
Upper Lynn e-News

September 7, 2025

Important Dates & Reminders for the Week of September 8 to September 12, 2025

Monday 8	Tuesday 9	Wednesday 10	Thursday 11	Friday 12
			Ice Cream Social 6pm	

Upcoming Dates

- Sunday September 7 – Orange Shirts Orders Due
 - Thursday September 11 – Ice Cream Social: 6:00
 - Friday September 12 – Terry Fox Kickoff
 - Monday September 15 – Kindergarten Full Day
 - Monday September 15 – PAC Meeting: 7pm in the Library
 - Wednesday September 17 – Meet The Teacher Night; 5:30-5:55, 6:00-6:25
 - Friday September 19 – Terry Fox Day
 - Friday September 19 – PAC Movie Night; 6:30
 - Friday September 26 – Alternate Movie Night
 - Monday September 29 – Orange Shirt Day
 - Tuesday September 30 – National Day for Truth and Reconciliation; School is Closed
 - Sunday October 5 – World Teacher Day
 - Tuesday October 14 – Photo Day
 - Thursday October 16 – The Great Shake Out
 - Monday October 20 – 22 – Conferences – Early Dismissal at 2pm
 - Friday October 24 – Professional Development Day; Students Not in Session
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Upper Lynn News

Welcome Back to a New School Year!

The first days of school have been filled with excitement as we reunited with familiar faces, welcomed new students and families, and settled into new routines. Already, we have seen friendships forming, laughter in the hallways, and students embracing the opportunities of their new grade levels and classrooms. A warm welcome to all of our new families, staff, and students who are joining the Upper Lynn community. We are so glad you are here.

As we begin the 2025/2026 school year, we recognize the unique strengths, experiences, and stories that each student, family, and staff member brings with them. Our goal is to meet every learner where they are and to work together to create a supportive, engaging, and joyful year of growth. We appreciate your patience, trust, and collaboration as we build strong, positive connections across our community.

We are excited for the journey ahead and look forward to a year filled with curiosity, resilience, and learning. Please connect with your child's teacher if you have any questions or information to share. Together, we can make this another incredible year at Upper Lynn.

Welcome New and Returning Staff!

We are excited to begin another wonderful year together and would like to extend a very warm welcome to our newest and returning staff:

Ms. Lauren Vanderham – A big welcome to our new Vice Principal! We are very lucky to have Ms. Vanderham join the Upper Lynn team. In addition to her leadership role, she will also be teaching in the Grade 1 classroom.

Ms. Carla Siklos – We are thrilled to welcome Ms. Siklos to Upper Lynn! She will be teaching in the Grade 4 classroom, the Grade 1/2 classroom, and supporting in the Grade 7 classrooms. We are very excited to have her join us.

Ms. Jenny Bursey – Welcome back! Ms. Bursey will be teaching in the Grade 3 classroom until the return of Ms. Turcato, and we are so glad to have her with us again.

Ms. Lise Grendel – A special surprise welcome back to Ms. Grendel, who will be with us in the Grade 3 classroom for a few weeks. It will be wonderful to have her energy and expertise back in our school community.

Future Early Dismissal Dates to Note

We have four early dismissal days for our Learning Conferences this year. Please mark your calendars for October 20, 21, 22 and March 10 where students will be dismissed at 2:00pm. Please make note that we have Staff Collaboration on October 29, February 25, April 29 and May 7 with also an early dismissal time of 2pm.

Welcome Back Parent Evening

We invite all families to join us for Welcome Back Parent Evening on Wednesday, September 17th. This event is open to parents of both Primary and Intermediate classes. There will be two identical sessions for parents to attend:

-Session One: 5:30 to 5:55

-Session Two: 6:00 to 6:25

Each session will provide the same information, so please attend whichever works best for your schedule. If a classroom is planning anything different, teachers will communicate those details directly to their families.

Safe Arrival / Student Absences

Please make every effort to let the school know if your child is absent or will be late. This is important information for us to ensure all students are accounted for each day. For information on how to use our SafeArrival application, please see our school's website [here](https://bit.ly/3rm0B5j). (<https://bit.ly/3rm0B5j>)

Medical Alerts and Allergies

If your child has any medical conditions that may need to be addressed at school (allergies, etc.), please contact the office as soon as possible. We will send home the required paperwork. Please ensure required medication, such as an EpiPen, is brought directly to the office.

We are a peanut and nut aware school. Please be mindful of the policy in your child's classroom as we have several students and staff with life threatening allergies to peanuts/nuts.

Fresh Air and Outside Play

At Upper Lynn, like all North Vancouver elementary schools, students spend their recess and lunch breaks outdoors every day, rain or shine. We recognize that the previous week brought extremely poor air quality, and during that time we followed the guidelines set by Vancouver Coastal Health regarding outdoor activity.

