

# Upper Lynn e-News

December 8, 2024

## Important Dates & Reminders for the Week of December 09 to December 13, 2024

Monday 09	Tuesday 10	Wednesday 11	Thursday 12	Friday 13
Hot Lunch Cobs/TCBY	Young Entrepreneur Fair	Band Concert 6:30	Learning Updates Uploaded  Choir at The Shipyards 6:30	Festive Gear Day  Hot Lunch Foodie Kids

## Upcoming Dates

- 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; 6:30
- Thursday December 12 – Learning Update Upload
- Friday December 13 – Hot Lunch – Foodie Kids
- Friday December 13 – Festive Gear Day
- Monday December 16 – Hot Lunch – Sushi/Maxfrut
- Friday December 20 – Last of School Before the Break
- Monday January 6 – School Re-Opens
- Monday January 6 – Hot Lunch – Well Fed
- Monday January 6 – International Tour
- Friday January 10 – Hot Lunch – Magic Lunch Box
- Monday January 13 – Pizza
- Wednesday January 15 – Black Excellence Day
- Friday January 17 – Hot Lunch - Subway
- Monday January 20 – School Based Pro-D
- Tuesday January 21 – Primary Concert
- Wednesday January 22 – Intermediate Concert

# Upper Lynn News

## Self-Assessment of Core Competencies

The BC Ministry of Education encourages students to reflect on their growth in Communication, Thinking, and Personal & Social skills. Teachers support this process by guiding students to identify learning experiences both in and outside of school. This term, Self-Assessments of the Core Competencies will be sent home during the week of December 9-13, separate from the Learning Update, which will be available online on Thursday December 12.

## Student Reporting

Learning Updates (Report Cards) Uploaded Thursday!

Learning Updates will be posted on the Parent Portal. You will receive an email from [sysadmin@myeducation.gov.bc.ca](mailto:sysadmin@myeducation.gov.bc.ca) when your child's report card is ready to view.

### Accessing the Parent Portal:

- Use your login details (email address).
- If you forget your password, click "I forgot my password" and follow the prompts to reset it.
- For detailed instructions and tips on accessing the MyEducation BC Parent Portal, click [\[here\]](#).

### Need Help?

- Most login issues can be resolved by following the instructions linked above.
- If you still need assistance, email [upperlynn@sd44.ca](mailto:upperlynn@sd44.ca) including your child's name and a description of the issue. We will respond in the order requests are received, which may be in the new year.

### Important Reminder:

Please remember to print or download your child's Learning Update from the Parent Portal once it becomes available.

## The Student Council Has Planned Two Exciting Theme Days for December!

### Festive Gear Day - Friday, December 13:

Celebrate the season by wearing your favorite festive gear! Break out your holiday hats, sweaters, headbands, and anything that spreads cheer and joy.

### Pyjama Day - Friday, December 20:

Get comfy and cozy on the last day before Winter Break by coming to school in your favorite pajamas. Let's end the year in relaxed holiday style!

## Winter Break

Friday, December 20 is the last day of school before the winter holiday break. Classes will resume on Monday, January 6. We wish everyone a restful and enjoyable holiday filled with warmth and happiness!

## Parade of Trees

We're excited to be part of the Lynn Valley Community Association's Christmas Parade of Trees again this year! Decorating our school's tree has been a joyful experience, thanks to the creative efforts of students from Mr. Fox's, Mrs. Wilson/Mrs. Ross's, Mrs. Hatziantoniou, and Mrs. Brown/Mrs. Bryant's classes. A special shoutout to Madi and her daughter Nola for adding the finishing touches and making our tree shine! We love being part of this wonderful community tradition that brings people together while supporting Sharing Abundance, a local charity providing meals and connection for those in need. Thank you for helping spread holiday cheer in such a meaningful way!



## Band and Choir Performances

Upper Lynn families are invited to attend the following performances by our bands and choirs:

### Beginning and Continuing Band Concert

**When:** Wednesday, December 11 6:30pm

**Where:** ULE Gymnasium

### Primary and Intermediate Choir Performance

**When:** Thursday, December 12

**Who:** Primary Choir 6:30pm

**Who:** Intermediate Choir 7:15pm

**Where:** Shipyards Christmas Market, free admission

## School Music Concerts

Our annual school music concerts will be an opportunity for all students to share what they have been learning in music classes this year. Please save the date!

- *Primary Concert, Grades K-3, January 21 6:30pm*
- *Intermediate Concert, Divisions 5-10, January 22 6:30pm*

## Lost and Found

The Lost and Found will be displayed in the school foyer this week. Families can also view the items online by clicking [\[here\]](#). Please check for any belongings before the winter break!

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# PAC News

## Hot Lunch

Ordering is now OPEN for the winter term, which runs from 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? The back-end coordinator role is now available for the 2025-26 school year since the current coordinator will be leaving the school. The hot lunch program CANNOT RUN without a back-end coordinator, and we need someone in place by Feb 15, 2025! Please reach out to us at [ulpachotlunch@gmail.com](mailto:ulpachotlunch@gmail.com) if you would like to learn more. 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.

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](mailto:tmacleod@sd44.ca). The request will be kept confidential.

New users and returning parents will be able to access MunchALunch at <https://bit.ly/4gzCxRB>

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

For assistance reach out to [ulpachotlunch@gmail.com](mailto:ulpachotlunch@gmail.com)

## Speaker Series

Thank you to Sharon Selby for a very informative presentation on parenting in the digital era and mental health. We learnt about the concept of overprotection in the real world and underprotection in the digital world. We were joined by parents from Boundary, Ross Road, Lynn Valley and Canyon Heights.

[Please find a link to the slides here.](#)

[I also encourage you to sign the Unplugged Canada pledge here.](#)

Sharon has also shared her ebook with us via the ULE PAC website: 8 Common Mistakes to Avoid When Your Child Is Anxious

<https://upperlynnpac.weebly.com>

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# After School/Lunch Programs

## Lynn Sport Explorers After School Program

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

### 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

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

### 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

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

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](mailto:tmacleod@sd44.ca).

## PAC Facebook Group, Website and Email

The PAC email is [upperlynnpac@gmail.com](mailto:upperlynnpac@gmail.com)

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

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

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# Reminders

## 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](mailto: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!

Tim MacLeod  
Principal

Lise Grendel  
Vice-Principal