

Upper Lynn e-News

January 18, 2026

Important Dates & Reminders for the Week of January 19 to January 23, 2026

Monday 19	Tuesday 20	Wednesday 21	Thursday 22	Friday 23
Hot Lunch Cobs/TCBY		Holiday Concert Even Divisions	Holiday Concert Odd Divisions	Hot Lunch Magic Lunch Box

Upcoming Dates

- Monday January 19 – Hot Lunch – Cobs/TCBY
- Wednesday January 21 – Winter Concert; Even Divisions
- Thursday January 22 – Winter Concert; Odd Divisions
- Friday January 23 – Magic Lunch Box
- Monday January 26 – School Based Pro-D – **Students not in Session**
- Thursday January 29 – Immunizations
- Thursday January 29 – Puzzle Day
- Friday January 30 – Hot Lunch – Foodie Kids
- Friday January 30 – Dress as Your Favourite Book Character
- Friday January 30 – Presentation; Black Dog String Quartet
- Saturday January 31 – Upper Lynn at the Wolf Pack Game
- February – Black History Month
- February 3 & 4 – BHM Guest Speaker
- Monday February 9 – PAC Meeting; 7pm
- Monday February 2 – Hot Lunch – Sushi/Max Frut
- Friday February 6 – Hot Lunch – Subway
- Monday February 9 – Hot Lunch – Well Fed
- Tuesday February 17 – Body Science Parent Evening

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Spirit Day – Dress Up as Your Favourite Book Character

The Upper Lynn Student Council invites all students to dress up as their favourite book character on Friday, January 30. Students should be comfortable and able to participate in all regular school activities, including outdoor recess and PE. Please ensure any props are safe and appropriate for an elementary school setting.

Late French Immersion Student Information Session

Families of Grade 5 students who are not currently enrolled in French Immersion are invited to learn more about the Late French Immersion program.

A Family Information Session will be held on Wednesday, January 28, 2026, from 6:00 to 7:00 pm in the Mountain View Room on the 5th floor of the Education Services Centre, 2121 Lonsdale.

Grade 5 parents and guardians received an email invitation on January 7 with additional details.

FSA Results Going Home This Week – Grade 4 & 7 Families

This week, Foundation Skills Assessment (FSA) results will be sent home with Grade 4 and 7 students. The FSA, completed in October, provides a snapshot of your child's literacy and numeracy skills based on provincial standards. These results are not factored into classroom assessments but serve as one of many tools to support student learning. The assessments were scored using BC Performance Standards, with written responses evaluated by trained educators in our district. For more details on the scoring process, please refer to the package sent home.

Student Learning Survey – Your Input Matters!

Grade 4 and 7 families, we would greatly appreciate your participation in the Student Learning Survey (SLS). This survey provides valuable insights into student learning experiences, well-being, engagement, and curriculum implementation. Your feedback helps guide school and district planning to better support students. The survey is voluntary, anonymous, and available in 18 languages. More details, including the survey link, will be sent in a separate email. Thank you in advance for your time and input!

Code of the BEARS Update

We are excited to share that our students have reached our second school-wide BEARS goal. As a result, students have earned an extra afternoon recess, currently scheduled for Friday.

Students continue to be recognized for demonstrating the Code of the BEARS: Be Accountable, Be Respectful, and Be Safe. To date, students have been recognized more than 750 times for positive BEARS behaviours across the school.

Our next school-wide goal is for every student to receive a Bear Paw. While we know there is still work to do in certain areas, students are working hard, making positive choices, and growing in their learning each day. Well done, Upper Lynn!

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 12, 2026, until January 26, 2026! To order click [Here](#).

Silent Auction - Donations

The Silent Auction is an important fundraiser for the PAC, raising over \$17 000 last year. It will run online February 20-27th 2026.

We are now seeking donations! It is an excellent way for businesses to support our school, gain great exposure and build their brand within the school community. If you own a business, or have a good connection with a business owner, we would love to hear from you. All donations need to be confirmed by February 13th.

We are always looking for new members to join our organizing team. This is a very rewarding project to work on with an awesome group of fellow ULE parents.

Contact the Silent Auction Team (Kate, Bri, Selena, Carolyn and Emilia) at
ulpacfundraising@gmail.com

Parent Speaker Series

Topic: Body Science with Cath Blythe from Saleema Noon

Using humor and straight talk in an open, interactive environment, Saleema Noon Sexual Health

Educators will show you how easy it is to convey healthy, positive messages about sexual health to kids.

In this workshop parents will learn:

- Why we need to talk to children about sexual health at a young age
- How to reduce risk of child sexual abuse
- What children should know at each stage of development, with specific examples of how to explain concepts and processes using inclusive language
- How to become their kids' go-to source of sexual health information
- How to normalize open, honest sexual health conversations in their family
- How to effectively answer even the toughest questions kids ask
- What will be covered in Body Science workshops for students

When: Tuesday Feb 17th, 2026 06:30 PM Vancouver

Where: Zoom

Join Zoom Meeting: [Here](#)

Meeting ID: 829 9711 9379

Passcode: 925158

After-School / Lunch Programs

3D Basketball (Winter 2026)

Where: Upper Lynn Elementary School Gymnasium
When: Thursdays, 3:00 - 5:00pm
Who: Grades 1 - 5
Price: \$315, includes free t-shirt (9 sessions)
Dates: January 15th to March 12th.

Link to Register: [3D Basketball Registration](#)

3D Basketball is the longest standing basketball club on the North Shore celebrating our 25th anniversary this year. Our experienced staff create a safe, structured space where students engage in activities that promote athletic development, confidence, and skill-building, while encouraging positive social interaction and leadership development.

Our after-school program at Upper Lynn Elementary is designed to nurture the growth of young athletes at a time that works for parents. Focused on physical development, coordination, and teamwork, we offer a fun and active environment where children can enhance their athletic abilities through various sports and activities.

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 13th to March 3rd (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 if you have any questions!

Reminders

2026/27 Elementary Band and Strings – Registration Opens January 12, 2026

Registration for the 2026/27 Elementary Band and Strings program will open on Monday, January 12, 2026. The NVSD public webpage for the [Band and Strings](#) has been updated and now contains the information for the 2026/27 school year.

There are two registration options and fees for 2026/27:

- Registration between **January 12 - February 27, 2026** – the fee is \$555 and can be paid through a monthly instalment plan that will spread payments until September 1st.
- Registration between **March 13 - September 29, 2026** – the fee will be \$630. No monthly installment plan is available for this option.

Winter Concerts

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.

Grandparents and other family members may come to watch the school dress rehearsals on the day of each concert, starting at 1:30pm.

Homestays Needed

Each year, the North Vancouver School District welcomes international students to live and study in our community. We are currently seeking host families for secondary school students for terms beginning February and September 2026, and February 2027.

If you are interested in becoming a homestay family, please contact the International Education program office at international@sd44.ca More information is available on our [school's website](#).

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](#).

Tim MacLeod
Principal

Lauren Vanderham
Vice-Principal