

# Upper Lynn e-News

December 10, 2023

## Important Dates & Reminders for the Week of: December 11 to December 15, 2023

Monday 11	Tuesday 12	Wednesday 13	Thursday 14	Friday 15
<b>Self-Assessments Home This Week</b>  <b>Hot Lunch</b> Cobs / TCBY  <b>Choir Concert</b> 6:15-6:45  <b>Band Concert</b> 7:00-7:30			<b>Learning Update</b> Upload: 4pm	<b>Hot Lunch</b> Foodie Kids

## Upcoming Dates

- 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 – Holiday Sweater Day
- Monday December 18 – Hot Lunch – Pizza
- Wednesday December 20 – Holiday Hat Day
- Wednesday December 20 – Hot Lunch Ordering Closes
- Friday December 22 – PJ Day
- 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

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## Learning Update

The Learning Update for your child will become available on December 14<sup>th</sup>. For guidance on how to view your child's Learning Update, please use the following [link](https://bit.ly/3RCK5cb) (<https://bit.ly/3RCK5cb>). The Learning Update will include proficiency indicators, and it is common for many students to be categorized within the "developing" range. This signifies that the child is showing consistent advancement in learning based on set standards. The restructured Update in British Columbia promotes the understanding of education as a continuous journey, focusing on enhancing the strengths of a child rather than just evaluating their knowledge. We suggest setting aside time to discuss the Learning Update with your child. Although the proficiency indicators are informative, it is also valuable to read the detailed comments to get an insightful understanding of your child's educational progress.

## Self-Assessment of the Core Competencies

This week marks an exciting opportunity for growth and reflection as the Self-Assessments of the Core Competencies will be distributed. Depending on your child's teacher, you'll receive the self-assessment either via email or as a tangible document. We encourage you to dedicate a moment this week to sit down with your child and review the self-assessment together. This is not just an assessment—it's a chance to connect with your child on their educational journey and to celebrate their progress.

## Student Council Presents: Holiday Theme Days!

Get ready for Upper Lynn's holiday theme days!

### **Holiday Sweater Day - Monday, December 18<sup>th</sup>**

Students are invited to wear any holiday themed sweaters they have to school. If your child does not have a holiday sweater, don't worry! They can simply wear red or green to show their holiday spirit!

### **Holiday Hat Day - Wednesday, December 20<sup>th</sup>**

Students can wear a Santa hat, elf ears, or a holiday headband. No toques or baseball caps!

### **Pyjama Day - Friday, December 22<sup>nd</sup>**

Students are invited to wear their pyjamas to school and can even bring a stuffie!

We hope everyone joins in on the holiday fun!

From Your Student Council

## Band and Choir Concerts

Monday evening, we present back-to-back performances from our talented students! The schedule is as follows:

- **\*\*Choir Performance\*\***: 6:15 PM - 6:45 PM
  - Choir members, please refer to your email for the night's instructions.
- **\*\*Band Performance\*\***: 7:00 PM - 7:30 PM
  - Band members, your email contains specific details for your participation.

Both events promise to be a celebration of music and community. Looking ahead, we're excited to announce that our school-wide concerts will resume in the New Year. Stay tuned for more details!

## Snow Patrol – Volunteers Still Needed!

Join our Snow Patrol team! Upper Lynn is calling on volunteers to help ensure our sidewalks and passageways are safe during snowy weather. Currently, we have a dedicated team of 5 volunteers, but we need more hands-on deck. Your assistance can make a significant difference. To volunteer or for more information, please reach out to Mr. MacLeod at [tmacleod@sd44.ca](mailto:tmacleod@sd44.ca). Let's work together to keep Upper Lynn safe this winter!

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## PAC News

### Parade of Trees

Go check out the beautiful decorations by Div 12/14/16 &18 at the annual Parade of Trees in Lynn Valley.

### Teacher and Support Staff Gifts

Donations for teacher gifts will be collected by Class Reps - you should have received an email.

For **support staff**, please e-transfer [ulpacfinance@gmail.com](mailto:ulpacfinance@gmail.com) (with "support staff" in the memo) and money will be divided between all of the amazing humans who educate and care for our students.

### After School Program (Grade 4-7) “Inner warrior” – A 6 -week Yoga Program

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-defense. 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](mailto:Rachel@northshoreoutdoor.ca).

## Hot Lunch Ordering Closes December 20<sup>th</sup>

Hot Lunch ordering for the WINTER session will open Tuesday December 5<sup>th</sup>. Winter Session will run from Monday January 8<sup>th</sup> to Friday March 15<sup>th</sup>, 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](mailto:tmacleod@sd44.ca). The request will be kept confidential.

New users and returning parents will be able to access MunchALunch at <https://munchalunch.com/schools/upperlynn/>

Lunch program FAQ's can be found here: <https://upperlynnpac.weebly.com/lunch-program-faqs.html>

For assistance reach out to Heather @ [ulpachotlunch@gmail.com](mailto:ulpachotlunch@gmail.com)

Please continue to visit [upperlynnpac.weebly.com](https://upperlynnpac.weebly.com) and the ULE PAC Facebook page

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## Reminders

### 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>.

### 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.

## Grade 4 & 5 SnowPass program – Application period open

The Canadian Ski Council, along with many ski resorts across Canada, are eager to welcome students in Grades 4 and 5 to the slopes for the 2023/24 season. For \$29.99, Grade 4 and 5 students can ski or snowboard twice at participating ski areas. Applications will be accepted until the end of March 2024. For more information and to apply, visit the [SnowPass](#) website.

Have a wonderful week.

Tim MacLeod  
Principal

Lise Grendel  
Vice-Principal