

Upper Lynn e-News

October 15, 2023

Important Dates & Reminders for the Week of: October 15 to October 20, 2023

Monday 16	Tuesday 17	Wednesday 18	Thursday 19	Friday 20
Learning Conference Early Dismissal; 2pm Hot Lunch Pizza Parent Talks; 7pm	Learning Conference Early Dismissal; 2pm	Learning Conference Early Dismissal; 2pm	Great Shake Out Earthquake Drill; 10:05 Cross-Country Meet – Loutet Grade 6 ODS Meeting 5:00	Provincial Pro-D Students Not in Session

Upcoming Dates

- Sunday October 15 – Conference Sign-Up Closes at 8pm
- **October 16-18 Learning Conferences: Students Dismissed at 2:00pm on All Three Days**
- Monday October 16 – Hot Lunch – Pizza
- Monday October 16 – PAC Event – Parent Talk; 6:45-8:15pm
- Thursday October 19 – The Great Shake Out; 10:05
- Thursday October 19 – Cross Country Zone Meet Loutet Park; 3:30
- Thursday October 19 – Grade 6 Parent Meeting for Outdoor School; 5:00-5:30pm
- **Friday October 20 – Province Wide Pro-D; Students Not in Session**
- Monday October 23 – Hot Lunch – Sushi / Max Fruit
- Tuesday October 24 – Photo Retake
- Wednesday October 25 – Staff Collaboration; Students Dismissed at 2:00pm
- Thursday October 26 – Cross Country District Meet Loutet Park; 3:30
- Friday October 27 – Hot Lunch – Magic LB
- Monday October 30 – Hot Lunch – Cobs/TCBY
- Monday October 30 – Primary / Intermediate Choir at Kay Meek; 7-8pm
- Tuesday October 31 - Halloween
- **Wednesday November 1 – School Based Pro-D; Students Not in Session**
- Friday November 3 – Hot Lunch – Foodie Kids
- Friday November 3 – ULE Parent Social

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Student Teacher Family (STF) Conferences Sign-Up Ends Tonight at 8pm

This year, our in-person [STF Conferences](#) will feature a focus on student goal setting . At these conferences, the teacher, student, and parents/guardians will discuss the student's goal and ways to achieve this goal. Tonight is the last opportunity to sign-up online. We encourage all parents/guardians to sign up for a fifteen-minute STF Conference. If you were not able to sign-up online, please contact your child's teacher directly. To find more information on updates to student reporting, please click [here](https://bit.ly/46lYHS4). (<https://bit.ly/46lYHS4>).

Upper Lynn Concerts

Concerts showcasing Upper Lynn's musical activities will take place on the following dates:

October 30

Norman Foote's Halloween Howl

Kay Meek Arts Center; 7-8pm

Primary and Intermediate Choirs

December 11

Band and Choir Concert

ULE gymnasium; 6:30pm

Bands and Choirs: Beginning and Continuing Bands, Primary and Intermediate Choirs

January 23

Primary Winter Concert

ULE gymnasium; Time TBD

Divisions 11-21 and Primary Choir

January 24

Intermediate Winter Concert

ULE gymnasium; Time TBD

Divisions 6-10 and Intermediate Choir

*Please note that the Winter concerts for classroom music presentations will be held in January this year. The December concert will involve only band and choir students.

The Great Shake Out

This week, on October 19th, all students in North Vancouver will also be participating in the Great BC Shake Out. Throughout the year we engage in regular Emergency Preparedness Drills at school, and this includes regular Earthquake preparedness and drills. Did you know that you can also participate at home, with your family! Please visit [Earthquake Preparedness BC | The Great British Columbia ShakeOut](http://EarthquakePreparednessBC.ca) (shakeoutbc.ca) for ways to prepare yourselves.

Terry Fox

We would like to acknowledge the kind and generous donations made by all of you to the Terry Fox Foundation. Upper Lynn has made a significant contribution, raising more than \$2300 towards the cure for cancer. It's important to note that you can still make your contributions [online](#). Your ongoing support is highly appreciated, and collectively, we can make a meaningful difference in the battle against this disease.

Wheels on the School Grounds

We encourage all students and parents to walk, wheel or roll to school, but we please ask that when you reach the school grounds, you walk your transportation to your destination. Wheeling around the school grounds puts students at risk as they may not be expecting a bike crossing the middle of the soccer field or a scooter sneaking up on them in the undercover area. These expectations are from 8:00am to 3:30pm. Please remind your child that they should be wearing a helmet when rolling to school. Thank you.

ULPAC News

In addition to the weekly updates from the school, we are continuing to move more communication over to the [PAC website](#). The ULE PAC Facebook page will be updated fairly regularly too.

After School Programs (Thank you Holly & Madi)

The Friday after school multi-sports (grades 1-4), and Wednesday lunchtime Grit (grades 5-7) were **sold out** within 12 hours. More are in the pipeline, but they take quite a bit of organization. If not by the end of 2023, there will be more in the new year.

