

## Upper Lynn e-News

October 26, 2025

### Important Dates & Reminders for the Week of October 27 to October 31, 2025

Monday 27	Tuesday 28	Wednesday 29	Thursday 30	Friday 31
Hot Lunch Pizza		Staff Collaboration Early Dismissal 2pm		Halloween
Boys Basketball Tournament	Girls Basketball Tournament	Norman Foot Concert Intermediate Choir		Hot Lunch Food Kids

## Upcoming Dates

- Monday October 27 – Hot Lunch – Pizza
- Monday October 27 – Boys Basketball Tournament
- Tuesday October 28 – School Planning Meeting
- Tuesday October 28 – Girls Basketball Tournament
- Wednesday October 29 – Staff Collaboration; Early Dismissal at 2pm
- Wednesday October 29 – Norman Foot Concert – Primary 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
- Wednesday November 12 -14 – Grade 6 ODS
- Friday November 14 – Hot Lunch – Sushi/Maxfrut
- Saturday November 15 – Parent Social

# Upper Lynn News

## Norman Foote – Primary Choir

Come and hear the Upper Lynn Primary Choir perform in concert with Juno Award-winning musician Norman Foote!

Join us on **Wednesday, October 29 at 7:00 pm** at the **Kay Meek Arts Centre** for *The Halloween Howl*; a fun night of family entertainment that's sure to put a smile on your face.

Tickets are available at the following link: [Howl, a Musical Masquerade with Norman Foote](#)

Ticket prices: \$25 for adults, \$20 for seniors, and \$15 for people under 30.

## 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!

## Code of the BEARS Focus – Playground

The last few weeks our focus was on lunchtime expectations, and it was great to see so many students showing their BEARS pride by keeping classrooms calm, clean, and safe. This week, we're turning our attention to the playground and how we can continue to demonstrate the Code of the BEARS on the playground.

**Be Accountable:** Follow instructions, take responsibility for your actions, help others when needed, and bring equipment back inside.

**Be Respectful:** Include everyone, be kind to others, treat the environment with care, and share equipment and space.

**Be Safe:** Use equipment as intended, stay within boundaries, be mindful of your surroundings, and keep your body to yourself.

Let's continue to build a school community where everyone feels safe, included, and proud to be a BEAR!

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# PAC News

## DPAC Meeting

The second DPAC meeting of the 2025-2026 school year will take place Nov 5<sup>th</sup> at 7pm via Teams. Please see the link below to register.

[DPAC Meeting Registration](#)

## 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 neuro-science 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

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# Reminders

## **Colour Guard Needed for Remembrance Day Assembly**

This week, we will be asking students if they are members of service organizations and interested in participating in the colour guard for our upcoming Remembrance Day Assembly on Friday, November 7, at 10:50 am. Information will be sent home with those students later this week or early next week.

## **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.

## **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