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L'ÉCOLE BILINGUE

Friday November 14, 2025

Newsletter #6

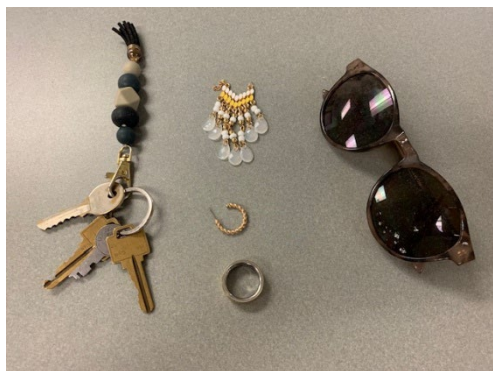
Dear LEB Families,

As the rainy season settles in, we're seeing lots of puddles and soggy socks! Please help your child stay warm and dry by sending them to school with weather-ready gear—**rain jackets and boots** are great choices.

It's also super helpful to pack a **spare pair of socks or pants** in their backpack, just in case they get caught in a surprise downpour or have a little too much fun with the rainwater. A quick change can make all the difference in keeping kids cozy and focused for the rest of the day.



Speaking of gear... our **Lost and Found** is overflowing with jackets, hoodies, water bottles, and more! If your child is missing something, please swing by and take a look. And as always, **labelling items** makes it much easier for us to reunite them with their owners.



In this edition of the LEB newsletter, we're excited to spotlight our partnership with **Earthbites**! You may have noticed a school cash item pop up and wondered what Earthbites is all about—

The EarthBites' School Program is a year-round educational initiative that collaborates closely with schools to enhance student learning through garden-based experiences. The program features weekly visits from EarthBites facilitators,





four seasonal workshops per class, and the option to host up to three student-led after-school markets to support garden operations. It provides full garden maintenance support, ensuring vibrant outdoor learning environments, and aligns with BC curriculum goals and at L'École Bilingue, our Earthbites programming is all in French.

This season's workshops will take place **indoors**, but if the weather cooperates, instructors will move programming outside for the **Science Seed Experiment** in the garden!

Here's what's in store this winter:

Science Seed Experiments: engaging, hands-on science activities exploring how seeds grow and disperse.

Rainbow Garden Tortillas: a fun and colourful cooking activity that connects food, science, and garden learning.

Please check out the two following two infographics which share:

- 1) Earthbites year at a glance school programming AND
- 2) A seasonal Rainbow Garden Tortilla recipe- a recipe you can replicate at home with your child and engage in chatter about what they're learning with their teacher and Earthbites.



In future LEB Newsletters, we'll be sure to share other Earthbites recipes – so please stay tuned!

Warm regards,
Evelyn Marcus, Principal & Louise Plante, Vice-Principal

A Year With EarthBites

Throughout the year, EarthBites facilitates a range of seasonal activities with students, including growing and harvesting food, creating simple snacks, and exploring the garden habitat. Each visit offers hands-on experiences tailored to the season, from planting and caring for square-foot gardens to harvesting and enjoying the bounty through classroom feasts.

Fall Gardens Sept/Oct

Experience the autumn harvest as students gather veggies and herbs, prepare garden beds for winter, and enjoy making a seasonal snack.

Harvest fall veggies and herbs.

Practice garden techniques such as:

- Amending beds
- Planting winter greens and garlic
- Preparing beds for winter

Connect to the season by creating a simple nutritious snack.

Winter Gardens Nov/Dec/Jan

Explore winter-friendly growing techniques and garden crafts.

Finish preparing beds for winter.

Practice garden techniques such as:

- Propagating perennial plants for spring planting
- Growing foods indoors
- Learning simple crafts with garden materials

Connect to the season by creating a simple nutritious snack.

Spring Gardens Feb/Mar/Apr

Welcome spring by harvesting greens and preparing the gardens for summer planting amending soil, harvesting early greens, and planting a diverse garden full of life, from pollinators to a variety of edible plants.

Harvest winter greens.

Practice garden techniques such as:

- Amending beds with compost tea
- Planning and planting a diverse square-foot garden
- Caring for Spring veggies

Connect to the season by creating a simple nutritious snack.

Summer Gardens May/June

Celebrate the summer season with a bountiful harvest, creating feasts from the garden's yield and planting a vibrant mix of summer crops.

Practice garden techniques such as:

- Watering seedlings and established crops
- Identifying and removing weeds
- Thinning crops
- Caring for climbing crops
- Harvesting and preserving herbs, flowers, and vegetables
- Caring for your garden space

Plant a square-foot summer garden - with veggies such as beans, zucchini, beets,

GARDEN RAINBOW TORTILLA

Ingredients

- 1 can chickpeas, drained
- 1 cup fresh spinach (loosely packed)
- 1 clove garlic
- ¼ teaspoon salt
- Juice of 1 lemon
- 2 tablespoons olive oil
- dash ground cumin
- dash paprika
- 1-2 Carrots, 1 red beet
- 15 Corn tortillas

Directions

- In a food processor, blend chickpeas, spinach, garlic, salt, lemon juice, olive oil, cumin, and paprika
- Taste and adjust seasoning
- Prepare the toppings: Shred carrots and beets
- Assemble ½ wraps: Warm tortillas briefly
- Spread about 1 teaspoon of hummus on each half-tortilla
- Sprinkle a small pinch of shredded carrots and beets on top
- Enjoy!

