

Upper Lynn e-News

October 19, 2025

Important Dates & Reminders for the Week of October 20 to October 24, 2025

Monday 20	Tuesday 21	Wednesday 22	Thursday 23	Friday 24
Hot Lunch Well Fed	Road Safety Blitz			Professional Development
Conferences Early Dismissal; 2pm	Conferences Early Dismissal; 2pm	Conferences Early Dismissal; 2pm		School not in session

Upcoming Dates

- 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
- Saturday November 8 – National Indigenous Veteran's Day
- Monday November 10 – School Based Pro-D; Students Not in Session
- Tuesday November 11 – Remembrance Day; School is Closed

Upper Lynn News

Student Teacher Family (STF) Conferences – Sign-Up Closes Tonight at 8:00 PM

This year, our in-person STF Conferences will focus on student goal setting. During the meeting, the teacher, student, and parents/guardians will discuss the student's goal and ways to achieve it.

Conference sign-up closes tonight at 8:00 PM. If you miss the online sign-up window, please contact your child's teacher directly to arrange a time.

Mrs. Wood is available for conferences at the following times:

- Monday, October 20 — 2:15–5:15
- Tuesday, October 21 — 2:15–5:15
- Wednesday, October 22 — 2:15–4:15

If you experience any issues, please contact the office at upperlynn@sd44.ca.

Sign-Up Link: <https://upperlynn.schoolappointments.com/>

Early Dismissal for STF Conferences

A quick reminder that students will be dismissed at 2:00 PM on Monday, Tuesday, and Wednesday this week for conferences. Please plan pick-up accordingly. Regular dismissal times resume on Thursday.

Halloween Costumes at Upper Lynn

Students are welcome to wear Halloween costumes on Friday, October 31. Costumes should be fun, comfortable, and school-appropriate for a regular day of learning and play.

Please remember:

- No masks, weapons, or gory elements.
- Costumes must allow students to be easily identifiable to staff.
- Avoid costumes that could be considered offensive, culturally insensitive, or inappropriate in any way.
- Our school's Code of Conduct still applies; be accountable, be respectful, and be safe.

Let's make it a fun and inclusive day for everyone at Upper Lynn!

Colour Guard Needed for Remembrance Day Assembly

On Friday, November 7, at 10:50 am we will be holding our Remembrance Day Assembly. We invite all students who participate in service organizations such as Sparks, Embers, Cubs, Scouts, Cadets and Guides, to help mark the occasion by wearing their full uniforms to the assembly on this day. The students who do wear their uniform will play a very important role in the assembly. We ask that the students bring a change of clothes to change into before they go out for lunch. Later this week or early the week after, classroom teachers will be talking to their students about the assembly and be asking for student involvement. Information will be sent home with those students who are interested in participating in the colour guard.

Road Safety Blitz – This Tuesday

This Tuesday morning, Upper Lynn will take part in a Road Safety Blitz with ICBC, the RCMP, and the District of North Vancouver to remind drivers to slow down and stay alert in school zones. RCMP and ICBC staff will be outside handing out pedestrian safety reflectors to students, and we'll be incorporating the "Think of Me" art project to promote safe driving. Families and PAC members are welcome to join us outside to greet students and support this important safety initiative.

Stay Up to Date – Subscribe to Our School Calendar!

Did you know you can subscribe to the Upper Lynn school calendar directly from our website? When you click "Subscribe" on the calendar page, it will automatically add school events (like Photo Day, PAC meetings, and special events) to your phone or personal calendar — so you'll never miss a date!

You can find the calendar at <https://www.sd44.ca/school/upperlynn/Calendar/calendar.aspx#/=>

Send Extra Clothes and Rain Gear!

With the rainy season upon us, please make sure your child comes to school prepared for wet weather. Students go outside for recess and lunch rain or shine, so having a raincoat, boots, and a change of clothes is essential.

Extra clothes at school help ensure your child stays warm, dry, and comfortable throughout the day. Thank you for helping keep everyone cozy and ready to learn during these wet fall days.

Code of the BEARS Focus – Lunch Time

We're extending our focus for one more week! It's been great to see so many students following the Code of the BEARS, and we'll continue to build on that success. While we keep supporting 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

Fresh Schools

The iOS app is now available! Please visit the App Store to download. The Android app will be available shortly. If you haven't signed up for FreshSchools please visit [Home - Upper Lynn Elementary](#) for all the info you need to register.

Fundraising

Ordering is open for our annual holiday fundraisers! To place your orders click on the links below. Ordering ends Nov 14th. Pick up is on Monday, December 1st from 2:45 to 4pm in the Multi Purpose Room.

To order Purdys: [Purdys Chocolatier Group Savings and Fundraising](#)

To order Poinsettias, wreaths and other holiday plants: [Upper Lynn Elementary PAC](#)

Upper Lynn Spirit Wear

Show your school spirit! ULE Spirit Wear t-shirts and hoodies are back for fall, and orders are open from October 19 to November 2 at 11:59 pm. Delivery is expected in early to mid-December. Please note—this may be the only Spirit Wear order for the 2025–2026 school year, so don't miss your chance!

[Click here to place your order via Munchalunch!](#)



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

Reminders

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.

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