

Upper Lynn e-News

October 20, 2024

Important Dates & Reminders for the Week of October 21 to October 25, 2024

Monday 21	Tuesday 22	Wednesday 23	Thursday 24	Friday 25
<p>Conferences Early Dismissal 2pm</p> <p>Hot Lunch Well Fed</p> <p>Speakers Series 7-8pm Library</p>	<p>Conferences Early Dismissal 2pm</p>	<p>Conferences Early Dismissal 2pm</p>	<p>Conferences Early Dismissal 2pm</p>	<p>Pro-D Students Not in Session</p>

Upcoming Dates

- Monday October 21 – **Conferences; Early Dismissal at 2pm**
- Monday October 21 – Hot Lunch – Well Fed
- Monday October 21 – Boys’ Basketball Game
- Monday October 21 – Speaker Series - Fueling Kids - Jenn Messina; 7pm
- Tuesday October 22 – **Conferences; Early Dismissal at 2pm**
- Tuesday October 22 – Girls Basketball Game
- 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**
- Monday October 28 – Hot Lunch – Pizza
- Monday October 28 Boys’ Basketball Game
- Tuesday October 29 – Girls Basketball Game
- Wednesday October 30 – **Staff Collaboration: Early Dismissal at 2pm**
- Thursday October 31 – Halloween
- Friday November 1 – Photo Retakes
- Friday November 1 – Hot Lunch - Subway

Upper Lynn News

Heavy Rains – A Community Effort

A big thank you to the Upper Lynn community for your dedication and quick action in protecting Upper Lynn Elementary during the recent heavy rainfall. Our school is vulnerable to flooding, but thanks to the swift efforts of parents and community members, water was successfully redirected, and drains were cleared before the situation worsened. Additionally, with a timely call to Mr. MacLeod, the school district was alerted, allowing ground crews and a plumber to be dispatched promptly to safeguard our school.

This incredible teamwork truly exemplifies what makes Upper Lynn so special—everyone coming together to support and look out for one another. We are thankful for your care and commitment.

Halloween

Halloween is fast approaching. Upper Lynn will be having a sing-along, a parade, and each class will recognize Halloween in its own way.

Costumes:

Students may wear their costumes to school, or they may wish to dress for the day in Halloween colours of orange and/or black. Please be mindful of cultural appropriation, remember someone else's culture isn't a costume! Students will be permitted to wear their costumes throughout the day. If the costume includes face make up, please ensure your child comes to school with it already on their face.

Weapons/Masks:

For safety reasons, please no swords, guns or real or pretend weapons or fragile items. We are also asking that the costumes not be too scary for the younger students.

Candy:

In keeping with our exploration of the Health Curriculum and healthy treats being saved for "once in a while" please ensure that your child brings only one candy per day for the week following Halloween. For additional information regarding Halloween, please see the NVSD's website at <https://bit.ly/3NyACji>.

Colour Guard Needed for Remembrance Day Assembly

On Thursday, November 7, at 10:50 am we will be holding our Remembrance Day Assembly. We invite all students who participate in service organizations such as Sparks, Embers, Cubs, Scouts, Cadets and Guides, to help mark the occasion by wearing their full uniforms to the assembly on this day. The students who do wear their uniform will play a very important role in the assembly. We ask that the students bring a change of clothes to change into before they go out for lunch. Later this week or early the week after, classroom teachers will be talking to their students about the assembly and be asking for student involvement. Information will be sent home with those students who are interested in participating in the colour guard.

PAC News

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 April 7th (**New Date**) - 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 Representative - Division 7 (Paula Stanley)

We need a parent volunteer for Division 7!

Please email upperlynnpac@gmail.com

PAC Meeting

Next PAC meeting is November 18th - 7pm via Zoom

Hot Lunch - Please send cutlery!

In the past we have had an emergency supply in the PAC kitchen but this will NOT be available for the 2024/2025 school year. We are trying to reduce landfill!

It is also extremely helpful for the volunteers if you can tell your kids ahead of time what has been ordered so they know what to expect to receive for lunch.

Sick/Absent Kids! Please familiarize yourself ahead of Friday with what to do if your child is sick on a hot lunch day. You can have a sibling pick up the sick kids' lunch from their classroom - or you can email ulpachotlunch@gmail.com before 8:00 am on the day of the lunch to have your child's lunch pulled from the classroom bin and available for pick up at the PAC kitchen between 12:00 pm to 12:30 pm. Please note volunteers are unable to redirect lunches to other kids/classrooms. The 3rd option is to donate the lunch. All requests must be made by email, not using Facebook.

Fundraising

Thank you to everyone who has supported our fundraising efforts so far this year - we really appreciate your support!

We are very excited to announce the return of some of our favourite holiday fundraisers! Ordering is open for both fundraisers and will close on Wednesday, November 13, 2024.

Pick up for all orders will be on Thursday, November 28, 2024, from 2:45pm to 4:00pm at the school.

Poinsettias

For all your holiday decor/plant needs we have our annual poinsettia fundraiser. In addition to poinsettias, there are lots of other great options (indoor planters and wreaths, just to name a few). To find out more about this great fundraiser and to get the link to place your order [click here](#).

Purdys

We also have our annual Purdys fundraiser. To find out more about the tasty treats available this year and to get the link to place your order [click here](#).

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

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>

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

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

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