




LIONS BAY PRIMARY  E-BULLETIN

Sept 23, 2021

[School Website](#)

[District Website](#)

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Follow all the learning and activities going on at Lions Bay by clicking [Twitter](#)

Reminder-tomorrow, Friday, September 24th is a Professional development Day in West Vancouver and Thursday, September 30th is Truth and Reconciliation Day statutory holiday. School will not be in session on these days.

Dear Parents,

We were so proud of our young students who supported our Terry Fox event. Our Grade Three students led our assembly and were excellent role models.

Please see our sign-up for parent teacher in-take interviews. We hope to learn more about your child. Please note that you have the option to have an in-person or on-line meeting with your child's teacher. Please indicate this on the sign-up form.

Our Market Garden was a huge success thanks to Charlie B., and our grade 3 students. The Grade 3 students sold some wonderful fresh produce. Over \$100 was raised for our garden. If you have an I.O.U. please give your money to Charlie at pickup at the end of the day.

Lastly, we hope to see many of you virtually at our Meet the Teacher event. Please see the link below to connect on **Monday at 5:15 p.m.**

Microsoft Teams meeting

Join on your computer or mobile app

[Click here to join the meeting](#)

[Learn More](#) | [Meeting options](#)

Natalie Mendes
Vice Principal
Lions Bay School

Health and Safety Guidelines:

Please ensure you do a daily health check with your child each morning prior to sending your child to school. If your child is sick, they should stay home.

If your child is showing any symptoms of Covid-19, please use the self-assessment tool below to determine if they should remain home.

What to do if you have symptoms that may be COVID-19?

- Use the B.C. [COVID-19 Self-Assessment Tool](#) to see if you need to be tested for COVID-19.
- See the BCCDC page on COVID-19 [Testing](#) for more information.
- Once you have been tested you should [self-isolate](#) while you wait for the test results.
- If your test is negative, you should not return to work or school until you are feeling better.
- If you feel unwell and are unsure about your symptoms, contact your health care provider or call 8-1-1.
- You should continue to seek care for other medical conditions as needed, even if it's not related to COVID-19.



Getting ready for our Terry Fox Event.

Cold and Rainy Weather is here! Please be sure your child has appropriate gear for extended outside time. The days are getting colder and wet, and it is essential that your child is equipped with raincoats, hats, and boots for rainy days. Please have your child bring an extra change of clothes and socks to be kept at school. Please be sure to have your child's items properly labeled and in a large Ziplock bag. Our students will be outside every day for both recess and lunch breaks unless the weather is severe.

Kindergarten to Grade 3 Virtual and In Person Parent Teacher Intake Conferences will be held on **Wednesday, October 6th and Thursday, October 7th**. Signup sheets will be posted in the coming weeks. Please be sure to indicate on the sheet if you prefer an online or in person meeting.

Meet the Teacher/Open House - This year we will be holding our **Virtual Meet the Teacher/Open House event on Monday, September 27th at 5:15 p.m.** Please join us to find out about our areas of Inquiry, curriculum, and our classroom expectations. More information to come.

The Terry Fox Event – Our event took place this morning with the students running around field. Our annual Terry Fox event is dedicated to Maëli and was led by our Grade Three students. Students were encouraged to wear something red on this day to honour our local hero, Terry. We collected twoonies or bills. You may still make an online donation using the link below. This was Lions Bay's 21st Annual Terry Fox Run.

<http://www.terryfox.ca/LionsBayCommunitySchool>

Orange Shirt Day and the National Day for Truth and Reconciliation

Thursday, September 30th, 2021 -

September 30, 2021, marks the first National Day for Truth and Reconciliation. The day honours the lost children and Survivors of residential schools, their families, and communities. Public commemoration of the tragic and painful history and ongoing impacts of residential schools is a vital component of the reconciliation process.

