

Upper Lynn e-News

April 6, 2026

Important Dates & Reminders for the Week of April 6 to April 10, 2026

Monday 6	Tuesday 7	Wednesday 8	Thursday 9	Friday 10
Easter Monday School is Closed	School Reopens Hub Bike Program Grade 3/4 – 5/6		Spirit Wear Orders Due Today Hub Bike Program Grade 3/4 – 5/6	Hot Lunch Foodie Kids

Upcoming Dates

- 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
- Tuesday April 29 – PAC Sponsored Staff Appreciation Lunch
- Wednesday April 29 – Staff Collaboration – **Early Dismissal at 2pm**
- Thursday April 30 – PAC Sponsored Staff Appreciation Coffee/Treats
- Friday May 1 – Upper Lynn Run n’ Roll
- Monday May 4 – **District Wide Pro-D**

Upper Lynn News

Track & Field Updates

Practices start on Tuesday, April 7th for students in Grades 4 through 7. Permission forms must be handed in to the office before attending practice, and extra permission forms are available from the office if needed. Athletes are welcome to join at any time.

Track & Field Meets and Special Events

Zone 5 Track Mini Meet

Date TBA (early May) – Sutherland Secondary

Open to all athletes

Field Mini Meet

Date TBA (early May) – Lynn Valley Elementary

Zone 5 Field Qualification Meet

Date TBA (mid May) – Lynn Valley Elementary

Zone 5 Track Qualification Meet

Tuesday, May 12

12:00 pm to 4:00 pm – Sutherland Secondary

Limited number of athletes allowed from each school (more information to come)

NVSD Finals – District Track and Field Championships

Tuesday, June 2 – Swangard Stadium

Main Staff Contact:

Kristine Chambers – kchambers@sd44.ca

WEEKLY TRACK AND FIELD SCHEDULE

TIME	Mon.	Tues.	Wed.	Thurs.	Fri.
AM 8:00-8:40am	 EXTRA	 <i>Intermediate Choir</i>	<i>Beginner Band (Gr. 5)</i> Sprints & Relays Gr. 6-7 COACH: Ms. Vanderham COACH: Ms. Cavers	Sprints & Relays Gr. 5 COACH: Ms. Purich COACH: Ms. Bryant High Jump Gr. 6/7 COACH: Ms. Chambers COACH: TBA	Long Jump / TJ Gr. 4 COACH: Kate B. COACH: Ms. Siklos
LUNCH 12:20-12:50pm	 EXTRA	Shot Put Gr. 4-7 COACH: Mr. Fox COACH: Ms. Nardi	High Jump Gr. 5 COACH: Ms. Chambers COACH: Ms. Siklos	 EXTRA	 EXTRA
PM 3:15-4:00pm	Sprints & Relays Gr. 4 COACH: Ms. Morel COACH: Ms. Franco	Long Jump / TJ Gr. 5,6,7 COACH: Mr. Mawson COACH: Mr. Klunder	High Jump Gr. 4 COACH: Ms. Chambers COACH: Ms. Couling	Distance Running Gr. 4-7 COACH: Mr. Liou	

Road Safety

Thank you to all the parents and guardians who are pulling up to the drop off sign and helping to make our morning drop off quick and efficient. Your efforts help keep the line moving and allow others a shorter wait for a drop off spot. With just under 475 students at Upper Lynn and only about eight designated drop off spots, every bit of cooperation really helps. We also want to thank the many families who are walking, parking and walking, or using alternative modes of transportation to get to school. Your choices make a big difference and help reduce congestion around the school, making our mornings safer and smoother for everyone.

Student Illness

We would like to gently remind families of the importance of keeping children at home when they are not feeling well. If your child has symptoms such as a fever, persistent cough, runny nose, or is feeling generally unwell, please keep them at home to rest and recover. This helps your child get better sooner and also helps prevent the spread of illness to other students and staff. We appreciate your support in helping us keep our school community healthy and safe for everyone.

Code of the BEARS

We had two assemblies last week, one for our primary students and one for our intermediate students, and our students were awesome. We saw thoughtful responses, excellent assembly listening, and we had zero washroom issues, which was great to see. We will continue to work with students on BEARS behaviour. This week, students will receive their school reward of a sweet treat and a BEARS Paw for their positive behaviour. Our next schoolwide goal is a class viewed movie.

PAC News

Card Project

The Card Project is open for orders! Check your child's backpack for a sample of their work with code, or go to <https://www.thecardproject.ca/> to order if they haven't brought it home yet.

Our school code is **UL84**

Please reach out if you have any difficulties finding your child's art.

A portion of the proceeds benefits our PAC!
Thanks for your support.



The Card Project 

See your child's art on beautiful products!

Our school's access code is **UL84**

Go to **www.TheCardProject.ca** to order

Orders close on Sunday, April 12

Images shown: a tote bag with sunflowers, a white t-shirt with a colorful design, a mug with a bee, a notebook with a sun and butterfly, and a card with butterflies.

Show Your School Spirit This Spring!

ULE Spirit Wear is back, and orders are open from **March 29 to April 9th, 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](#).

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.

Have a great week!

Tim MacLeod
Principal

Lauren Vanderham
Vice-Principal