

Upper Lynn e-News

October 6, 2024

Important Dates & Reminders for the Week of October 6 to October 11, 2024

Monday 7	Tuesday 8	Wednesday 9	Thursday 10	Friday 11
Spirit Wear Sales Open	Lockdown Drill 10:10 Grade 6 ODS Parent Meeting	Cross-Country Meet: Upper Lynn		

Upcoming Dates

- Sunday October 6 – Spirit Wear Sales Open
- Tuesday October 8 – Lockdown Drill 10:10
- Tuesday October 8 – Grade 6 ODS Parent Meeting: 5:30-6:00
- Wednesday October 9 – Cross-Country Meet – Upper Lynn
- Monday October 14 – Thanksgiving – **School is Closed**
- Tuesday October 15 – Photo Day
- Wednesday October 16 – Cross Country Meet: Gr. 4-7, Loutet Park (date has been updated)
- Wednesday October 16 – Spirit Wear Sales Close
- Thursday October 17 – The Great Shakeout (Earthquake Drill)
- Saturday October 19 – Provincial Elections
- Monday October 21 – **Conferences; Early Dismissal at 2pm**
- Monday October 21 – Speaker Series - Fueling Kids - Jenn Messina
- Tuesday October 22 – **Conferences; Early Dismissal at 2pm**
- Wednesday October 23 – **Conferences; Early Dismissal at 2pm**
- Wednesday October 23 – SPC Meeting; 3:45 at Argyle (Rescheduled from the 16th)
- Thursday October 24 – **Conferences; Early Dismissal at 2pm**
- Friday October 25 – **Province Wide Pro-D – Schools are closed**
- Wednesday October 25 – **Staff Collaboration: Early Dismissal at 2pm**

Upper Lynn News

Cross-Country Meet

This is a friendly reminder that Upper Lynn is excited to be hosting the Argyle FOS cross-country meet this Wednesday, October 9th, from 3:30 to 4:30 pm. We are thrilled to welcome students and families to this event and look forward to a great afternoon of sportsmanship and fun. However, we are still in need of volunteers to help ensure the event runs smoothly. If you are able to lend a hand, please contact Ms. Chambers at kchambers@sd44.ca. Your support would be greatly appreciated, and we thank you in advance for helping make this event a success!

Student Teacher Family (STF) Conferences are coming!

This year, our STF Conferences will once again center on the important theme of student goal setting. These conferences provide a valuable opportunity for teachers, students, and parents/guardians to come together to discuss and establish personalized goals for each student, along with strategies for how these goals can be successfully achieved. Our conferences will take place during the week of October 21st to October 24th (all early dismissal days at 2:00). We strongly encourage all parents/guardians to sign up for a 10 or 15 minute STF Conference to support their child's growth and development. The sign-up process will open next Sunday, so be sure to reserve your spot early!

Practice health awareness!

As we move into the fall season, we kindly remind all families to keep their children at home if they are feeling unwell. It's important that children stay home for at least 24 hours after symptoms such as fever or vomiting have fully subsided. This helps prevent the spread of illness and keeps our school community safe and healthy. For more detailed information, please click [here](#). Thank you for your ongoing support in keeping our students and staff well!

Lockdown Drill – Tuesday October 8th at 10:10

Throughout the school year, schools routinely carry out emergency drills, which include procedures for fire, earthquake, and lockdown situations. In the upcoming weeks, all North Vancouver Schools will be conducting a lockdown drill, with ours scheduled for Tuesday October 8th at 10:10 AM.

We kindly request that during this drill, you refrain from visiting the school as all entry points will be secured. Lockdown drills serve various purposes, including addressing scenarios such as the presence of an animal on the school grounds or an unwelcome visitor on the premises. Your understanding and cooperation in this matter are greatly appreciated.

Terry Fox

A heartfelt thank you to the Upper Lynn community for your incredible generosity! Together, we raised over \$1,400 for the Terry Fox Foundation in support of cancer research. Every single dollar contributes to the ongoing fight to find a cure for cancer, and your donations make a real difference. We are deeply grateful for your continued support in helping advance this important cause!

