

# Upper Lynn e-News

April 21, 2025

## Important Dates & Reminders for the Week of April 21 to April 25, 2025

Monday 21	Tuesday 22	Wednesday 23	Thursday 24	Friday 25
Easter Monday	Earth Day	ICBC Road Safety Blitz  Track Practice Sutherland		Hot Lunch Foodie Kids

## Upcoming Dates

- Tuesday April 22 – Earth Day
- Wednesday April 23- ICBC Road Safety Blitz
- Wednesday April 23- Foundry Talk – Grade 6
- Wednesday April 23 – Track Practice – Sutherland; 3:30
- Friday April 25 – Hot Lunch – Foodie Kids
- Monday April 28 – Hot Lunch – Pizza
- Monday April 28 – Federal Election
- Monday April 28 – Foundry Talk – Grade 7
- Wednesday April 30 – Foundry Talk – Grade 6 & 7
- Wednesday April 30 – Staff Collaboration; **Students Dismissed at 2pm**
- Wednesday April 30 – School Planning Committee Meeting: 3:45
- May – Asian Heritage Month
- Monday May 5 – District Wide Pro-D – **School Not in Session**
- Wednesday May 7 – Zone 5 Track Mini-Meet; Sutherland
- Thursday May 8 – Zone 5 Mini-Meet; Lynn Valley
- Friday May 9 – Hot Lunch – Magic Lunch Box
- Week of May 12 – Scholastic Book Fair
- Monday May 12 – Hot Lunch – Well Fed

# Upper Lynn News

## Code of the BEARS

On Wednesday, we officially launched our new Upper Lynn BEARS program with two assemblies to introduce the initiative to our students. Over the first three days, more than 200 BEARS Paws were handed out to students who demonstrated positive behaviour aligned with our Code of the BEARS: Be Accountable, Be Respectful, Be Safe. Each BEARS Paw earned contributes to our school's BEARS Mountain and brings us closer to exciting school-wide rewards. Every student who received a Paw also received a special Upper Lynn BEARS sticker to take home. On Friday, we held our first prize draw and celebrated by giving away school t-shirts, Upper Lynn buttons, and BEARS Paw cookies!

Each week, we'll spotlight two of the ten school areas where expectations have been co-created by students and staff. This week's focus is on **Hallways** and **Assemblies**. Classrooms are moving at their own pace with these lessons, so the timing may vary with the teaching of the areas. We also sent home a family information PDF last week with ideas on how you can support the BEARS behaviours at home. Thank you for your partnership in helping us build a strong, positive school culture at Upper Lynn!



### Upper Lynn BEARS: Washroom

<b>B</b> <b>E</b>		
<b>A</b> ccountable	<ul style="list-style-type: none"><li>Conduct your business.</li><li>Flush and wash hands.</li><li>Clean up after yourself.</li></ul>	
<b>R</b> espectful	<ul style="list-style-type: none"><li>Respect others' privacy.</li><li>Use a quiet voice.</li><li>Treat property with care.</li></ul>	
<b>S</b> afe	<ul style="list-style-type: none"><li>Walk in and out calmly.</li><li>Keep soap and water in the sink.</li><li>Keep your body to yourself.</li></ul>	



### Upper Lynn BEARS: Assembly

<b>B</b> <b>E</b>		
<b>A</b> ccountable	<ul style="list-style-type: none"><li>Follow directions.</li><li>Sit quietly and be ready to participate.</li><li>Stay seated until dismissed.</li></ul>	
<b>R</b> espectful	<ul style="list-style-type: none"><li>Listen to the presenters.</li><li>Use appropriate appreciation.</li><li>Be kind and patient.</li></ul>	
<b>S</b> afe	<ul style="list-style-type: none"><li>Walk in and out calmly.</li><li>Keep body to yourself.</li><li>Be mindful of surroundings.</li></ul>	

## ICBC Road Safety Blitz

We're excited to share that Upper Lynn will be taking part in a Road Safety Blitz this Wednesday, April 23. This initiative is a partnership between ICBC, the North Vancouver RCMP, North Shore Safety Council, municipal transportation planners, bylaw officers, and Speed Watch volunteers. Together, they'll be helping raise awareness about safe driving and walking habits around school zones. With the weather improving and more families walking to school, this is a great opportunity to reinforce safe behaviors and promote a safer environment for everyone in our community.

