

Upper Lynn e-News

January 25, 2026

Important Dates & Reminders for the Week of January 26 to January 30, 2026

Monday 26	Tuesday 27	Wednesday 28	Thursday 29	Friday 30
School Based Pro-D <i>Students not in Session</i>	Wolf Pack vs Grade 5 Floor Hockey		Immunizations Puzzle Day	Spirit Day Dress as Your Favourite Book Character Hot Lunch Foodie Kids

Upcoming Dates

- Monday January 26 – School Based Pro-D – *Students not in Session*
- Tuesday January 27 – Wolf Pack vs Grade 5 Floor Hockey Team; Lunch
- 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
- Monday February 2 – Hot Lunch – Sushi/Max Frut
- February 3 & 4 – BHM Guest Speaker
- Friday February 6 – Hot Lunch – Subway
- Monday February 9 – Hot Lunch – Well Fed
- Monday February 9 – PAC Meeting; 7pm in the Library
- Thursday February 12 – Spirit Day; Dress in Your Favourite Red
- Friday February 13 – District Pro-D – *Students not in Session*
- Monday February 16 – Family Day; School is Closed
- Tuesday February 17 – Lunar New Year

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Spirit Day – Dress Up as Your Favourite Book Character

The Upper Lynn Student Council invites students to dress as their favourite book character on Friday, January 30. Costumes should be comfortable for a full school day, including recess and PE, with safe and appropriate props only.

Winter Concert

Thank you to our families for coming out to the Winter Concerts and for being such a supportive audience. We also appreciate your help with taking down chairs.

A very special thank you to Mrs. Wood for her incredible work with all 17 classes, often giving up her recess and lunch times to support students. Thank you as well to all staff for the encouragement and support you gave your students, for helping with setup and take down, sound and staging, and for being flexible with schedules to make everything work.

And well done to our students for taking risks, working hard, staying focused, and coming together on stage. You made us all very proud.

Upper Lynn at The Wolf Pack Game

Reminder that this Saturday is Upper Lynn Night at the Wolf Pack game. Join us for a fun community night and grab your tickets [here](#).

2026-2027 School Year

As we begin planning for next September, families who are not planning to return to Upper Lynn next year are asked to please contact the school office as soon as possible. This helps us ensure accurate class planning and supports a smooth transition for all students.

Code of the BEARS Update

This week, our students passed an exciting milestone with over 1,000 BEARS Paws given out. The extra recess on Friday was a highlight, with beautiful weather and students clearly demonstrating the BEARS code through kindness and positive choices.

As a reminder, the Code of the BEARS extends to online communication as well, and we appreciate families reinforcing these expectations at home. We are well on our way to reaching our next school-wide goal. Well, done, everyone.

PAC News

Sprinkle Kindness with Upper Lynn Pink Shirts

This year Pink Shirt Day (Anti-Bullying Day) falls on Wednesday, February 25, and [Upper Lynn Pink T-shirts and Hoodies](#) are now available for ordering! The Upper Lynn logo (in black) will be printed on the front of the shirt and "BE KIND" will be printed on the back.

All orders will be individually packaged and sent to the school for distribution to classrooms. T-shirts will be sent home with children on Monday, February 23.

Order now on www.munchalunch.com. Deadline: 11:59 pm on [Monday, February 2nd](#)

ALL PROCEEDS WILL GO DIRECTLY TO THE CKNW KIDS' FUND PINK SHIRT DAY INITIATIVE. (www.pinkshirtday.ca)

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 - 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) – Spots still available

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.

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

2026/27 Elementary Band and Strings

Registration for the 2026/27 Elementary Band and Strings program is now open. 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.

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.

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!

Tim MacLeod
Principal

Lauren Vanderham
Vice-Principal

UPPER LYNN FUNDRAISER NIGHT AT THE WOLFPACK



7PM JANUARY 31, 2026
HARRY JEROME ARENA



ADULTS \$15
SENIORS / YOUTH \$10
UNDER 6 FREE