Nutrition Facts

- **Chickpeas** - Give you power and strength with protein and fibre
- **Spinach** - Fuels your blood and body so you can run, jump, and think your best!
- **Olive Oil** - A healthy fat that keeps your heart and brain happy.
- **Lemon Juice** - The Vitamin C helps your body fight germs and absorb iron from spinach.
- **Garlic** - Adds flavour and helps your body stay strong and healthy inside.
- **Corn Tortilla** - Gives your body fuel for play and learning with whole grains and fibre.
- **Carrots** - Packed with vitamin A to help you see in the dark and keep your skin glowing.
- **Beets** - Full of colourful nutrients that keep your heart and blood strong.

Fun Facts

- **Carrots** were originally purple and yellow, not orange. The orange kind was developed in the Netherlands to honour the royal family.
- **Lemons** float in water - but limes sink!
- **Olive trees** can live for over 1,000 years! Olive oil is made by simply pressing olives (no chemicals needed). *The ancient Greeks called olive oil "liquid gold"*
- **Corn** is actually a grass seed that grew wild in Mexico over 9,000 years ago! Every corn kernel can grow into a new corn plant if it's planted. *Tortilla means "little cake"*

Photo Retakes

If you missed individual student photo re-takes at L'École Bilingue, you can book for the in-studio retake day scheduled for **Saturday, November 22nd at 15 Victoria Drive** in Vancouver. Please use the following link to make your booking: [Book Your Appointment](#)

Halloween Candy Donation

Thank you for your Halloween candy donations! We'll continue accepting donations until end of day Monday, November 17. Please drop them off in the office—there's a collection box under the table. All donated candy will support two organizations:

- Vancouver Coastal Health – Mental Health & Substance Use Program
- Salvation Army Harbour Light Centre on the Downtown Eastside

Counsellor's Corner

Hello L'École Bilingue Families and Welcome to Counsellor's Corner!

I asked a class this morning how they were doing, and the resounding answer was "tired!" I think we can all relate to that. The days are getting shorter and darker, it's wet and rainy, and there is so much illness going around. Plus, we are moving towards the busy holiday season with all its obligations. Here are some tips for staying well during this time:

1. Normalize the November Slump
 - It's normal to feel tired or low-energy this time of year.

- Practice self-compassion and allow slower pace.
2. Light & Movement
 - Open blinds early and step outside for 10 minutes.
 - Short walks or family movement breaks boost mood.
 3. Keep Routines Predictable
 - Stick to regular bedtimes and mealtimes.
 - Use visual calendars for school and holiday events.
 4. Mini Moments of Joy
 - Plan small joys: cocoa nights, board games, reading together.
 - Try gratitude rituals like sharing one good thing at dinner.
 5. Manage Holiday Pressure
 - It's okay to say no to extra commitments.
 - Create a family Top 3 list for holiday priorities.
 6. Watch for Emotional Signs
 - Look for irritability, withdrawal, or school avoidance.
 - Reach out for support if stress signs persist.
 7. Model Calm & Connection
 - Take micro-breaks for yourself.
 - Even 5 minutes of deep breathing can reset the tone.

I hope this is helpful! There is a lot going on this time of year, so take time to look after yourself. You've got this!

Warmly,
Laura Robertson, School Counsellor

Kindergarten registration for children born in 2021 began on November 1

All kindergarten applicants are required to complete an online application for their English catchment elementary school. This includes families who wish to apply for District Choice programs (Early French Immersion, Montessori, Indigenous Focus School, Early Mandarin Bilingual, Nootka Fine Arts) and/ or make a cross boundary application to attend a non-catchment school.

The priority registration period for kindergarten opens on **November 1 and closes on January 31**. Students who submit an online application within this priority period will be accommodated before late applicants.



Applying for kindergarten is a **2-step process**:

Step 1: Online Application (ApplyNow)

- Completion of an online application (<https://applynow.vsb.bc.ca/>) for the school year **2026-27**

Step 2: Verification of documentation

- After applying, you will receive instructions on how to schedule your in-person appointment.
- Bring supporting documentation during your scheduled appointment for verification.

Supporting Documents Needed:

1. Proof of residence in Vancouver
2. Child's birth certificate
3. Immigration documentation (if applicable)
4. Immunization records
5. Court orders/documents (if applicable)

If you want to apply for a District Choice Program or cross boundary, you must **first apply to your English catchment elementary school**. District Choice Programs and Cross Boundary applications will begin to be accepted in early 2026. For more information, go to: govsb.ca/kchoice and govsb.ca/crossboundary

VSb After the Bell: LIVE

To support families with clear information about learning updates, we are hosting a special live episode of our podcast, [VSb: After the Bell](#). You'll hear from experienced educators who will discuss what learning updates communicate, how the B.C. proficiency scale is used for assessment and how to support your child's learning. The team will answer common questions about curriculum, assessment and student progress.

