



OUR VSB

# L'ÉCOLE BILINGUE

Tuesday May 20, 2025

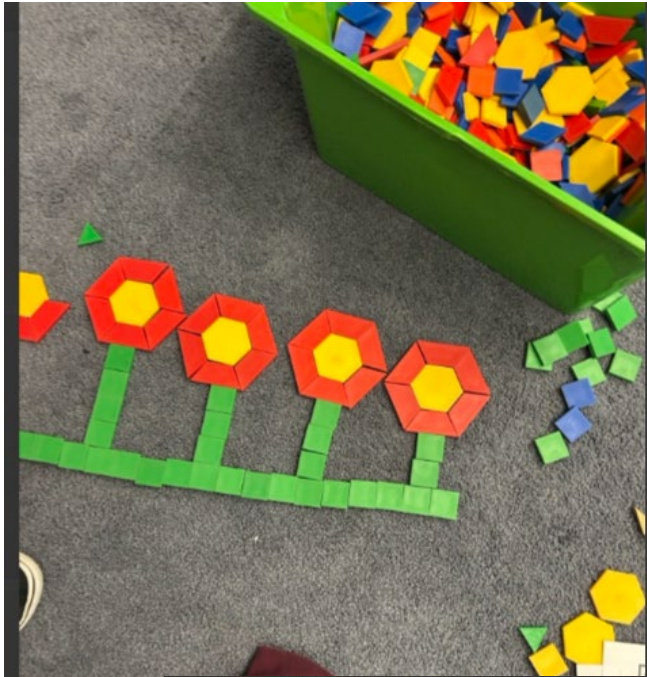
Evelyn Harcus, Principal  
Alice Jungclaus, Vice-Principal  
Christopher Wong, Director of Instruction

## Newsletter #16

Dear L'École Bilingue families,

We have some beautiful images to share that exemplify the ongoing learning activities that the students have been engaged in this third term. Earth Bites programming – growing radishes and making snacks, math learning – geometry and field studies too. Please enjoy!





As we enter the final six weeks of the school year, we've observed that many students are beginning to lose focus. We kindly encourage families to engage in regular check-ins with their children about their academic experiences and progress. Your support and encouragement at home can make a meaningful difference in helping them stay motivated and committed to their learning journey.

Warm regards,

Evelyn Harcus, Principal & Alice Jungclaus, Vice-Principal



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## CLASS PLACEMENT INPUT

During the month of June, staff will be working on our organization and class placements for next year. Teachers will be meeting to create class lists for September 2025. Should you have any critical information that needs to be shared about your child and their placement, please contact Mme. Marcus at [eharcus@vsb.bc.ca](mailto:eharcus@vsb.bc.ca). Please note that if your email contains a request for a specific teacher or about a combination/split class, we will not be able to accommodate your request. We ask parents to respect teachers' professional judgement when placing your child in the next grade. Please know that when teachers are doing class placements, teachers take into account student friend preferences and if a student has already been in a combined class previously. Please see the following link for more information about combined classes in the VSB. Merci!

[Combined \(split\) classes](#)

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## 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.

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## COUNSELLOR'S CORNER

As summer approaches, it's a great time to recharge, play, and connect as a family. It's also an opportunity to nurture important social-emotional skills—like empathy, emotional regulation, flexibility, and confidence—in natural, low-pressure ways. Below are ideas and local resources to support your child's mental well-being during the summer months.

### Top Tips for Summer Mental Wellness

1. **Keep a Rhythm, Not a Rigidity**  
Children thrive on predictability—use visual schedules or daily routines with lots of flexibility for fun and rest.
2. **Practice the “Power of Pause”**  
Build in quiet time each day for reading, reflection, drawing, or mindfulness—time to slow down is essential for emotional balance.
3. **Play to Build Skills**  
Board games, outdoor games, and unstructured play build frustration tolerance, teamwork, and flexible thinking.

#### 4. **Focus on Connection Over Perfection**

Slow summer days are a great time to strengthen bonds—picnics, tech-free dinners, or 10-minute check-ins build trust and safety.

#### 5. **Name Emotions to Tame Emotions**

Use daily feelings check-ins (with a feelings chart or emojis) to build emotional awareness and vocabulary.

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### **Recommended Activities & Resources**

(These are all local, accessible, and aligned with SEL)

#### **Mindfulness & Emotional Regulation:**

- **Mindful Moments with ArtStarts (Free):** <https://artstarts.com/events>  
Short, creative mindfulness sessions for families.
- **Smiling Mind App:** Free app with guided meditation for kids.

