

Upper Lynn e-News

December 3, 2023

Important Dates & Reminders for the Week of: December 4 to December 8, 2023

Monday 4	Tuesday 5	Wednesday 6	Thursday 7	Friday 8
District Wide Pro-D School Not in Session	Young Entrepreneur Fair; 3:30-5:30 Spirit Wear Sales End today		Fundraiser Pick-Up	Hot Lunch Magic Lunch Box

Upcoming Dates

- **Monday December 4 – District Wide Pro-D; Students Not in Session**
- Tuesday December 5 – Young Entrepreneur Fair; 3:30-5:30
- Tuesday December 5 – Last Day to Order Spirit Wear
- Tuesday December 5 – Hot Lunch Orders Open
- Thursday December 7 – Poinsettia, Purdies & Knotty Alex Pick-up
- Friday December 8 – Hot Lunch – Magic Lunch Box
- Week of December 11 – 14 – Self-Assessments of The Core Competencies go Home
- Monday December 11 – Hot Lunch – Cobs / TCBY
- Monday December 11 – Choir Concert; 6:15 – 6:45
- Monday December 11 – Band Concert; 7:00 – 7:30
- Thursday December 14 – Summary of Learning Upload
- Friday December 15 – Hot Lunch – Foodie Kids
- Monday December 18 – Hot Lunch – Pizza
- Wednesday December 20 – Hot Lunch Ordering Closes
- Friday December 22 – Last Day Before Winter Break
- Monday January 8 – School Reopens
- Monday January 8 – Hot Lunch – Well Fed
- Friday January 12 – Hot Lunch – Magic Lunch Box

Upper Lynn News

Get Your Upper Lynn Spirit Wear Before the Holidays!

Get ready to take your style to the next level, Upper Lynn enthusiasts! Tuesday marks the final day to place your order before the New Year. Explore our newest spirit wear collection, brimming with a thrilling assortment of essential items. From cutting-edge T-shirts to cozy hoodies, relaxed sweatpants, chic toques, and adaptable cinch bags – we've got your needs covered. Seize this exclusive chance to acquire the latest Upper Lynn gear and display your school spirit with panache! The upcoming round of orders is scheduled for late February/early March. For additional details and to place your order, click [here](https://bit.ly/3T4BDmT). (<https://bit.ly/3T4BDmT>).



Snow Patrol – Volunteers Still Needed!

We're still seeking volunteers to ensure the safety of Upper Lynn during the winter season. With temperatures dropping and the possibility of snow, our priority is the well-being of our 500 students, 800 parents, and the community. Situated above the snowline, Upper Lynn Elementary faces frequent and lasting snowfall. We urgently need at least 8 parents (1% of the parent population) to assist in clearing snow around the school premises. Limited staff makes it challenging to maintain a safe environment for the start of the day, especially for our morning custodian who opens two schools each morning. Timely snow removal is essential, preventing compaction or ice formation. Your support is vital to our school community. If you can help, please contact Mr. MacLeod at tmacleod@sd44.ca.

November

Thank you to the Upper Lynn community for your support in raising over \$200 for the Movember Society. Last Monday, students participated by wearing mustaches to contribute to prostate cancer awareness. Your generosity highlights the unity within our community and underscores the importance of promoting health awareness. The funds raised will play a significant role in advancing the Movember Society's mission.

Apple Watches (and other Smart Watches)

Apple Watches or other smart watches with network connectivity, cell reception, or the ability to link to a student's mobile phone must adhere to the same guidelines as other mobile devices. They should be powered off and stored away between 8:30 and 3:00.

Considering our longstanding policy on restricted mobile phone use, extending these restrictions to wearable devices is a logical step. If a watch enables calls, messaging, or photo display, it is not permitted for use during school hours.

These devices have consistently proven to be sources of distraction, diverting attention from instruction and tasks at hand. Instances of misbehavior, such as prank calls and sharing inappropriate content, have also been noted.

For timekeeping, students are encouraged to refer to wall clocks or wear regular watches. Parents seeking to contact their child can call the office for paging or message forwarding. Despite attempts with "school lock" mode, some students have found ways to bypass it. If these devices are necessary before

or after school, they should remain in the student's backpack. Your ongoing support in enforcing these guidelines is appreciated.

