



OUR VSB

L'ÉCOLE BILINGUE

Friday, October 11, 2024

Evelyn Harcus, Principal
Alice Jungclaus, Vice-Principal
Christopher Wong, Director of Instruction

Newsletter #4



Dear L'École Bilingue families,

As we move through October, we are delighted to share the vibrant and busy learning happening across our school. Our students are deeply engaged in both social-emotional learning and their academic pursuits in language arts and numeracy. It's wonderful to see their enthusiasm and dedication.

Many classes are also exploring the rich themes of fall, such as harvest, corn, and pumpkins. These seasonal topics are bringing a lot of excitement and creativity into our classrooms. Additionally, we are looking forward to our upcoming school-wide assembly later this month. This event will be a fantastic opportunity to come together as a whole school community and strengthen our connections and we are looking to have more school-wide assemblies this year for that purpose.

We have established some excellent routines and systems, including playground leaders and hall monitors, and we are excited to announce that our student council will be starting soon. It's heartening to see so many students eager to get involved and contribute positively to our school environment. Their enthusiasm aligns perfectly with our school Code of Conduct: "I take care of myself, I take care of others, and I take care of my school."

As we approach the long Thanksgiving weekend, we wish you all a restful and enjoyable break. Take this time to relax, spend quality moments with your loved ones, and reflect on all that we are grateful for.

Warm regards,

Evelyn Marcus & Alice Jungclaus



L'École Bilingue School Goal:

We are excited to share our ongoing commitment to fostering a supportive and nurturing environment through our school Code of Conduct/goals of: **"I take care of myself, I take care of others, and I take care of my school."** Central to this goal is our focus on social-emotional regulation, which we are addressing through the **Zones of Regulation** program.

The Zones of Regulation is a comprehensive framework designed to help students understand and manage their emotions. The program categorizes emotions into four colored zones:

- **Blue Zone:** Feelings of sadness, tiredness, or boredom.
- **Green Zone:** Feelings of happiness, calmness, and readiness to learn.
- **Yellow Zone:** Feelings of frustration, anxiety, or excitement.
- **Red Zone:** Feelings of anger, rage, or extreme excitement.

By teaching our students to identify and understand these zones, we empower them to recognize their emotions and develop strategies to return to the Green Zone, where they are best able to learn and interact positively with others.

Implementing the Zones of Regulation program benefits our students by:

- **Enhancing Self-Awareness:** Students learn to identify their emotions and understand the impact on their behavior.

- **Building Emotional Resilience:** Students develop coping strategies to manage their emotions effectively.
- **Improving Social Skills:** Students learn to communicate their feelings and needs appropriately, fostering better relationships with peers and teachers.
- **Supporting Academic Success:** With improved emotional regulation, students are better equipped to focus on their academic tasks.

We believe that without a strong foundation in social-emotional learning, students cannot fully engage in academic learning. By prioritizing emotional regulation, we are ensuring that our students are not only academically prepared but also emotionally resilient and socially responsible.

Thank you for your continued support in helping us achieve our school goal.

Please feel free to check out the following link to learn more about the Zones of Regulation program and feel free to use the language at home to support our school learning.

[Zones of Regulation Parent Presentation \(gsacrd.ab.ca\)](https://gsacrd.ab.ca)

COUNSELLOR'S CORNER

Hello L'École Bilingue Parents/Guardians:

I wanted to introduce myself. I am Nancy, the school counsellor. I am a counsellor at three schools, and I am at L'École Bilingue alternating Mondays, every Wednesday and every Friday. Here is a mental health resource I'd love to share with you:

Kelty Mental Health Resource Center is a community and online resource that supports families in navigating the mental health system in B.C. The website helps families find support (referral process and access to parent peer support workers). If families need a translator at the medical appointments, they are free. The website has valuable information on healthy living, challenges and disorders, substance abuse, medications and therapy, and an online resource library. There are multi-language resources for mental health information, translated medical sheets and translated types of therapy on the website. Accessibility is great. There are events, webinars, podcasts and even an app for youth, called 'Breathr,' to help practice mindfulness. There are phone lines on the website to help families with children/youth who are having mental health or substance use crisis. <https://keltymentalhealth.ca>

If you have any questions, feel free to contact me at nchong@vsb.bc.ca.

