

Upper Lynn e-News

November 02, 2025

Important Dates & Reminders for the Week of November 03 to November 07, 2025

Monday 03	Tuesday 04	Wednesday 05	Thursday 06	Friday 07
Photo Retakes Hot Lunch Cobs/TCBY				Remembrance Day Ceremony Hot Lunch Subway

Upcoming Dates

- 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; Disco Hoedown
- Monday November 17 – Hot Lunch – Sushi / Max Frut
- Monday November 17 – PAC Meeting; 7pm
- Wednesday November 19 - Kindergarten Hearing Screening
- Friday November 21 – Hot Lunch – Foodie Kids
- Monday November 24 – Field Hockey This Week
- Monday November 24 – Hot Lunch – Well Fed

Upper Lynn News

Photo Retakes - Tomorrow

If your child needs a retake, please complete and return the "Retake Form" found at the end of this newsletter to your child's classroom teacher. Students who were absent on the original photo day will automatically have their photo taken. Thank you for helping us keep everything running smoothly!

A Busy Week at Upper Lynn

It's been another exciting and busy week at Upper Lynn! Our boys' and girls' basketball teams wrapped up their seasons with tremendous effort and outstanding sportsmanship during their final tournaments.

Our Primary Choir joined students from École Braemar at the Kay Meek Centre performing alongside Juno Award winner Norman Foote. It was a wonderful experience for everyone involved.

To cap off the week, Mrs. Wood led the entire school in a lively Halloween sing-along, followed by a school-wide parade in the afternoon. The participation, enthusiasm, and behaviour from all our students were truly fit for the BEARS Code of Conduct. A great reflection of our caring and respectful school community.

Parking and Drop-Off Reminders

We've received some feedback from families and our PAC about ongoing concerns with morning and afternoon parking in front of the school. We want to thank everyone who takes extra care to make drop-off and pick-up as safe and smooth as possible.

We understand that mornings can be hectic, especially with wet weather and busy schedules, but we all share the same goal of keeping our children safe and showing respect for one another.

Please remember:

- The Drop-off zone is for quick stops only, no longer than one minute, whether for drop-off or pick-up.
- Do not leave your vehicle unattended in the drop-off area.
- Always drive slowly and remain alert for pedestrians.

We've also requested increased parking enforcement from the District of North Vancouver to help ensure safety and fairness for everyone.

The temporary fencing around the playground has now been removed and the school grounds are fully accessible again. Thank you for your patience as we worked through this.

We appreciate everyone's cooperation and commitment to modeling respect and responsibility for our students. Working together, we can make drop-off and pick-up safer and calmer for everyone. If you are interested in joining our Traffic and Safety, please reach out to the PAC.

Dropping off Late / Picking up Early

If your child will be arriving late or needs to be picked up early, please use the Safe Arrival app and email the office at upperlynn@sd44.ca, along with your child's classroom teacher. Be sure to include the office in all messages, as our office staff coordinate and record student arrivals and departures to ensure everyone's safety. When dropping off late, please sign your child in at the office before they head to class. For early pick-ups, check in at the office so we can notify the classroom and have your child ready to go.

Remembrance Day Ceremony

Our Remembrance Day Ceremony will take place this Friday, November 7th, at 10:50 am in the gym. Classroom teachers have already connected with students and invited volunteers to take part in the assembly. Those participating will meet with Mr. MacLeod for two short rehearsals this week to prepare and review expectations.

We invite all students involved in service organizations such as Sparks, Embers, Cubs, Scouts, Guides, and Air Cadets to wear their uniforms to the ceremony. These students will be part of our Colour Guard and help represent those that supported the war efforts on this important occasion. A reminder email about the Colour Guard will be sent home on Monday.

If you would like to support the Royal Canadian Legion, our Grade 7 students will be visiting classrooms this week to collect donations.

Free Concussion Resources for Families

Now that school is back in full swing, it's a great time to learn how to recognize and respond to potential concussions; both in the classroom and during extracurricular activities.

The Concussion Awareness Training Tool (CATT) offers free, evidence-based online courses and downloadable resources designed for parents, students, teachers, coaches, and youth athletes. These resources provide clear guidance on how to identify concussion symptoms, manage recovery, and support a safe return to school and play.

You can explore these free tools and courses at <https://cattonline.com>.

Code of the BEARS Focus – Playground

We are continuing with our playground focus this week and want to give a big thank you to all the students who have been following the shifting playground boundaries and adjusting so well to the closure of the intermediate playground (which is now back open!) Your flexibility and positive attitude have been greatly appreciated.

Please remind your children not to throw items down the drains, as this can cause flooding on the school grounds. We'll also continue to work with students on showing kindness during play, using friendly words and gestures, taking turns, and keeping hands, feet and objects to themselves.

Let's keep demonstrating our **Code of the BEARS** on the playground:

- **Be Accountable:** Follow instructions, take responsibility for your actions, and return equipment after use.
- **Be Respectful:** Include everyone, use kind words, and care for our environment.
- **Be Safe:** Play safely within boundaries, use equipment properly, and keep your body to yourself.

Together, we can make the playground a space where everyone feels safe, included, and proud to be a BEAR!

PAC News

DPAC Meeting

The second DPAC meeting of the 2025-2026 school year will take place Nov 5th 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 soon. 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

What: Retro Rodeo Roundup including DJGrooveHeart & food; drinks paid at bar

When: Saturday, November 15th, 7pm-11pm

Where: Lynn Valley Legion

Cost: \$35 per ticket - on sale NOW, via MunchaLunch

Capacity is limited - get your tickets quick!

After-School Programs

Sports Explorers

Where: Upper Lynn Gymnasium

When: 3:00pm-4:30pm

Price: \$240

Dates: Fridays from Jan 16th - Mar 13th (No session Friday, Nov. 13th due to Pro D Day)

Link to register: [Sports Explorers](#)

Description: 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. Sports include Pickleball, Ultimate Frisbee, Handball, Soccer, Volleyball, Hockey, Basketball and more!

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.

****PLEASE NOTE:** Pro D Day on February 13th, no session, please put this date in your calendar**

Reminders

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

Photo Retakes

Edge Imaging will be back at your school for retake photos. If you would like your child to have a retake photo done, please fill in the information below and submit to the classroom teacher.

Students Name: _____

Grade: _____

Signature of parent/guardian: _____