

Upper Lynn e-News

November 24, 2024

Important Dates & Reminders for the Week of November 25 to November 29, 2024

Monday 25	Tuesday 26	Wednesday 27	Thursday 28	Friday 29
Scholastic Book Fair Hot Lunch Well Fed	Scholastic Book Fair	Scholastic Book Fair	Scholastic Book Fair	Scholastic Book Fair Hot Lunch Subway

Upcoming Dates

- Monday November 25 – Hot Lunch – Well Fed
- Monday November 25 – 29 – Scholastic Book Fair
- Friday November 29 – Hot Lunch - Subway
- Monday December 2 – Hot Lunch Pizza
- Monday December 2 – Parent Speaker Series; 7pm
- Friday December 6 – District Wide Pro-D – **Students not in Session**
- Friday December 6 – Babysitting Course
- Monday December 9 – Cobs/TCBY
- Tuesday December 10 – Young Entrepreneur; 3:30
- Wednesday December 11 – Band Concert; 6:30
- Thursday December 12 – Choir at the Shipyards; 6:00
- Friday December 13 – Hot Lunch – Foodie Kids
- Monday December 16 – Hot Lunch – Sushi/Maxfrut
- Friday December 20 – School is Close for the Holiday
- Monday January 6 – School Re-Opens
- Monday January 6 – Hot Lunch – Well Fed
- Tuesday January 6 – International Tour
- Friday January 10 – Hot Lunch – Magic Lunch Box

Upper Lynn News

Get Ready for Mustache Monday!

On Monday, November 25th, the Upper Lynn Student Council is hosting Mustache Monday! We invite all students to join the fun by wearing a playful mustache to school. It's a great way to show spirit and raise awareness for an important cause—men's health.

If you're able, we encourage a small donation to support this initiative. Donations will be collected on Monday morning. Let's make it a memorable day for a great cause! Thank you for your support!

Scholastic Book Fair

The Scholastic Book Fair will be at Upper Lynn this Monday, November 25 to Friday, November 29. The Book Fair will be open at lunch recess for selected grades and after school until 4 pm for everyone.

- Monday lunch: Kindergarten and Grade 1
- Tuesday lunch: Grades 2 and 3
- Wednesday lunch: Grades 4 and 5
- Thursday lunch: Grades 6 and 7
- Friday lunch: Open to all students
- Monday to Friday 3:10 to 4 pm: Open to all

Join the Snow Team – Help Keep Upper Lynn Elementary Safe!

Winter is upon us, and we need your support to keep our pathways safe and accessible for our students, staff, and community. Upper Lynn Elementary relies on the dedication of our Snow Team to help clear walkways and ensure everyone can safely navigate the school grounds.

We're calling on parents, guardians, and community members to lend a hand. Whether you can spare a few minutes or a few hours, every helping hand makes a difference!

If you're able to assist, please reach out to Tim MacLeod at tmacleod@sd44.ca for more information or to sign up. Together, we can keep our school community safe and thriving, even during the snowiest days.

Thank You to West Vancouver Field Hockey Club!

A big thank-you to the West Vancouver Field Hockey Club for visiting Upper Lynn Elementary and introducing the exciting sport of field hockey to all our students from kindergarten to Grade 7! Our students had a fantastic time learning new skills, staying active, and experiencing the fun of this dynamic sport. Your efforts in promoting physical activity and teamwork are greatly appreciated by our entire school community.

Helping Kids Sleep Better

Creating healthy sleep habits is key to your child's overall growth, learning, and emotional well-being. Experts recommend that children aged 5 to 12 get 9–11 hours of sleep nightly. A consistent bedtime routine, such as bathing, brushing teeth, reading together, and dimming lights, helps set the stage for

restful sleep. Avoid screen time, sugary snacks, and stimulating activities before bed. Prioritize a consistent schedule—even on weekends—for the best results. By fostering these habits, you'll support your child's ability to focus, regulate emotions, and thrive in their daily activities. See the end of the newsletter for more information.

