

Upper Lynn e-News

May 4, 2025

Important Dates & Reminders for the Week of May 04 to May 09, 2025

Monday 05	Tuesday 06	Wednesday 07	Thursday 08	Friday 09
Pro-D School Not in Session Body Science Parent Session		Track Mini Meet Sutherland	Field Mini Meet Lynn Valley	Hot Lunch Magic Lunch Box

Upcoming Dates

- May – Asian Heritage Month
- Monday May 5 – District Wide Pro-D – **School Not in Session**
- Monday May 5 – Body Science Parent Session Online: 6:30
- 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
- Friday May 30 – Fun

Upper Lynn News

Code of the BEARS – Week 3

We're thrilled to celebrate **670 BEARS paws** earned so far — a great reflection of our students' positive behavior!

This week's focus is on two key areas: **the classroom** and **lunch in the classroom**. In both settings, students are practicing how to be **Accountable, Respectful, and Safe** by following instructions, being kind and polite to others, keeping their spaces clean, and using calm, safe behavior.

We're so proud of how well our students are doing — keep up the great work, BEARS!



Upper Lynn BEARS: **Classroom**

B E		
A ccountable	<ul style="list-style-type: none">Follow instructions.Stay focused and finish tasks.Take responsibility for your actions.Clean up your space.	
R espectful	<ul style="list-style-type: none">Use kind words.Listen when others speak.Respect personal space.Include others.	
S afe	<ul style="list-style-type: none">Keep your body to yourself.Move calmly.Treat materials with care.	



Upper Lynn BEARS: **Lunch** (classroom)

B E		
A ccountable	<ul style="list-style-type: none">Follow staff and monitor directions.Clean up your area.Use your time wisely.	
R espectful	<ul style="list-style-type: none">Use a quiet voice.Respect others' belongings.Be polite to classmates.	
S afe	<ul style="list-style-type: none">Stay seated while eating.Keep your body to yourself.Exit classroom calmly.	

School Code of Conduct; Code of the BEARS

At Upper Lynn, we strive to maintain a positive, respectful, and inclusive school environment for everyone. As reflected in our [Code of Conduct](#), thoughtful and respectful communication helps support the strong partnerships between home and school that are so important to student success.

Track and Field

The season has started and this week there are the first "mini track and field meets" at Sutherland (Wednesday) and Lynn Valley Elementary (Thursday). ***All grades 4 to 7 athletes can attend these meets as there is no pre-qualification. We are encouraging everyone to make an effort to attend.***

Wednesday, May 7 – Track Mini Meet

3:30-5:30pm at Sutherland

- *Check in with Upper Lynn teachers when you arrive.
- *Check out with Upper Lynn teachers before you leave.
- *Event order TBA.

Thursday, May 8 – Mini Field Meet

3:30-5:30 at Lynn Valley Elementary

- *Schedule of events attached
- *Try to be at your event location 5-10 min. before the start time.
- *If you have back-to-back events, go to the next event ASAP.
- *Check in with Upper Lynn teachers when you arrive (in courtyard, exact location TBA).
- *Check OUT with Upper Lynn teachers before you leave.
- *At EACH EVENT, check in with the folks running the event (they will have clipboards).

IMPORTANT NOTES

- There will be announcements next week about picking up your Upper Lynn Jerseys to wear at the meets.
- There will be an update sent out with names of teachers doing check-in/check-out.
- Attached is the original schedule with teacher contact emails in case you have additional questions about specific events.

Staff Appreciation

Thank you to our incredible PAC for organizing a thoughtful two-day Staff Appreciation event last week.

On **Tuesday**, staff enjoyed a delicious lunch with sandwiches, fruit, and sweet treats. Then on **Thursday morning**, we were welcomed with a fantastic spread of coffee, baked goods, and fresh fruit. It was a wonderful way to start the day.



We truly appreciate the ongoing support from our parent community; whether it's organizing events like these, contributing to classroom needs, or helping provide resources for the school. Your efforts make a real difference at Upper Lynn. Thank you for everything you do!