Mythical Creatures Art Class with Ms. Turcato

Delve into the enchanting realm of art with Ms. Turcato in her Mythical Creatures Art Class! Unleash your child's creativity every Wednesday starting January 17th, from 3:45-5:15pm right here at Upper Lynn. Registration opens on November 29th through AFK website and will be offered to students in grades 4-7. Registration Link: <https://bit.ly/3sGYE4R>.

Pedestrian Safety: Be Safe - Be Seen!

Even though the weather isn't always ideal, we want kids to walk to and from school as much as possible. As we power through these sometimes dismal winter days, we need to be extra careful out there on the roads...DRIVERS and PEDESTRIANS! If you are a PEDESTRIAN, make sure drivers see you, especially when it is dark and rainy.

Teach your child to be a GOOD PEDESTRIAN with these tips from ICBC:

- **Look** left-right-left and shoulder check before crossing. **Make eye contact** with drivers, as it's hard to see pedestrians when visibility is poor in fall and winter. Never assume that a driver has seen you. Watch for drivers turning at intersections from all directions. Put your phone away.
- **Listen**. Remove your headphones so you can hear approaching traffic that may be hard to see. Stay off your phone.
- **Be seen**. Wear reflective materials or bright clothes and use lights after dark to make it easier for drivers to see you in wet weather, at dusk, and at night.
- **Walk** on the inside edge of the sidewalk away from the road. If there's **no sidewalk** - walk facing oncoming traffic, so you can see approaching vehicles.
- **Always use crosswalks** and follow the pedestrian signals. Stay alert the whole way across, as approaching drivers may be distracted and not see you. Do not dart out from between parked cars. If there is no crosswalk, cross at an intersection.



Remember: even 5 or 10 minutes of activity before school can make learning easier and more enjoyable for everyone! Be safe out there!

Traffic Safety Committee
ulpactrafficsafety@gmail.com

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!

PAC News

Thank you to everyone who donated gifts and gift-cards to the North Shore Family Services Christmas Bureau.

All your generous gifts are already on display for families in need. If you would like to take your kids to visit the incredible space at Capilano Mall, Rebecca would LOVE to show you around. You can email her at: rtelfer@familyservices.bc.ca.



THURSDAY Dec 7th - 3 - 4.30pm

Pick-up your Poinsettias, Purdys, & Knotty Alex from the **Multi Purpose Room on Thursday December 7th**.

PARADE OF TREES - Lynn Valley Plaza

Go check out the beautiful decorations by Divisions E12, E14, E16, E18 & E20 at the annual Parade of Trees in Lynn Valley.

HOT LUNCH ORDERING!!!

Hot Lunch ordering for the WINTER session will open Tuesday December 5th. Winter Session will run from Monday January 8th to Friday March 15th, 2024. Orders must be placed and paid by Dec 20th at 11:59pm. Unpaid orders will be cancelled. I encourage everyone to place their orders early to avoid last minute issues with payment processing.

The hot lunch program cannot operate without volunteers. Please sign up to help out! Volunteers will need a completed volunteer form and criminal record check. Please see Kelly in the office if you need assistance.

If you would like to place a hot lunch order and need financial assistance, subsidies are available. Please contact Mr. MacLeod at tmacleod@sd44.ca. The request will be kept confidential.

New users and returning parents will be able to access [MunchALunch](https://bit.ly/483UUJD) (<https://bit.ly/483UUJD>)

Lunch program FAQ's can be found [here](https://bit.ly/4a1b4Fj) (<https://bit.ly/4a1b4Fj>)

For assistance reach out to Heather @ ulpachotlunch@gmail.com

“Inner Warrior” – A 6 -week Yoga After School Program at Upper Lynn (Gr 4-7)

Dates: Wednesdays, January 10, 2024- February 14, 2024

Times: 3:00pm- 4:15pm (75 minutes)

Location: Multi-purpose room

Cost: \$120/ Student (\$20 per session with \$5 of every lesson going back to ULE PAC)

Grades: 4-7. Spots Available: 25

Any experience welcome!