PAC News

Community Champion

Thank you to Julie Vesely for championing a wonderful community initiative in beautifying the front school garden beds. Looks great and was a bigger job than expected! Julie had support from:

- North Shore Facebook Gardening Group (various plants)
- Tom Bennett of OG Gardens (crew for clean up, pruning, planting, mulching)
- Maple Leaf Garden Centre (plants)
- ULE PAC (Community Champion Bursary)

Speaker Series - for ULE parents

The PAC is excited to bring you a parent education Speaker Series, running in-person in the **ULE Library** from **7-8pm**. Please note these dates in advance, the schedule is as follows:

- Monday October 21st - Jenn Messina - local Registered Dietitian
- Monday December 2nd - Unplugged Canada - digital safety strategies for kids
- Monday February 24th - Women's Business, what is wellness - Dr Kate Brennan

If you have a skill set that could contribute to a current speaker event(s) and/or interested in helping to organise the events above please reach out to the PAC email:

upperlynnpac@gmail.com



Discuss how our diet obsessed culture affects kids body image

Learn how to support "picky eaters" with realistic tips & tricks for busy families

Discuss strategies to teach nutrition at home in a more supportive way

Class Reps & Communication Options

Thank you for Volunteering to be a Class Rep(s)!

Your class rep will send occasional emails throughout the year to coordinate activities like classroom celebrations and end of year teacher gifts. Class Reps will also compile a class contact list that is sent out to everyone on the list in your division. This helps to build community within the school as families can connect more easily for out-of-school activities and after school play-dates etc.

The PAC news will be included on the ULE weekly updates to reduce the number of emails you have to sift through.

To ensure efficient compilation of the class lists we are asking that if you **DO NOT** want to be contacted by your class reps, that you email tmacleod@sd44.ca by **3pm on FRIDAY OCTOBER 11TH** so that your email can be removed. Mr. MacLeod will then send the correct email lists to individual class reps for them to compile and distribute to their division.

Spirit Wear – NOW open for ordering Oct 6-16th



Show your school spirit with [Upper Lynn Bears Spirit Wear!](#)

From October 6th, you can order stylish gear including t-shirts, hoodies, caps, beanies and sweatpants in youth and adult sizes. Order by October 16th on [MunchaLunch](#).

Items will be delivered to classrooms by mid-November.

Don't miss out on this fantastic opportunity to support the school and look great doing it!

Hot Lunch

Hot Lunch ordering is now open for the Fall Session. It will run from Friday October 18th until Monday December 16th. Orders must be placed AND paid by October 8th at 11:59pm. Unpaid orders will be cancelled. I encourage everyone to place their orders early to avoid last minute issues with payment processing.

For the 2024/2025 school year, we are using 3rd party vendors only and are no longer providing extra sides i.e. fruitsations, granola minis etc.

SUBWAY ORDERS: IF you are selecting a veggie sub, please specify which vegetables and/or cheese in the toppings section. If no cheese or vegetables are selected, Subway will send a plain bun! All ham, turkey or salami subs with no additional toppings selected will come only with the meat and bun.

Grade 6 outdoor school is scheduled for Nov 4th - 7th.

The hot lunch program cannot operate without volunteers. Please sign up to help out! Volunteers will need a completed volunteer form and criminal record check. Please see Kelly in the office if you need assistance. The Volunteer form must be completed annually, and the criminal record check is good for 5 years.

If you would like to place a hot lunch order and need financial assistance, subsidies are available. Please contact Mr. MacLeod at tmacleod@sd44.ca. The request will be kept confidential.

