

# Upper Lynn e-News

February 11, 2024

## Important Dates & Reminders for the Week of: February 12 to February 16, 2024

Monday 12	Tuesday 13	Wednesday 14	Thursday 15	Friday 16
Hot Lunch Sushi / Maxfruit		Valentine's Day <b>Red or Heart Day</b>	Argyle Choir at ULE	Pro- D Day <b>Students Not in Session</b>

## Upcoming Dates

- Monday February 12 – Hot Lunch – Sushi / Maxfruit
- Wednesday February 14 – Valentine's Day
- Wednesday February 14 – Spirit Day: Red or Heart Day
- Thursday February 15 – Argyle Choir Visit to Upper Lynn
- Friday February 16 – District Wide Professional Development Day – **Students Not in Session**
- Monday February 19 – Family Day – School Closed
- Thursday February 22 – Grade 4 ODS Parent Information Session
- Friday February 23 – Foodie Kids
- Friday February 23 – Grade 7 to Argyle; Cybersafe Presentation
- Monday February 26 – Hot Lunch – Cobs / TCBY
- Tuesday February 27 – DreamRider Presentation; Emergency Preparedness
- Wednesday February 28 – Pink Shirt Day
- Wednesday February 28 – Staff Collaboration – **Students dismissed at 2:00pm**
- Friday March 1 – Hot Lunch – Subway
- Sunday March 3 – Silent Auction Week
- Monday March 4 – Hot Lunch - Well Fed
- Tuesday March 5 – K-3 Winter Concert
- Thursday March 7 – 4-5 (5/6) Winder Concert
- Friday March 8 – Hot Lunch - Magic Lunch Box
- Monday March 11 – Hot Lunch – Pizza
- Tuesday March 12 – Silent Auction Pick-Up
- Tuesday March 12 – Learning Conferences - **Early Dismissal; 2pm**

# Upper Lynn News

## Red or Hearts Day

Hello Upper Lynn parents, staff, and students!

You may have heard that heart disease and stroke is one of the leading causes of death among British Columbians. On February 14th, Valentine's Day, we invite you to wear red or hearts to show your love and support for healthy hearts! In addition, please consider bringing a small donation for the BC Heart and Stroke Foundation to advance research and build awareness. Thank you from the Upper Lynn Student Council.

## Mixed Media Art: Fantasy and Magic

In this class, students will dive into the work of art using a range of materials like paints, pastels and mixed media supplies. From drawing fantastical creatures to making 3D masks, we are about having fun and exploring creativity with a variety of materials.

**Tuesdays:** April 23 - June 11 (3:45 - 5:15pm)

**Grades:** 2-5

**Teacher:** Ms. Turcato

**Registration:** Opens February 15 at 12pm at [NVSD](#)

## All About Colour: Perspective Drawing and Pop-Art Explorations

In this class, participants will embark on a creative journey that pushes artistic boundaries, revealing how colour possesses the transformative ability to reshape perspectives. Throughout the class, students will delve into the intricacies of perspective drawing, immerse themselves in the bold and iconic world of Pop Art, and express their creativity through non-objective art. Each project serves as a unique gateway into a spectrum of hues, nurturing both technical skills and boundless creativity.

**Wednesdays:** April 24 - June 12 (3:45 - 5:15 pm)

**Grades:** 4-7

**Teacher:** Ms. Turcato

**Registration:** Opens February 15 at 12pm at [NVSD](#)

## Used Sports Equipment

Thank you to the two donations of soccer balls! They are greatly appreciated. We continue to be on the lookout for contributions of lightly used sports balls. In particular, we need soccer balls, footballs, basketballs, and rubber balls of medium size. These items will be put to good use as outdoor equipment. If your home has any of these items in good condition that you no longer need, we would be very thankful if you could donate them to Upper Lynn. Kindly drop off any sports balls you wish to donate at the office. Your support is greatly appreciated!

## Parent Information – Youth Substance Abuse Virtual Sessions

The Ministry of Education and Child Care, in partnership with adolescent Clinical Psychologist, Dr. Hayley Watson, will be hosting free virtual sessions on youth substance use for parents/guardians, caregivers and caring adults. Dr. Watson will provide valuable insights, practical tips, and resources to equip participants with the tools needed to guide their children and youth toward making positive choices when it comes to substance use.