## Poem In Your Pocket Week

Back by popular demand, *Poem In Your Pocket* week will take place from **April 28 to May 2**! Throughout the week, staff may ask students if they have a poem to share—either by reading or reciting it. We encourage families to help their child choose and either print or memorize one (or two!) poems to carry in their pocket and share during the week.

## The Book Fair is Coming!

We're excited to welcome the Scholastic Book Fair back to Upper Lynn from **Monday, May 12 to Friday, May 16**!

The Book Fair will be open during lunch recess for selected grades and **after school for all students and families from 3:10 to 4:00 p.m.**

### Lunch Recess Schedule:

- **Monday:** Kindergarten & Grade 1
- **Tuesday:** Grades 2 & 3
- **Wednesday:** Grades 4 & 5
- **Thursday:** Grades 6 & 7

Don't miss this great opportunity to spark a love of reading and support our school!

## Attendance and Punctuality Matter

Coming to school each day and arriving on time sets students up for success. Regular attendance helps children stay connected to their learning, build friendships, and develop strong habits for the future. Arriving late not only disrupts the flow of the lesson but can also affect your child's ability to fully engage in their learning. When students miss too much school or consistently arrive late, it can be difficult to keep up.

If your child is facing challenges with attendance or punctuality, please don't hesitate to reach out to their teacher.

## PAC News

### Fundraising

**Save the Date!** We are excited to let you know about two upcoming events.

If you like baseball, hot dogs, popcorn, or just hanging out with friends and family at the Nat, then save the date for the **Vancouver Canadians game on Sunday, June 1, 2025** (it's a family fun day with a 1:05pm start and a chance for the kids to run the bases after the game). The link to buy tickets will be sent out shortly. We receive \$5 from each ticket, so you get to enjoy some baseball while raising money for the school.

If baseball isn't your sport of choice, or you just can't get enough sports, then save the date for the **Whitecaps game on Sunday June 8, 2025** (6pm). Use this link to buy your tickets:

<https://am.ticketmaster.com/whitecaps/ism/MjVXQzA2MDg=?promoCode=VVBQRVJMWU5O>

We receive \$5 from each ticket, so you get to enjoy some soccer while raising money for the school.

## Backpack Buddies

Backpack Buddies is an organization that helps to feed 6,000 hungry kids a week throughout BC, including North Vancouver. They currently have a waitlist of children that they do not have the budget to provide bags for. Upper Lynn would like to help Backpack Buddies fundraise in order to get some of these kids off the waitlist and fill their tummies. Allison Grice, mom of 2 girls at Upper Lynn, works with Backpack Buddies and can be reached at [Allison@backpackbuddies.ca](mailto:Allison@backpackbuddies.ca) for any further info. Please consider a donation to this wonderful organization. QR code & link below! <https://give-can.keela.co/202526-kidshelpingkids>

## Speaker Series

**Who:** Upper Lynn Parent Session with Dr. Brandy Wiebe from Saleema Noon Sexual Health Educators

**When:** Monday May 5th 6:30pm

**Where:** via Zoom (session NOT recorded)

Time: May 5, 2025 06:30 PM Pacific Time (US and Canada)

Join Zoom Meeting

<https://us02web.zoom.us/j/87191438861?pwd=mwcA8fOOAzEuYlFw4OnOA1fGltgkjk.1>

Meeting ID: 871 9143 8861

Passcode: 760125

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## Staff Appreciation

Staff Appreciation will take place the **week of April 28th - May 2nd!** This provides an opportunity for us to acknowledge the many ways in which Upper Lynn teachers and support staff care for our children in the classroom with their academic activities, on the playground keeping them safe, coaching sports, and all the other things they do to make our school so wonderful.

Similar to last year, the PAC will be using money set aside in our budget to provide lunch for **staff on Tuesday April 29th.**

On **Thursday May 1st**, we would love your help to fill the staff room with yummy treats! PAC will provide the Coffee, but we would appreciate your treat contributions for the staff to snack on throughout the day - muffins, brownies, cookies....anything that does not require refrigeration. Treats would need to be dropped off around 830am in the staff room. Link to sign up below!