In general, research shows that regular outdoor breaks are essential for children's well-being. Fresh air and physical activity give students the chance to recharge, play, and return to class ready to learn. To make sure your child is comfortable and prepared, please ensure they come to school dressed appropriately for the weather. It is very rare for students to remain indoors during breaks, so items such as rain jackets, boots, and other outdoor gear are important.

We also encourage families, especially those with Primary students, to send an extra set of clothing to keep at school. Having a spare outfit on hand is often very helpful after an enthusiastic jump in a puddle or an encounter with a muddy patch.

Personal Digital Devices

Personal Digital Devices (PDD) are not permitted at school! Student PDDs such as cellphones, smart watches, tablets, etc. need to stay in backpacks or at home. Students are not permitted to use PDDs including smart watches for messages or phone calls. This is to promote engagement and safety. If there is an emergency, the office will contact you. Please note that last minute playdates and forgotten homework are learning opportunities, not emergencies. Click [here](#) for more information.

Code of The Bears

On Friday, we held two assemblies, one for our Primary students and one for our Intermediate students. Together, we welcomed our new students and staff, and enjoyed a look back at last year with our end of year movie. It was a wonderful reminder of what an awesome year we had and the exciting year ahead.

We also revisited our BEARS Code of Conduct: Be Accountable, Be Respectful, and Be Safe. Over the next few weeks, we will review the 10 key areas around the school where our BEARS Code applies. We will also be relaunching our Bear Paws program, which recognizes students who consistently demonstrate the Code of the BEARS.



Through upcoming newsletters, we will be sharing more information with families about how you can support your child in living the BEARS Code both at school and at home.

PAC News

Welcome to the new and returning Upper Lynn families:

Introducing Your Upper Lynn PAC Executive for 2025/2026:

- Heather Beil – Chair
- Kate Brennan - Co Chair
- Carolyn Cox – DPAC
- Carmen Zimmer – Secretary
- Nafeesa Valli-Hasham – Co-Secretary
- Derrick Johnston – Treasurer
- Norina Lew - Co-Treasurer

...And many wonderful parents have stepped forward to help in other key roles,

- Holly Isley and Jatina Lai - After school programs
- Lucy Wells – Fundraising
- Michelle Buxton, Erin Harrington, Erin Johnston, Carine Lau – Hotlunch

Orange Shirts – Order by tonight at 11:59pm!

Orange Shirt Day will be commemorated at Upper Lynn on September 29th. Ordering ends TONIGHT Sept 7th at 11:59pm www.munchalunch.com. All profit will be donated to the Orange Shirt Society.

Ice Cream Social – Thursday, September 11th

This year, instead of our usual welcome back coffee, we decided to host an ice cream social in the early evening so that more families can attend. We look forward to reconnecting with returning Upper Lynn families and welcoming new families to our community. Bring a bowl, spoon and a toonie for each family member: the ice cream is not just for the kids! We will have lots of toppings and there will be a dairy free option (sherbet). Join us at 6pm in front of the school. We need volunteers for this event. Few things beat the joy in the kids' faces as you scoop their ice cream. Please sign up here:

[Upper Lynn: Ice Cream Social](#)

Family Movie Night – Friday, September 20th

The ever-popular Family Movie Night will take place on September 19th. This year's movie is THE WILD ROBOT. We are looking for sponsors: if you have a business, this is a great way to advertise to the Upper Lynn community and support the PAC. Email ulpacfinance@gmail.com if interested. We cannot run this event without volunteers! Please volunteer [here](#).

Financial Assistance

Financial Assistance is available for families that need to participate in any of the PAC events (like Family Movie Night), or to purchase Hot Lunches, Spirit Wear, Orange shirts and Pink shirts. Please contact Mr. MacLeod at tmacleod@sd44.ca.

PAC Meeting – Monday, Sep 15th

Our first PAC Meeting will be on September 15th at 7pm in the library. This is an opportunity to meet the PAC executive and other volunteers, to hear what the PAC is doing, and to have a say in PAC matters. Babysitting will be provided in the Multi-purpose room

Fresh Schools – Communication App

As announced at our AGM in June, FreshSchools is coming to Upper Lynn Elementary!



FreshSchools is a platform used by schools to simplify organization and communication between the school, parent advisory council, and parents. Please assign your child(ren) to the correct class (similar to Munchalunch) so you can receive messages from the PAC and not miss out on important information.

Getting Started

New to Freshschools? [Sign Up](#)

FreshSchools **Login**: [Login](#)

FreshSchools **Tips & Tricks**: [Here](#)

Please note that to edit your child's profile, you must be using the desktop version of FreshSchools. You cannot make edits through the mobile app.

1. Log in as a parent, and go to your parent profile by clicking on the coloured geometric shape (or profile picture if you've already uploaded one) below the FreshSchools logo on the top left side).
2. From the parent profile click on your child's name, it will take you to your child's profile.
3. To edit your child profile click on the edit icon on your child's profile.
4. Scroll down to Classes and using the drop down menu, select your child's class.
5. After making changes, click on the Save button. Repeat steps 2 - 5 for additional children.