## Key Takeaways for Participants:

- Learn why children/teenagers are drawn to substances.
- Understand what causes and maintains substance use disorder and needs.
- Increase your child's ability to make positive choices about substances.
- Acquire practical conversation tools for discussing substances in the home.

Participants must register in advance due to limited capacity. Session dates are:

- February 20, 6:00 – 7:30 pm PST - [Click here to Register](#)
- February 22, 6:00 – 7:30 pm PST – [Click here to Register](#)
- February 28, 6:00 – 7:30 pm PST - [Click here to Register](#)

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# PAC News

## Thank You

Thank you to everyone who joined the ULE Wolfpack game on Saturday night. Sounds like a great time was had by all.

## February is BLACK HISTORY MONTH

Individual Posters and classroom doors are underway. Some of the prizes to be won are on display in the front hall.

## The Card Project

At the last check, there are about 100 consent forms missing for the **CARD PROJECT**. If you haven't filled it out yours yet, it takes less than a minute. Cut-off date is February 18th.

## Student Council

At the last PAC meeting, the **Student Council** shared that they would like a few things for the school. Unfortunately, we are not able to facilitate a vending machine (apparently the district outlawed them several years ago). The students would love a new swing set in the back playing area - this is something we can look into. And they would love to plant some more **TREES**. Do we have any environmentalists/tree planting specialists in our midst who could make this happen? Please reach out to [upperlynnpac@gmail.com](mailto:upperlynnpac@gmail.com). We would love your wisdom and help.

## ULE PAC Positions

Over the next few weeks we will be posting information about upcoming open PAC positions. As previously stated, we will not be crazy PAC parents chasing you down to volunteer (promise!)...all of us are responsible for our school being as wonderful as it is, so the existing PAC exec are here to show you the ropes and get you settled into a new phase of ULE PAC.

Last week's mention was **THE SILENT AUCTION TEAM**: that is now full with three new volunteers ready to take over next year. Thankyou Bri, Carolyn, and Madi.

This week's opening: **HOTLUNCH!**

As mentioned at the January PAC meeting, I am planning to step down from my role as hot lunch coordinator at the end of the school year. Although this role can be done by one person, I recommend 2 or 3 friends come together to share it and lighten the weekly workload. Our twice a week hot lunch program is Upper Lynn's largest fundraiser so let's keep it going! We have strong vendor relationships in place, and I will be setting up the schedule for the 2024/2025 school year in June so all the hard work will be done already come September! I will work with the new coordinator(s) to provide all Munchalunch training and provide ongoing support as needed. This position is a great way to get involved with your school!

Please reach out to me for a more detailed job description if interested, but you can expect to manage the following:

- Munchalunch hot lunch system administration – menus/orders/payment/cancellations
- Vendor relations – work orders/invoice management
- Recruit lunch leaders for each theme and additional weekly volunteers
- Print hot lunch reports twice weekly and drop in PAC kitchen Mondays/Fridays
- Manage email communications – request for lunch pick-ups/cancellations/ field trips etc.
- Costco shop for all the items sold provided by ULE – rice Krispie squares, fruit cups etc.

Email Heather at [ulpachotlunch@gmail.com](mailto:ulpachotlunch@gmail.com) 😊

## SILENT AUCTION

The Silent Auction Committee is back at it and currently preparing to put on another amazing virtual event from **Monday, March 1st @ 7am to Friday, March 8th @ 9pm.**

Do you own a business, or do you have a connection with someone who owns a business? If so, would you or they be willing to donate an item or gift card for our event? Do you have a special skill that you'd be willing to donate your time for?

Having the auction online presents the opportunity to showcase your business on the item's auction webpage with a short promotional 'blurb', pictures, your logo, and a link to your website or social media. This is a great way to increase your visibility within the school community. Believe it or not, last year's Auction site brought in 22,000 pageviews!

We will be collecting items until **February 21st**, the sooner we can receive them the better we can prepare. Please reach out to us at [ulpacfundraising@gmail.com](mailto:ulpacfundraising@gmail.com) and we'd be happy to chat with you. Many thanks for your support!

