

## Upper Lynn e-News

April 19, 2026

### Important Dates & Reminders for the Week of April 20 to April 24, 2026

Monday 20	Tuesday 21	Wednesday 22	Thursday 23	Friday 24
Hot Lunch Cobs / TCBY		Earth Day		Hot Lunch Magic Lunch Box

## Upcoming Dates

- 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 – PAC Sponsored Staff Appreciation Lunch
- Tuesday April 28 – School Planning Meeting
- 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
- Friday May 1 – Hot Lunch – Foodie Kids
- Monday May 4 – District Wide Pro-D
- Wednesday May 6 – Track Mini Meet; Sutherland
- Friday May 8 – Hot Lunch – Subway
- Monday May 11 – Hot Lunch – Well Fed
- Tuesday May 12 – Track Qualification Meet
- Wednesday May 13 to Friday May 15 – Grade 4 ODS
- Friday May 15 – Magic Lunch Box
- Monday May 18 Victoria Day – **School is Closed**

# Upper Lynn News

## May is Asian Heritage Month

Upper Lynn is celebrating Asian Heritage Month in May. We would like to invite parents and volunteers to share cultural experiences with our students: from origami, to dance, food sampling, exploring design and art as well as various traditions across Asian cultures. We are excited to learn, create, move and have fun throughout May. If you would like to contribute and celebrate with us, contact [KChambers@sd44.ca](mailto:KChambers@sd44.ca) and [DBaltruschat@sd44.ca](mailto:DBaltruschat@sd44.ca).

## Run n' Roll Volunteer Call

We are looking for 15 to 20 volunteers throughout the day to help our Run n' Roll event run smoothly. We appreciate any support you are able to provide.

### Volunteer Shifts (Friday, May 1)

Locations include the basketball courts, field, and trails

- 8:30–10:30 am
- 10:30 am–12:15 pm
- 12:30–3:00 pm

To sign up, please email Kristine Chambers ([kchambers@sd44.ca](mailto:kchambers@sd44.ca)) with the following:

- Name
- Email
- Contact number
- Preferred shift or shifts

Thank you for your support. More information regarding Run n' Roll at the end of the newsletter.

## Poem In Your Pocket

April is Poetry Month! To celebrate, students are invited to memorize a poem or carry one with them to share. During the week of April 20 to April 24, staff may ask students if they have a poem to share. Students can choose to read it or recite it from memory.

Participation is completely voluntary, but we encourage all students to give it a try. It would be great to hear lots of "Yes!" when asked, "Do you have a poem in your pocket?"

## Reminder: E-Scooters & E-Bikes

For safety reasons, elementary students are not allowed to ride e-scooters or e-bikes to and from school. We ask families to support this by ensuring students are using transportation that is appropriate for their age.

Thank you for helping us keep our school community safe.

For more information, please see the guidelines for e-scooters and e-bikes. [Regulations](#) & [Requirements](#)

## Administrative Update

At the end of June, Mr. Tim MacLeod will be leaving Upper Lynn Elementary to take on the role of Principal at Cloverley Elementary, a new school opening in the district. Mr. MacLeod has spent the past three years as principal of Upper Lynn and a total of 12 years within the Argyle Family of Schools. This transition represents an opportunity to support the opening of a new school and help shape its learning community from the outset. Information about the new principal for Upper Lynn Elementary will be shared as soon as it becomes available.

Mr. MacLeod will miss the students of Upper Lynn and the many connections that have been built over time. The relationships formed with students, families, and staff have been a significant part of his time at the school, and this makes the transition a difficult one. He has valued being part of a caring and connected school community and appreciates the support, collaboration, and shared commitment to student learning that has defined Upper Lynn.

## Code of the BEARS

With the arrival of nicer weather, we are spending more time outside and placing a renewed focus on outdoor play, inclusion, and positive interactions. This is a great opportunity for students to demonstrate the Code of the BEARS in our outdoor spaces. We are looking for students who are being safe, respectful, and responsible while playing on the playground, field, and in the forest areas, making sure everyone feels included and supported.

Our playground expectations continue to guide this work, including playing safely, being aware of surroundings, taking turns, including others, and showing respect for people, equipment, and the natural environment . We appreciate the many students who are already demonstrating these behaviours and helping create a positive and welcoming environment for all.

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# PAC News

## Staff Appreciation

Staff Appreciation will take place the week of April 27<sup>th</sup>! This provides an opportunity for us to acknowledge the many ways in which Upper Lynn teachers and support staff care for our children in the classroom with their academic activities, on the playground keeping them safe, coaching sports, and all the other things they do to make our school so wonderful.

