

WESTCOT WEEKLY



Principal's Message

Dear Westcot Community,

Thank you for an amazing week! Our Terry Fox Run was a huge success — together we've already raised nearly \$800 for cancer research. It was inspiring to see our students showing perseverance, teamwork, and community spirit. This week also celebrated the energy of our Cross Country Team. These opportunities help students develop confidence, skills, and a lifelong love of being active! Good work Tigers!

Ms. Martinez & Ms. Morton

Student Absences

Please Call the Callback Line 604-981-1276. (Not the Office Please) before 8:00 am

As part of the Westcot safety program all students are accounted for each day as either absent or present. A Call Back program is in place to check on students who are absent if no contact with the school has been made. We will continue to carefully monitor all absences and ask that you use this central communication rather than or as well as emailing individual classroom teachers. Parents can help with the overall efficiency of this process by informing the school if your child is going to be absent.

Optional Accident Insurance for Families

West Vancouver Schools reminds families each year that personal injury or accident costs are not covered by the district or its insurance provider. To help protect against expenses from accidental injury, unexpected medical costs, or critical illness, families have the option to purchase voluntary accident insurance plans. A variety of providers offer different levels of coverage, so families are encouraged to review their options carefully and choose a plan that best meets their needs.

Don't Forget!
PRO-D DAY
FRIDAY SEPT. 26
[School Website](#)
[District Website](#)



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HOT LUNCH



Westcot Elementary School

Ordering Opens September 12

Click here

- Tacos on Monday
- White Spot on Tuesday
- Inncognato on Wednesday
- Boston Pizza on Thursday
- Aburi Market on Friday



Opportunity to purchase your WESTCOT Athletic Hoodie.

Thank you WPAC for providing an opportunity to purchase a Westcot Hoodie. Click HERE, login and Go to Fundraising Open to pre-order and make your payment. **Pre-orders** are now open! Don't miss out. Hoodies will be delivered mid-Oct.

Must order before Friday Sept. 26th

DPAC *parent evening with* Dr. Graeme Mitchell

HarnessingHope: Reframing How Our Children See the World

Join us for an evening with Dr. Graeme Mitchell—award-winning educator and global speaker—who is transforming how we raise and teach the next generation.

In his keynote, HarnessingHope, Dr. Mitchell explores how fear-based messages—especially on social media—shape our children's outlook, and how fact-based optimism, storytelling and connection can shift it. Drawing on two decades of classroom experience, he offers parents practical tools to foster confidence, curiosity and hope at home.

Tuesday, September 23

6:30 - 8:00 PM

Location

KAY MEEK THEATRE
1700 MATHERS AVE
WEST VANCOUVER

What You will Gain From This Evening



Understand

Learn how media inputs are shaping your child's mindset and motivation from industry leaders and practical knowledge to the workshop.



Learn

strategies to replace fear with fact and pessimism with possibility.



WEST VANCOUVER SCHOOLS DPAC

[REGISTER HERE](#)



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Parent's Guide to Discord

General Information

Discord is a communication platform that allows users to interact via text, voice and video. It was initially used by gamers but now has spread to many other groups.

13

Discord's own policy states that users must be 13 or older. For a person who is younger than 13 to create a Discord account, they have LIED about their age.

Unfortunately, students as young as 10 and 11 years have gotten caught up in cyber-bullying and inappropriate activities on Discord.

Public & Private Spaces

Discord has PUBLIC spaces (servers) that are available to all. Anything your child posts there can be seen by anyone. PRIVATE spaces are by invitation only.

Livestream

Users can stream live video of themselves on Discord, for others to watch. Whether they are on a PRIVATE or PUBLIC server, this could expose them to people they don't know. By watching other people's livestreams, they could be exposed to information that is inappropriate, violent or sexual in nature.

Did You Know?

In Canada, cyberbullying and child pornography can be criminal offenses. If your child participates in either of these, while using Discord (or other social media), you, as the parent, can be held liable for what they have done, and be prosecuted by law.

Discord at School

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



If your child is under 13

- They SHOULD NOT be using Discord.
- As soon as they enter school grounds, their phone should be put away and not brought out again until they leave school grounds
- Consider holding off on getting them a phone as long as possible and if you do get them a phone, make sure you establish rules and guidelines over its use.

Did you know?

- DM refers to a private discussion with a certain person on Discord.
- GDM refers to a group messaging situation of up to 10 invited people. Be aware that because of the limit, users can end up feeling left out if they are outside of the 10.
- Through Discord, students can end up being exposed to inappropriate content, cyberbullying and unknown contacts.
- Gamers still make up the lions share of Discord participants. Online gaming is one of the main ways predators groom their victims.