Note: This program is only available to Grade 4-7 students currently enrolled at Upper Lynn Elementary.

What is the course? Inner Warrior is a 6 week deep-dive into the practice and anatomy of yoga, breathing, mindfulness, and positive body language. I’m excited to guide your children on a journey into the “Inner Warrior” mindset. This program will start with beginner and foundational yoga poses and yoga games/ challenges but move to more complex standing balance postures and flows for strength, balance, flexibility, and injury prevention. There will be a focus on the Warrior poses so popular in modern yoga. The main theme of all the classes will be that being a warrior has very little to do with physical battle at all, but that our strength lies inside us. We will be on our feet for a large portion of the class but also have wide-ranging seated circle discussions that are open to ideas such as compassion, humility, patience, and the use of “weapons”, such as our voice and body-language in place of physical self-defence. We will talk and discover anatomy... muscles, bones, lungs, and more!!

Who am I? My name is Rachel McDonnell, and I am an Upper Lynn Elementary mum, a Registered Massage Therapist and Registered Yoga Teacher in North Vancouver. I have a background in Taekwondo and teach yoga to children at Summer Camp at North Shore Taekwondo, as well as teach adult yoga weekly in addition to my full- time practice as a RMT at The Pelly Clinic. I was a volunteer Big Sister with the Big Sisters Lower Mainland chapter for 3 years, as well as a Big Sisters Activity Committee member, where I planned recreational activities for the Big Sister/ Little Sister matches.

Register your child and pay by credit card at link: <https://www.northshoreflow.ca/store-1>

Alternatively, you can email me to register directly, ask me any questions you have, and pay via e-transfer if that is more convenient. Rachel@northshoreoutdoor.ca.

Reminders

Self-Assessment of the Core Competencies

The Ministry of Education in British Columbia has created a K-12 teacher resource to assist in guiding students' reflection and self-assessment of the province's Core Competencies. These competencies encompass intellectual, personal and social, and emotional proficiencies developed by students as they progress as educated citizens and lifelong learners. The three Core Competencies are Communication, Thinking, and Personal and Social. The resource recommends that teachers offer students opportunities to reflect on experiences both in and outside of school, selecting examples of their growth in relation to

Core Competencies throughout the year. This term, the Self-Assessment of the Core Competencies will go home the Week of December 11 to 15. The Self-Assessments will go home independently of the Formal Learning Update which will be uploaded for family access on December 14.

Student Reporting

Your child's Student Learning Update will be made accessible on the portal in mid-December. The Ministry of Education and Childcare has produced [resources](https://bit.ly/3MYSNoX) (<https://bit.ly/3MYSNoX>) to help parents and caregivers understand the changes in how student progress will be shared, including an Information Package for Parents and Caregivers on Communicating Student Learning, available in eight languages, and a presentation by ministry staff on K-12 student reporting in British Columbia. For any queries, please reach out to student.reporting@gov.bc.ca.

District Chess Tournament

We are pleased to announce the upcoming SD44 Chess Championship scheduled for Friday, February 16th, which coincides with a Pro-D day, ensuring no classes are missed. The tournament will be held on the 5th floor of the ESC, commencing at 9 am and concluding by 3 pm for finalists.

To accommodate the growing interest, we've introduced a new Primary division in addition to the existing Intermediate and Secondary divisions. Students can compete in their respective divisions, but not in a younger one. Prizes will be awarded to the top three finishers in each category, and participants are encouraged to bring their lunches and snacks. Parent spectators are welcome, and we've implemented some guidelines for them this year.

To maintain a timely schedule, we're limiting participants to 40 Primary students, 50 Intermediate students, and 32 for the secondary division. The tournament is open to all SD44 students, from K-12, and all skill levels are welcome. Registration is free, but with the event's growing popularity, we encourage early registration to secure a spot. Once capacity is reached, students will be placed on a waitlist.

For more details and registration, please visit the provided link: <https://bit.ly/49W9STN> If there are any inquiries, families can email chess@sd44.ca. Attached is a poster for your communication needs.

Have a wonderful week.

Tim MacLeod
Principal

Lise Grendel
Vice-Principal