#### **Creative Self-Expression:**

- **Vancouver Public Library Summer Reading Club:** <https://vpl.ca>  
Offers themed reading, activity trackers, and booklists for different ages.
- **Place des Arts (Coquitlam):** Affordable art, music, and dance camps with a focus on expression and confidence-building.

#### **Low-Cost Summer Camps & Drop-Ins:**

- **City of Vancouver Summer Camps** – check out your local community centre. Here is the link for Douglas Park Community Centre and their summer camp offerings: [Children • Douglas Park Community Centre](#)
- Many camps integrate teamwork, social skills, and confidence-building through play.

#### **Family Mental Health Support:**

- **Kelty Mental Health Resource Centre:** <https://keltymentalhealth.ca>  
Parent-friendly information and free workshops on anxiety, emotional regulation, and more.
  - **FamilySmart:** <https://familysmart.ca>  
Peer support for parents and youth navigating mental health challenges.
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### **End-of-Year Conversation Starters for Families**

(Encourage reflection + transition prep)

- “What are you most proud of this year?”
- “What was something hard that you handled well?”

- "What are you curious to try next year?"
- "How can we take care of our feelings this summer?"

Warm regards,  
Nancy Chong  
School Counselor

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## 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](mailto: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.

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## HEADLICE

Please be advised that there have been some cases of headlice that have been reported to the office. If your child is in a class where headlice has been reported, then you will receive specific notification.

Please be reminded that headlice is not a medical condition and is quite common in elementary-aged children. We realize it can be an inconvenience to treat, so here are some tips in helping to mitigate:

- Tie up long hair
- Add 10-15 drops of tea tree oil to your family's shampoo bottles (the scent repels lice)
- Remind your child to be mindful in **reducing head-to-head contact** (this is the **ONLY** way headlice is spread)

As a precaution, check your child's hair regularly, particularly behind the ears and around the base of the neck.

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## SABBATICALS

For those considering a sabbatical or long-term trip later this year or during the 2025/26 school year, please review the VSB Administrative Procedures regarding sabbaticals.

September is a crucial month for all schools as we finalize enrollment and ensure accurate communication of our numbers to the provincial government. This helps us secure the correct funding based on our enrollment figures. If you plan to be away during September, please make sure to speak with Mme Harcus.

Merci!

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## IMPORTANT DATES

**Friday June 13 – Sports Day**

**Monday June 25 – Summary of Learning report goes home**

**Thursday June 26 – Last day of school for students**

## PAC NEWS

### Snack Shack

Now that Spring is in full swing, we are happy to announce that the PAC will be running a couple Snack Snack days with popcorn and MaxFrut popsicle sales! We will be set up after school (during School Streets). Advance orders can be made on Munchalunch, or cash sales day-of.

#### WHEN:

Friday, May 30th

Friday, June 6th

#### WHAT:

Popcorn: \$2

MaxFrut frozen bars (various flavours) \$3

**HOW:**

Orders can be made on [Munchalunch](#), and will close on TUESDAY, May 20th at MIDNIGHT. Cash sales will also be available on the day.

**SOUND LIKE FUN?**

Let us know if you'd like to help out distributing! The time commitment would be starting at 2:45 until around 3:30pm. Email: [heatherabradbury@gmail.com](mailto:heatherabradbury@gmail.com) if you are interested.

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**School Streets**

Reminder that School Streets will be happening this year from May 26 to June 6.

**What to Expect**

In partnership with the City of Vancouver and VSB to encourage biking and walking to school, the street in front of the school will be closed to car traffic to make space for bikes and students. Please note that the Wednesday Play Streets will be happening on the gravel field this year (instead of 14th avenue). Play Streets is a chance to enjoy the outdoors and be active!

**How to Get Involved**

Please sign up for one (or more!) shifts. Details on what is involved can be found via [this link](#).

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**Bike to School Week**

Bike to School week returns to Metro Vancouver from June 2 to 6! This is an annual celebration where we encourage students of all ages to bike, walk, or roll to school.

**What to Expect**

This year, we will be providing daily morning snacks for students that travel to school actively (bike, walk, scoot, etc.). There will be a parent volunteer set up each day on the W. 14th Ave side of the school (while it is closed for School Streets!) As well as receiving a snack, they will also get a raffle entry for one of three prizes that will be drawn on Friday, and a sticker to place on the tracker poster in the school's foyer.

**Interested In Helping?**

We are looking for a parent volunteer for Tuesday morning (June 3) to distribute snacks, raffle entries, and stickers.

We are also seeking parent volunteer(s) to lead the "[bike bus](#)"! As an example, we had a group last start near Douglas Park, but could from wherever you think!

Please email [heatherabradbury@gmail.com](mailto:heatherabradbury@gmail.com) if you are interested or would like further details.