



OUR VSB

L'ÉCOLE BILINGUE

Friday, November 1, 2024

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

Newsletter #5

Dear L'École Bilingue families,

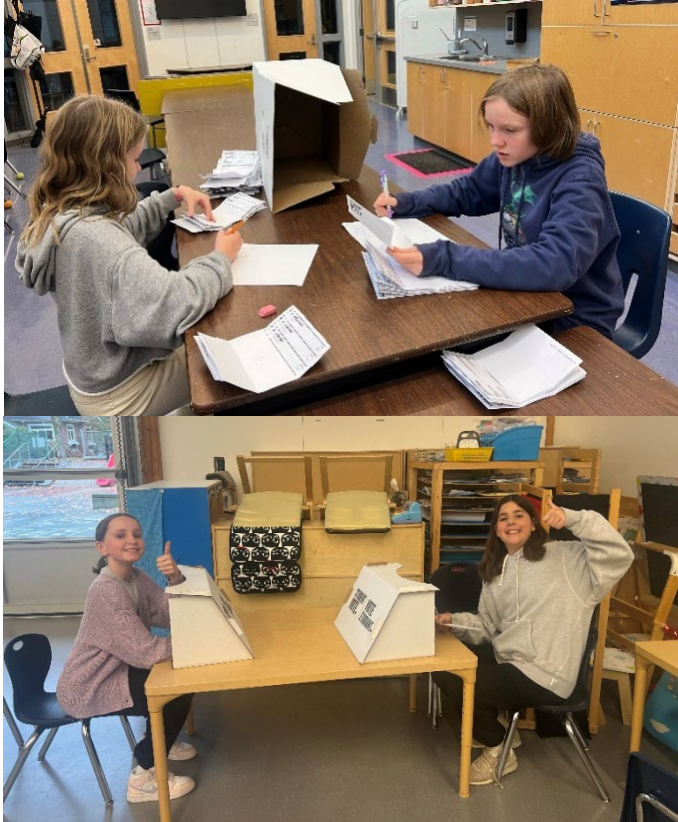
We hope everyone enjoyed a fun-filled Halloween night and are looking forward to the weekend ahead and the extra hour of sleep to be enjoyed with the Daylight savings time change.

October has indeed been a busy month. On the 22nd, our cross-country runners participated with other VSB students in the district-wide cross country meet which culminated this team's season. It was wonderful to see so many students participating on the cross-country running team this year. Thank you to M. Abheeru for coordinating this team and thank you to Mme. Janine and Mme. Catherine for helping to support at practices and mini meets. We are now moving into the volleyball season and are looking forward to both junior and senior teams 'bumping' off their season starting next week. Bonne chance à toutes les équipes! (Good luck to all the teams!)



Among this month's many fieldtrips, a number of intermediate students attended the Vancouver Writers Fest last week and had a wonderful time! A highlight was hearing about the adventures of *Impossible Creatures* author Katherine Rundell, which have included tightrope walking and eating piranhas.

Our intermediate students also had the exciting opportunity to participate in the CIVIX Student Vote program, which provided a hands-on learning experience about the electoral process in British Columbia. Through this initiative, students gained valuable insights into how elections work, the importance of voting and the impact of their choices.



On Wednesday evening the PAC and with the help of grade seven parents put on a spooky night of haunt for our annual Halloween Haunt event. The grade sevens worked hard in making creations to support the haunted house hosted in the multipurpose room and with the theme of 'haunted Costco'. Thank you to all of the parents who volunteered their time to help support this event. It was a night of spooktacular fun!



Wishing you a wonderful month of November.

Warm regards,

Evelyn Harcus, Principal & Alice Jungclaus, Vice-Principal



PHOTO RETAKES

Photo retakes will take place on Thursday November 7th starting at 1pm.

Edge Imaging will be back on November 7th for photo re-takes. Students who were absent on the original photo day or families wishing for their child to have a re-take are asked to come prepared on November 7th.

Please complete the attached retake-permission slip and send it with your child by November 6th. Thank you!

Volleyball/Ballon volant 2024

For those students who have signed up and are on the volleyball team, here is the schedule:

	Monday	Tuesday	Wednesday	Thursday	Friday
Before school	Grade 7 boys	Grade 7 girls	Grade 5/6 girls	Grade 5/6 girls	Grade 7 boys
Lunchtime	Grade 5/6 boys	Grade 5/6 boys	Grade 7 girls		
After school	Games: Grade 5/6 boys @ Cavell	Games: Grade 5/6 girls @ Shaughnessy	Games: Grade 7 boys @ Fraser	Games: Grade 7 girls @ Cavell	

Please see M. Abheeru if you have any questions. Thank you!

BEAVER COMPUTING CHALLENGE

Around 40 students have now registered for the Beaver Computing Challenge. We have one more practice on November 6th, and the contest will be written on November 13th. Students who will be absent on the 13th will be writing separately on November 6th. If you are interested in learning more, please visit: <https://cemc.uwaterloo.ca/contests/bcc>.

Any students wishing to join can come see Mme. Alison.

COUNSELLOR'S CORNER

Breathing Technique for Stress Relief

Dear Parents,

We want to share a simple breathing technique that can help students manage stress and calm their nervous system. It's called "4-6-8 breathing": breathe in through the nose for 4 seconds, hold the breath for 6 seconds, and slowly exhale through the mouth for 8 seconds.

This technique helps activate the parasympathetic nervous system, which is responsible for the body's "rest and digest" response. By slowing the breath and elongating the exhale, we can lower heart rate, reduce cortisol levels, and promote a sense of relaxation. Encouraging your child to practice this breathing exercise during moments of stress can have a positive impact on their mood and focus.

Warm regards,
Nancy Chong, School Counselor

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 provide your child's FIRST AND LAST NAME, DIVISION/TEACHER, DATE and REASON FOR THE ABSENCE. 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.

Early Kindergarten Registration – begins November 1st, 2024.

Please visit the VSB Website for all the relevant information. [VSB Priority Kindergarten Registration](#)

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

A huge thank you to all parents who helped make our Halloween Haunt event successful again! We appreciate all who participated in this wonderful community-building event. And thank you to the Grade 7 students and teachers for their hard work and leadership with the very scary haunted house!

We would like to congratulate Owen Chan in division 3 for being this year's winner for the Halloween Haunt trophy! His name will be engraved on the trophy that is kept in the school's display case for years to come. We would also like to congratulate our raffle prize winners! We kindly had various toys, day passes, and gift cards donated from The Hive Heights/The Hive Boulderling Gym, The Adventure Zone, Dilly Dally Toy Store, The Granville Island Toy Company, Kaboodles Toy Store, Kozy Kermodes/The Shoe Box.

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.

PLEASE NOTE:

**the PAC meeting on Monday, November 6th at 6pm
has been postponed
to Wednesday, November 13th at 6pm.**

Looking forward to seeing you there

IMPORTANT DATES

Friday, November 1st – Kindergarten registration opens

Thursday, November 7th – Photo retakes at 1pm

Monday November 11 – Remembrance Day – No school

Friday November 22nd – Professional Development Day – No school for students