2025-2026 Class Placement

For those parents/guardians who feel the strong need to provide additional information describing learning style and/or emotional and social needs of your child: please complete the Placement Form **ONLY** if you have information that the current teacher and/or principal do not have and should consider

when placing your child. An accompanying letter is not necessary and will not be accepted. Please email the placement form to Mr. MacLeod at tmacleod@sd44.ca **no later than May 21st, 2025**. Please visit our school's [website](#) for more information.

District Art Show –Upper Lynn Students

We're excited to share that 15 Upper Lynn students will have their artwork featured in the upcoming **District Art Show!**

The show takes place in the lobby of the **North Vancouver School District (NVSD) building**, located at the entrance to the **Gordon Smith Gallery**.

The selected pieces showcase a wide range of creative expression—from detailed graphite sketches and bold silhouette scenes to vibrant paintings, abstract designs, photography, and thoughtful profile compositions. The talent and imagination of our students are truly on display!

Exhibition Dates:

May 13 – 29

Monday to Friday: 8:30 AM – 4:30 PM

Saturday: 12:00 PM – 4:00 PM

Sunday: Closed

We encourage families to visit and celebrate the creativity and hard work of these young artists!



Hats

A reminder that hats should not be worn inside the school during the day, as part of supporting a respectful and focused learning environment. We understand that there may be individual circumstances where wearing a hat is important for a student, and we do our best to support those needs with understanding and discretion. Thank you for your support.

Celebrate Asian Heritage Month with Us!

We're excited to celebrate **Asian Heritage Month** throughout May! Students will have the opportunity to explore the richness and diversity of Asian cultures—through music, dance, art, sports, cuisine, languages, traditions, stories, and more. We'll also learn how people of Asian heritage have helped shape our communities, past and present.

WE NEED YOUR HELP! We're inviting families to share their knowledge, traditions, or talents related to Asian culture. If you're interested in contributing, please contact **both**:

- Doris Baltruschat (Ms. B.) – dbaltruschat@sd44.ca
- Kristine Chambers – kchambers@sd44.ca

When and Where

Thursday and Friday Afternoons in May

May 8, 9, 15, 16, 22, and 29

1:00–3:00 PM

Locations:

1. Multi-Purpose Room (MPR)
2. Extra Classroom
3. Gym (Fridays only, if needed)

Classes will rotate through sessions ranging from 20 to 40 minutes.

What Can You Share?

Have a connection to an Asian culture? Past activities have included:

- Tea ceremonies
- Tai Chi or yoga
- Traditional and modern dance
- Calligraphy and language sessions
- Cultural art and 3-D projects
- Musical performances (e.g. Persian drumming)

If you have something unique to share, we'd love to include you!

Thank you for supporting this important celebration of learning and community.

Sincerely,

The Upper Lynn AHM Team

Teddy Bear Picnic

Families with children aged 3 to 5 are invited to a fun-filled **Teddy Bear Picnic** at Heywood Park on **May 16** from **9:30–11:30 AM**. This event is especially helpful for Newcomer families preparing for the transition to Kindergarten. **See the end of the newsletter for more details.**

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

This Monday, May 5th!

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

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:

- [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

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.

Lunchtime/ After School Program Coordinator

PAC is looking for a new programs coordinator! You will be responsible for sourcing and booking lunchtime and after school programs for all of ULE. What you will do:

- Coordinate with contacts from current programs and sourcing/following up on new potential programs
- Work with PAC Executive team, join PAC calls and meetings
- Coordinate with Principal/Vice Principal to align with school calendar
- Book program days/times with District
- Advertising programs in PAC newsletter, social media and other avenues.

Please reach out to upperlynnpac@gmail.com if interested!

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!

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.



TEDDY BEAR PICNIC

Families with children aged 3 to 5 years, especially Newcomer families, are invited to attend a fun-filled event to support their eventual transition to Kindergarten!



When: May 16th, 2025 from 9:30am to 11:30am

Where: Heywood Park (near Capilano Mall)

Who: Children aged 3-5 years and their parents/guardians

Register using the QR code by May 5!

A gift bag will be given to the first 25 children whose parents/guardians register using the QR code and attend the picnic!

Please feel free to bring your own picnic basket of snacks, water bottles, picnic blanket, and dress for the weather! Event will proceed regardless of weather. Parking available at the park and at the mall.