Similar to last year, the PAC will be using money set aside in our budget to provide lunch for staff on Tuesday April 28<sup>th</sup>

On Thursday April 30<sup>th</sup>, we would love your help to fill the staff room with yummy treats! PAC will provide the Coffee, but we would appreciate your treat contributions for the staff to snack on throughout the day - muffins, brownies, cookies....anything that does not require refrigeration. Treats would need to be dropped off around 8:30am in the staff room. [Link to sign up below!](#)

[Sign up to bring treats on April 30th!](#)

## Carnival Season Is Coming!

Carnival season is just around the corner, and our team has been hard at work behind the scenes preparing for this year's event on Friday, June 5th. It's shaping up to be another fantastic day for our school community, and we'll be sharing more updates in the newsletter as the date approaches.

We are currently looking for sponsors to help bring the games and rides to life. In past years, we've been incredibly grateful for the support of both local businesses and school families—your contributions truly make this event possible.

Sponsorship opportunities are available at the \$100 and \$200 levels, depending on the attraction. To ensure everything is in place for the big day, please confirm your sponsorship by May 15th.

If you're interested in supporting the carnival or would like more information, please reach out to [ulpaccarnival@gmail.com](mailto:ulpaccarnival@gmail.com)

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# 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.

## 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.

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# Reminders

## Student Learning Survey – Grade 4 & 7 Families

A quick reminder that May 1 is the deadline.

The Provincial Student Learning Survey is now available for families of students in Grades 4 and 7. Information was shared last week. We encourage you to take a few minutes to complete the survey, as your feedback helps guide school and district planning.

You can access the survey [here](#).

## A Quick Reminder About Valuables at School

We are noticing more students bringing items like cards, toys, jewelry, and electronics to school. While fun to share, these can become distractions or get lost or damaged.

Please keep these items at home unless a teacher has requested them. We are not able to manage personal belongings.

Thank you for your support.

# Track and Field

## WEEKLY TRACK AND FIELD SCHEDULE

TIME	Mon.	Tues.	Wed.	Thurs.	Fri.
<b>AM</b> <b>8:00-8:40am</b>	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
<b>LUNCH</b> <b>12:20-12:50pm</b>	EXTRA	Shot Put Gr. 4-7 COACH: Mr. Fox COACH: Ms. Nardi	High Jump Gr. 5 COACH: Ms. Chambers COACH: Ms. Siklos	EXTRA	EXTRA
<b>PM</b> <b>3:15-4:00pm</b>	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	

### Main Staff Contact:

Kristine Chambers – [kchambers@sd44.ca](mailto:kchambers@sd44.ca)

Have a great week!

Tim MacLeod  
Principal

Lauren Vanderham  
Vice-Principal



# Upper Lynn RUN n' ROLL

## May 1, 2026 - Schedule

### RESPECT = #1

**CONTACT INFO**  
 School Office 604-903-3820  
 Kristine (Ms. Chambers) kchambers@sd44.ca

Division & Teachers	Meet ON THE FIELD	START TIME	Gr.	Est. #
Div. 3 & 4	9:05am	9:10am	6,7	
Div. 1 & 2	9:20am	9:25am	6, 7	
Div. 5&6	9:40am	9:45am	5, 6	
RECESS				
Div. 11 & 12	10:45am	10:50am	3	
Div. 13 & 14	11:05am	11:10am	2, 3	
Div. 15 & 16 & Div. 17 Gr.1	1:20pm	1:25pm	1, 2	
LUNCH				
Div. 7 & 8	1:00pm	1:05pm	5	
Div. 9 & 10	1:20pm	1:25pm	3, 4	
<i>*Buddies with K's (for run)</i>				
Div. 18 & Div. 17 Ks	1:40pm	1:45pm	K's	
Div. 19	1:55pm	2:00pm	K's	
*2:20-2:50pm course clean-up				

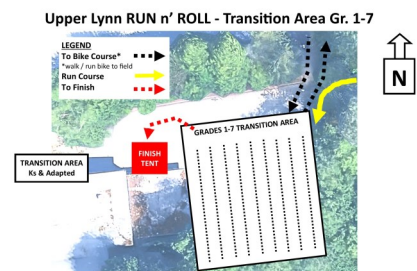
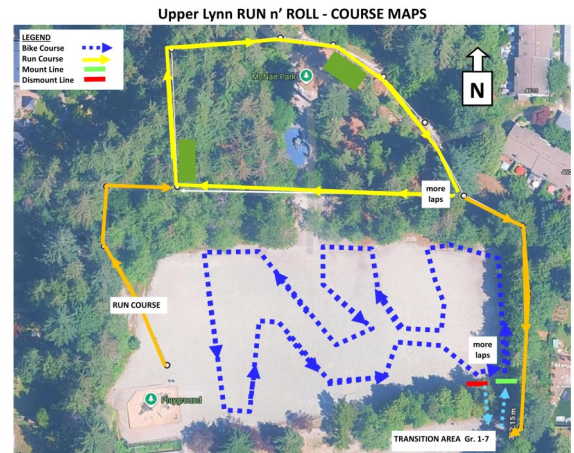
## REMINDERS