New users and returning parents will be able to access MunchALunch at <https://munchalunch.com/schools/upperlynn/>

Lunch program FAQ's can be found here: <https://upperlynnpac.weebly.com/lunch-program-faqs.html>

For assistance reach out to Carine @ ulpachotlunch@gmail.com

Financial Assistance

Financial assistance is available for families that need to participate in any of the PAC events, or to purchase Hot Lunches, Spirit Wear, Orange shirts and Pink shirts. Please contact Mr. MacLeod at tmacleod@sd44.ca

PAC Facebook Group, Website and Email

The PAC has a website <https://upperlynnpac.weebly.com>

We also have a Facebook group [ULE PAC Parent Group](#)

The PAC email is upperlynnpac@gmail.com

After School/Lunch Programs for September

Art Class: Collage Art (NVSD44 – Mrs. Turcato)

Who: Grades 5-7
When: Tuesday (8) (October 15 to December 3)
Duration: 90 Minutes
Cost: \$195
To Register: <https://bit.ly/3ZxvjYi>
Contact: Mrs Turcato: aturcato@sd44.ca

Description: Students will discover the exciting world of collage art, where they can mix and match images, textures, and materials to create unique and expressive works of art. In this class, you will explore how to layer different materials like magazines, fabric, paper, and found objects to build dynamic, eye-catching collages that reflect your creativity and personal style.

Lunch Grit at Upper Lynn Elementary

Who: Grades 4-7
When: Wednesdays (12:02-12:47) October 9-November 13
Duration: 45 Minutes
Cost: \$120 [scholarships always available]
To Register: [Lunch Grit at Upper Lynn](#)
Contact: Alix: alix@gritmeditation.ca

Join Alix for a mid-day check in+chill out workshop where we unpack emotions, friendships, coping skills, confidence and independence. Lunch Grit will give you a re-set mid-week to be able to tackle all the things that Elementary School brings.

Fresh Air Learning After School Adventures

Who: Grades K-3, 1:7 ratio
When: Mondays (3:00-5:00) ; September 9 to December 23 (13 Sessions)
Duration: 120 Minutes
Cost: \$572 (Scholarships available)
To Register: www.freshairlearning.org/after-school-programs
Contact: Katrina at Fresh Air Learning; info@freshairlearning.org

Join us in the forest for play and learning time after school! We see children as competent, capable people who can inspire their own learning and share with others. On Mondays we'll enjoy nature stories, hands-on activities, and free play in the forest. Pick up is from Upper Lynn.

Fresh Air Learning After School Adventures: **New Drop-In Spots Available!**

After connecting with families, school admin, and staff, we are pleased to announce we now have some drop-in spaces available in the program! Folks can register for a spot up to **48hrs** before that class. We still have scholarship funds as well to help make the program more accessible to folks, so don't hesitate reaching out to inquire and apply: info@freshairlearning.org

Register here: <https://bit.ly/3U9EOtx>

We look forward to playing and learning with your children soon!

Multi-Sport After School Program (**Spots still available**)

Who: Grades 1-3
When: Fridays; September 27 to December 13 (10 Sessions)
Duration: 90 Minutes
Cost: \$300 + GST
To Register: [Upper Lynn Multi-Sport, Fall 2024](#)
Contact: Matt Stickland: Matt@privatecoachingco.com

This excitement filled program focuses on FUN, physical literacy and sport skill improvement through fun games and activities. Participants will move through a variety of sports such as basketball, soccer, tennis, football, hockey, volleyball, handball, and more. Participants will be fully submerged in the world of sports and are bound to leave the day with a smile on their face, eager for the next day!

See for yourself! [Multi-Sport Trailer](#)

NOTE: This is a non-competitive program and is suitable for athletes of any experience or level!

Story Institute - After School Acting Program (Postponed)

Who:

When:

Duration:

Cost:

To Register:

Contact: Michael Coleman michaelcoleman@storyinstitute.ca

Reminders

Reminder: Send Extra Clothes and Rain Gear!

As the rainy season approaches, please remember to send your child(ren) to school with extra clothes and appropriate rain gear, such as raincoats and boots. Our students go outside for recess and lunch, rain or shine, so it's important they are dressed to stay warm and dry. Having extra clothes at school ensures your child can change if they get wet during outdoor activities. Thank you for helping us keep everyone comfortable and ready to learn!

Tim MacLeod
Principal

Lise Grendel
Vice-Principal