The Online Silent Auction Team

## Spring After School Programs!

### Acting Program

Michael of the Story Institute would like to generously offer a free session as a trial March 11th!

**Time:** 3:00pm to 5:00pm

**Location:** Multi-Purpose Room

**Registration Link:** [Storyinstitute.ca/ule-free-improv](https://storyinstitute.ca/ule-free-improv)

**Spring program details are as follows:**

**Dates:** 10 Week Program - **TUESDAYS** April 9th - June 11th  
Grades 2-7 welcome (2 groups will be formed)

**Cost:** \$300/ student + GST (Originally \$400, The Story Institute is generously offering ULE families a 25% discount - thank you!)

**Grades:** 2-7 (Beginners welcome!)

**Registration Link:** <https://storyinstitute.ca/ule-improv/>

**Questions to:** [michaelcoleman@storyinstitute.ca](mailto:michaelcoleman@storyinstitute.ca)

**Website:** <https://storyinstitute.ca/> d

### **What's Your Story? - Youth Acting Program**

Actors recreate the human experience through a series of technical analysis exercises and the organic ability to understand and experience authentic feelings as desired. This program is designed to help people of all ages reach a better understanding of self and others through various exercises and games that focus on the following key values:

- Learning to understand before you try to be understood
- Inclusivity
- The power of trying and saying "Yes" to new ideas
- Grounding your emotions
- How to convert nervous energy into excited energy

These fun and simplified games and exercises are some of the same things you would see on a show like **Whose Line is it Anyway?** with an added component of connecting with our emotions, understanding and converting nervous energy into something more empowering, and enhancing basic communication skills with a commitment to inclusivity, self-awareness, and a better understanding of our daily goals and simplified ways to achieve them.

### **Instructor: Michael Coleman**

Michael is a professional actor/writer/director/educator with over 30 years experience in the film and television industry. Michael's earliest foundations involved working as a professional improviser, where he later became a judge for The Canadian Improv Games. Michael designed over 11 diploma programs for post-secondary schools and numerous short-form workshops and camps for actors around the world. Michael is the found of Story Institute and has worked on shows like Hello Kitty, Dragonball Z, X-Men, Inuyasha, Supernatural, Once Upon a Time, Stargate, and many more. His students can be seen on some of these same shows as well as Riverdale, Letterkenny, The 100, My Little Pony, The Dragon Prince, The Descendants, and several over tv shows and movies.

### **Multi-Sport**

**Dates:** Friday April 5th - June 21st (No session May 3rd)

**Times:** 3:00-4:30

**Grades:** 1-3

**Cost:** \$330 + GST

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, 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!

NOTE: This is a non-competitive program and is suitable for athletes of any experience or level!

**Registration:** [Sign Up Here](#)

## After School Mountain Bike Rides

Join Endless Biking for a mountain bike trail ride led by certified coaches. Riders will be split by ability level in groups with low instructor to student ratios. Students will be met after school by staff and either ride to the trails from there or be transported in our 15 passenger van and driven by a class 4 driver.

*Minimum Requirements:*

- click for skill level requirement ( [Youth Skill Level 2](#) )
- click for fitness level requirement ( [Youth Fitness Level 2](#) )
- bike with 20' inch wheels or larger, front and rear hand brakes, and a range of gears (bike rentals may be available for extra fee)

Grades 2-7

Mondays

3:00-5:00pm

\$212 (4 weeks)

April 22 - May 13 [REGISTER](#)

May 27 - Jun 17 [REGISTER](#)

Questions? please contact [programs@endlessbiking.com](mailto:programs@endlessbiking.com)

## Fresh Air Learning After School Adventures:

11-week session

Wednesdays 3pm-5pm

April 3rd to June 12th

\$484

Grades: K-3

Link to register coming soon!

Join us for play and learning time after school! In After School Adventures, we'll enjoy nature stories, hands-on activities, and free play in the forest and fields near local elementary schools.

Fresh Air Learning is guided by the child-led philosophy of forest school. We see children as keen, capable learners, and we are happy to support and extend their explorations.

