L'ÉCOLE BILINGUE

Friday October 16 , 2026

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

Newsletter #5

Hello & Bonjour L'École Bilingue Families,

We are already well into the school year, and it has been wonderful to see students settling into their classrooms, building relationships, and engaging in their learning. As a reminder, **Informal Learning Updates will take next week on Wednesday October 21 and Thursday October 22 with early dismissal at 2pm to support these conferences.** These meetings provide an opportunity to discuss how your child is progressing academically, socially, and emotionally, and to strengthen the important home-school partnership that supports student success.

Learning happens everywhere at school, not just in the classroom. Recess and playtime provide valuable opportunities for students to develop important social-emotional skills such as building friendships, resolving conflicts, making choices, practicing self-regulation, and learning how to navigate social situations.

While teachers take their well-deserved breaks during this recess time, and students are supervised outdoors by our supervision aides, student support workers, Mme Louise, and Mme Harcus, teachers often follow up after recess to help students reflect on challenges, engage in problem-solving conversations, and build positive relationship skills.
As outlined in our student agendas, we are intentionally teaching and reinforcing common language and strategies to support students' social-emotional development. We encourage families to use the same language at home whenever possible.

W.I.T.S. Problem-Solving Strategies
Students are encouraged to:

- **W** = Walk Away
- **I** = Ignore
- **T** = Talk It Out
- **S** = Seek Help

Zones of Regulation
We are also continuing to teach and reinforce the **Zones of Regulation**, which helps students identify and manage their emotions and levels of readiness.

- **Green Zone:** Calm, regulated, focused, and ready to learn.
- **Yellow Zone:** Feeling worried, frustrated, anxious, or unsettled; not quite feeling ready to learn.

- **Red Zone:** Feeling very angry, overwhelmed, or out of control; the brain is not yet ready to problem-solve or process information effectively.

Families interested in learning more about the Zones of Regulation can find additional information online.

Teachers also support students' social-emotional learning through programs and approaches such as **Mindfulness**, **Growth Mindset**, and **The Little Spot Series** to name a few.

At L'École Bilingue, we are committed to supporting students' social-emotional development, self-regulation, and interpersonal growth. We strive to be proactive in our approach and use a restorative lens when helping students work through challenges and conflicts. Our goal is not only to address concerns when they arise, but also to equip students with the skills and strategies they need to navigate relationships and challenges independently over time.

As a reminder, if your child experiences a problem at school, we encourage concerns to be addressed at the school level so that we can support students through a developmental and educational lens. Often, what may appear to be a challenging situation can also be an important learning opportunity. Our role is to guide students through these experiences in ways that help them build resilience, empathy, problem-solving skills, and positive relationships.

Thank you for your partnership and support as we work together to help our students learn, grow, and thrive.

Warm regards,

The L'École Bilingue Team
Evelyn Harcus (Principal), Louise Plante (Vice-Principal) and Christine Fyfe (Office Admin)

Reminder About Smartwatches and Personal Digital Devices

As we continue to support a focused and safe learning environment for all students, we would like to remind families about expectations regarding smartwatches and other personal digital devices at school.

The Vancouver School Board's Personal Digital Device Policy states that **personal digital devices, including smartwatches, must be turned off or placed on silent mode during instructional time and are not permitted for use unless authorized by an educator.**
Cellphone Policy.pdf

While smartwatches can be helpful for families outside of school hours, students should use them only for telling time while at school. Messaging, phone calls, gaming,

notifications, and other smartwatch features should not be accessed during the school day.

We have recently seen an increase in students using smartwatches to communicate directly with family members during school hours regarding pick-up arrangements and other matters. For student safety, **all changes to dismissal plans must be communicated through the school office**, and students should not be making alternate arrangements independently during the school day.

Similarly, if a student feels unwell, they should speak with a staff member and report to the office. School staff can then assess the situation, provide support, and contact families if an early pick-up is necessary. Students should not be contacting home directly to arrange dismissal without staff knowledge.

We ask families to support these expectations by reviewing appropriate smartwatch and device use with their children. Maintaining clear communication through the school helps ensure student safety, accurate attendance, and smooth school operations.

