

Upper Lynn e-News

December 1, 2024

Important Dates & Reminders for the Week of December 02 to December 06, 2024

Monday 02	Tuesday 03	Wednesday 04	Thursday 05	Friday 06
<p>Hot Lunch Pizza</p> <p>PAC Speaker Series; 7pm</p>				<p>Pro-D Students Not in Session</p> <p>Babysitting Course Upper Lynn</p>

Upcoming Dates

- 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
- Monday January 13 – Pizza
- Wednesday January 15 – Black Excellence Day

Upper Lynn News

Volunteers Needed for Upper Lynn's Snow Team

Winter is here, and we still need volunteers for our Snow Team to keep our pathways safe and accessible for everyone. If you can spare some time to help clear walkways, your support would make a big difference. Please contact Tim MacLeod at tmacleod@sd44.ca to sign up or learn more. Let's come together to ensure our school remains safe and welcoming, even during the snowiest days!

Overcoming Too Much Screen Time

Managing screen time is an important step toward healthier habits for both kids and adults. Start by discussing screen use as a family and identifying small, achievable changes, like limiting phone use during meals or removing unnecessary apps. Encourage outdoor activities and celebrate successes when time away from screens is achieved.

Reflect on how screen time affects daily life, including sleep, homework, and relationships. By working together as a family, you can create a balanced approach to technology and enjoy more quality time together. Let's take steps to build healthier habits today! See the end of the newsletter for more information.

Educational Savings Grant

The B.C. Training and Education Savings Grant (BCTESG) offers \$1,200 for eligible children aged 6 to under 9 to support post-secondary education. Parents or guardians simply need to open a Registered Education Savings Plan (RESP)—no personal contributions required. Visit the BCTESG homepage or contact a participating financial institution to apply. See the end of the newsletter for more information.

Thank You for Making Mustache Monday a Success!

Thank you to everyone who participated in Mustache Monday! Your enthusiasm and generosity helped us raise \$210 to support men's health awareness, making the day both fun and impactful. It was amazing to see so many creative mustaches and the spirit of our community shine through. Together, we've made a meaningful difference—thank you for your support!

PAC News

Hot Lunch

We are happy to announce hot lunch will once again be offered twice a week on Mondays and Fridays for the Winter term. Ordering will open on December 4 for the winter term which runs Monday January 6 to Friday March 14. Ordering and payment deadline will be **December 17 at 11:59pm**. No new orders for the winter term will be accepted after this date. Please also note there are 3 non-instructional days (January 20, February 14, February 17).

Volunteers!

Our hot lunch program is unable to run without parent volunteers! Each lunch service requires 3-4 volunteers to run smoothly – newcomers are welcome. Time commitment is 11:15am – 12:45pm. When signing up for hot lunch in MunchaLunch you can mark the dates you are available to help after ordering, or under the “Volunteer” tab. We will then contact individuals prior to lunches to confirm. Don’t worry if your plans change, we are flexible!

Open Role for the 2025-2026 school year!

Do you love the hot lunch program? Please reach out to us at ulpachotlunch@gmail.com if you would like to volunteer with the hot lunch program as a back-end coordinator for the 2025-26 school year. The back-end role can be done remotely and on your own schedule. Volunteering for hot lunch is a great way to connect with staff and students and get involved with your kiddo's world.

The hot lunch program cannot run without a back-end coordinator. We hope to have someone in place by Feb 15 so that we can train properly for the 2025-26 school year. Students, parents, and school administration will be so grateful if the hot lunch program can continue to be a success!

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 ulpachotlunch@gmail.com

Speaker Series

Please join us this Monday December 2nd (7-8pm) with 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>

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.

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**.

Tim MacLeod
Principal

Lise Grendel
Vice-Principal

OVERCOMING TOO MUCH SCREEN TIME

Ask yourself and your family members the following questions, "Can you name some problems of being too addicted to a screen?" "What are the benefits of screens?"



Discuss screen time habits with your family and make a plan identifying where you can make small changes at first

Ask yourself these question, " Do you feel frustrated, angry and/or sad when you have to get off your screen?" "Does your screen time interfere with homework, sleep, relationships

Try; No phones during family meals and see if you can find other times you can all put down your phones



Make a list of other things you can do instead of using your device

Go outside; Allow yourself to have fun outside without your phone



Remove unnecessary apps or move your most-used ones to a later page.

Acknowledge and celebrate when you are able to put your phone down



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
Grade 7 grads-to-be with
your donation!



Dear Parent or Guardian:

The Government of British Columbia is pleased to inform you that your child may be able to receive the **\$1,200 B.C. Training and Education Savings Grant**.

Children may be eligible if:

- The parent or guardian, and the child, are B.C. residents, and
- The child is between the age of 6 and the day before turning 9.

Once you open an account, known as a Registered Education Savings Plan (RESP), and apply for the B.C. Training and Education Savings Grant (BCTESG), \$1,200 will be deposited into the RESP for your child. Students can then use the money to pay for post-secondary education or training expenses.

Plan today: you don't have to put any money into the RESP to receive the \$1,200.

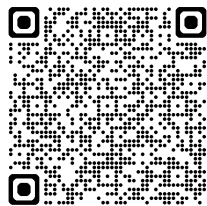
Step 1: Get Social Insurance Numbers (SINs) for you and your child. Go to <http://www.canada.ca/social-insurance-number> to find out how.

Step 2: Make an appointment with one of 56 financial organizations that offers the BCTESG. A list of partners is available here: <https://www.canada.ca/en/employment-social-development/programs/canada-education-savings/resp-promoters-list.html>

Bring the **SINs for you and your child and proof of B.C. residency** and say: **"I want to open an RESP and get the B.C. Training and Education Savings Grant for my child."**

Learn more:

BCTESG homepage QR Code



BCTESG homepage URL

<https://www2.gov.bc.ca/BCTESG>

Question? Contact: BCTESG@gov.bc.ca Your child may also be eligible for other, federal incentives, see: <https://www.canada.ca/en/services/benefits/education/education-savings.html>.



WEST VANCOUVER FIELD HOCKEY CLUB TEACHING THE “FUN”DAMENTALS OF HOCKEY!

Our students recently learned the “FUNdamentals” of field hockey during an indoor session with West Vancouver Field Hockey Club.

After trying out their hockey skills and games, the children received a certificate and a WVFC wristband. If your child/ children enjoyed the experience and is interested in playing more, contact info@wvfhc.com



**Registration for
Spring League 2025
is now open**
All levels welcome



www.wvfhc.com