With warmth,
Nancy Chong, Counsellor

FORMS

Please complete the Student Verification form (pink) and Emergency Reunification form (yellow) and return them to your classroom teacher as soon as possible, as we require this important information.

Thank you also for completing the on-line forms.

Should you have any questions regarding these forms, do not hesitate to contact Mme Christine in the office.

FEES

The Vancouver School Board offers the service of purchasing basic school supplies in bulk at wholesale prices and passing the cost savings on to families. The School Supply Fee for 2024-2025 is **\$35.00** per student. This fee covers basic consumable school supplies used for students' personal use such as paper, writing tools, glue sticks, erasers, exercise books and art supplies. Supplies are provided for the full year.

Some divisions will be using agendas this year. Your classroom teacher will inform you if your class will be using agendas. The fee for the agenda this year is \$9.00.

The school fee and agenda fee if applicable, have been added to your SchoolCashOnline account. For technical support paying the fees on-line, please contact Mme Christine in the office. If you require financial support, please contact the Principal at eharcus@vsb.bc.ca.

SAFE ARRIVAL

If your child will be **absent from school** or **arriving late**, please inform the office by contacting the Safe Arrival line before 9am:

Safe Arrival phone: 604-713-4585

Safe Arrival email: lec-safearrival@vsb.bc.ca

Please note that telling the classroom teacher is not sufficient, as a teacher may be away, and the office will not receive the information.

Also please note that the L'École Bilingue voicemail is not checked in a timely manner due to the busy nature of the office; please leave any time sensitive messages on the Safe Arrival phone line.

PARKING LOT SAFETY

Please do not walk through our staff parking lot when arriving or leaving school grounds. This is requested for everyone's safety! Please note that the staff parking lot is NOT open for drop-off or pick-up. We thank you for your cooperation in keeping all of our students safe.

BIKES

On most days our bike racks are full as many of our staff and students bike to school. It is indeed a wonderful way to start and finish the school day, with exercise! Unfortunately, we have had one report of a bike being damaged this year and unfortunately, the school cannot be held responsible. However, please know that all students are reminded on a regular basis (announcements) not to touch the bikes during school time, especially if it doesn't belong to them. Also, we have supervision aides and support staff outside supporting student safety and well-being and can and have provided additional reminders. Thank you for your understanding.

PERSONAL DEVICES

Dear Families,

We would like to remind you that personal devices, including cell phones, tablets, smart watches, and similar items, should not be accessed during school hours. This policy is in line with the BC government's mandate to ensure the safety and well-being of all students. It is also a part of our school code of conduct (please refer to first few information pages in the student agenda).

We appreciate your support in helping us maintain a focused and secure learning environment for our children.

Thank you for your cooperation.

DRESS FOR THE WEATHER

It looks like the rainy weather upon us! Students are expected to be outside during our two recesses, therefore, please ensure that your child is coming to school dressed to play outside in the rain. Sending a change of clothes is a good idea.

ILLNESS

A friendly reminder to keep your child at home if they are not feeling well. Staff will continue to remind students to wash their hands regularly and to cough or sneeze into their elbow in an effort to minimize the spread of germs.

PAC NEWS

SUSHI LUNCH NEEDS VOLUNTEERS:

Sushi hot lunch needs amazing volunteers like you! Please sign up for a short 30-60 minute shift on Tuesdays to help out. Thanks again for your patience and understanding as we get sushi up and running for the 2024/2025 school year.

Here's how signing up works in 3 easy steps:

- 1) Click this link to see our **SignUp**: <https://signup.com/go/tQpmqCd>
- 2) Review the options listed and choose the spot(s) you like.
- 3) Sign up! It's Easy - you will NOT need to register an account or keep a password on SignUp.

Note: SignUp does not share your email address with anyone. If you prefer not to use your email address, please contact Karla at sushi@lebpac.ca and I can sign you up manually.

IMPORTANT DATES

Monday October 14th – Thanksgiving Day – No school

Tuesday October 15th – Photo Day

Wednesday October 23rd and Thursday October 24th – Early Dismissal at 2:00pm for informal Learning Updates – more information to come from classroom teachers

October 23rd & 24th – Book Fair takes place in the gym

Friday October 25th – Professional Development Day – No school for students