Learn more about Fresh Air Learning: <https://www.freshairlearning.org/>

Learn more about our after school programs here:  
<https://www.freshairlearning.org/after-school-programs>

Please go to the [Upper Lynn Elementary Parent Advisory Council - Home \(weebly.com\)](#) for more information about the PAC.

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# Reminders

## Tripleball Games Have Started!

The Grade 6 & 7 boys and girls are kicking off their tripleball matches this week! The boys will be taking to the court on Mondays, while the girls will play on Tuesdays. The complete schedule for this year's games is available [here](https://bit.ly/42oV4tc). (<https://bit.ly/42oV4tc>).

## Drop-Off

Given the size of Upper Lynn, it's surprising to find such a limited drop-off space available. This presents a logistical difficulty for those wishing to bring their children directly to the school's entrance. Despite adherence to established drop-off guidelines, the area can only service about five or six vehicles at once. These guidelines require drivers to proceed to the furthest point of the zone or close to the vehicle ahead without stopping in the zone for more than one minute.

We are encouraging families, when feasible, to consider walking or rolling to school or to adopt the "Drive to 5" strategy to alleviate congestion. The Safe Routes to School Committee is proactively collaborating with the District of North Vancouver and the North Vancouver School District to bolster safety measures in the vicinity of Upper Lynn Elementary School.

## Drive to 5

"Driving to 5" is when you drive your child to within a 5-minute walk to school in the morning. This gives them a little exercise and fresh air before heading into the classroom. It also reduces vehicle congestion at the front of the school, improving pedestrian safety. Please see the end of the newsletter for more information at the map to see the best places to drop off students or park if you are Driving to 5!

Tim MacLeod  
Principal

Lise Grendel  
Vice-Principal



## Register for The Card Project!



The children are working on a special art project for our favourite fundraiser.

Their precious masterpieces will be made into beautiful and useful products, like mugs, tote bags, greeting cards and notebooks.

To comply with privacy regulations, you need to **register** and give your **consent** for your child's name and art to be released to The Card Project.

**Register**

at

[www.TheCardProject.ca](http://www.TheCardProject.ca)

**The deadline is Sunday, February 18**

**Children who register will get a free greeting card that features their art and name.**

You will be able to order mugs, canvas tote bags, tea towels, greeting cards, notebooks, sketchbooks, mouse pads and stretched canvasses made with your child's art.

This is a wonderful fundraising initiative for our school.

We receive 20% of the sales.