[Upper Lynn: Staff Appreciation - Thursday May 1st , 830am](#)

# Volunteer Opportunities

## Carnival

The Upper Lynn Carnival is our biggest and most exciting event of the year – and we need you to help keep the magic going! Please consider signing up to be a carnival co-organizer, or a committee member:

## Carnival Co-Organizers

Our amazing Carnival Coordinator will be stepping down from this role after this year, and the PAC is looking for one or two enthusiastic parent volunteers to step in as Carnival Co-Organizers for 2025. This is a great opportunity to learn the ropes now so you're ready to take the lead in 2026!

What you'll do:

- Book rides and games (already booked for 2025)
- Book the Food (Lions already booked for 2025)
- Book the field and organize permits
- Organize leadership students and volunteer signups
- Coordinate all aspects of the big day
- Most importantly — have fun with a great team!

The time commitment for this role requires some light planning in October, then ramping up in the spring, with May and first week of June the busiest, and a full-day commitment for the event day (first Friday in June)

## Carnival Committee Members

We also need carnival committee members. Be part of the team puts on the biggest, most fun ULE event of the year! Volunteer to help with ticket sales & advance pickup, sponsorship solicitations, volunteer shifts coordinator, corner store coordinator, set-up & take-down!

Interested? Please reach out to [upperlynnpac@gmail.com](mailto:upperlynnpac@gmail.com) ASAP!

## PAC Co-Chair

PAC is looking to fill the Co-Chair role for the 2025/2026 school year. This person will work with the chair and other executive members to support our school by coordinating PAC activities, act as a spokesperson, facilitate discussions about how funds are raised and spent, and foster a positive and collaborative environment between the school, parents, and community. This role can be very flexible to make it fit your schedule and skill set! For more information please reach out to: [upperlynnpac@gmail.com](mailto:upperlynnpac@gmail.com)

Elections will take place at our AGM on June 16th.

# After School / Lunch Programs

## Lunch GRIT (Spring 2025)

**Location:** Upper Lynn MPR  
**Who:** Grades 3-6  
**Dates:** Wednesdays, Lunch, April 9th-May 14th  
**Time:** 12-12:47pm  
**Pricing:** \$130 (scholarships always available)  
**Register Here:** [Register here](#)

Join us for Lunch Grit (again!) this Spring. Each Wednesday we'll meet up for a fun/chill session of figuring out how to find calm in stressful situations, how to navigate our way through tricky friendships, how to deal with stress, and how to tap into empathy. We'll incorporate fun crafts and activities and leave time each week for a mindful brain-break meditation. It's the perfect break halfway through the week.

## Chess Club

**Location:** Multipurpose Room  
**Who:** Ages: 6+  
**Dates:** Tuesdays, April 1<sup>st</sup> to June 10<sup>th</sup>  
**Time:** 12:00-12:47  
**Pricing:** \$110 (\$10/session)  
**Register Here:** <https://forms.gle/B1HPJzWnTmDziQYg6->

You are invited to explore the strategic world of chess at this exclusive chess club. This club includes fundamentals for beginners along with strategies for the more advanced players. Chess Club players will have the opportunity to improve their skills by playing against other player of various levels.

## 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

## Student Learning Survey

Upper Lynn parents, guardians, and caregivers—please participate in the Provincial Student Learning Survey. This survey gathers important feedback on school environment, safety, and achievement. Students in grades 4 and 7, along with school staff, will also participate. Your input helps us recognize strengths and identify areas for improvement. Complete the survey electronically [here](#).

Tim MacLeod  
Principal

Lise Grendel  
Vice-Principal

## Code of The BEARS

**Be Accountable** - We are responsible for our learning and actions.

**Be Respectful** - We treat everyone with courtesy, kindness, and consideration.

**Be Safe** - We care for the safety of ourselves and others.



### WE FEED THOUSANDS OF HUNGRY KIDS ALL ACROSS BC

Backpack Buddies is dedicated to ensuring BC's most vulnerable children have access to good quality food. Many children rely heavily on school meal programs, but over the weekends they go hungry. Backpack Buddies addresses this "weekend hunger gap" through its growing network of donors and volunteers. For a cost of only \$25, Backpack Buddies sends a child home with a bag of kid approved meals to last the weekend and beyond.



SCAN HERE  
to DONATE



6,000+  
kids reached  
every week



1,655,000  
meals delivered  
in 2023/24



over 350  
schools and  
distribution partners



[www.backpackbuddies.ca](http://www.backpackbuddies.ca)

