

Upper Lynn e-News

November 16, 2025

Important Dates & Reminders for the Week of November 17 to November 21, 2025

Monday 17	Tuesday 18	Wednesday 19	Thursday 20	Friday 21
Hot Lunch Sushi/Maxfrut PAC Meeting 7pm; Library		Kindergarten Hearing Screening		Cozy/PJ Day Hot Lunch Foodie Kids

Upcoming Dates

- Monday November 17 – Hot Lunch – Sushi / Max Frut
- Monday November 17 – PAC Meeting; 7pm
- Wednesday November 19 - Kindergarten Hearing Screening
- Friday November 21 – Cozy/PJ Day
- 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
- Monday December 15 – Choir at The Shipyards
- Wednesday December 17 – Intermediate Choir Performance
- Friday December 19 – Last Day Before Holiday Break
- Monday January 5 – First Day Back After the Holiday Break

Upper Lynn News

Moustache Monday

Hello Upper Lynn Community! Monday, November 24th is Moustache Monday. Students and staff are invited to wear, draw, or grow a Moustache for November 24th to bring awareness to men's Health issues. Students may also bring donations for the Movember Society, an organization that supports men's health support and awareness.

Thank you: The Upper Lynn Student Council

The Book Fair is Coming!

The Scholastic Book Fair will be coming to Upper Lynn on Monday, November 24 – Friday November 28. The Book Fair will be open at lunch recess for selected grades and after school until 4 pm.

Monday Lunch:	Kindergarten and Grade 1
Tuesday Lunch:	Grades 2 and 3
Wednesday Lunch:	Grade 4 and 5
Thursday Lunch:	Grade 6 and 7
Friday Lunch:	Open to all
Monday to Friday:	Open to all

(3:10 to 4 pm)



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 items from the school hot lunch program. This helps us reduce waste around the school, keeps our classrooms calmer at lunch, and cuts down the movement of students going back and forth to the recycling and garbage bins.

We will be meeting with our hot lunch organizers to look at the best methods to reduce waste on hot lunch days and to find ways to keep our receptacles from overflowing. We appreciate the partnership and support as we work together on this schoolwide effort.

Here are a few helpful Pack It Back tips for families:

- Send reusable food containers whenever possible
- Avoid single use wrappers and packaging
- Add a small bag or container for students to place used items in for the trip home
- Label lunch containers so they are easy to return if misplaced
- Talk with your child about what food they are actually eating so less comes back uneaten

Thank you for supporting our efforts to make lunchtime more peaceful, cleaner, and more sustainable. More information will continue to come out over the next few weeks.

School Photos: Capture your memories before the holidays with the perfect gift!

Place your school photo order **by December 8** to receive it before the holiday break.

LIMITED TIME till November 20: get 50% off digital holiday cards with coupon code HOLLY just add the product to your cart then enter coupon before checkout.

Visit edgeimaging.ca/order and enter your portrait codes to get started. Lost codes? Check out our online look-up form edgeimaging.ca/lookup or call the Edge Customer Care team at 1-888-416-3343.

Code of the BEARS Focus – Update

Last week our goal was to focus on washroom expectations as part of our Code of the BEARS work. Students did an excellent job, and we have already seen real improvements. Behaviour in the washrooms has been calmer and more respectful, and we are also noticing many positive BEAR actions around the school. Students are holding doors open, including others during play, picking up debris, and showing polite behaviour in classrooms and hallways. Thank you for reinforcing these expectations at home.

Because students reached our first schoolwide goal, we have earned **Cozy Day. PJ Day will take place this Friday.** Classroom teachers will talk with their students about what Friday will look like in their classrooms.

Although we met our goal, we will continue to reinforce our washroom expectations to maintain these positive habits:

- **Be Accountable:** Take care of your business, flush, wash your hands, and clean up after yourself.
- **Be Respectful:** Give 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.

Thank you to all our students for showing strong BEARS behaviour. Together, we will continue to make Upper Lynn a clean, safe, and respectful place for everyone.

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.

Parent Social

A huge thanks to the Upper Lynn Parent Social Planning Committee! There was a great atmosphere, perhaps a Retro Rodeo first for the Lynn Valley Legion, and super fun night for the parent community.

Fundraising

Pick up for Purdys Chocolates and seasonal plants is on Monday, December 1st from 2:45 to 4pm in the Multipurpose Room.

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.

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

Lunch GRIT (Winter 2026)

Where: Upper Lynn Multipurpose Room
When: 12-12:47pm, Wednesdays
Who: Grades 3-6
Price: \$120
Dates: Feb 11-Mar 11
Link to Register: [Lunch Grit at Upper Lynn / Winter 2026](#)

Lunch Grit is a 5-week workshop held at lunch in your kiddo's school. In it, we un-pack how to be a happier human at school. We find tools for finding calm in stressful situations, we navigate our way through the landmine of tricky friendships, we deal with the pressure of expectations, we laugh - we create - we move our bodies. It's the perfect break for half-way through the day.

Reminders

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.

Have a Great Week!

Tim MacLeod
Principal

Lauren Vanderham
Vice-Principal