



LYNN VALLEY ELEMENTARY SCHOOL

3207 Institute Road, North Vancouver, BC V7K 3E5

Telephone: 604-903-3620

Email: lynnvalley@sd44.ca

Dear Lynn Valley Families,

Welcome to the 2023 / 2024 School Year. I hope everyone has had time to relax, rejuvenate and reconnect with family and friends over the summer. September is a time of new beginnings which will evoke many emotions in both students and adults. We acknowledge that there is excitement, anxiety, fear, happiness and all things in between and recognize that everyone is returning with a different set of emotions.

We are fortunate to be part of such a supportive community and I am feeling very positive that we will continue to support each other with grace and kindness as we embark on a new year. It is going to be a great year!!

Please find below important information for school start up. The staff is looking forward to seeing everyone on Tuesday, September 5th.

Sincerely,

Susan Teegen Principal

Deanna Sherrill Vice-principal

What to expect next week

All students in Grades 1 to 7 will be welcomed back to school on **Tuesday, September 5th**. Please note that the first day for all Grades 1 to 7 students is two (2) hours and classes will begin at 8:56 am and adjourn at 10:56 am. The first full days of classes for these grades begin on Wednesday, September 6th from 8:56 AM to 3:00 PM, Thursday and Friday 8:56 AM to 3:00 PM.

On **Tuesday, September 5:**

- **ALL returning students in Grades 1 to 7** will meet outside where they were picked up for recess and lunch last school year. Students will spend the two hours with their last year's teachers and peers
- **New students**, are to report to the main entrance; they will be greeted by Mrs. Montgomerie, Ms. Clarke and Mrs. Teegen and welcomed to the school. They will join in with their respective grade cohorts for the morning and can be picked up back at the main entrance.
- **Kindergarten students** will have a gradual entry. Information has been communicated to the Kindergarten parents in the first week of July. Please call the main office if you have any questions. 604 903 3260
- Students will be placed in their new classes Wednesday morning.

At Lynn Valley, we continue to prioritize the social-emotional well-being of all members of our learning community. There has been a lot of thought and planning that has gone into student placement and this will continue until Tuesday, September 7th.

On **Wednesday, September 8th:**

- **ALL students in Grades 1 to 7**, will meet outside where they were picked up for recess and lunch last school year. They will then be assigned to their new classroom assignment for this year.
- Kindergarten Families can refer to their gradual entry plan
- Please bring your school supplies - school supply lists can be found [here](#). The lists are on the blue banner at the top of our website page, just click on **School Supply Lists**. Supplies can be purchased from School Start, or you can use the lists to provide your own supplies.

The [Lynn Valley School](#) website has essential information, links and a copy of all school-based communications shared with families. You were recently sent an important communication from the

school district regarding the completion of district permission forms using the school cash online system. It is important these are completed in a timely manner. Please contact the office if you require support. We are happy to help.

Safe and Active Travel and School Speed Zones

Back to school is a great time for families to practice and make a plan for students to get to and from school in safe and active ways. Check out the [Safe and Active Travel](#) webpage for more information.

Lynn Valley Approved Calendar

Please refer to the [Lynn Valley Calendar](#) for information regarding professional development days, holidays and school and LVPAC events.

Bell Schedule

8:50 Entrance Bell

8:56 First Instructional Period Begins

10:30 Recess

10:50 Second Instructional Period Begins

12:10 Play 12:40 Eat

1:00 Third Instructional Period Begins

3:00 Dismissal

Health Related Updates

A number of health and safety measures continue to be in place to support safe learning environments and to minimize the risk of transmissible illnesses in schools. We have universal (good for everyone) measures in place such as:

- Ensuring students who are unwell stay home until they are 24hr symptom free
- Personal hygiene support including hand washing and hand sanitizing
- Daily cleaning of high touch surfaces

Tips for your child's success at school

Student's success at school is greatly influenced by how they are feeling on any given day.

Students are able to function better, think more clearly and show resiliency while at school if they have the following daily supports in place:

- adjust your child's bedtime and wake-up times a week before the start of school to prepare them for the back- to-school routine
- talk enthusiastically to your children about the new school year, reminding them of the fun they will have with their friends, even if they are not in the same class
- engage in physical activity for a minimum of 90 minutes per day
- ensure they get a minimum of 9 hours of sleep (reduce exposure to screen time for a minimum of 90 minutes prior to bedtime)
- eat a healthy breakfast that includes protein
- reduction of sugary snacks / drink plenty of water throughout the day
- Get your children in the habit of choosing their clothing and organizing their back pack the night before to help the morning begin calmly.

WELCOME TO OUR NEW FAMILIES!!

There is nothing more exciting than exploring new places and meeting new people! It can also create a bit of nervousness for some until routines and friendships are established. With that in mind, please join me in giving a big Lynn Valley welcome to our new families and their children that will attend school here this year! Please help them feel welcome in our community. Please also welcome our new Kindergarten students and their families!