Get familiar with FreshSchools

Get to know the FreshSchool features available to parents, including Messages, Calendar, My Roster, and more here: <https://www.freshschools.com/learn/getting-started/parent-guide/>



Review the quick tour to see all the features of this tool. Need a refresher? The tour icon is found next to the logout button in the top right of your screen on your desktop version only.

Want a mobile version? Go to your smart device's App Store and download FreshSchools for iOS or Android for free. Use the same password as created from your desktop. FreshSchools is updating the system for better Android use so an app option may not be available at this time. Please use the desktop version.

Do I have to sign-up?

This is a voluntary tool to sign-up for. The PAC will be using it to share all school-based information, such as upcoming events, fundraisers. The Classroom reps will use this for classroom communications too.

Teachers may prefer to maintain communication about your children / class via email, so reach out to them directly to discuss any classroom related topics.

The goal is to streamline school community information and support parent engagement with this tool. We hope you find it useful.

Is this platform secure?

The FreshSchools platform integrates bank-level security at every level. Data is fully encrypted using 256-Bit SSL encryption. It uses state-of-the-art firewall and back-up technology, and the data resides in high-security access-controlled data centers. US data centres are spread out nationally to cover in case of acts of nature. Read more about FreshSchools security here: <https://www.freshschools.com/security/>

Does FreshSchools share my information?

Check out FreshSchools answer [Here](#).

If you need assistance, please email upperlynnpac@gmail.com. Please be patient with this new process- the admins are parent volunteers and we are all working together to allow for better communication within our PAC and school community.

Volunteer Opportunities

Class Reps

Each year the PAC recruits volunteer class reps for every class in the school. Please consider volunteering as a class rep in your child's class. The class rep is an important role that can be shared with another parent or done solo. You are the liaison between the PAC, your class teacher and the parents in your class. Your role includes forwarding important information from the PAC, creating a class list, as well as coordinating teacher gifts. Being a class rep is also a great way to get to know other parents in your child's class. Please sign up by emailing upperlynnpac@gmail.com and you will be added in FreshSchools as the room parent.

Fundraising Committee

We are looking for more volunteers to help with Upper Lynn Fundraisers! These are throughout the school year and include Whitecaps/Canadian's tickets, Family Photos, Purdy's Chocolates, Poinsettias and many more! If you are willing to take the lead on organizing one of these fundraisers, please reach out to upperlynnpac@gmail.com. It's a great way to get involved and give back to the school without a huge time commitment.

After School Programs for September

Lunch GRIT

Location:	<i>Multipurpose Room</i>
Who:	<i>Grades 3-6</i>
Dates:	<i>Wednesdays - September 17 to October 22</i>
Time:	<i>12-12:47pm</i>
Pricing:	<i>\$140 (scholarships always available)</i>
Register Here:	<u>Click Here</u>

Join us for Lunch Grit this Fall! 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 and train our brains. It's the perfect break for half-way through the day!

Chess Club

Location:	Multipurpose Room
Who:	Ages: 6 to 11
Dates:	Tuesdays, September 16 to December 16
Time:	12:00-12:47
Pricing:	\$120
Register Here:	<u>Click Here</u>

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.

Steamoji - Intro to 3D fabrication 93D design and printing

Location:	Multipurpose Room
Who:	Grade: 2 to 4
Dates:	Tuesdays, September 16 to December 9
Time:	3:00 - 4:30
Pricing:	\$385+GST
Register Here:	<u>Click Here</u>

All materials, computer access, and 3D printing are included, and apprentices will take home everything they create! This hands-on class introduces kids to the exciting world of technology and the fundamentals of prototyping—learning how to improve designs through iteration. This is an accessible, beginner-friendly course with step-by-step guidance in a supportive, inclusive environment. We can't wait to see what your child creates with us. Let's get building!

Multi-Sport Program - Sports Explorers

Location: Gym
Who: Grades 1 to 4
Dates: Fridays, September 16 to December 9
Time: 3:00 - 4:30
Pricing: \$240
Register Here: [Click Here](#)

Sports Explorers Development allows athletes to build on their fundamental skills by focusing on sport specific skill development and tactical understanding. Athletes will refine techniques such as passing, dribbling, shooting, and defending.

Coaches introduce key concepts like teamwork, spacing, and communication, encouraging athletes to think critically and make decisions during active gameplay. This program prepares young athletes for higher levels of physical education and organized sport.

Reminders

School Calendar

Our online school calendar will be continually updated throughout the year. Please check our school calendar [here](https://bit.ly/3PalQPR) (<https://bit.ly/3PalQPR>) for regular for updates. Also, see Upper Lynn's Year Calendar [here](https://bit.ly/4cXYpn1) (<https://bit.ly/4cXYpn1>) for holidays and professional development days. We will do our best to communicate changes through newsletters, the website (www.upperlynn.ca) and by email.

We are looking forward to a great year!

Tim MacLeod Lauren Vanderham
Principal Vice-Principal