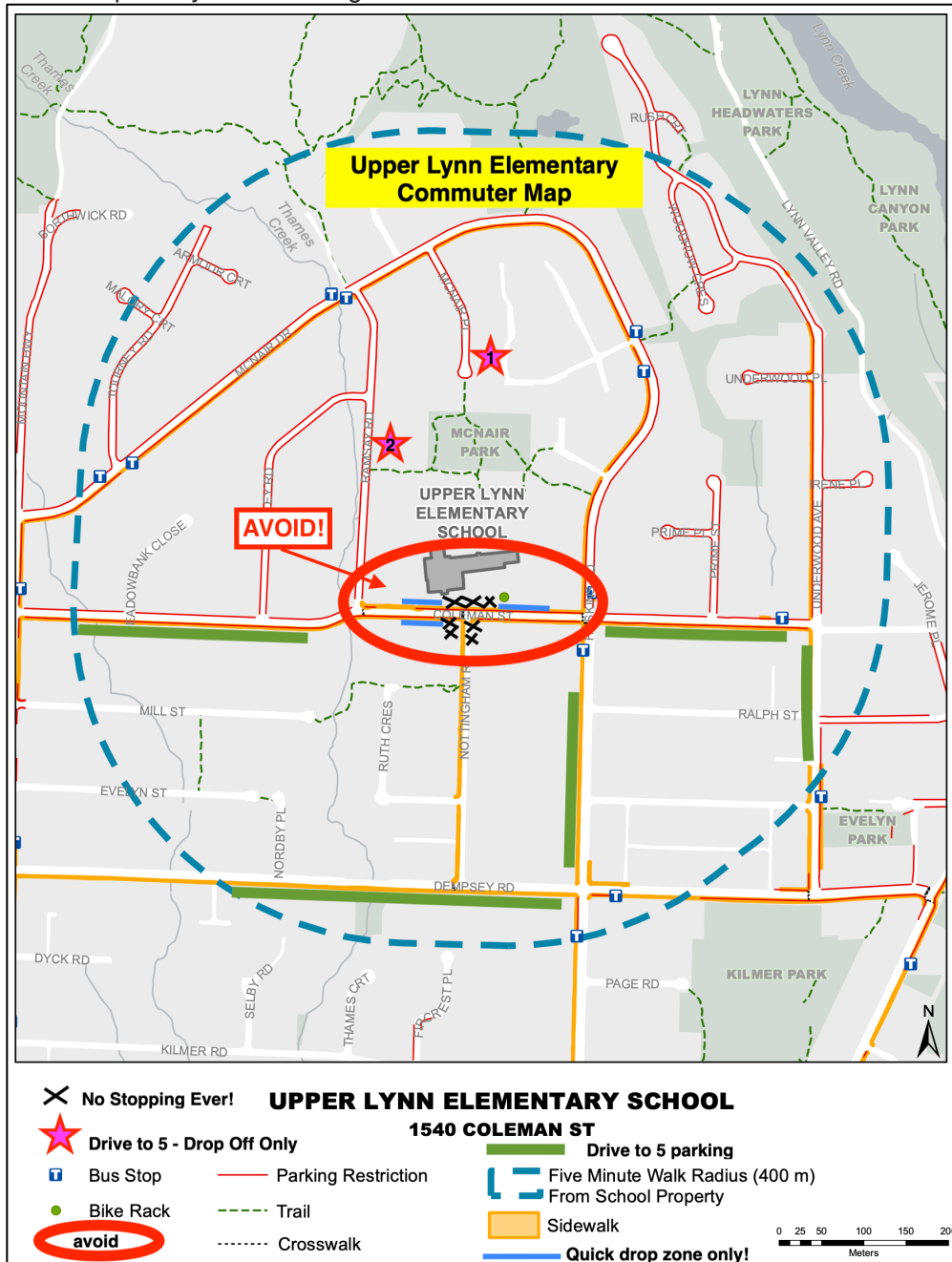
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Please visit [www.TheCardProject.ca](http://www.TheCardProject.ca) for more information or contact Marcelle at [Marcelle@TheCardProject.ca](mailto:Marcelle@TheCardProject.ca)



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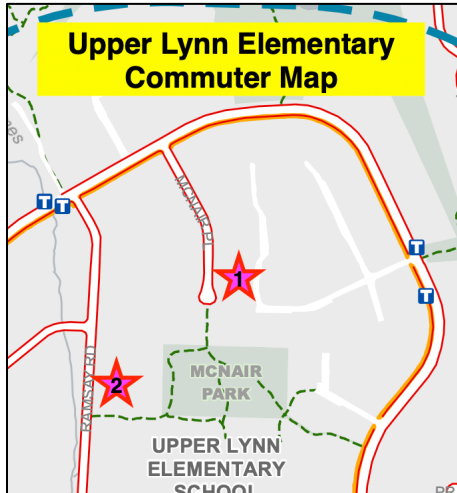


Remember:

- The goal is to **avoid** the front of the school (**red oval**).
- **Green parking zones** (on the map) have sidewalks and crosswalks all the way to school; park and walk with your child or drop them off to walk independently.
- **Pink stars** show trail heads where you can drop your child to walk the rest of the way to school (see below for more info), no parking here!
- If you must, **blue zone** is a **quick drop only**. Be mindful not to stop in the **black X** areas **ever**.

***Want a little walk through the forest on your way to class?***

Try these DNV trails leading straight to the school grounds, which is a familiar place for all students in grade 1 and up! These are drop-off only, as parking is generally restricted north of Coleman, but you can teach your child to walk with siblings/ friends.



#1 - Trail head off McNair Place between #4645 & #4638.



#2 - Trail head on Ramsay, between #4604 & #4592.

Please reach out if you have any questions or want to share ideas on how we can reduce traffic in front of the school and make it safer for everyone!

Upper Lynn Traffic Safety and Active Transportation Committee  
ulpactrafficsafety@gmail.com