



L'ÉCOLE BILINGUE

Friday May 8, 2026

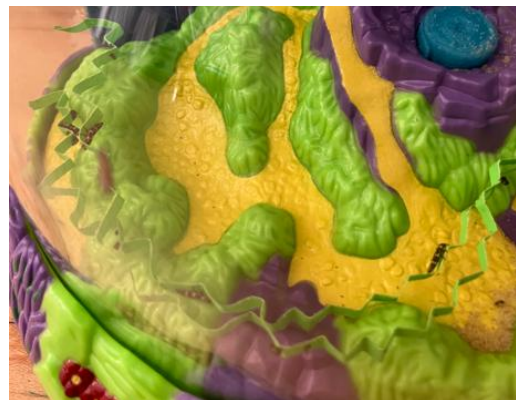
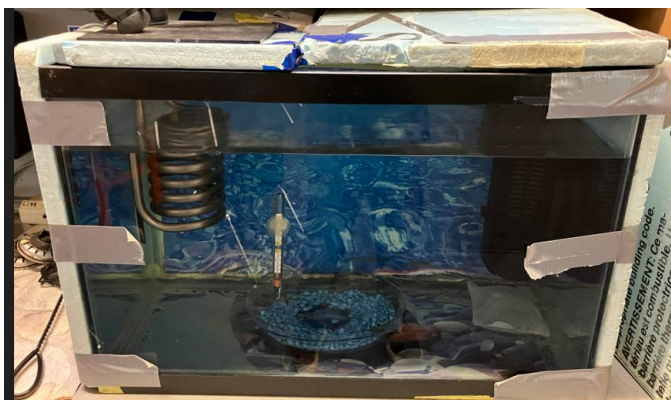
Evelyn Marcus, Principal
Louise Plante, Vice-Principal
Christopher Wong, Director of Instruction

Newsletter #16



Dear LEB Families,

Our Kindergarten students and some Grade 1s are currently helping to nurture growing ladybugs, while our Grade 2 students continue to care for the salmon; wonderful hands-on learning opportunities that foster responsibility and curiosity.



M. Guillaume and the Aquarium Club have also been busy making plans to expand our aquarium program by adding a third aquarium to LEB, to be located in the Grade 4/5 pod. The aquarium pictured here is housed in the Grade 1 pod and is thriving with tetra fish and shrimp. Our Grade 7 leadership students, who play an important role in the club, are now organizing the installation of a new aquarium, which will feature albino cherry barbs and mystery snails.

These special projects reflect the care, collaboration, and investment of our students, staff, and families, and they greatly enrich school life for everyone.



As we look ahead to the many exciting events that will round out this school year and carry us into next year, I would like to highlight one of our key school goals: enhancing **social-emotional learning (SEL)**. While academic learning in literacy and numeracy remains a priority, we are equally committed to supporting the whole child. This includes developing emotional intelligence, self-regulation, and executive functioning, which are woven intentionally into how we teach and support students each day.

This week marks **Mental Health Week**, and students have been hearing daily announcements emphasizing that mental health matters—for everyone. When we are mentally well, we are better able to learn, build positive relationships, and feel a sense of well-being. Just as with physical health, there are strategies we can use to support our mental health. One simple and effective approach is focused breathing: taking a slow, deep breath in through the nose, followed by an even longer breath out through the mouth. This can be helpful at any time to promote calm and regulation.

You may have heard your child refer to familiar SEL language at home—such as identifying which “Zone” they are in through the *Zones of Regulation*, or describing their feelings using terms like “scribbly,” drawn from *The Little Spot Series*. At LEB, we also support social-emotional learning through programs such as *Second Step*, *Mind UP (mindfulness)*, growth mindset teaching, class circles, small-group friendship work with our teacher-counsellor, and whole-class movement and body breaks.

To further support families, our teacher-counsellor, Laura Robertson, regularly contributes helpful resources and information to the newsletter under **Counsellor's Corner**. We hope you have found these pieces valuable and that they support conversations and well-being at home.

Thank you, as always, for your continued partnership and support.

