

Upper Lynn e-News

October 13, 2025

Important Dates & Reminders for the Week of October 14 to October 18, 2025

Monday 13	Tuesday 14	Wednesday 15	Thursday 16	Friday 17
Thanksgiving School is Closed	Photo Day Grade 6 ODS Meeting		The Great Shake Out	

Upcoming Dates

- Monday October 13 – Thanksgiving – **School is Closed**
- Tuesday October 14 – Photo Day
- Tuesday October 14 – Grade 6 ODS Meeting; 5:30-6:00
- Thursday October 16 – The Great Shake Out
- Friday October 17 – Hot Lunch – Magic Lunchbox
- Monday October 20 – Hot Lunch Well Fed
- Monday October 20 – 22 – Conferences – **Early Dismissal at 2pm**
- Tuesday October 21 – ICBC Road Safety Blitz
- Friday October 24 – Professional Development Day; **Students Not in Session**
- Monday October 27 – Hot Lunch – Pizza
- Tuesday October 28 – School Planning Meeting
- Wednesday October 29 – Staff Collaboration -**Early Dismissal at 2pm**
- Wednesday October 29 – Norman Foot Concert - Choir
- Friday October 31 – Halloween
- Friday October 31 – Hot Lunch – Foodie Kids
- Sunday November 2 – Daylight Savings
- Monday November 3 – Photo Retake
- Monday November 3 – Hot Lunch Cobs/TCBY
- Friday November 7 – Remembrance Day Assembly; 10:50
- Friday November 7 – Hot Lunch - Subway

Upper Lynn News

Student Teacher Family (STF) Conferences Sign-Up Starts Tonight

This year, our in-person STF Conferences will feature a focus on student goal setting. At these conferences, the teacher, student, and parents/guardians will discuss the student's goal and ways to achieve this goal. Tonight is the first opportunity to sign-up online. Teachers that have an alternate schedule will email families regarding this change.

Please see the end of the newsletter for directions on how to sign-up. If you have any issues, please contact the office at upperlynn@sd44.ca.

Student Teacher Family (STF) [Sign-Up Link](https://upperlynn.schoolappointments.com/) (<https://upperlynn.schoolappointments.com/>) Conference sign-up times are from **6pm on October 12 to 8pm on October 19**.

Individual Photo Day is Tomorrow (Tue, Oct 14)

Tomorrow, Tuesday, October 14, 2025, is Individual Photo Day. Please ensure students arrive on time and ready for photos. Retakes are on Monday, November 3, 2025.

The Great Shake Out

On October 16th, all students in North Vancouver will also be participating in the Great BC Shake Out. Throughout the year we engage in regular Emergency Preparedness Drills at school, and this includes regular Earthquake preparedness and drills. Did you know that you can also participate at home, with your family! Please visit [Earthquake Preparedness BC | The Great British Columbia ShakeOut \(shakeoutbc.ca\)](https://www.shakeoutbc.ca/) for ways to prepare yourselves.

Cross-Country Meet

Last week's cross-country meet was a great success! A huge thank-you to Mrs. Chambers for her dedication in coaching and organizing, to all the parents who volunteered at the meet, and to the Upper Lynn staff who supported, coached and encouraged our runners.

It was a beautiful day at the course, and the athletes from Boundary, Ross Road, Upper Lynn, and Lynn Valley, in Grades 4–7, showed tremendous effort, determination, and sportsmanship throughout the races. Way to go, everyone!

Respectful School Community Reminders

As we continue to work together to keep our school a safe and welcoming place for everyone, please keep the following in mind when visiting the school grounds:

No Dogs on School Grounds

For the safety and comfort of all students, staff, and families, dogs are not permitted on school property, even on a leash.

Be Respectful to Our Neighbours

Please avoid blocking driveways, parking in front of them, or using them to turn around. Our neighbours' cooperation helps us keep arrival and dismissal times running smoothly, and we appreciate your continued courtesy.

Student Privacy

Please do not take photos or videos of students who are not your own child. We want to respect the privacy of all families in our community.

Thank you for your understanding and support in keeping our school community respectful and safe for everyone.

Code of the BEARS Focus – Lunch

While we continue to support positive hallway behavior, our new focus is on **lunch time eating**. Let's show our BEARS pride by keeping our classrooms calm, clean, and safe during lunch.

Be Accountable: Follow staff directions, clean up your area, and use your time wisely.

Be Respectful: Use a quiet voice, respect others' belongings, and be polite to classmates.

Be Safe: Stay seated while eating, keep your body to yourself, and exit the classroom calmly.

PAC News

Parent Speaker Series

What: GRIT for Parents, with Alix Dunham

When: Monday, December 1st, 7-8pm

Where: Multipurpose Room, Upper Lynn Elementary

To raise kids who are stable, resilient and emotionally intelligent, we need to show them how to manage their emotions in a healthy way. In GRIT for Parents we explore the development of kids' brains, the neuroscience of calm, and the concept of self-regulation through co-regulation. This is a fun, lighthearted and interactive workshop.

Alix is a certified mindfulness facilitator and mental health advocate. She comes from 25yrs of teaching young people, and developed the program Grit in 2015 to address the youth anxiety epidemic. Since then, she's grown Grit Workshops throughout Greater Vancouver and leads in-school programming, camps and workshops for kids, youth and adults.

Parent Social - Save the date!

What: Disco Hoedown with music and food, drinks paid at bar

When: Saturday, November 15th, Doors Open 7pm

Where: Lynn Valley Legion

Cost: \$35 per ticket - on sale November 3rd, via MunchaLunch

Volunteer Opportunities

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!

Reminders

Grade 6 Outdoor School – Parent Meeting (Tue, Oct 14)

Grade 6 families are invited to a short Outdoor School information meeting on Tuesday, October 14, 5:30–6:00 pm in the MPR. We'll go over key details and answer questions about the Grade 6 trip to the Cheakamus Centre on November 12–14, 2025.

When: Tue, Oct 14 · 5:30–6:00 pm
Where: MPR
Who: Grade 6 parents/guardians
Dates: Nov 12–14, 2025 at Cheakamus Centre

Forms

Consent and medical forms will be distributed at the meeting. If you're unable to attend, your child will bring the forms home the following day.

Grade 7 Fundraisers: Bottle Drive (ongoing)

Bottle & Can Fundraiser

Support our Grade 7 grads by donating your empties through Return-It Express!

1. Choose a Return-It Express location that works for you.
2. Use our NEW phone number: (604) 992-2654.
3. Print a label, scan, and hand in your bags.

Tim MacLeod
Principal

Lauren Vanderham
Vice-Principal

YOUR PHOTO DAY IS APPROACHING!



Showcase Your Best Smile

- Students will be photographed at school.
- On photo day, no order form or payment is due.
- Review your images and purchase online with ease!



DON'T FORGET

School photos are a Canadian tradition to capture the school year and preserve your continued growth.



GET REMINDERS

Sign up for notifications at edgeimaging.ca/photoday to get real-time updates about your photo day and stay in the know with Edge.