Grade 7 Fundraiser

If you are returning recyclables, the Grade 7's would love your support towards their graduation celebrations, graduation BBQ, and yearbook. We are also hoping to contribute a special legacy gift to the school (more details to come once finalized).

For those of you that already bring your items to the Return-It depot you would simply use the Upper Lynn Grade 7 Fundraising account: **604-984-4267**.

At the Express and Go stations, which can be used once you have labels, the **passcode is V0F3**.

Thank you for your support!

Grade 7 Fundraising Committee

PAC News

Speaker Series

We are excited to confirm our next speaker on Monday December 2nd (7-8pm) will be Sharon Selby, a local Registered Clinical Counsellor. She will present:

"Parenting in the Digital Era - Understanding the Risks and Mental Health Correlation"

We are welcoming parents from our Family of Schools (Boundary, Ross Road, Lynn Valley) to this talk - please register yourself so we can plan numbers: <https://bit.ly/48QJ4E1>

Fundraising

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

Parent Social

Thanks to the Parent Social organising team for Neon Nights and to all those who attended! It was a fantastic night!

After School/Lunch Programs

Lynn Sport Explorers After School Program

Location: Upper Lynn Gymnasium
Who: Grades 1 to 4
Dates: January 16 - March 6
Time: 3:00-4:30
Cost: \$240 + GST (8 Sessions)
Registration Link: <https://bit.ly/413khLo>

Program Description:

Unlock your child's potential through our engaging, multi-sport after-school programs designed to inspire and energize! Led by experienced coaching staff dedicated to providing an unforgettable experience, Sport Explorers introduces athletes to a world of fun, teamwork, and skill-building in a safe, inclusive environment. Each session offers a mix of sports that keeps kids excited, moving, and discovering new talents. Perfect for all experience levels, Sport Explorers makes after-school time active, social, and full of adventure. Sports include Soccer, Basketball, Volleyball, Handball, Hockey, Pickleball and more! Register today to secure your child's spot for sport exploration!

Lunch Grit at Upper Lynn

Location: Multi-Purpose Room
Who: Grades 3 to 5
Dates: Wednesdays / Jan 15-Feb 19
Time: 12:00pm - 12:50pm
Cost: \$135
Registration Link: <https://bit.ly/4flzPbG>

Program Description:

Lunch Grit 2025 is a 6-week lunch-time workshop for grades 3-5. In it, we un-pack how to be a happier human at school. We find tools for finding calm in stressful situations, we navigate our way through the landmine of tricky friendships, we deal with the pressure of expectations, we laugh - we create - we move our bodies. It's the perfect break for half-way through the day.

Babysitter's Course

Location: Upper Lynn – Multipurpose Room
Who: Students aged 11 and up
Date: Friday December 6th (Pro-D)
Time: 8:50am to 3:00pm
Cost: \$50
Space: Limited to 30
What to Bring: A sport helmet, an extra-long sleeve shirt, pencil, snacks, lunch and water
Registration: [Through Munch a Lunch](#)

Course presented by the Canadian Red Cross and facilitated by Marylene Descoches, certified Red Cross First Aid, CPR and Youth Leader instructor.

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 email is upperlynnpac@gmail.com

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

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

Reminders

Save The Date

All Upper Lynn students in grades K-6 will have an opportunity to share what they have been learning in music class in our school-wide music concerts this coming January. Concerts will be held in the Upper Lynn gymnasium. Due to space constraints in the gym, we kindly request that only two adults per family attend the concert.

January 21 6:30pm Primary Concert (K-3)

January 22 6:30pm Intermediate Concert (4-6)

Student Reporting

Your child's Student Learning Update will be made accessible on the portal in mid-December. The Ministry of Education and Childcare has produced [resources](https://bit.ly/3MySNoX) (<https://bit.ly/3MySNoX>) to help parents and caregivers understand how student progress is shared, including an Information Package for Parents and Caregivers on Communicating Student Learning, available in eight languages, and a presentation by ministry staff on K-12 student reporting in British Columbia. For any queries, please reach out to student.reporting@gov.bc.ca.