Orange Shirt Day also takes place on September 30. It is an Indigenous-led grassroots commemorative day that honours the children who survived Indian Residential Schools and remembers those who did not. This day relates to the experience of Phyllis Webstad, a Northern Secwepemc (Shuswap) from the Stswecem'c Xgat'tem First Nation, on her first day of school, where she arrived dressed in a new orange shirt, which was taken from her. It is now a symbol of the stripping away of culture, freedom and self-esteem experienced by Indigenous children over generations. Canadians are invited to wear an orange shirt to acknowledge the painful legacy of residential schools and the harm that Canada's residential school system continues to have on generations of Indigenous families and their communities. (*Government of Canada*)

In light that school is not in session on September 30th, **West Vancouver Schools will observe Orange Shirt Day on Wednesday, September 29th. Lions Bay students** are invited to wear an orange shirt to raise awareness of the very tragic legacy of residential schools, and to honour the thousands of Survivors. Throughout the week, staff and students will be engaging in conversations and learning around Truth and Reconciliation and families are invited and encouraged to continue these discussions and learning at home, especially on September 30th.

Please visit the links below for additional resources for families:

Orange Shirt Day Website

<https://www.orangeshirtday.org/>

Truth and Reconciliation Week (Sept 27-Oct 1) through the National Centre for Truth and Reconciliation

<https://nctr.ca/education/trw/>

Over the course of five days, teachers and the general public are encouraged to view videos created by Indigenous storytellers, which show traditional ceremonies and artistic performances, alongside conversations with Elders and knowledge keepers, survivors, and children of survivors of residential schools.

Resources and Learning through the West Vancouver Memorial Library

<https://westvanlibrary.ca/news/wvml-to-remain-open-on-national-day-for-truth-and-reconciliation/>

The WVM Library will be open on September 30 from 10 a.m. to 5 p.m. to share events and resources with the aim of facilitating the reflection, education, and awareness that is called for on this day.

Talking to kids about Residential Schools

https://www.youtube.com/watch?v=ebOJ_IMCVvk

Video for families by Indigenous author Monique Gray Smith

Guide to First Peoples for Newcomers to Canada, from West Van Memorial Library

<https://vancouver.ca/files/cov/First-Peoples-A-Guide-for-Newcomers.pdf>

DWF National Day for Truth and Reconciliation: A Conversation

<https://downiewenjack.ca/national-day-for-truth-and-reconciliation/>

The Gord Downie & Chanie Wenjack Fund is part of Gord Downie's legacy and embodies his commitment, and that of his family, to improving lives of First Peoples in Canada.

SchoolCash is the School District **preferred method of payment**. Accounts need only be activated once and will be attached to the student for the duration of their time in the West Vancouver School District. <https://westvancouver.schoolcashionline.com/>

Hot Lunch - The first fall session of the Lunch Delivery Program will start on **Tuesday September 28th and run to Tuesday November 9th**. Lunch will be available every **Tuesday** (provided by Fresh Bay Pizza) and **Thursday** (provided by Foodie Kids). Please remember to include a snack for your child on hot lunch days. Students get hungry and need more than just the lunch time meal.

Online ordering opens this **Friday Sept 17th** and will close **Monday Sept 20th at midnight**. All orders must be PAID IN FULL by the close of midnight on **Monday Sept. 20th**. Any unpaid orders will not be fulfilled.

Please place your orders online through the Lions Bay Munch-A-Lunch website at <https://munchalunch.com/schools/LionsBay> If you do not have a Munch-A-lunch account, you will need to create one. Click the link and follow the instructions. If you would prefer to order via paper and pay by cheque please contact Alison at aloufischer@gmail.com, however if you can pay online please do so as it makes the ordering process easier.

Please remember to provide your child with your own utensils in their backpack as the vendors will not be providing them and the school is unable to provide disposable utensils for students.

Lions Bay School Calendar 2021 – 2022. Follow this link for important dates –[Here](#)

LB PAC NEWS

Next PAC Meeting: **October 14, 2021 @ 11:00am**

Fish Fundraiser - please consider supporting your local **Lions Bay Elementary school** through the Fisherman's Market fundraiser. These funds will be put towards a new classroom equipment and field trips to enrich the students learning. Thank you!

