



Evelyn Marcus, Principal
Louise Plante, Vice-Principal
Christopher Wong, Director of Instruction

L'ÉCOLE BILINGUE

Friday November 28, 2025

Newsletter #7

Dear LEB Families,

A few parents have approached me to inquire about information about screen time and the effects on well-being and I'd like to direct families to a resource that you may find interesting and helpful: [Welcome to MediaSmarts | MediaSmarts](#)

Below I've shared a screen shot of the page about screen time and well-being. Every family is different in their systems and routines and this is just information to share for thought. In the springtime next year the VSB is putting together another on-line learning opportunity for families around this same topic.



Screen time and well-being - Fact Sheet



Digital Health, Internet & Mobile

Tip Sheet

[Screen time and well-being - Fact Sheet](#)

What the research says: Screen use can be positive or negative

"Digital technology can have both positive and negative effects on child well-being, depending on the activity and how much time is spent."^[1]

- Very high levels of screen time are connected to poor mental well-being
- Very *low* levels are as well
- There's a large middle ground with no direct connection to well-being ^[2]

"Screen time" is important... but not as important as what kids *do* with their screens:

- Video games can challenge minds, helping kids develop friendships and build their identities ^[3]
- Social networks can help teens build a wider circle of friends and deepen existing friendships ^[4]
- Social networks and video-chatting can help teens keep in touch with distant friends or family ^[5]
- The Internet can be used to explore news interests, connect with peers and mentors, and give and get feedback on creative projects ^[6]

What the research says: Screen use can hurt mental wellness

Screen time has the biggest direct impact on sleep:

- 29% of teen cellphone owners are often awakened by notifications ^[7]
- this means both *less* sleep and *worse* sleep, which can have effects on general mental wellness and on brain development ^[8]

Screen use can cause kids to have negative *experiences* that harm mental wellness, like:

- cyberbullying ^[9]
- unhealthy body image perceptions ^[10]

Using screens can also make it harder for kids to manage their emotions:

- digital communication doesn't provide emotional cues like facial expression and tone of voice
- kids sometimes use digital media to escape unpleasant situations

As the days are shorter with less daylight at this time of year, we hope you are keeping well, still getting your share of fresh air and physical activity and taking some time for yourself.

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

Extended Absences

At this time of year, some families choose to extend the winter break by adding extra vacation days. While we value family time and understand that some students may be traveling to visit relatives, we want to emphasize the importance of regular school attendance—not only for academic progress but also for maintaining social connections.

If you are planning an extended absence, please contact Mme Harcus as soon as possible. There are specific procedures for extended absences, and please note that students who miss **20 consecutive school days** may be withdrawn from enrollment.

For more information, please refer to the VSB Administrative Procedures.
[ap_300_admission_to_school.9be67c14473.pdf](#)

Volunteering at LEB: Volunteer conduct agreement and CRC

Thinking about volunteering at L'École Bilingue this year?

Whether you plan to coach a team or help supervise a field trip, please ensure you complete both a **Volunteer Conduct Agreement** and a **Criminal Record Check** well in advance.

Criminal Record Checks are free of charge. Using the link and user code provided below, your clearance letter will be sent directly to Mme Harcus and kept on file at L'École Bilingue for the full five-year validity period.

Volunteer Conduct Agreements are valid for one year and must be renewed annually.

Criminal Record Check CRC: <https://justice.gov.bc.ca/screening/crrpa/org-access>

L'École Bilingue Access Code: UCQ9JNKQMR

[Volunteer Conduct Agreement.pdf](#)

[VBE Guidelines for Adults Interacting with Students](#)

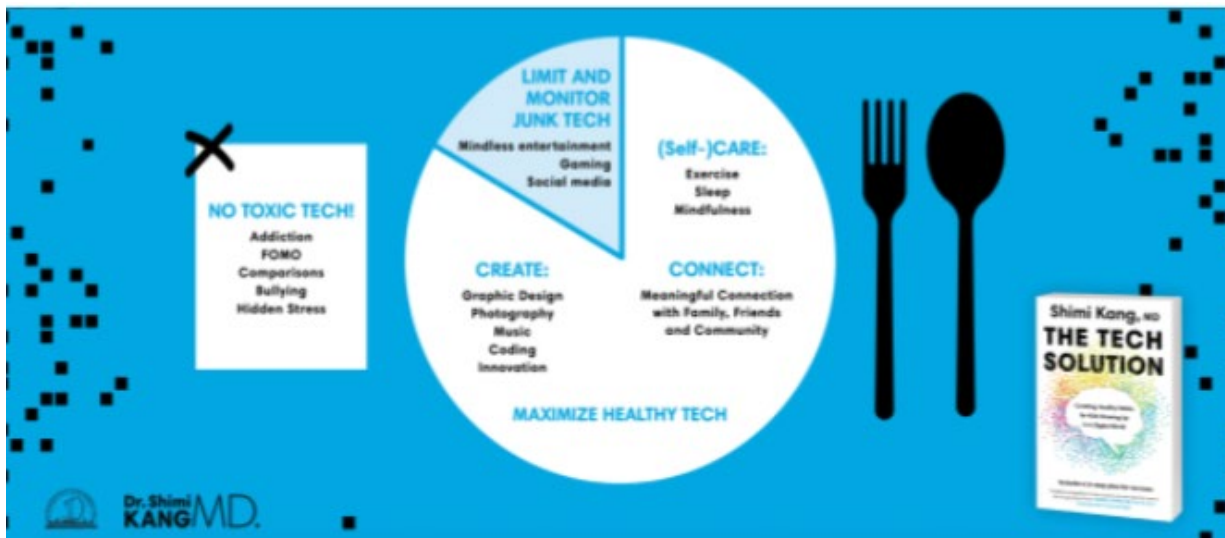
[VSB AP 490 Volunteer Guidelines](#)

