

# Upper Lynn e-News

January 4, 2026

## Important Dates & Reminders for the Week of January 5 to January 9, 2026

Monday 5	Tuesday 6	Wednesday 7	Thursday 8	Friday 9
School Re-Opens First Aid Gr.6 Hot Lunch Well Fed	Field Hockey – 6/7		Field Hockey – 6/7	Hot Lunch Well Fed

## Upcoming Dates

- Monday January 5 – First Day Back After the Holiday Break
- Monday January 5 – Hot Lunch – Well Fed
- Monday January 5 – First Aid Grade 6
- January 6 & 8 – Field Hockey Gr. 5/6 to Gr.7
- Friday January 9 – Hot Lunch - Foodie Kids
- Monday January 12 – Hot Lunch - Pizza
- Monday January 12 – First Aid Grade 6
- Thursday January 15 – Black Excellence Day
- Friday January 16 – Tie Dye Day
- Friday January 16 – Hot Lunch – Subway
- Monday January 19 – Hot Lunch – Cobs/TCBY
- Wednesday January 21 – Winter Concert; Even Divisions
- Thursday January 22 – Winter Concert; Odd Divisions
- Monday January 26 – School Based Pro-D – **Students not in Session**
- Thursday January 29 - Immunizations
- Friday January 30 – Hot Lunch – Foodie Kids
- Friday January 30 – Presentation; Black Dog String Quartet
- Saturday January 31 – Upper Lynn at the Wolf Pack Game

# Upper Lynn News

## Welcome Back

Welcome back! We hope you and your family enjoyed a restful winter break and are feeling refreshed as we begin the 2026 school year together. This is a friendly reminder that school begins promptly at 8:55 a.m., with the warning bell ringing at 8:50 a.m. Arriving on time helps your child settle in calmly, connect with classmates, and start the day ready to learn. It also supports a smooth start for the whole class. Thank you for your continued partnership in creating positive, focused, and successful school days for all students.

## Feeling Unwell? Please Stay Home

As we head into cold and flu season, a gentle reminder to please keep your child at home if they are feeling unwell. Symptoms like fever, persistent cough, sore throat, vomiting, diarrhea, or any communicable illness can spread quickly among our school community. Keeping sick children home supports their recovery and helps protect classmates, staff, and families. For details on when to keep your child home, please refer to the *When Should I Keep My Sick Child Home* guidelines on the [Upper Lynn website](#).

## Getting to School

We understand that parking around the school can be challenging, and we appreciate your patience and cooperation. To help ease congestion, we encourage families to walk to school if possible or consider parking a block away and walking the rest of the way. Please remember to respect our neighbors by not using their driveways to drop off, park, or turn around, even for a few seconds. Your support in keeping our school community safe and considerate is greatly appreciated.

## Code of the BEARS – Library

As we move into the new year, we are continuing our strong focus on the Code of the BEARS across all areas of the school. Students have done an excellent job carrying expectations forward from the fall, and we are seeing many positive choices each day.

This week, our school wide focus is on the **library**, a shared learning space that is used by all students. As we reinforce expectations, we are reminding students to be **Accountable** by following library routines, returning books on time, and keeping the space tidy. We are also emphasizing being **Respectful** by listening to staff and classmates, using quiet voices, and handling books with care. To support a safe and welcoming environment, students are expected to move calmly, keep their bodies to themselves, and wait their turn.

These expectations help ensure the library remains a calm, safe, and enjoyable place for everyone to read, learn, and explore. Thank you for your continued support as we reinforce these habits together at school and at home.

# PAC News

## Fundraising

Are you planning for your spring garden already? Want to grow your own veggies or plant some flowers to help the bees? Then check out our fundraiser with West Coast Seeds.

Ordering is open until January 26, 2026! To order click [Here](#).

## Silent Auction - Sponsorship

The Silent Auction is an important fundraiser for the PAC and will run **February 20-27th 2026**. Sponsoring the Auction is an excellent way to showcase your company to a large audience. Since we launched the online format in 2021, we've consistently seen strong engagement, with over **30,000** pageviews each year.

Below are the available sponsorship levels:

### Gold Sponsorship: \$600

- Company logo incorporated into Auction banner \*unique to single Gold sponsor only
- Company logo displayed on the Auction homepage with a link to company website or social media

### Silver Sponsorship: \$400

- Company Logo displayed on the Auction main page with a link to company website or social media

If you are interested in sponsoring our event, please contact us at [ulpacfundraising@gmail.com](mailto:ulpacfundraising@gmail.com), we would appreciate your response by **Sunday, February 1st**.

---

## After-School / Lunch 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.

## Lunch Chess Club

**Where:** MPR

**When:** Tuesdays, 12:00 - 12:47pm

**Who:** Ages 6 to 11

**Price:** \$80

**Dates:** January 13<sup>th</sup> to March 3<sup>rd</sup> (Jan 13, 20, 27, Feb 3, 10, 17, 24, Mar 3)

**Link to Register:** [Chess Club](#)

You are invited to explore the strategic world of chess at this exclusive chess club. This club includes fundamentals for beginners along with strategies for the more advanced players. Chess Club players will have the opportunity to improve their skills by playing against other player of various levels.

This class accepts beginners and experienced players alike from ages 6-11

NOTE: Tablet-based chess games are optional for kids to facilitate learning and have fun. Feel free to reach out to coach Felix at [hwj1582@gmail.com](mailto:hwj1582@gmail.com) if you have any questions!

---

# Reminders

## Mark Your Calendars!

Upper Lynn students will be presenting Winter Concerts showcasing work they have been doing in music classes.

Wednesday, January 21 even divisions; 4, 6, 8, 10, 12, 14, 16, 18

Thursday, January 22 odd divisions; 3, 5, 7, 9, 11, 13, 15, 17, 19

Intermediate and Primary choirs will perform on both nights.

The concerts will begin at 6:30pm in the Upper Lynn gym. Students should arrive at 6:10pm; school and gym doors will open at that time. Due to space constraints in the gym, we ask that families limit audience members to 2 adults per student for each concert.

## Upper Lynn Fundraiser at the North Vancouver Wolfpack Hockey Game

Please join us at the North Vancouver Wolf Pack hockey game on January 31, 2026, at Harry Jerome Arena. Tickets are \$15 for adults and \$10 for seniors and youth ages 6 to 17, with free admission for children under 6. Fifty percent of all ticket sales will be returned to the school, and our choir students will have the honour of singing the National Anthem at the game. Click [here](#) to purchase tickets.

## Snow Team

We currently have seven people on our Snow Team and are looking for a few more helpers. As winter weather is here, we may occasionally need support clearing key pathways to keep our school safe and accessible. Even short help sessions make a big difference. If you are able to assist when snow arrives, please email Mr. MacLeod at [tmacleod@sd44.ca](mailto:tmacleod@sd44.ca). Updates are shared through our Snow Team WhatsApp group. Thank you for your support.

Tim MacLeod  
Principal

Lauren Vanderham  
Vice-Principal