If your child has Discord

- Make sure they are old enough to be on it - remember, at least 13!!
- Users are able to BLOCK and REPORT other users who are not following community guidelines. Make sure your child knows how to do this.
- Talk to them about their Discord use on a regular basis - find out what they're doing and who they are communicating with.
- Familiarize yourself with all of the safety settings and features then talk to your child about online safety and your family values and rules.
- Remember, YOU are the adult! If your child is not using Discord safely, you can shut off their data or wifi.

LIGHTS UP MUSICAL THEATRE AFTERSCHOOL AT WESTCOT ELEMENTARY

Sing. Dance. Act. Shine!

At Lights Up Afterschool, your child can experience the joys and benefits of musical theatre by taking part in our afterschool programs led by our talented and experienced Lights Up Musical Theatre Schools' staff. These classes are a unique introduction to our weekend musical theatre programs and provide students with an enriching, rewarding, and most of all, fun afterschool activity right at the bell!

FALL SHOW: BEAUTY AND THE BEAST

This Fall, be our guest with Lights Up's production of "Beauty and the Beast!" With a script crafted specifically for our afterschool program, students will step into a world of magic, beloved music, and enchanted characters!

Students will be supervised from dismissal. No need to pick up your child until 5pm!

Performance on the last day of classes for friends and family!

After School Thursdays

OCT 2 - NOV 27

2:45PM - 5PM

*K-4 students supervised from their dismissal times

GRADES: K to 7

Fee: \$365 (*plus GST)

<https://lightsuptheatre.ca/westcot/>



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WESTCOT

CROSSCOUNTRY

In order to enhance all of our students' physical literacy and to encourage greater pupil participation in our district's cross country meets, practices for this year will be as follows:

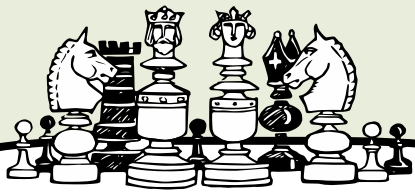
Wednesday: 8:00am-8:30am @ Westcot Elementary
(Sept 17, Sept 24, Oct 1)

Friday: 7:40am-8:15am @ John Lawson Park (seawall)
(Sept 12, Sept 19, Oct 3)

Tuesday 3:45-5:00pm MEETS @ Ambleside (Sept 16, Sept 23, Oct 7th)



Westcot Elementary School



CHESS CLUB WESTCOT LUNCH TIME

STARTING WEDNESDAY SEPTEMBER 24
At LUNCH TIME

FOR GRADE 5 and UP

STUDENTS BRING THEIR LUNCH TO THE
LIBRARY ASAP
TO PLAY CHESS AND RECEIVE
INSTRUCTIONS FROM
A NATIONAL CHESS MASTER CERTIFIED.
ANY LEVELS WELCOME..

FROM Sept. 24 for 8 lunch sessions

FEE: \$64

TO REGISTER, SEND AN EMAIL TO LUC
POITRAS

CHESSINSCHOOL@YAHOO.COM

Join Westcot's Intermediate Choir



Ms. Ng sent home notices for Grade 4-7 students interested in Choir this week. Make sure to check in with your child!

Community Connections & Events



CLICK
HERE



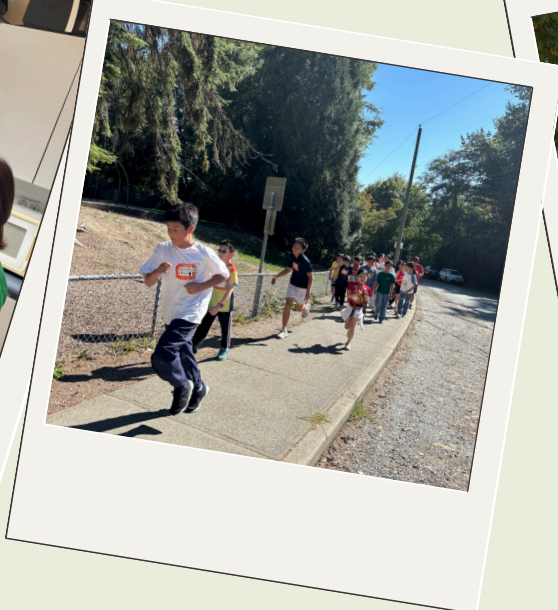
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Westcot HIGHLIGHTS



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Calendar

September	23	DPAC Parent Night with Dr. Graeme Mitchell
	26	District Professional Development Day
	29	Orange Shirt Day
	30	National Day for Truth and Reconciliation (Schools Closed)
October	1	Parent Teacher Interviews 11:30 Dismissal
	2	Parent Teacher Interviews 11:30 Dismissal
	13	Thanksgiving Day Holiday (Schools Closed)
	15	WPAC Meeting 9:30am
	16	Shake Out BC
	23	Photo Retakes
	24	Professional Development Day (students not in session)



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