

Upper Lynn e-News

September 14, 2025

Important Dates & Reminders for the Week of September 15 to September 19, 2025

Monday 15	Tuesday 16	Wednesday 17	Thursday 18	Friday 19
Kindergarten Full Day PAC Meeting 7pm Library		Welcome Back Evening 5:30-6:25		Terry Fox Day PAC Movie Night 6:30

Upcoming Dates

- Monday September 15 – Kindergarten Full Day
- Monday September 15 – PAC Meeting: 7pm in the Library
- Wednesday September 17 – Welcome Back Evening; 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
- Thursday October 9 – FOS X-Country Meet – Upper Lynn
- 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
- Tuesday October 28 – School Planning Meeting
- Wednesday October 29 – Staff Collaboration -Early Dismissal at 2pm

Upper Lynn News

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. Mrs. Wood is available between 5:15 and 6:25.

It's Choir Time!

We will once again have two choirs at Upper Lynn Elementary this year. Practices start the week of September 15 and will run throughout the year. New students are welcome to join in September and again in February.

Intermediate Choir - open to all students in grades 4-7.

Tuesdays 8am-8:45am

First practice Sept.16 in the music room

Primary Choir - open to all students in grades 2 and 3

Thursdays 8am-8:45am

First practice September 8 in the music room

No audition or advance registration is required, all interested students are welcome! Sign-up forms will be given out at the first rehearsal. Students should be dropped off outside the front door of the school and come to the music room for 8am.

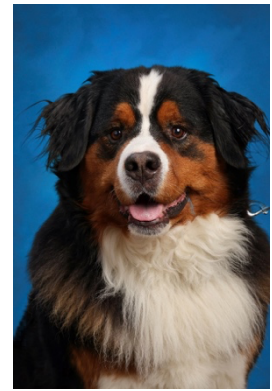
For more information about choir, contact Mrs.Wood at nwood@sd44.ca

Terry Fox Day

On Friday, September 19, we will be taking part in our annual Terry Fox Day! This year, we are asking families to send in two toonies and a loonie to support cancer research, with a school-wide goal of raising \$3,000. Donations can also be made online through our [Upper Lynn Terry Fox fundraising page](#). Thank you for helping us keep Terry's dream alive and showing our students the power of working together for a great cause!

Finnegan

Finnegan is a Bernese Mountain dog. He has visited with Upper Lynn students in the past and would like to return to the school this year. Occasionally Finnegan will be coming to the library to listen to emerging readers. Finnegan is also a good listener for children who are struggling in general. Please contact Mrs. Slykerman at sslykerman@sd44.ca if you feel your child would benefit from a non-correcting, non-judgemental, exceptionally fluffy buddy.



Online Consent Forms

Our Online Consent Forms are now ready! These include:

- Walking Field Trip Consent
- Photo & Media Consent
- Technology Use Agreement

Complete as soon as possible as students require the forms before they can participate in certain activities. Please complete the student verification forms and return to the school.

Healthy Drinks at School

At Upper Lynn, we are committed to supporting healthy habits that help students feel their best and stay focused throughout the day. During instructional time, water is the only drink permitted in classrooms. Please avoid sending energy drinks, pop, or other sugary beverages to school.

While we know it can be fun to treat your child to a special drink from time to time, a large Caramel Ribbon Crunch Crème Frappuccino (or any other dessert-style beverage) is not an ideal way to start the day. These drinks are loaded with sugar, can cause an energy crash later in the morning, and are also a distraction to the learning environment.

Encouraging your child to start their day with water (and a healthy breakfast) is one of the simplest ways to set them up for success in school. Thank you for helping us create a calm, focused, and healthy learning space for all students.

Be Safe

As we start September, we ask all families to drive carefully around the school. Please watch your speed, stay alert for children and wildlife, and pull all the way up to the drop-off sign for a quick, safe drop-off. To keep everyone safe, please do not enter the staff parking lot during drop-off or pick-up times. Thank you for helping us create a safe and smooth start to the school year for everyone.

Electric Scooters

We want to remind everyone of an important safety rule: students under 16 years old are not allowed to ride electric kick scooters. This is part of B.C.'s Electric Kick Scooter Pilot Project regulations. (Government of British Columbia)

Key Points:

- Riders must be 16 years of age or older to legally use an electric kick scooter. (Government of British Columbia)
- A helmet is required whenever riding. (Government of British Columbia)

- Electric scooters must meet specific technical standards and safety rules (speed, lights, braking, etc.). (Government of British Columbia)

These rules help keep students, pedestrians, and other road users safe. Younger riders on electric scooters face higher risks, especially around traffic and busy crossings, so following the law helps prevent accidents.

Code of The Bears

At Upper Lynn, we follow the Code of the BEARS every day: Be Accountable, Be Respectful, and Be Safe. This helps us take care of ourselves, each other, and our school. One area where this is especially important is in the washrooms. We remind students to respect others' privacy, wash their hands, keep water in the sink, and put used paper towels in the garbage so the washrooms stay clean and safe for everyone.



PAC News

Thank you for making the Ice Cream Social a great event! A HUGE thank you to Save-on-Foods for donating all the ice cream!

PAC Meeting

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. Agenda will be posted in FreshSchools ahead of the meeting.

Family Movie Night – Friday, September 19th

The ever-popular Family Movie Night will take place on September 19th. Tickets & Pizza ordering now available on Munchalunch.com. We need volunteers to make this event happen! Please sign up: [Movie Night: Movie Night Volunteers](#)

Hot lunch is back!

Just a reminder that hot lunch will once again be offered twice a week on Mondays and Fridays for the fall term. Ordering will open September 24 for fall term which runs Friday October 17 to Monday December 15. Ordering and payment deadline will be October 8 at 11:59pm. No new orders for the fall term will be accepted after this date.



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.

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

Class Reps are needed for the following divisions: 1, 2, 4, 6, 9, 10, 11, 12, 13, 14 and 18

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 upplerynnpac@gmail.com. It's a great way to get involved and give back to the school without a huge time commitment.

Co-Treasurer

Our current Co-treasurer will be leaving ULE at the end of the school year. We would love for someone to have the chance to shadow her for the remainder of the school year before taking over for the 2026 school year!

Please reach out to ulpacfinance@gmail.com

- be a signing officer
- ensure all funds of the Council are properly accounted for
- disburse funds as authorized by the membership or executive
- ensure that proper financial records and books of account are maintained
- report on all receipts and disbursements at general and executive meetings
- make financial records and books of account available to members upon request
- have the financial records and books of account ready for inspection or audit annually
- with the assistance of the executive, draft an annual budget
- ensure that another signing officer has access to the financial records and books of account in the treasurer's absence
- submit an annual financial statement at the annual general meeting
- co-treasurer will support treasurer with their roles and responsibilities

ULE Spirit Wear/Orange Shirt/Pink Shirt Coordinator

PAC is looking for a new coordinator for the above clothing. Approx time commitment is 3-4 hours 4x a year.

- Work with the current vendor to establish pricing, availability & delivery
- Sales using Munchalunch
- Distribution of items upon arrival at the school
- Advertising in PAC newsletter & FreshSchools

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 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: [Click Here](#)

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 3D 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: [Click Here](#)

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.

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.

Tim MacLeod
Principal

Lauren Vanderham
Vice-Principal