Thank you for your cooperation and partnership in supporting a positive learning environment for all students.

Volunteer Conduct Agreement and Criminal Records Check

If parents will be volunteering at school this year (for field trips, coaching or helping in the library for example), we encourage you to complete a volunteer conduct agreement and a criminal records check. The VSB volunteer agreement is linked here and must be completed annually and the criminal records check information is listed below (CRCs are valid for five years). Even if you've already completed a CRC with another organization, we are required to have it linked to our organization – and you can do so by following the prompts on the site. Thank you for helping to volunteer this year!

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

L'École Bilingue Access Code:
UCQ9JNKQMR

Your CRC result/clearance letter will be emailed directly to Madame Harcus.
CRCs are valid for five years. If you've already completed a CRC for another organization, you can use the link above to link that CRC to our organization. Merci!

Volunteer Conduct agreement link here: Volunteer Conduct Agreement.pdf

Digital Citizenship:

Other great parent resources to share, such as:

- "Raising Digitally Responsible Youth" Guide for parents and caregivers (updated January 2026; please see link attached below).
- Remote Parent sessions: Establishing Family Practices for Safeguarding Against Cyberbullying and Sextortion & Establishing Safe, Caring, & Respectful Digital Communities
    - Dates throughout the year, with a 5:30 PM PST start time for caregivers and youth over 10.

Raising Digitally Responsible Youth.pdf

Electric Bikes and Scooters – Safety Reminders for Families:

We are seeing an increase in students travelling to and from school using electric scooters and bikes. I am writing to remind all families of the current City of Vancouver and Province of British Columbia regulations and to ask for your support in ensuring students travel safely and within the law.
Under provincial legislation and the Electric Kick Scooter Pilot Project Regulation, as well as City of Vancouver bylaws, electric scooters are permitted only under specific conditions:

- Riders must be 16 years of age or older
- Helmets are mandatory for all riders
- Scooters may be used on designated roads and bike lanes, but not on sidewalks
- Riders must follow the same rules of the road as cyclists (e.g., obey traffic signals and signage)
- Scooters must not exceed prescribed speed limits (generally up to 25 km/h where permitted)

For more information, please visit: E-scooters | City of Vancouver and Electric kick scooter rules and safety - Province of British Columbia.
Under provincial legislation and City of Vancouver bylaws, electric bikes are permitted under the following conditions:

- Riders must be 14 years or older for a light e-bike and 16 for a standard e-bike
- Helmets are mandatory for all riders
- Light e-bikes must not exceed 25 km/h and standard e-bikes 32 km/h
- E-bikes may be used on designated roads and bike lanes, but not on sidewalks
- Riders must follow the same rules of the road as cyclists (e.g., obey traffic signals and signage)

For more information about e-bikes, please visit: E-bike requirements - Province of British Columbia and Motor Assisted Cycle (E-Bike) Regulation.
We are increasingly concerned about:

- Students under the legal age riding electric scooters and bikes to school
- Multiple riders on a single device
- Lack of helmet use
- Riding on sidewalks, including near school entrances
- Riding on school property, including playgrounds
- Unsafe speeds
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These behaviours pose a **significant safety risk** to students and to others in our community.
As a school, we ask families to:

- Ensure your child meets the legal age requirements before riding
- Reinforce helmet use and safe riding practices
- Remind your child to dismount upon arriving on school property
- Review routes to ensure compliance with city and provincial regulations

Thank you for partnering with us to keep our students safe.

Important Dates:

Tuesday, October 20 – Cross-Country Final meet at Trout Lake (afternoon)

Wednesday October 21 and Thursday October 22 – early dismissal at 2:00pm for informal learning updates (teachers will be contacting families to schedule conferences)

Wednesday October 21 & Thursday October 22 - Scholastic Book Fair in the gym 2-:00-6:00p.m.

Friday October 23 – Pro-D Day – no school for students

Friday October 30 – PAC sponsored Halloween Haunt event 5:00-7:00p.m.

Wednesday November 11 – Remembrance Day – NO SCHOOL

Friday November 20 – Pro-D Day – No School for Students

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.