

Upper Lynn e-News

February 16, 2026

Important Dates & Reminders for the Week of February 16 to February 20, 2026

| Monday 16 | Tuesday 17 | Wednesday 18 | Thursday 19 | Friday 20 |
|--------------------------------|--|-----------------|----------------|---|
| Family Day School is Closed | Lunar New Year Body Science Parent Session; 6:30 | | | Argyle Choir at Upper Lynn Hot Lunch Magic Lunch Box |

Upcoming Dates

- Monday February 16 – **Family Day; School is Closed**
- Tuesday February 17 – Lunar New Year
- Tuesday February 17 – Body Science Parent Session; 6:30
- Friday February 20 – Silent Auction Goes Live
- Friday February 20 – Hot Lunch – Magic Lunch Box
- Friday February 20 – Card Project Due
- Friday February 20 – Argyle Choir Performance at Upper Lynn
- Monday February 23 – Hot Lunch - Pizza
- Monday February 23 – Body Science Student Sessions
- Tuesday February 24 – Body Science Student Sessions
- Wednesday February 25 – Pink Shirt Day
- Wednesday February 25 – **Staff Collaboration: Early Dismissal at 2:00 pm**
- Friday February 27 – Hot Lunch – Foodie Kids
- Monday March 2 – Hot Lunch – Cobs/TCBY
- Friday March 6 – Hot Lunch – Subway
- Monday March 9 – Hot Lunch – Sushi / Max Frut
- Monday March 9 – Long House; E12, E13
- Tuesday March 10 – Long House; E10, E11

Upper Lynn News

Welcome Back, Upper Lynn Families

We hope you enjoyed a restful and meaningful Family Day weekend. As we begin a new week together, we look forward to welcoming students back into the rhythm of learning, connection, and community.

There is always something special about the fresh start a new week brings. Thank you for your continued partnership and for the care you show in supporting your children and our school.

Here is what is happening at Upper Lynn.

Body Science Reminder & Parent Workshop

Just a reminder that our Body Science student sessions with Saleema Noon Sexual Health Educators will take place during the school day on Monday, February 23 and Tuesday, February 24.

If you do not wish your child to participate, please notify the school office no later than Thursday, February 19, 2026. As shared previously, families may choose to opt out of these sessions.

We also encourage you to join the Parent Workshop via Zoom tomorrow evening from 6:30 to 8:00 pm. This session provides an overview of the student presentations and offers practical guidance for talking with children about healthy bodies and growing up. More information, including access details, can be found in the PAC section below.

If you have any questions or would like further information, please feel free to reach out to the office.

Save the Date

Upper Lynn's Open House is on Tuesday, March 10. This is a chance for students to share their learning with families. Please note that this will be an early dismissal day. More details about the format will be provided by your child's classroom teacher.

Key Dates:

| | |
|----------------------|--|
| Week of March 9: | Self-Assessments of the Core Competencies will be sent home. |
| Tuesday, March 10: | Upper Lynn Open House |
| Wednesday, March 11: | Learning Updates will be uploaded. |

More information will be shared as the dates approach.

Code of the BEARS - Playground

We are proud to share that we have now passed 1,250 BEARS Paws. Well done, Upper Lynn. We are getting close to earning our schoolwide reward of a tasty treat.

This week, our focus returns to the playground. We are reminding students to follow instructions, use equipment as intended, stay within boundaries, and bring equipment back inside when the bell rings. A key emphasis is keeping hands and feet to ourselves, including others in play, and speaking to an adult if

a problem arises. When students take responsibility for their actions, treat others and the environment with care, and are mindful of their surroundings, our playground remains a safe and welcoming space for everyone.

Thank you for continuing to reinforce the Code of the BEARS at home and for supporting a positive playground for all students.

PAC News

Silent Auction - February 20th to February 27th

The auction will go live February 20 at 7:00 am and run until Feb 27 at 9:00 pm. The link will be released via email on Friday.

We have so many fabulous items for you to bid on that are just a click away! The funds raised from the Online Silent Auction are part of our annual budget and will be used to fund library books, field trips, music items, arts supplies, cultural programs, bursaries for families in need, and extra supplies for classroom teachers.

A huge thank you to our Sponsors and Donors for their generous support!

NVPAC: Anti-Racism Advisory Committee

February 19th 2026, 6:30pm - Via Zoom - For information on how to participate, please email antiracism@northvanpac.org

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 February 17, 2026 6:30 pm
Where: Zoom
Join Zoom Meeting: [Here](#)
Meeting ID: 829 9711 9379
Passcode: 925158

Reminders

Used Sports Equipment

We are always looking to expand the variety of sports equipment available for students to use during recess and lunch. If your family has gently used balls or other outdoor sports equipment you no longer need and would be willing to donate, it would be greatly appreciated and put to good use by our students. Please contact Mr. MacLeod at tmacleod@sd44.ca if you have items to donate or questions.

Supporting Mobile Device Use at Upper Lynn

We are asking for your support with student use of personal digital devices at school, including phones and smartwatches. In alignment with District guidelines, students are expected to keep personal devices at home or in their bags during instructional time, unless permitted by staff for learning, accessibility, or medical needs. Recently, increased device use has impacted student focus and led to conflicts, including devices being taken into washrooms, which is not appropriate. Devices used during instructional time will be taken and returned at the end of the day, and ongoing concerns may require families to pick them up. We also ask families not to contact students directly on personal devices during the school day, as students can always come to the office if they need to connect with home. When school and home expectations are aligned, students are best supported in maintaining a focused and respectful learning environment.

Tim MacLeod
Principal

Lauren Vanderham
Vice-Principal