

Upper Lynn e-News

April 27, 2025

Important Dates & Reminders for the Week of April 28 to May 02, 2025

Monday 28	Tuesday 29	Wednesday 30	Thursday 01	Friday 02
Hot Lunch Pizza		Staff Collaboration Early Dismissal: 2pm	Asian History Month	Hot Lunch Foodie Kids

Upcoming Dates

- Monday April 26 – Hot Lunch – Pizza
- 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
- Friday May 16 – Hot Lunch – Subway
- Monday May 19 – Victoria Day – **School is Closed**
- Tuesday May 20 – Track Qualifications – Sutherland; 8:00-11:30
- Thursday May 22 – Field Qualifications – Lynn Valley; 3:30-5:30
- Friday May 23 – Kindergarten Orientation
- Friday May 23 – Hot Lunch – Foodie Kids
- Monday May 26 – Hot Lunch – Cobs/TCBY
- Tuesday May 27 – Class Photos
- Friday May 30 – Hot Lunch – Magic Lunch Box

Upper Lynn News

Code of the BEARS – Week 2 Update

Our BEARS program is off to an amazing start! Last week, students continued to show outstanding BEARS behaviors around the school. Staff handed out handfuls of BEARS Paws to students who were caught being Accountable, Respectful, and Safe. We saw students walking calmly in the hallways, helping others, holding doors open, and even beautifying the school grounds — incredible work, Upper Lynn!

This week, we're focusing on two key areas: **Hallways** and **Playground** expectations. A reminder to all students: please do not ask for BEARS Paws or show us the wrappers you have picked up. This week, we are looking to *catch you in the act* of following the Code of the BEARS!

Keep up the great work, Upper Lynn. We are proud of you!



Upper Lynn BEARS: Hallway

B E		
A ccountable	<ul style="list-style-type: none"> Move directly to and from your destination. Carry items safely. Stay focused on your task. 	
R espectful	<ul style="list-style-type: none"> Speak softly. Respect others' space and belongings. Appreciate displays without touching. 	
S afe	<ul style="list-style-type: none"> Move calmly and on the right. Be mindful of your surroundings. Follow instructions. 	



Upper Lynn BEARS: Playground

B E		
A ccountable	<ul style="list-style-type: none"> Follow instructions. Take responsibility for actions. Help others when needed. Bring equipment back inside. 	
R espectful	<ul style="list-style-type: none"> Include everyone. Be kind to others. Treat the environment with care. Share equipment and space. 	
S afe	<ul style="list-style-type: none"> Use equipment as intended. Stay within boundaries. Be mindful of surroundings. Keep body to yourself. 	

ICBC Road Safety Blitz – Success!

Last Wednesday, Upper Lynn proudly participated in the ICBC Road Safety Blitz. It was a beautiful, sunny day and our school community shone brightly! The event brought together 8 RCMP officers, Speed Watch volunteers, representatives from the District of North Vancouver, ICBC, the North Shore Safety Council, our School District Trustee, Principal-for-the-Day Zayn, Vice Principal Mrs. Grendel, and Principal Mr. MacLeod.

We are thrilled to share that drivers around the school were following posted speed limits, parents adhered to drop-off guidelines, and no illegal U-turns were spotted. Even better, we saw many families walking and rolling to school, embracing safe and healthy habits.

A big thank you to everyone for making safety a top priority — well done, Upper Lynn!



Principal for a Day – Zayn Leads Upper Lynn!

Last Wednesday, Upper Lynn had a very special leader; Grade 6 student Zayn stepped into the role of Principal for the Day!

Principal Zayn kicked off his busy morning by supporting the ICBC Road Safety Blitz, helping monitor traffic and promote safe habits around the school. Throughout the day, he handed out BEARS Paws to students showing positive behavior aligned with our Code of the BEARS, attended band practice, and learned about the Foundry Program — a community resource supporting youth and families.

One of Principal Zayn's first executive decisions? Extending recess by five extra minutes, a move that was very popular with students and staff!

His day continued with a trip to the School Board Office to meet with Superintendent Dr. Ryan, followed by a visit to the Facilities Department to check out the blueprints for the new school at the old Cloverly site. After a quick stop to pick up flowers for Administrative Professionals Day and visit the Cloverly site itself, Zayn returned to Upper Lynn to wrap up a very successful day.

Thank you, Principal Zayn, for your energy, leadership, and for making it a memorable day at Upper Lynn!



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.

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=mwcA8fOOAzEuYIFw4OnOA1fGlTgkjk.1>

Meeting ID: 871 9143 8861

Passcode: 760125

Webinars on Substance Use Prevention

The Ministry of Education and Child Care, in partnership with Dr. Hayley Watson, Adolescent Clinical Psychologist and Founder of [Open Parachute](#) is hosting three free webinars focused in helping you create a personalized step-by-step plan for implementing substance use prevention skills in your home. Dr. Watson will focus on specific steps you can take to ensure that you and your family are supported as you teach substance use prevention skills to your child/youth.

Key Takeaways:

- Learn the skills that will help prevent your child and youth from using substances
- Navigate the challenges that arise while teaching these skills to your child and youth
- Create a step-by-step plan for implementing substance use prevention strategies
- Increase your ability to effectively support yourself and your child/youth at the same time

Time: 6:00-7:30pm PST (includes Q&A!)

Please register in advance by selecting the session which you would like to attend:

- [April 29th – 6:00-7:30pm PST](#)
- [May 7th – 6:00-7:30pm PST](#)
- [May 8th – 6:00-7:30pm PST](#)

If you have any questions, please reach out to the Mental Health and Substance Use

Team: EDUC.MentalHealth@gov.bc.ca

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 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

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 1st to June 10th
Time: 12:00-12:47
Pricing: \$110 (\$10/session)
Register Here: <https://forms.gle/B1HPJzWnTmDziQYg6->

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

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.

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.

Tim MacLeod
Principal

Lise Grendel
Vice-Principal

