



Evelyn Marcus, Principal  
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# L'ÉCOLE BILINGUE

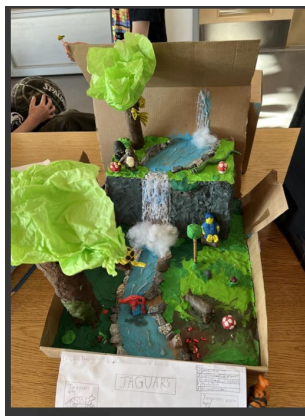
Friday January 23, 2026

## Newsletter #10

Dear LEB Families,

Our staff had a wonderful professional development day on the 12th with Janice Novakowski, and we continue to encourage families to explore her website, which offers many engaging ideas for both educators and families: [Team 1 – Early Family Math](#). Beginning in February, we will also be working to make math learning more visible throughout the school. In our front foyer, you'll soon find math problems and questions designed to spark curiosity and conversation.

January has been a busy and exciting month. Today, our grade four students proudly shared their food chain dioramas during their diorama expo in the multipurpose room.



Next week, we look forward to welcoming the Maple Man for a presentation with all students—a chance to learn about this cultural tradition and enjoy a maple taffy treat.

From a staff perspective, teachers will be engaging in training with district staff on SpacesEDU, the platform we will be using to create term two learning updates (formerly called report cards). This platform will help make learning more transparent and strengthen communication between school and home, while keeping students at the center. Please see the attached district letter for more information about this transition. For term two, families will receive printed copies of learning updates; however, beginning in term three, reports will be paperless, and families will be able to download a PDF version for their records.

The first week of February will also be full, with Body Science workshops for students. Parents and caregivers will have an opportunity to participate in a workshop as well, on Wednesday, February 4 at 6:30 p.m. Please see the information and Zoom link posted below and a big thank you to our LEB PAC for sponsoring this learning.

Although this is a shorter term, much is happening in our school community. We recognize that this time of year can feel full for both students and families, especially with illness going around and shorter winter days. We hope you are able to find moments of rest and connection—perhaps with a warm cup of hot chocolate and some time together.

Warmest regards,  
Evelyn Harcus, Principal  
Louise Plante, Vice-Principal

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### **Talk Sex Today.**

Body Science Boot Camp for Parents



Parenthood never arrives with a rulebook, and when it comes to explaining the world of sexual health to your child, it can be hard not to end up a bright shade of red. Using humor and straight talk in an open, interactive environment, Saleema Noon Sexual Health Educators will show you how easy it is to convey healthy, positive messages about sexual health to kids.

#### **In this workshop parents will learn:**

- Why we need to talk to children about sexual health at a young age
- How to reduce risk of child sexual abuse
- What children should know at each stage of development, with specific examples of how to explain concepts and processes using inclusive language
- How to become their kids' go-to source of sexual health information
- How to normalize open, honest sexual health conversations in their family
- How to effectively answer even the toughest questions kids ask
- What will be covered in Body Science workshops for students

Dr. Brandy Wiebe (she|they) is inviting you to a scheduled Zoom meeting.  
Time: Feb 4, 2026 06:30 PM Pacific Time (US and Canada)

#### **Join us via live Zoom!**

<https://us02web.zoom.us/j/82390128039?pwd=tanYnlrLL1On7xDIyba0a1mXfZ5NWe.1>

Meeting ID: 823 9012 8039

Passcode: 087602

**SPONSORED BY: L'Ecole Bilingue PAC**

For more information about Saleema Noon Sexual Health Educators go to [www.saleemanoon.com](http://www.saleemanoon.com).

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## 2026-2027 School Year Intentions - Are you returning to LEB next year?

Please complete the [LEB Enrolment Survey](#) to indicate if your child(ren) will be returning to LEB next year. We are doing some preliminary planning and looking at enrolment numbers. Please complete the form **before Friday February 6<sup>th</sup>** to let us know your intentions. Merci!

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### Counsellor's Corner:

#### Let's Talk About Anxiety

Dear families of L'École Bilingue,

Happy New Year, and welcome to 2026! I hope the year is off to a good start for you and your family. I'd like to talk about something many children (and adults!) experience: anxiety.

#### What Is Anxiety?

Anxiety is our body's alarm system—a signal meant to keep us safe. But sometimes, that alarm turns on even when there is no real danger. For anxious children, this internal alarm can ring too loudly or too often.

Anxiety can show up in many ways, including:

- sweaty or clammy hands
- a racing heart
- fast breathing
- worried or looping thoughts

A certain amount of anxiety or stress can be helpful. It can motivate effort, increase alertness, and protect us in dangerous situations. Anxiety becomes a problem, however, when it stops children from trying new things, enjoying activities, or managing their daily routines.

One of the biggest challenges is that avoidance makes anxiety grow. When a child avoids something that feels scary—like a new activity or a difficult task—it becomes even harder the next time. Our goal as adults is to support children in being brave, not to protect them from all discomfort.

#### How to Support a Child with Anxiety

##### 1. Shift from “protecting” to “supporting bravery”

It's natural to want to keep our children comfortable. But sometimes a bit of discomfort is part of learning.

##### 2. Model calm coping

Children learn from what we show, not just what we say.  
Try:

- naming your own feelings ("I'm feeling a bit nervous right now.")
- showing a calming strategy you use ("I'm going to take a few deep breaths to help my body settle.")

### 3. Validate feelings without encouraging avoidance

You can acknowledge your child's emotions without allowing anxiety to make the decisions.

*"I know this feels hard, and I also know you can do it."*

### 4. Teach simple coping skills

You don't need to be a therapist to teach helpful strategies.

Practice these when your child is calm, not during a moment of high stress:

- square breathing
- the 5-4-3-2-1 grounding technique

### 5. Reduce your own "anxiety signals"

Parents often send strong cues without noticing. Try to:

- avoid repeatedly asking, "Are you sure you're okay?"
- keep your voice slow, your face relaxed, and your breathing steady

### Helpful Phrases You Can Use

- "You can handle this."
- "I can see this feels hard."
- "It's okay to feel scared and still do the thing."

These small reminders help children feel supported and capable, even when they're anxious.

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## School Closures in the event of extreme weather:



## From the Terry Fox Foundation:

We just want to say a huge THANK YOU and **CONGRATULATIONS!**

This year was extra special being the 45th anniversary of the Terry Fox Run and your school helped make it one to remember. With heart, creativity, and determination, you showed what Terry's legacy is all about, and it made a real difference.

**L'École Bilingue Elementary raised: \$891.70**

**Schools across Canada collectively raised: \$16,300,000**

### **Punctuality**

A friendly reminder to all that **school starts at 9:00am** and we would like to emphasize the importance of punctuality. Arriving at school on time is crucial as it sets a positive tone for the day and helps establish good habits that will benefit our students throughout their lives.

Please note that if you are late for school, the clipboard for late sign-in is on the table outside the office. Parents/students are asked to say goodbye by the office area and students are expected to walk to class on their own. Thank you for your understanding.

### **Dress for the weather**

The rainy and cold 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. Sending a change of clothes is a good idea.

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## **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](mailto:hello@lebpac.ca).

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**Important Dates:**

**Friday February 13** – Pro-D Day – No school for students

**Monday February 16** – Family Day holiday – No school

**Tuesday March 10** – Learning Update #2 goes home – please see attached information about SpacesEDU for reporting

**Friday March 13** – Last day of school before spring break

**Monday March 30** – First day back after spring break