

Upper Lynn e-News

November 09, 2025

Important Dates & Reminders for the Week of November 10 to November 14, 2025

Monday 10	Tuesday 11	Wednesday 12	Thursday 13	Friday 14
Pro-D School not in Session	Remembrance Day School is Closed	Grade 6 ODS	Grade 6 ODS	Grade 6 ODS Hot Lunch Sushi/Maxfrut

Upcoming Dates

- 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
- Sunday November 30 – Tree Lighting: Lynn Valley Centre
- December 1 – 18 – Gymnastics
- Monday December 1 – PAC Parent Session #1
- Tuesday December 2 – Band Concert
- Friday December 5 – Curriculum Implementation Day – Students Not in Session
- Friday December 5 – Babysitting Course
- Thursday December 11 – Learning Update Upload

Upper Lynn News

Pack it Back Lunch

We are beginning a new Pack It Back Lunch program at Upper Lynn. Students will bring home all materials from their lunches, including containers, wrappers, and any items from the school hot lunch program. This approach helps us reduce waste around the school, creates a cleaner and calmer lunch environment, and minimizes movement in classrooms. Thank you for supporting our efforts to make lunchtime more peaceful and sustainable. More information will come out over the next few weeks.

Remembrance Day at Upper Lynn

On Friday, November 7, our school community came together for a moving Remembrance Day ceremony led entirely by our students. The event featured more than 80 Colour Guard members representing Scouts, Guides, Embers, Sparks, Cubs, and Cadets, who proudly participated alongside piper Terry Shaw and our guest speaker, Lieutenant Commander Evan Park from the Royal Canadian Navy.

The program included beautiful piano performances, moving songs by over 50 choir students, and thoughtful student readings and reflections by grade 7 students and Mrs. Hatziantoniou's class supported by grade 5 students from Mr. Mawson's class. The gym was decorated with powerful student artwork that honoured those who served. Our Grade 7 student leaders guided the assembly with confidence and respect, and the audience demonstrated quiet reflection throughout the ceremony.

It was a meaningful morning that reminded us of the courage and sacrifices made by those who fought for the freedoms we enjoy today. We are still collecting donations this week.

Rainy Days and Healthy Habits

The rainy season has settled in, and we're seeing plenty of puddles and muddy shoes around Upper Lynn! Please make sure your child comes to school dressed for the weather; a waterproof jacket, boots, and even an extra pair of socks can make a big difference. We go outside rain or shine and staying warm and dry helps students stay comfortable and ready to learn all day long.

At the same time, colder and wetter weather often brings an increase in common illnesses. We want to keep everyone healthy and learning, so if your child is feeling unwell, please take a moment to review the *"When Should I Keep My Sick Child Home From School?"* guide included at the end of this newsletter. It provides helpful information from Vancouver Coastal Health on when it's best for students to rest at home and when it's safe to return to school.

Code of the BEARS Focus – Washrooms

This week, we're focusing on how we can demonstrate our Code of the BEARS in the washroom. The washroom is a shared space that everyone uses throughout the day, so it's important that we take care of it and show respect for others. Simple actions like washing our hands, keeping water in the sink, and giving others privacy make a big difference in keeping our school clean, safe, and welcoming for everyone.

Let's keep showing our BEARS expectations:

- **Be Accountable:** Take care of your business, flush, wash your hands, and clean up after yourself.
- **Be Respectful:** Respect others' privacy, use a quiet voice, and treat the washroom with care.
- **Be Safe:** Walk in and out calmly, keep soap and water in the sink, and keep your body to yourself.

Together, we can make our washrooms a clean, safe, and respectful space for everyone at Upper Lynn!

PAC News

PAC Meeting

The next PAC meeting is Monday, November 17th from 7-8pm in ULE Library. Babysitting will be provided in the MPR.

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 MPR.

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

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

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!

ULE Babysitters

Need a babysitter? Maybe you have an awesome party to attend on November 15th?

- Do you have a kid interested in offering babysitting services?
- Do you have a kid offering babysitting services but contact details need updating?

Please access the modifiable document linked below:

[Upper Lynn Babysitting Contact List 2023-2024 - Google Sheets](#)

Babysitter's Course with First Aid - Save the date!

Who: Students aged 11 and up
When: Friday December 5th (Pro-D); 8:50am to 3pm
Where: Upper Lynn Elementary – MPR
Cost: \$50 (limited to 30 places)
How to Book: MunchaLunch - from Sunday 16th November
Bring: A sport helmet, an extra-long sleeve shirt, pencil, snacks, lunch and water

Course presented by the Canadian Red Cross and facilitated by Marylene Descoches, certified Red Cross First Aid, CPR and Youth Leader instructor.

Parent Volunteers Needed for this event! We need one or two parents to supervise students during each of the two breaks: 10:20-10:40 and 12:00-12:30.

To sign up, please add the item for volunteering to your order. Please ensure that you have met the school requirements for volunteering with students (volunteer form & criminal record check).

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#/=>

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

WHEN SHOULD I KEEP MY SICK CHILD HOME FROM SCHOOL?

Things to consider if your child feels unwell:

1. The protection of your child. Without proper rest a child may have a hard time fighting an illness or be open to other illnesses.
2. The ability of your child to actively take part and learn at school.
3. The school staff cannot care for a sick child and give them the support that they may need.
4. The protection of other children.

Please keep your child home if he/she:

- Has a fever.
- Is too sick to take part in all normal school activities.
- Has a suspected or known communicable disease (i.e. strep throat, chicken pox, measles or any other undiagnosed rash).
- Keep your child home until they cannot infect others or as told by a health care provider.
- Is vomiting or has diarrhea. It is recommended that students be symptom free at least 24 hours before returning to school.



Please let the school know your child's symptoms, as per the schools call back procedures.

If the school finds it necessary to send your child home because of illness, please make sure you have arranged an emergency contact if you are not available. Inform your school of these arrangements.

Where can I find more Information?

- Public Health school Nurse at 604-983-6700
- Health Link BC – online www.healthlinkbc.ca or dial 811
- North Shore School Health Manual: www.vch.ca/schoolhealth
- Sneezes and Diseases <http://www.vch.ca/media/SneezesDiseases.pdf>



Foundry North Shore & North Vancouver School District

Presents

KEEPING KIDS SAFE ONLINE

Foundry North Shore & North Vancouver
School District

Welcome Keynote Speaker

Tatyana Davies, Program Facilitator,
PLEA | Children of the Street Program

As she guides us through
'Keeping Kids Safe Online'

Part 1: Overview – discusses and defines
different forms of online sexual exploitation,
Part 2: App Literacy – a review of today's
most popular apps used by children and
youth.

Part 3: Practical Conversations – how to talk
children and youth about online safety

Wednesday Dec 3, 2025

7:00 – 8:30 pm

Location: Sutherland Secondary
Theatre

Please register



• FOUNDRY •
NORTH SHORE

North Vancouver
School District
the natural place to learn®