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Tim MacLeod
Principal

Lise Grendel
Vice-Principal

Upper Lynn Elementary -
Grade 7

Bottle Drive



to Help Support
the ULE Grade 7s
Graduation

Drop of Kiosks Locations

310 Brooksbank, North Vancouver
101-370 E Esplanade, North Vancouver
235 Donaghy Av, North Vancouver

Procedure:

Step 1: Bring recyclables in a clear plastic bag during opening hours.

Accepted recyclables
<https://www.return-it.ca/beverage/products/>

Step 2: print a label at the kiosk using 604-984-4267 as the phone number

Step 3: Stick your label on your bag and ensure you scan the bag before leaving.



Thank you for supporting the
Grade 7 grads-to-be with
your donation!

Upper Lynn Elementary -
Grade 7

Bottle Drive



to Help Support
the ULE Grade 7s
Graduation

Express & Go Locations

30 Riverside Drive (North Shore
Transfer Station)
333 Seymour Blvd (Superstore)

Procedure:

Step 1: Obtain labels from one of the drop off kiosks that can be used for future use, using the phone number 604-984-4267.

Step 2: At the Express and GO station, text your Express & Go Passcode (V0F3) to 778-400-5253, receive your one-time PIN to open the door, drop off your bags, and GO!



Thank you for supporting the
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your donation!

TIPS TO HELP YOUR KIDS SLEEP BETTER



WHY SLEEP IS CRUCIAL

- **GROWTH AND DEVELOPMENT:** SLEEP IS AN ESSENTIAL TIME FOR PHYSICAL AND MENTAL GROWTH.
- **COGNITIVE FUNCTION:** WELL-RESTED CHILDREN ARE BETTER ABLE TO FOCUS, PROBLEM-SOLVE, AND RETAIN WHAT THEY LEARN AT SCHOOL.
- **EMOTIONAL REGULATION:** LACK OF SLEEP CAN MAKE CHILDREN IRRITABLE AND PRONE TO EMOTIONAL OUTBURSTS.

HOW MUCH SLEEP DO CHILDREN NEED?

- CHILDREN AGES 5 TO 12 SHOULD AIM FOR 9-11 HOURS OF SLEEP EACH NIGHT



SET A CONSISTENT BEDTIME.. FOR E.G.

- 7:00 PM - TAKE A BATH OR SHOWER
- 7:20 PM - BRUSH TEETH AND PUT ON PAJAMAS.
- 7:30 PM - READ A STORY TOGETHER.
- 7:45 PM - QUIET TIME (LIGHTS DIMMED, SOFT MUSIC OR CUDDLING).
- 8:00 PM - LIGHTS OUT.



IF YOUR CHILD HAS TROUBLE FALLING OR STAYING ASLEEP

IT COULD BE DUE TO OVERSTIMULATION, ANXIETY, OR INCONSISTENT ROUTINES. REMEMBER, BEDTIME ISN'T THE BEST TIME TO TALK ABOUT STRESSFUL SITUATIONS. INSTEAD, WAIT UNTIL MORNING, WHEN EVERYONE IS REFRESHED AND CLEAR-HEADED.

A WELL-RESTED CHILD IS A HAPPIER, MORE FOCUSED, AND HEALTHIER CHILD. BY ESTABLISHING GOOD SLEEP HABITS EARLY, YOU'RE SETTING YOUR CHILD UP FOR SUCCESS BOTH IN AND OUT OF SCHOOL.

PITFALLS TO WATCH OUT FOR

- SCREEN TIME BEFORE BED
- OVERSTIMULATING ACTIVITIES BEFORE BED
- SUGARY SNACKS OR CAFFEINE BEFORE BED
- AN INCONSISTENT SLEEP SCHEDULE (FOR BEST RESULTS STAY CONSISTENT 7 DAYS A WEEK)

