

Upper Lynn e-News

March 29, 2026

Important Dates & Reminders for the Week of March 30 to April 3, 2026

Monday 30	Tuesday 31	Wednesday 1	Thursday 2	Friday 3
<p>School Reopens</p> <p>Hot Lunch Well Fed</p>				<p>Good Friday School is Closed</p>

Upcoming Dates

- Monday March 30 – School Reopens
- Monday March 30 – Hot Lunch – Well Fed
- Friday April 3 – Good Friday – **School is Closed**
- Monday April 6 – Easter Monday – **School is Closed**
- Tuesday April 7 – School Reopens
- Tuesday April 7 – Grade 4/5 Bike Program
- Thursday April 9 – Grade 4/5 Bike Program
- Friday April 10 – Hot Lunch – Foodie Kids
- Monday April 13 – Hot Lunch – Pizza
- Monday April 13- Intermediate Music Festival
- Monday April 13 – PAC Meeting
- Friday April 17 – Hot Lunch – Subway
- Monday April 20 – Hot Lunch – Cobs / TCBY
- Wednesday April 22 – Earth Day
- Friday April 24 – Hot Lunch – Magic Lunch Box
- Monday April 27 – Hot Lunch – Sushi / Maxfrut
- Tuesday April 28 – BC Lions Visit
- Tuesday April 28 – School Planning Meeting
- Wednesday April 29 – Staff Collaboration – **Early Dismissal at 2pm**

Upper Lynn News

Welcome Back

Welcome back, everyone. We hope you all had a wonderful Spring Break, whether that meant resting at home, spending time with family and friends, exploring around town, traveling, or getting outside for some exercise. With the evenings getting brighter and hopefully more sunny skies ahead, it certainly feels like we are heading into a new season.

We are now in the final stretch of the school year, which is always a very busy time. Please keep an eye out for information from the school and your child's classroom teacher about upcoming events and activities. We also ask that students make every effort to arrive on time each day, as we have noticed an increase in late arrivals, which can disrupt the start of the day and learning for students in the classroom.

We are looking forward to a wonderful end of the school year filled with activities, athletics, events, and, of course, lots of learning.

Navigating Screen Battles with Conscious Parenting Workshop

In Partnership with Vancouver Coastal Health, the North Vancouver School District is hosting a parent/caregiver workshop titled *Navigating Screen Battles with Conscious Parenting*.

Navigating Screen Battles with Conscious Parenting

Date: Thursday, April 9th

Time: 6:30pm-8:30pm

Location: North Vancouver School District Education Services Centre (2121 Lonsdale Ave, 5th Floor)

Registration: [Registration Form](#)

Description: Struggling with screen time battles, gaming limits, or social media boundaries? You're not alone. In this practical and heart-centered workshop, parents will learn how to set clear, confident limits around screens and technology using Non-Violent Conscious Communication, inspired by Marshall Rosenberg, without power struggles, shame, or disconnection.

Discover how to move from reactive "because I said so" parenting to grounded leadership that builds trust, cooperation, and long-term digital responsibility. You'll also experience simple somatic (body-based) tools to stay calm and regulated during tech conflicts so you can respond instead of reacting.

Track and Field - Grades 4 to 7 – Update!

- Permission Forms will be handed out this week (listen for announcements for meeting time)
- Extra forms will be available in the office.
- Please, return COMPLETED FORMS to the OFFICE IN BOX.

MARCH 31 to APRIL 3 - TRY A FIELD EVENT (if you are new to T&F)

**No forms needed to try the events.*

LUNCH HOURS - 12:25-12:50pm

SHOT PUT

Tuesday, March 31 - upper field by playground

HIGH JUMP

Wednesday, April 1 - in the gym

LONG JUMP / TRIPLE JUMP

Thursday, April 2 - north side of the field by LJ (sand) pits

Code of the BEARS

This week, we will be gathering for a school assembly on Wednesday to highlight and celebrate the positive work of our students and staff, and to recognize the many examples of BEARS behaviour we see throughout the school each day. We are also excited to share that we have reached our next schoolwide goal and students will be receiving a “sweet treat.” We are now working towards our next goal, which will be a class show.

We will also be revisiting our expectations for washroom use, as this continues to be an area of concern. There has been ongoing damage due to vandalism, broken equipment, and disrespectful use of the space. Supplies are being wasted, and unsafe conditions are being created with water and soap being thrown around. This behaviour takes a significant amount of time away from our custodian and staff who are working very hard to keep our school clean and safe. If this behaviour continues, we may have to close washrooms at times because we simply cannot keep up with the repairs and cleanup.

We are asking students to speak with a staff member if they see anyone using the washrooms in a disrespectful way. We also ask families to please speak with their children about the importance of taking care of shared spaces and using the washrooms respectfully. Thank you for your continued support as we work together to keep our school safe, clean, and welcoming for everyone.

PAC News

Show Your School Spirit This Spring!

ULE Spirit Wear is back, and orders are open from **March 29 to April 11, 2026!**

Grab your favorites like our popular t-shirts and hoodies, plus check out our NEW Youth 60/40 Fleece Jogger—perfect for both comfort and style. These joggers feature:

- Soft, durable 60% cotton / 40% polyester blend
- Rib-knit waistband and cuffs for a snug fit
- Handy side pockets + back patch pocket
- Modern tapered leg—great for warm-ups or everyday wear

Order NOW on [Munchalunch](#).