- SUPPORT EVERYONE!! ALL GRADES, ALL VOLUNTEERS, ALL STAFF, ALL STUDENTS. Respect everyone, put forth YOUR best effort and have fun!!
- See "Meet" times and "Start" times on chart.
- MEET on the NORTH side of the UPPER PLAYGROUND.
- Once the event starts, teachers meet their students at the FINISH LINE. After athletes finish, they are in staff / school care.  
\*Estimated event time (per class) = 15 to 25 min.
- Dress for the weather.
- Label all helmets and "wheels" with names.
- On May 1, students check their WHEELS AND HELMETS in at TRANSITION between 8:15am and 8:50am.  
**K's behind school**  
**Gr. 1-7 in basketball courts**
- SAFETY before SPEED. Be courteous to others, roll on the right and pass only when it is safe to do so.
- Students choose their own distance and count their own laps. Choose your own challenge; do your best!

## Choose Your Challenge

Athletes choose how many laps to complete and count their OWN laps. Challenge by choice!

Race Name	Run	Roll
Grades K and Adapted / Para	<b>1 lap</b> (350 m)	<b>2-4 laps</b> (100m per lap)
Grades 1-3	<b>1 to 3 laps</b> (350m loops)	<b>2-6 laps</b> (400m loops)
Grades 4-7	<b>2 to 5 laps</b> (350m loops)	<b>2-8 laps</b> (400m loops)



# Run n' Roll Information Sheet: May 1, 2026

Welcome to Upper Lynn's FIRST annual Run n' Roll event. A "Run n' Roll" is like a triathlon without the swim (run + bike) and is also called a "duathlon". These events are ALL INCLUSIVE. Everyone can participate. Athletes choose their own distances and count their own laps. Every finisher receives a medal. We need 25 to 30 volunteers to make it safe and fun.

Contact Kristine at [kchambers@sd44.ca](mailto:kchambers@sd44.ca) if you can volunteer! AM 8:45-12noon PM 12:30-3:00pm

A "Run n' Roll" is a type of multisport called a duathlon that involves running and then rolling with a "transition" in between to switch sports.



**run + transition + roll = you win!**

## During the Run n' Roll athletes:

1. Choose their distance and count their own laps (see schedule sheet).
2. Start with their class on the field.
3. **Run** their chosen number of laps (through McNair park trails)
4. **Gr. 1-7 Transition** = put on helmet + walk / run bike up the hill to the field  
\*No riding in transition!  
**K & adapted Transition** = put on helmet + walk bike or scooter to mount line  
\*No riding in transition!
5. **Bike or roll** their chosen number of laps.
6. Put their wheels and helmets back in transition.
7. **Run through the Finish Line** (red tent - undercover area) for your medal!

## Who can do Run 'n Roll?



Anyone! You can walk, jog, run, or sprint. You can wheel, spin, ride, or glide. If you do not have a helmet or wheels, tell your teacher. There will be extra equipment to borrow and share.



Athletes can **ride any type of bike**. Anyone who does not know how to ride a bike can use a scooter on the adapted course or take pedals off of a regular bike and "run-bike" on the main course.

- 1) **wear a safe helmet** (see back page for details)
- 2) **ride their wheels safely** (in control at all times; respectful of others)

## What are the rules?

Respect everyone—yourself, other athletes, volunteers.



Ride and run safely. Be kind. Encourage everyone. Put forth your BEST effort!

# Important Reminders for May 1:


- ❑ **Label (write your name) on your helmet and wheels.**
- ❑ **Check in equipment** at the transition areas from **8:15 to 8:50am.**  
\*Gr. 1-7 (bikes) in basketball courts; Ks bikes/scooters + Gr. 1-7 adapted - behind school
- ❑ Dress for the weather and bring a water bottle.
- ❑ **Turn around at the finish and cheer the next person to the line!**

## Is Your Helmet Safe?



<b>2</b>	2 fingers between eyebrows and helmet
<b>V</b>	V-straps under your earlobes
<b>2</b>	2 fingers (vertical) <b>MAXIMUM</b> between chin and chinstrap
	Rock solid. Snug on head; no wiggle when head shakes.
<b>5yr</b>	Helmet manufactured in the last 5 years*. <b>*Exceptions are skateboard or "hard shell" helmets.</b>
	Helmets must be in good condition (no dents, stickers, or damage); Certified CSA, ASTM, SPSC or Snell.

## Equipment List

	<b>SHOES FOR RUNNING</b>
	*Shoes must have covered toes and covered + attached heel (e.g. Crocs must have feel strap)
	<b>OUTDOOR CLOTHING</b>
	FOR RAIN—waterproof jacket + pants, gloves FOR SUN— cap, sunscreen (if you use it)
	<b>HELMET</b>
	Properly fit; manufactured in the last 5 years <b>*It is a BC law to wear a helmet</b> when on a bike / wheels.
	<b>WHEELS</b>
	Bike, Scooter, Wheelchair
	<b>Respect and kindness</b>
	*Use polite words, include everyone, notice people's strengths, encourage EVERYone