

Upper Lynn e-News

February 25, 2024

Important Dates & Reminders for the Week of February 26 to March 01, 2024

Monday 26	Tuesday 27	Wednesday 28	Thursday 29	Friday 01
<p>Hot Lunch Cobs / TCBY</p>		<p>Pink Shirt Day Wear Pink to Raise Awareness about Inclusion and Anti-bullying</p> <p>Staff Collaboration Early Dismissal for Students at 2:00 pm</p>		<p>Hot Lunch Subway</p>

Upcoming Dates

- Sunday February 25 – Spirit Wear on Sale!
- 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
- Tuesday March 5 – Grade 7 Boys & Girls Tripleball Playdowns; Argyle
- Thursday March 7 – 4-5 (5/6) Winter 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**
- Thursday March 14 – Learning Update Upload: 4pm
- Friday March 15 – Hot Lunch – Foodie Kids
- Friday March 15 – Spring Break Begins; 3pm
- Tuesday April 2 – School Re-Opens

Upper Lynn News



Spirit Wear is Back!

We received our first delivery of spirit wear in January, and it looks gorgeous. If you missed out or want to order additional items we have great news: we have another round of ordering open now, until March 12th, for delivery early in the new term. This will be the last opportunity in this school year to order spirit wear.

In addition to the hoodies, t-shirts, and sweatpants, we've added an additional item which we think will be very popular ahead of spring and summer: a flex-fit cool & dry cap, with an embroidered bear logo.



For additional details and to place your order click [here](#).

Music in March

Upper Lynn students in divisions 6-21 have been working hard with their classmates to prepare songs for their upcoming performances. Students will perform in an afternoon dress rehearsal for each other and in an evening concert for family members. Please find details of the performances below:

Divisions 11-21 and Primary Choir

Tuesday, March 5 6:30 pm

Upper Lynn gymnasium

Divisions 6-10 and Intermediate Choir

Thursday, March 7 6:30pm

Upper Lynn gymnasium

All students should arrive at 6:15pm and go to their classrooms. After the concert, please pick up your students from their classrooms. Due to the limited space in our gym, we ask that only two adults per family attend the concert.

We are so excited to share our music class learning with you!

Staff Collaboration; Early Dismissal

Please remember that on Wednesday, February 28, there will be a staff collaboration, and students will be dismissed early at 2:00 PM. Ensure you have arranged for your child's care following this adjusted dismissal time.

School Parking Lot

Parents should not be dropping off / picking up or parking in the staff parking lot as it prevents overcrowding and potential hazards in areas heavily trafficked by children. It is also essential to respect accessibility parking spots, which should only be used by those with the appropriate permits, to support the needs of individuals with disabilities. By adhering to these parking guidelines, parents contribute to a safer and more inclusive environment for all members of the school community. Thank you.

After School Activities

Upper Lynn offers a rich array of extracurricular activities for students. In addition to school-sponsored sports like cross-country for grades 4-7, basketball for grade 7, tripleball for grades 6 and 7, track and field for grades 4-7, and a run club, the PAC and NVSD have put together a range of paid programs for the students. For more information, please refer to the end of the newsletter and visit the [Upper Lynn website](https://bit.ly/3ONUuzX). (<https://bit.ly/3ONUuzX>).

PAC News

Pink Shirt Day - Wednesday February 28th

If you ordered a ULE pink shirt, they should be in your kid's backpack by Monday evening.

Save The Date - ULE Online Silent Auction: March 1 - 8, 2024.

We are excited to announce that Upper Lynn's 4th annual Silent Auction will go live on Friday, March 1st until March 8th at 9pm. Get ready for some very fun prizes - hotel stays, summer camps, locally handmade goods, and so much more! Everyone will receive the live link via email/facebook on Friday, March 1st. Please share with family and friends.

All funds raised will help support PAC-led initiatives such as the purchase of library books, field trip expenses, PE equipment, music equipment, cultural programs, classroom supplies, technology and more.

Hot Lunch Ordering

Mark your calendar! The last hot lunch ordering session will open Wednesday February 28th and will close Monday March 11th at midnight. Spring Session will run from Friday April 5th to Monday June 24th.

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>

Fundraising Update

We are pleased to announce new ongoing fundraisers with Little Kitchen Academy and Tru Earth. These ongoing fundraisers will run all year, along with our COBS dough raiser, Mabels Labels, Max Fruit and Stong's Online Rebate Program. Details on each program can be found in the [fundraising section of the PAC website](#). Here are the details for the new fundraisers.