Delivery expected mid-May

Don't miss out—gear up and show your ULE pride!

Lunch and After School Programs- Spring Term

Basketball

When: April 13 to June 15 - **No sessions May 4 and May 18**

Time: 3:00 - 4:30

Age Group: Grades 3 to 5

Where: Gym

Cost: \$200

To Register: [Here](#)

Our after-school program at Upper Lynn Elementary is designed to nurture the growth of young athletes at 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.

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.

Steamoji - Designing for 3D printing

When: Tuesdays - 10 sessions (March 31 - June 2)

Time: 3:00-4:30pm

Age Group: Grade 2 to 4

Where: Computer Lab

Cost: \$385 + 5% GST.

To Register: [Here](#)

Steamoji is a dynamic STEM (Science, Technology, Engineering, and Mathematics) after school program designed to inspire the next generation of builders, makers, inventors and entrepreneurs. During the term, apprentices will develop 3D modeling and fabrication skills as they design and build their own interactive Action Castle tabletop game. This introductory program requires no prerequisites and provides step by step instruction in a supportive environment where students can explore, create, and bring home a game they designed themselves.

All materials, access to computers and 3D equipment is included. Apprentices will take home projects.

Upper Lynn Sport Explorers:

When: Fridays, April 10 - May 29th (8 sessions)
Time: 3:00pm - 4:30pm
Age Group: Grades 1 to 4
Where: Gym
Cost: \$240 + GST
To Register: [Here](#)

Sport Explorers Play is a high-energy, game-based program that focuses on learning through play. Athletes will participate in a wide variety of structured sport games with modified rules. With a focus on fair play, coordination, game sense, and tactical growth, this program helps athletes build confidence. A rotation of PE games is included to keep engagement high.

Chess Club

When: April 7 to June 9 (10 Weeks)
Time: 12:00 – 12:47
Age Group: 6 to 11 (no experience necessary)
Where: MPR
Cost: \$100
To Register: [Here](#)

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 players of various levels.

Reminders

Student Learning Survey – Grade 4 & 7 Families

Parents and caregivers are reminded that the Provincial Student Learning Survey is now available. Additional information about the survey was shared last week with Grade 4 and Grade 7 families. We encourage families to take a few minutes to complete the survey as the feedback helps guide school and district planning. You can link to the survey [here](#).

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.

2026 North Vancouver School District Chess Championship

For 2025, the Championship date will be **Monday, May 4th, 2026, at Sutherland Secondary School.**

The tournament is open to all North Vancouver School District students; all skill levels are welcome. [There are four divisions for players to enter:](#)

- Primary division is for students from Kindergarten to grade 3 (40 spots)
- Intermediate division is for students in Grades 4-7 (50 spots)
- The Secondary division is for students in Grades 8-12. (36 spots)
- *****NEW***** Parent and Staff Division - For parents of students entered into the tournament and North Vancouver School District Staff

General Information:

- Students can register in a division above their grade level if they wish. Student cannot register in a division below their grade level.
- Prizes for individual players and schools will be awarded.
- The championship runs from 9 a.m. to approximately 3 p.m. The actual end time will be dependent on the pace of play.
- **Registration is required prior to the event and is limited to 40 Primary students, 50 Intermediate student participants, 32 secondary student participants and 20 Adults. There is no fee to register.**
- **All registrations will receive a notification of registration by April 15th**
- Each student may bring one spectator/parent/guardian.
- Students are encouraged to bring snacks, lunch and a water bottle.
- If you have any questions, please email Justin Wong, Queensbury Elementary Vice Principal and Tournament Chair, at jwong@sd44.ca

Have a great first week back!

Tim MacLeod
Principal

Lauren Vanderham
Vice-Principal

Support the Grade 7 Students
By donating your **Cans & Bottles** collected over Easter
Return-It Express account
(604) 992-2654

1. Transparent plastic bags available at the school cupboard by the main office
2. At the Return -it Express location of your choice enter the above phone number
3. Print your tags, tag your bags, scan and turn them in

Thank you!



Navigating Screen Battles



Arleen Tyndall

Dr. Shefali-trained Conscious Parenting & Life Coach
25+ yrs Clinical Pharmacist
Author/Storyteller
Somatic Alignment Facilitator


Struggling with screen time battles, gaming limits, or social media boundaries? You're not alone. In this practical workshop, parents will learn how to set clear, confident limits around screens and technology using Non-Violent Communication inspired by Marshall Rosenberg – without power struggles, shame, or disconnection.

What You'll Learn:

- ✓ Understand the nervous system dynamics behind screen conflicts and power struggles.
- ✓ Apply the 4 components of Non-Violent Communication
- ✓ Respond effectively to resistance, meltdowns, or negotiation tactics.
- ✓ Practice simple body-based tools to help your child regulate
- ✓ Set clear, developmentally appropriate screen boundaries without punishment or shame.

FREE In-Person Workshop

 Thurs April 9, 2026

 6:30-8:30 PM

 North Vancouver School District Education Services Centre, 5th Floor
2121 Lonsdale Ave



Can't make it?
Free Online Webinar option
Wed April 22nd
6:30-8PM
Choose what works for you!



www.ArleenTyndall.com/events

Register Now!

(Limited in-person spots available)