Counsellor's Corner

Hello L'École Bilingue families!

I wanted to share some strategies and resources for maintaining digital wellness in your family. Technology is everywhere, but too much screen time can impact mental health, sleep, and family relationships. Digital wellness is about finding balance, so technology supports, rather than harms, our well-being.

You can think about technology like food. A little bit of junk food is okay, but we want most of our plate to have healthy food that supports wellness. Technology is similar. We can enjoy a little bit of "junk" screen time as a treat, but we want to make sure that our tech choices are leading to digital wellness. And we should avoid toxic tech altogether.



Tips for Healthy Tech Habits for Families:

1. Create Tech-Free Zones Keep devices out of bedrooms and away from the dinner table.
2. Set Boundaries Together Agree on daily screen-time limits for kids, and model healthy habits as adults.
3. Schedule "Offline" Time Try one tech-free evening each week. Use that time for conversation, board games, or outside activities.
4. Talk About Online Well-Being Discuss how social media can affect mood and self-esteem. Encourage kids to notice when scrolling makes them feel worse.
5. Use Tech for Good Explore apps for mindfulness or family fitness challenges. Video calls can strengthen connections with relatives far away.

Here are some resources that I find helpful for managing digital wellness:

Healthy Screen Habits (Kelty Mental Health) <https://keltymentalhealth.ca/healthy-screen-habits>

A Conversation for Families about Digital Wellbeing and Mental Health: (Family Smart) <https://www.youtube.com/watch?v=oeVSgvi7BKg&t=1s>

Hope you are finding ways to maintain wellness during this busy time of year.

Warmly.

Laura Robertson, Area 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

Thank you LEB families for your Halloween candy donations!

We had an incredible response and had a lot of candy to donate to the two chosen organizations: **Vancouver Coastal Health – Mental Health & Substance Use Program** and the **Salvation Army Harbour Light Centre** on the Downtown Eastside. Here is a photo of students organizing the candy to ready it for send off. Thank you again for your incredible support!



Our next school initiative to try and give back is the Holiday Hamper project- which helps our Vancouverites living in the Downtown Eastside. Here's a little note from the organizers:

HOLIDAY SERVICE PROJECT

For the eighth year, our school community is preparing Holiday Gift Bags for the Downtown Community Health Centre on Powell Street, which supports individuals on the Downtown Eastside. For many clients visiting during the last week of the year, this may be their only gift; our support truly matters.

We're asking divisions/pods to collect **100 of their assigned items** (see list below) so we can once again fill 100 gift bags. There will be blue IKEA bags available by classrooms and **the deadline for collection is Friday, December 12.**

In addition, the whole school community is invited to donate:

- Gently used toques and gloves (collection bag outside front office)
- \$5-\$10 Tim Hortons gift cards (collection box inside front office)

No time to shop? You can send an e-transfer to our incredible PAC treasurer, Heather, at treasurer@lebpac.ca (please reference *Holiday Bags*). Any amount is appreciated and will go directly toward completing the gift bags.

Thank you for your continued support with this essential project.

Questions? Please reach out to Erin Barrett, Elizabeth Lefor, Zoe Laviolette & Tessa Wilson tessa.cm@gmail.com



Divisions	Requested Items - Goal: 100 of each item to put 1 per bag Please no children's items please, no used items (apart from toques / gloves),
1 & 2	Menstrual products (30 packs of Pads, 30 packs of tampons) men's/women's deodorant
3 & 4	Adult toques (new or gently used okay)
5 & 6	Adult finger gloves (new or gently used okay)
7, 8 & 9	Socks: men's/women's- wool, synthetic preferred (new)
10	Small-sized shampoo & conditioner, lip balm/ChapStick
11	Soap: bars, small sized body wash, lip balm/chapstick
12 & 13	New Hand Towels (small)
14	Individually packed soft snacks, cookies, cereal bars
15	Individually packaged holiday treat of chocolates or candy or gum
16 & 17	Toothbrushes & Toothpaste

Cold & Flu Season Reminder

Cold and flu season is here, 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:

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

Thursday December 18 – Winter concert at 11am – families are invited to attend

Friday December 19 – Last day of school before winter break

Monday January 5 – First day back after winter break