Evelyn Marcus, Principal
Louise Plante, Vice-Principal

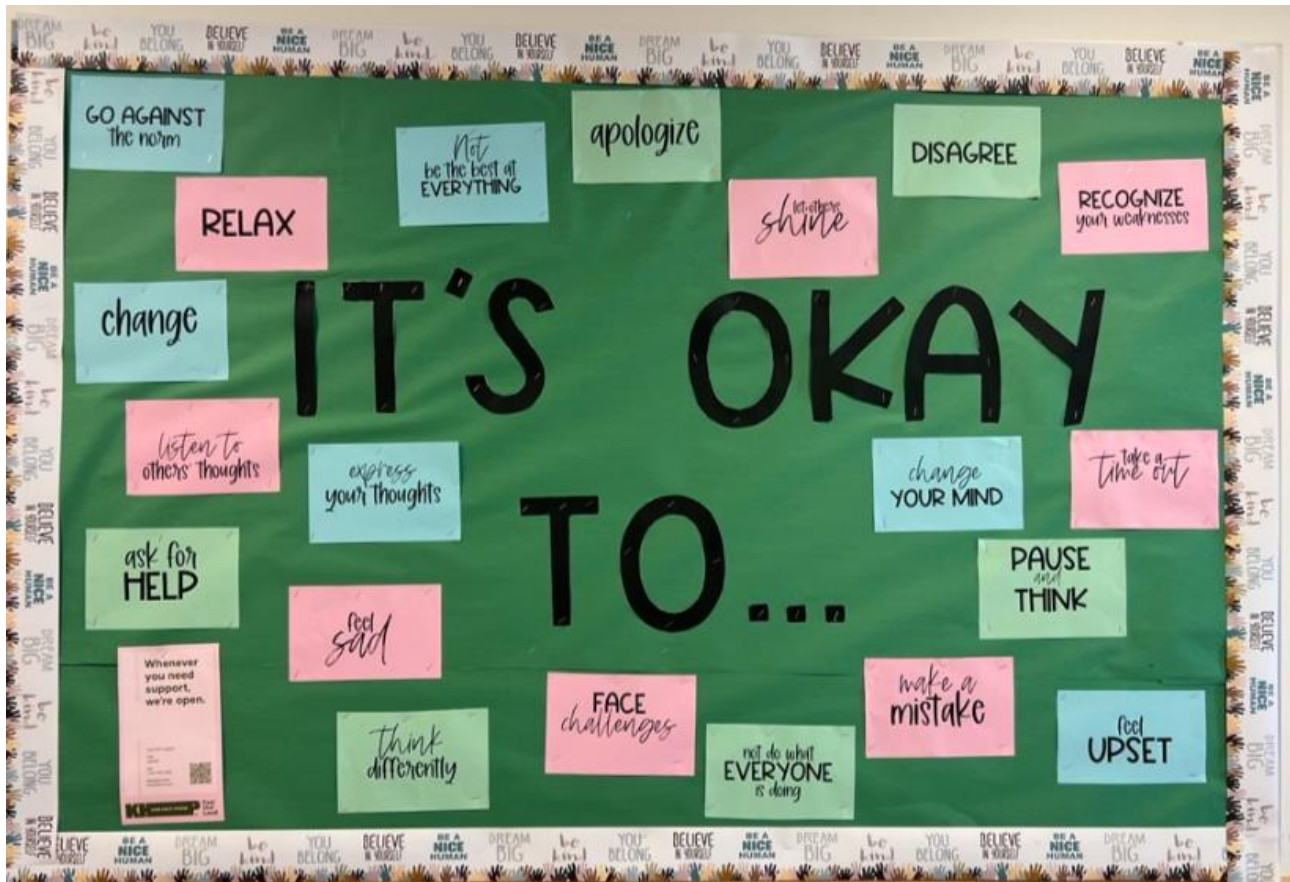
Counsellor's Corner :

This week has been Mental Health Awareness Week, and this month is Mental Health Awareness Month across Canada. During the week, students have been reading a daily mental health message, with information about the importance of sleep, how everyone has mental health, people who can support mental health, and building resilience.

Today's final message was "It's Okay to Not Be Okay. This is such an important message for children (and adults!) to hear. There is so much pressure to appear happy and together on the outside, that we often shove down negative thoughts and feelings. I often think of the character Joy from the movie Inside Out. Throughout the movie, she always tries to force happiness, but in the end, she finally learns that sadness is also vital to our well-being.



For Mental Health Awareness Month, I put up a bulletin board outside my office with the message “It’s Okay To...” It’s okay to feel sad. It’s okay to not be the best at everything. It’s okay to feel upset. It’s okay to ask for help. It’s okay to make a mistake. I have seen students looking at the board and saying things like “I really need to work on that one.” I think we all need to hear the message that we’re human, and it’s okay.



Take care and enjoy the weekend,
LEB Teacher Counsellor- Laura Robertson

Safe School Streets:

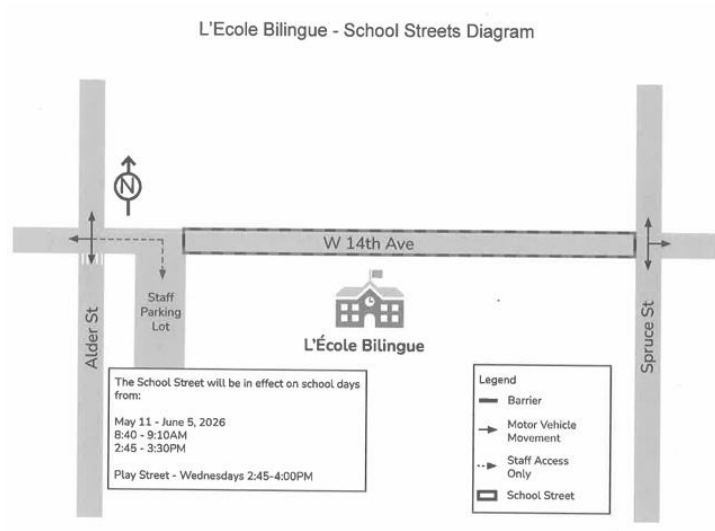
L'École Bilingue will be participating in the School Street Program for four weeks from Monday, May 11th until Friday, June 5th.

