/admissions/>

 **Tip:** Carefully read the documentation requirements before starting your application.

Parent Ed Night: *Equipping the Whole Child for Life*

 **Monday, October 20th | 6:30–8:00 PM**

 **Kay Meek Theatre – 1700 Mathers Ave, West Vancouver**

Join us for an inspiring evening with **Dr. Molly Lawlor**, lead author and Principal Scientific Advisor for **MindUP** — the evidence-based program that helps kids understand their brains, manage emotions, and thrive in school and life.

✦ **Parents will learn how to:**

- Help children manage stress and big emotions
- Support strong friendships and confidence
- Use brain science and mindfulness to nurture growth

📅 **Register here:** [Parent Night Registration Form](#)

Hosted by **West Vancouver DPAC**. All parents and caregivers are welcome!

🌙 **October is Sleep Hygiene Month!**

😴 Good sleep is key to a healthy, happy, and successful school year!

👦 Kids aged 5–13 need 9–11 hours of sleep each night.

👧 Teens aged 14–17 need 8–10 hours each night.

Healthy sleep supports growth, learning, mood, and overall well-being — helping kids fall asleep faster and wake up refreshed!

✦ **Encourage your child to:**

- 🕒 Keep a consistent sleep schedule, even on weekends.
- 📵 Have a calm, screen-free bedtime routine.

- ☯ Avoid caffeine and heavy meals before bed.
 - 🌡 Sleep in a cool, dark, and quiet room.
- 💡 **Better sleep = better focus, mood, and energy for learning and play!**
- 🔗 Learn more about sleep hygiene here:
[Digital Physical Health Handout 4: Sleep + Screens; Sleeping Well | Kelty Mental Health](#)

📢 **PARENT NOTE: The Importance of Being On Time at Irwin Park**
At Irwin Park, we want every child to start their day in the best way possible. **Arriving on time each morning** is crucial for helping students settle into important classroom routines, develop self-regulation skills, and maximize their learning.

When students are late, not only do they miss valuable instructional time, but the disruption also affects the entire class. Over time, this can create academic and social-emotional challenges that are difficult to overcome.

We **ask families to make a consistent effort to ensure children arrive at school on time each day.**

Punctuality is more than just about the school schedule—it is an invaluable life skill that sets the foundation for future success. Let's work together to give our Panthers the best start to their day, every day!

Thank you for your continued support.

Aron Campbell

Principal

Irwin Park Elementary