8 Week Multi-Sport After School Program at Upper Lynn Elementary (Grade 1-4)

Additional Day Due to High Demand

8 Week Multi-Sport After School Program at Upper Lynn Elementary (Grade 1-4) on Thursdays

Dates: Thursday, Oct 19th - December 14th (no session Nov 9th)

Times: 3:00-4:30pm (90 Minutes)

Location: Upper Lynn Gymnasium

Cost: \$240/Student + GST

Grades: 1-4

Any level or experience welcome!

NOTE: This program is only available to Grade 1-4 students currently enrolled at Upper Lynn Elementary.

This excitement filled program focuses on FUN, physical literacy and sport skill improvement through fun games and activities. Participants will move through a variety of sports such as basketball, soccer, tennis, football, hockey, volleyball, handball, pickle ball and more. Participants will be fully submerged in the world of sports and are bound to leave the day with a smile on their face, eager for the next day!

Registration Link: [SIGN UP HERE](#)

After School Program Trailer: [WATCH HERE](#)

Fundraising (Thank you Lucy)

The holiday photos with *Pure and Sweet Photography* also **sold out** within 12 hours.

Samosas are up next.

[Upper Lynn - Vancouver School Fundraising Company \(samosafundraiser.com\)](http://samosafundraiser.com)

Upcoming Dates:

Monday Oct 16th (tomorrow). PARENT TALK: 6.45-8.15pm. ULE Library.

No Cost, but please register [HERE](#) so we can plan accordingly.

From Tyler:

Empowering Parents: Promoting Parental Well-Being to Manage Childhood Anxiety

We are all anxious. I don't think we used to be so anxious, but in our fast-paced, post-Covid world, it seems we are all carrying more anxiety than we used to - including our kids.

Please join me on Monday, October 16th, at 7pm at Upper Lynn Elementary where we'll discuss recognizing the signs of childhood anxiety and how to offer effective support. We'll also explore managing our own parental anxiety, a crucial but often overlooked aspect of family life.

During this session you'll gain a deeper understanding of the environmental causes and biological mechanisms of anxiety, as well as practical tools to promote resilience, open communication, and reduce anxiety within yourself and your family. Please come with your questions as we will have time for discussion.

You are not alone in this journey, and together, we can create a more relationally balanced and mentally healthy community for us all.

Tyler Milley is a proud Upper Lynn parent and registered clinical counsellor with over 25 years of experience supporting children and parents overcoming anxiety and thriving with various types of neurodiversity. Tyler was born and raised in North Vancouver but only briefly owned a mountain bike because he quickly discovered he prefers to keep his feet below his head. tylermilley.com

Tuesday Oct 31st: *Halloween: Shhh don't tell the kids. PARENTS WEAR WHERE'S WALDO to DROP OFF and PICK UP (if you want. Zero pressure - this is just for fun)*

Friday Nov 3rd: *Parent Social - 7-11.30pm. SCHOOL GYM (Tickets available on [munchalunch](#) until OCT 31)*

GRADE 7 BOTTLE DRIVE

Please help support this year's Grade 7 class by saving your bottles for their bottle drive which will be happening soon. If your bottles are overflowing and you must take them down to the depot, please use the grade 7 school account, 604-903-3820!

Thank you for your support!

Visitors to Upper Lynn Elementary

Kindly remember that all visitors to Upper Lynn are required to check in at the school office upon entering the premises. Even if you are familiar with our staff, it's important for us to identify and acknowledge each visitor. Please note that the front doors of the school are the only entry point accessible during the day. We will be placing extra signage around the building as a reminder for visitors to check in at the office. Your cooperation in this matter is greatly appreciated.

Have a wonderful week.

Tim MacLeod
Principal

Lise Grendel
Vice-Principal

SHHHHH!!

DON'T TELL THE KIDS



OCTOBER 31ST 2023
PARENTS!

for absolutely no reason at all,
other than it might be a bit funny...
...if you haven't planned
an elaborate costume.

2023 Parents Wear Where's Waldo
Oct 31st drop off and pick up.



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PARENT SOCIAL

7PM-11.30PM

DRINKS \$7

LIKE THIS.... BUT IN THE SCHOOL GYM

모두 환영합니다

Bienvenue à tous

Todos son bienvenidos

大家歡迎

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NOV

\$33

خوش آمدید

Добро пожаловать всем

Jeder ist willkommen

どなたでも大歓迎です

TICKETS AVAILABLE ON MUNCHALUNCH UNTIL OCTOBER 31 - INCLUDES 1 FREE DRINK

If money is an issue, let us know. We'll sneak you in the back. Kidding. Doors will be locked. But email ulpacfinance@gmail.com & we'll get you a ticket. Everyone is welcome.