Deadline to order: **October 4, 2021**

Pick up from school: **October 18, 2021 - at 2:45-3pm top parking lot**

Two Rivers Meat Fundraiser: Please see attachment

<https://tworiversmeats.ca/fundraiser/lbe/>

Important Dates:

Friday, September 24	Professional Development Day (School is not in session)
Monday, September 27	Meet the Teacher/Virtual Open House 5:15 p.m.
Tuesday, September 28	Cross-Country Meet 3:30 p.m. (Grade 3 only)
Wednesday, September 29	Orange Shirt Day at Lions Bay
Thursday, September 30	National Day for Truth and Reconciliation (School is not in session)
Tuesday, October 5	Cross-Country Meet 3:30 p.m. (Grade 3 only)
Wednesday, October 6	Parent Teacher Intake Conferences- Early Dismissal @ 1:25 p.m.
Thursday, October 7	Visit from West Vancouver Art Museum @ 10:40 a.m. Parent Teacher Intake Conferences
Monday, October 11	Thanksgiving Holiday-School closed

GOOD NIGHT, SLEEP WELL FOR A BETTER DAY

DID YOU KNOW?

1 in 4 children and teens are **NOT** getting enough sleep!

To **do their best** and be as **healthy** as possible children and teens need **adequate** sleep.



SLEEP GUIDELINES

AGE	SLEEP GUIDELINES
3-6	11-13 hours
7-10	10-11 hours
10-12	9-11 hours
13-18	8-10 hours
Adult	7+ hours

BENEFITS OF ADEQUATE SLEEP

- ★ Better brain (improved memory and concentration)
- ★ Better body (improved energy, stronger heart and weight management)
- ★ Better emotions (happier and more optimistic)

WHAT TO DO?

ELECTRONICS

- Turn electronics OFF at least one hour before going to sleep
- Keep electronics OUT of bedrooms when going to sleep

ENVIRONMENT

- Make bedrooms dark, quiet, and comfortable when sleeping
- Free bedrooms of distractions

EAT AND DRINK

- Eat a healthy and balanced diet
- Avoid caffeine, nicotine and other stimulants

EXERCISE

- Find a fun way to be active for at least 60 minutes per day
- Use active modes of transportation like walking, biking and public transit

EVERY DAY AND EVERY NIGHT

- Have a consistent wake-up time and bedtime (even on weekends)
- Create a homework and study plan
- Establish regular bedtime routines (read a book, take a bath etc.)



Optional Accident Insurance for Families Each year the school district reminds families that they have the option to purchase insurance coverage against accidental injury, unexpected medical expenses and critical illness. One option is *The Family Accident Reimbursement Plan (FARP)* provided by Industrial Alliance. This voluntary plan provides coverage for students and their families against accidental injury, unexpected medical expenses and critical illness. As always, families are encouraged to do their due diligence when choosing a provider. Learn more here: <https://www.solutionsinsurance.com/aonbc> or contact Phone: 1.800.266.5667 Email: solutions@ia.ca

GAME OF APPS - MIDDLE SCHOOL COHORT

Game of Apps is an after-school program where professional software designers and developers teach and mentor students weekly as they are introduced to computer programming. Our goal is to empower students with practical and life skills to help them succeed in 21st century careers.

Middle Years Program Info (1.5 minutes): <https://youtu.be/zhjXNijFzYo>

Website: gameofapps.org

The cost is \$350 per student.

We have a number of Info Sessions scheduled (all listed in our website). The next one is on **Thursday, Sep 30 4:00 PM**. Discounted early bird registrations are due Oct 4.

This is our fifth season and over 500 students, including many from West Vancouver, have benefited from this unique program. We hope that you can join us too. Thank you!

If you have any questions regarding the content of this e-bulletin, please contact Ms. Mendes at nmendes@wvschools.ca