Times: Weekdays 8:40 am to 9:10am, and from 2:45pm to 3:30pm

We will also have extended hours on Wednesday to support our play street activities: Every Wednesday 2:45pm – 4:00pm

Please see map below for streets closures. Thank you for your support and helping to encourage active transport: walking, biking, and rolling to school and encouraging play outside!

Please see map for affected streets.



LEB Bike Bus is back this year and started today!

The BIKE BUS is back!

Every Friday starting May 8th Sign-up HERE: [2026 LEB Bike Bus - Google Sheets](#)

The BIKE BUS meeting points will be: START: Gray's Park at 33rd & Windsor @ 8:15 am (Meet at the Basketball Courts) and then turning on 31st. (Matt will be leading the start) STOP 1 : Riley Park at 30th & Ontario @ 8:25 am (Northwest Corner of the park). We'll continue down Ontario until 17th. STOP 2 : Ontario & 18th @ 8:35 am (Meet by the big chess board). We'll turn onto 17th. STOP 3 : Heather & 14th @ 8:45 am, we'll be taking over 14th street until we hit LEB.

Please arrive a few minutes early if possible, and pull up off the road onto the sidewalk until the bike bus arrives. The bus may arrive earlier or later. We'll always wait if we arrive earlier! (And apologies if we arrive later...!)

WHO: All parents and children! We ask parents with younger kids to ride along with us.

HOW: Just show up with your bike, a helmet, and a big smile.

QUESTIONS: Email or call matt.alexander@gmail.com or 778 847-1579



Scholastic Book Fair- A Tremendous Success!

📖 The Book Fair Results are in!

Our 2026 Scholastic Book Fair brought in \$10,002.26 — surpassing last year's total by over \$2,000! 🎉

We earned just over \$5,000 back in Scholastic credits for the school.

- Nearly \$2,000 went towards the Teacher Wish Lists 🍎✏️
- Just over \$3,000 is ready for our Librarian to spend 📖🌟

None of this would have happened without our amazing volunteers — thank you so much for your time and effort! 🌟💖

Books! 📖

And special thanks to Erin Barrett for helping to organize our fantastic book fair.

Our Grade 7 Students are working on their Leadership Projects – and here is a special project and message from Lucy and Lisa from Division 1:

We are organizing a school-wide fundraiser in support of the Food Stash Foundation, a local organization that helps provide food to those in need.

Our goal is to collect at least **100 donations** and reach a total of **100 pounds of food**. This is a school-wide event, and we encourage everyone to participate and make a difference in our community.

Donation bins will be placed in each classroom, making it easy for students to contribute. These bins will be collected at the end of each week. The fundraiser will begin on **Thursday, May 14th**, and end on **Friday, May 29th**.

At the end of the event, all donations will be counted and collected. The class with the highest number of donations will receive a special reward: **freezies for the entire class!**

Donation Guidelines:

- Food must be sealed and unopened
- No homemade items (store-bought only)
- No expired food
- Items must include an ingredient list
- Non-perishable items only
- Nutritious items are highly recommended
- Non-dairy items are preferred

Examples of Donations:

- Canned foods (fish, beans, soup)
- Protein bars or granola bars
- Shelf-stable, nutritious foods

Thank you for helping us support our community!

– Lisa & Lucy

Grade 4 Camp was a blast!

Here are some photo highlights to share.







Lost and Found Reminder

We kindly encourage all families to regularly check the school's Lost and Found for any missing items. Our collection tends to grow quickly, and at the end of each month, unclaimed items are donated to make space.

When possible, our supervision aides do their best to organize the area and help return items to their owners. However, we ask families to take an active role in checking the Lost and Found, as the school cannot be responsible for lost belongings.

Thank you for your understanding and support in helping keep our Lost and Found manageable.

Conflict Resolution Process

At times during the school day and in the classroom or on the playground, students may experience occasional conflict with peers. These situations can include unkind words, misunderstandings, or physical interactions. Learning how to navigate social interactions, resolve disagreements, and play safely with others is an important part of students' growth and development at school.

We would like to remind families that when concerns arise during the school day, the school is best positioned to work directly with the students involved to address the situation in a timely, thoughtful, and developmentally appropriate way. We encourage families to contact their child's teacher and/or school administrators if they have concerns, so we can work collaboratively to support students.

While play can sometimes become overly physical, silly, or unsafe, these moments provide valuable opportunities for teaching students about respectful communication, problem-solving, and safe, healthy play. Our staff are committed to guiding students through these learning moments.

[VSB Conflict Resolution Process for School-Based Concerns](#)

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:

Wednesday May 13 – Class Photos and School Panorama

Monday May 18 – Victoria Day – **No School**

Thursday June 18 – Grade 7 Dance

Tuesday June 23 – Summary of Learning goes home

Tuesday June 23 – Grade 7 Leaving Ceremony

Thursday June 25 – Last day of school for students