VSb After the Bell: Live - Topic: Learning Updates

Date: Nov. 19, 2025, from 6:00 p.m. - 7:00 p.m.

Who:

- Jiana Chow, After the Bell Host
- Ranjit Bains, Director of Instruction, Secondary
- Shannon Burton, Director of Instruction, Elementary
- Suzie Polzin, District Principal of Learning Instruction

Have questions? Ask ahead of time to get them answered live. Submit your questions by emailing them to engage@vsb.bc.ca

Repeat message: School Goals at L'École Bilingue

This year, one of our key priorities at L'École Bilingue is to deepen our focus on **social-emotional learning (SEL)**. Our students are actively developing their **self-regulation skills**, learning to navigate emotions such as anxiety, worry, sadness, and over-excitement. These skills are essential as they manage friendship dynamics, classroom interactions, and the overall rhythm of the school day.

In addition to self-regulation, we are supporting students in building **executive functioning skills**— Executive functioning refers to a set of mental skills that help students manage their thoughts, actions, and emotions to achieve goals. This includes planning, organization, cognitive flexibility and inhibitory control—which are foundational for lifelong learning and well-being. Our commitment to SEL is part of a broader set of school goals, which also include enhancing **numeracy and literacy outcomes**, and deepening our engagement with **Indigenous ways of knowing and being** as we continue our journey toward reconciliation. These goals align with the **Vancouver School Board's Education Plan** and reflect the needs and strengths of our diverse student population.

To learn more about the SEL framework we use, please explore the information below about **CASEL** (Collaborative for Academic, Social, and Emotional Learning). This model highlights the interconnected components of social-emotional development and emphasizes the importance of collaboration between schools, families, and communities.



Collaborative for Academic, Social and Emotional Learning (CASEL)

<https://casel.org/parent-resources/>

According to CASEL, social and emotional learning starts at home. Parents and families are critical partners in helping their children develop social and emotional know-how. They can model the kinds of skills, attitudes, and behaviors we want all students to master. And they can be important advocates for SEL at school. The following resources support your child's social and emotional well-being.

Building SEL Skills at Home - Edutopia

<https://www.edutopia.org/social-emotional-learning-parent-resources>

There are many ways parents can encourage emotionally intelligent behavior in their children. Check out this guide to resources for learning more about character development.

Sports Equipment and Exploration materials - Donations Welcome

We continue to seek donations of **new or used sports equipment** to support active play during recess. Items such as **soccer balls, basketballs, skipping ropes, frisbees**, and **exploration materials** (e.g., magnifying glasses, buckets, and shovels) are all greatly appreciated.

These contributions help keep our students engaged, active, and curious during outdoor time. If you have items to donate, please drop them off at the school office. Thank you for your generosity and support!

Important Safety and Parking Reminders for Families

To help ensure the safety of our students and support smooth traffic flow around the school, please take note of the following reminders:

- **Staff Parking Lot Use**
 - The school parking lot located at the corner of Alder Street and 14th Avenue is for **staff use only during school hours**.
 - For safety reasons, **please do not ride bikes or walk through the parking lot**.
 - Parents and guardians are asked to **park on the street** if they wish to escort their children to or from school.
- **Safe Routes and Traffic Flow**
 - We encourage families to **move in a clockwise direction** around the school to help ease congestion and improve traffic flow.
- **Student Safety Patrol at 15th Avenue Crosswalk**
 - We now have **student safety patrols stationed at the 15th Avenue crosswalk** to assist students and families in crossing the street safely.
 - Please follow their guidance and use the designated crosswalk to ensure everyone's safety.

Thank you for your cooperation in keeping our school community safe!

Cold & Flu Season Reminder

As we enter cold and flu season, we ask that families keep children home if they are feeling unwell, especially if they have a **fever, persistent cough**, or **excessive nasal congestion**, as these symptoms can be highly contagious.

Your help in keeping our school community healthy is greatly appreciated.

LEB PAC NEWS

PAC Updates - Subscribe!

The school newsletter shares official school information only. Updates from the LEB Parent Advisory Council (PAC) - such as early notice of lunch and after-school programs, PAC-led events and initiatives, volunteer and fundraising opportunities, and how PAC funds support LEB students come through the PAC bi-weekly newsletter.

Subscribe at <https://lebpac.ca/newsletter> so you don't miss out on important updates. Join other LEB families and stay in the loop. Questions? Contact the PAC at hello@lebpac.ca.

Important Dates:

Friday November 21 – Pro-D Day - **No school for students**

Tuesday December 16 – Term 1 Communicating Student Learning Reports go home

Friday December 19 - Last day of school before winter break