

Upper Lynn e-News

November 23, 2025

Important Dates & Reminders for the Week of November 24 to November 28, 2025

Monday 24	Tuesday 25	Wednesday 26	Thursday 27	Friday 28
Scholastic Book Fair Field Hockey Begins Hot Lunch Well Fed	Scholastic Book Fair	Scholastic Book Fair	Scholastic Book Fair	Scholastic Book Fair Hot Lunch Subway

Upcoming Dates

- November 24 – 26 – Field Hockey This Week
- November 24 – 28 – Scholastic Book Fair This Week
- Monday November 24 – Hot Lunch – Well Fed
- Friday November 28 – Hot Lunch - Subway
- 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
- Tuesday December 9 – Young Entrepreneur Fair; 3:30-5:30
- 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 - Tomorrow

A quick reminder that tomorrow, Monday, November 24, is Moustache Monday. Students and staff are invited to wear, draw, or grow a moustache to help bring awareness to men's health issues. If families wish, students may also bring a small donation for the Movember Society, an organization that supports men's health support and awareness.

We are looking forward to seeing all the creative moustaches around the school tomorrow!

The Book Fair Is Here!

The Scholastic Book Fair has arrived at Upper Lynn and will run Monday, November 24 to Friday, November 28. Students will have the chance to browse and shop during their assigned lunch day, and the Book Fair will also be open after school from 3:10 to 4 pm for all families.

Lunch Schedule

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

Young Entrepreneur Fair

Are you looking for a unique holiday gift? Come to the Upper Lynn Entrepreneurs Fair on Tuesday, December 9! This annual event will be held in the Upper Lynn gym from 3:30 to 5:30 and will feature a wide range of products; from scented candles to hot chocolate bombs created by students in Grades 5, 6, and 7. Many students are also donating a portion of their profits to charity. Come see all the hard work and creativity our young entrepreneurs have poured into their businesses!

Snow Team

With winter weather on the way, we are reaching out to families who may be able to help keep our school grounds safe during snowfall. Our Snow Team is a group of parents and community members who lend a hand clearing pathways so students, staff, and families can move safely around the school. Every little bit helps, even if you are not always available. Quick snow removal prevents ice from building up and keeps our walkways safe throughout the day. If you are able to support us when the snow arrives, please send Mr. MacLeod an email at tmacleod@sd44.ca. We use the App WhatsApp for our communication.

GymSense Gymnastics

GymSense gymnastics program begins next week, running from December 1 to 18. Each class has scheduled sessions throughout the three-week period, with Kindergarten through Grade 7 taking part in skill building activities focused on balance, coordination, strength, and safe movement. Families are reminded to please complete payment online, and to reach out to Mr. MacLeod if they have any questions about the program or the schedule. We are looking forward to an active and engaging month of movement for all students.

Pack It Back Lunch – Weekly Update

Students are doing well with Pack It Back Lunch, and we can already see that families are making a real effort. Thank you for your support as we continue working toward a cleaner and more sustainable lunchtime routine.

A few new Pack It Back tips:

- Pack smaller portions if large amounts of food are coming home
- For “messy” hot lunch items (like noodles or saucy meals), please send an empty container so leftovers can be brought home neatly
- Consider adding a reusable fork or spoon when needed

Thank you for helping keep our lunchrooms calmer, cleaner, and more organized.

Code of the BEARS Focus – Update

We continue to notice many positive BEAR actions across the school, and it has been great to see students making thoughtful choices in classrooms, hallways, and outside spaces. Last week’s focus helped students show stronger accountability and respectful behaviour, and we appreciate the conversations happening at home to support this work. This week, our BEARS focus shifts to the gymnasium as we begin both field hockey and our GymSense gymnastics program. Students will be learning how to follow instructions, share equipment fairly, use appropriate voice levels, and move safely in a busy and active space. We also celebrated our PJ Day on Friday after reaching our first school wide goal, and we are proud of the community effort that helped make it happen.

PAC News

Hot Lunch – Winter Term Ordering!

Good news! Hot Lunch is back twice a week for the Winter Term — Mondays and Fridays.

Ordering Opens:	December 3 rd
Winter Term runs:	Monday, January 5th – Friday, March 13 th
Deadline to order & pay:	December 17th at 11:59pm

(No late orders can be accepted after this date, so mark your calendars!)

We know winter gets busy, so we’re giving you lots of notice to get those orders in and make lunches just a little easier.

Need financial assistance?

Support is available for families who may need help participating in PAC events (like Family Movie Night) or purchasing Hot Lunches, Spirit Wear, Orange Shirts, or Pink Shirts. Please reach out confidentially to Mr. MacLeod at tmacleod@sd44.ca.

Stay cozy and enjoy the delicious Winter Term!

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).

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.

Silent Auction - seeking Team Members!

The Auction is an important fundraiser for the PAC. It will take place online from February 20-27th 2026.

We are looking for 2-3 new team members this year. This is a very rewarding and fun project to work on with an awesome team environment of fellow ULE parents (Bri, Kate, Carolyn, Mehdi). There is some preliminary work to prepare for the event this week. Please reach out if you'd like to join the crew or want to find out more about the organising process.

Contact us at ulpacfundraising@gmail.com

Fundraising

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

After-School Programs

Sports Explorers (Winter 2026)

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

Digital Media Youth Expo 2025

The Digital Media Youth Expo is hosted by the North Vancouver School District's Digital Media Academy (DMA). Join us to learn about the educational and employment opportunities available in the Digital Media Industry. This is a free event for students, parents, teachers, and the community to meet with representatives from a variety of Lower Mainland post-secondary schools, local and global organizations, industry experts, and studios involved in all aspects of digital media. Attending are representatives in visual effects, animation, film, sound design, photography, web design, game design, virtual reality and more!

We are offering a new experience this year with a select PANEL OF INDUSTRY EXPERTS to talk about how technology is changing the industry and teaching - as well as Q&A opportunities and discussions.

DMA students will also be available in our academy studio space to answer questions about the program's offerings, and to showcase what projects they are working on, learning about, and inspired by! We look forward to welcoming you to Argyle Secondary and our Youth EXPO event!

Please visit our official EXPO website: <http://digitalmediayouthexpo.ca/>

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



E-Scooter Safety Violations



More than
one rider
\$109 fine



Riding
without
helmet
\$29 fine



Must be 16 or
older to ride
\$109 fine



Riding
dangerously
\$109 fine



Riding on
sidewalk
\$109 fine



Exceeding
speed limit
\$138-\$368 fine





Safe E-Scooter Riding



Safe
speed ✓

Safety
helmet ✓

Single
rider ✓

Age
16+ ✓

Riding in a
designated
cycling lane ✓

Lights
and bell ✓

