

Irwin Park E-Bulletin – Thurs November 13, 2025

Important Dates:

Thurs Nov 13 th	Online Parent Ed Op – Cellphones and Kids: What's Healthy, What's Not? – Register here: Zoom Registration Link
Monday Nov 17 th	Scholastic Book Fair @ IP – 3 Days this Week – Mon, Tues, Thursday!
Fri Nov 21 st	IPPG Family Movie Night – SAVE THE DATE!
Wed Nov 26 th	Boys Gr 7 Volleyball Jamboree Rockridge Sec - 1:30 – 4:45 PM
Thurs Nov 26 th	Girls Gr 7 Volleyball Jamboree Rockridge Sec - 1:30 – 4:45 PM
Thurs Dec 11 th	Save The Date: IP Winter Concert

Important Links for Parents :

- [WVSD Parent/Caregiver Digital Guides – How to Keep Your Child Safe Online](#)
- [What is an appropriate age for a child to have a cell phone?](#)
- [Irwin Park School Calendar 25-26](#)
- [Munchalunch](#) Hot lunch orders
- [Term 1 After School Activities Registration](#)



A Message from the Principal –

As we move deeper into the school year, it's a good time to revisit two areas that have a profound impact on your child's learning and well-being — **sleep** and **screen time**. A growing body of research shows that consistent sleep routines are essential for children's focus, emotional regulation, and academic success. I am seeing more and more students whose day-to-day performance and engagement in classes are being impacted by poor sleep routines and excessive screen time. Late-night screen use and irregular bedtime schedules are becoming common

challenges for many families. The blue light emitted by phones, tablets, and televisions disrupts natural sleep cycles, making it harder for children to fall asleep and stay asleep throughout the night. *Pls see the attached infographic.*

I encourage families to establish clear evening routines and device-free times at home. These protected moments — **before bedtime, during meals, and when spending time together** — are **sacred and worth defending**. Setting boundaries early helps children develop balance and self-discipline, while also preventing unnecessary conflict later on when children crave more autonomy.

As adults, we play a powerful role in modelling healthy habits. When children see us putting away our own devices to focus on family time, they learn that connection matters more than constant connection to a screen. **Thank you for the efforts you make in your home that positively influence your child's engagement at school each day.**

E Bulletin Highlights:

- **TICKETS ON SALE NOW!!** IPPG Movie Night Fri Nov 21st
- Scholastic Book Fair – Starts Mon Nov 18th
- Parent Ed Ops – West Van Literacy & Saleema Noon

Scholastic Book Fair — Save the Dates!

We're excited to welcome the Scholastic Book Fair—our biggest library fundraiser of the year! Proceeds go right back into our school through new books, author visits, and literacy resources. Flyers went home this week—please see details below.

Shopping Times

Students shop during their regular library block. Families are invited after school on two days:

Mon, Nov 17

- Div. 5, 7, 8, 11, 12, 15 (during library time)
- 2:50–3:30 p.m. Families

- **Tue, Nov 18**

- Div. 1, 2, 3, 4, 9, 13 (during library time)
- 2:50–3:30 p.m. Families

- **Thu, Nov 20**

- Div. 6, 10, 14, 16 (during library time)
- (No after-school shopping on Thursday)

Payment

- Cash or card accepted (an adult must be present for card payments).
- Please send cash in a labelled baggie or small wallet.

 **Volunteers ?** Huge thanks to our amazing parent volunteers for making this event possible! Want to help? Sign up [here](#)

Questions? Please contact Suzie Harrington (she/her) at sxharrington@wvschools.ca.

IPPG MOVIE NIGHT– Friday Nov 21st

Mark your calendars, Panthers!  Our **IPPG Movie Night** is coming up on **Friday, November 21st**, from **4:45–7:45 p.m.** in the Irwin Park Gym!

This week students are voting at our in-school poll station and the votes are still being tallied and are very close between our two choices:

1 *Night at the Museum*

2 *Minecraft*

 **Tickets:** \$7 through [Munchalunch](#) (includes popcorn) – max of 350 tickets available. Get them early!

 **Food:** Pre-order food options – Order now – to avoid disappointment via the [Munchalunch](#) website

 **Extras:** Grade 7 students will be running a candy and snack stand – CASH Only

A big thank-you to the **IPPG Event Team** for organizing this fun family fundraiser. Stay tuned for ticket details and voting updates!

 **Parent Literacy Workshop Series – How you can support your child's reading each day!**

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 sessions will share **practical strategies** to foster a love of reading, build strong foundational skills, and strengthen **home–school connections**. District educators and library staff will highlight local resources to help every child thrive.

 **Location:** Welsh Room, West Vancouver Memorial Library

Upcoming Sessions:

- **Nov 18** – Parents of **Kindergarten–Grade 3** students ([Register now!](#))
- **Jan 27** – Parents of **Grades 4–7** students
- **Mar 3** – Parents of **Grades 8–12** students
- **See attached document**

Free Online Parent Workshop with Saleema Noon! - November 18 and 21

 **Talk to Your Preteen (Before TikTok Does)**

*How to Have Smart Conversations About Consent,
Confidence, Relationships & Online Life ✨*

In less than an hour, parents will walk away with practical strategies (we're talking word-for-word scripts!) for having meaningful, connected conversations about all of the above.

She'll also be sharing a brand-new resource tackling newer and urgent challenges preteens face today like **sextortion, deepfakes, consent** and harmful messaging in '**the manosphere**'.

Save your spot here:

👉 <https://learn.saleemanoon.com/gugp-webinar-registration-november-2025>

Thank you for your continued support.

Aron Campbell

Principal

Irwin Park Elementary