The Little Kitchen Academy GiveBack Program will donate \$10 to ULE every time a student enrolls for a drop-in class, seasonal program and/or camp. At booking, you must select ULE's name from the drop-down menu for the question "How did you find LKA?" to ensure ULE receives the donation. As a bonus for parents, use code SCHOOL2024 at check-out for a \$50 discount applicable to any seasonal program or camp booking of 3 classes or more.

Tru Earth based in Vancouver and is a leading eco-friendly household product company committed to eliminating plastic from landfills and oceans. ULE PAC will earn at least 20% on every sale made through our fundraiser, allowing you to purchase any time you need.

<http://tru-earth.sjv.io/upperlynnpac>

One More Week of Black History Month

Individual Posters and classroom doors are underway.

Please encourage your kids to create more at home and hand them in at the office by February 29th (no bigger than printer size paper - NAME AND DIV# ON THE BACK)

Some of the prizes to be won are on display in the front hall.

Reminders

Student Learning Survey (Grade 4 & 7 Families)

The Student Learning Survey (SLS), administered annually by the Ministry of Education and Child Care, is open to students in Grades 4, 7, 10 and 12, their parents/guardians, and staff and administrators in B.C. public schools. The survey covers a range of topics, providing a comprehensive picture of the educational experience in B.C. public schools and valuable insight for addressing current needs and trends.

Parents/guardians are invited to participate in the survey, available in English, French and additional languages, until Saturday, April 29. Information about the survey, including a survey link is available on the [Student Learning Survey](#) web page.

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!

After School Programs

NVSD Organized Programs at Upper Lynn.

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](#)

Upper Lynn PAC Organized Programs at Upper Lynn.

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)

Program Information:

Dates: 10 Week Program - **TUESDAYS** April 9th - June 11th

Cost: \$300/ student + GST (Originally \$600, The Story Institute is generously offering ULE families a 50% discount - thank you!)

Grades: 2-7 (Beginners welcome!)

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

Questions to: michaelcoleman@storyinstitute.ca

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

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

Registration: [Sign Up Here](#)

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!

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)

Who: Grades 2-7

When: Mondays, 3:00-5:00pm

Cost: \$212 (4 weeks)

Register: April 22 - May 13 [REGISTER](#)

Register: May 27 - Jun 17 [REGISTER](#)

Questions? please contact programs@endlessbiking.com

Fresh Air Learning After School Adventures

Dates: April 3rd, 2024 to June 12, 2024 (11 weeks)

Times: 3:00-5:00

Grades: K-3

Cost: \$484

Registration: <https://app.amilia.com/store/en/fresh-air-learning/shop/activities/5035515>

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>

Tim MacLeod
Principal

Lise Grendel
Vice-Principal

How Parents can support Pink Shirt Day 2024

Pink Shirt Day is Wednesday, February 28th, 2024

Dear Parents and Guardians,

As part of our ongoing commitment to fostering a safe and inclusive environment for our students, we wanted to bring your attention to an important event taking place in our school district - Pink Shirt Day.

Pink Shirt Day, observed on February 28, 2024, is an annual campaign that originated here in Canada with the aim of raising awareness about bullying and promoting kindness, inclusivity, and respect among students. The day encourages everyone to wear pink shirts as a visible symbol of solidarity against bullying and a commitment to creating a positive and supportive atmosphere.

Bullying can have a profound impact on a child's well-being and academic performance. By participating in Pink Shirt Day, we not only take a stand against bullying but also actively promote a culture of kindness and acceptance. Our goal is to create an environment where every student feels safe, valued, and respected.

Here's how you and your child can get involved:

Wear Pink: Encourage your child to wear a pink shirt on Wednesday, February 28th. This simple act sends a powerful message of unity and support.

Discuss Kindness: Take some time to talk with your child about the importance of kindness and inclusivity. Emphasize the impact small acts of kindness can have on others.

Anti-Bullying Resources: Explore anti-bullying resources together. There are various books, websites, and videos that can help initiate conversations about bullying and its effects.

<https://www.cbc.ca/books/11-canadian-children-s-books-to-read-on-pink-shirt-day-1.6361118>

Classroom Activities: Teachers will be incorporating age-appropriate activities into the curriculum to discuss the significance of Pink Shirt Day and promote a culture of kindness within the classroom.

By participating in Pink Shirt Day, we demonstrate our commitment to creating a school environment where every student feels accepted and supported. Together, we can make a difference and contribute to the well-being of our entire school community.



About the SEL Team

We are a dedicated group of counsellors and educators committed to advancing the instruction of social-emotional and mental health learning throughout the North Vancouver School District.

[https://www.sd44.ca/sites/SEL/Pages/default.aspx#/=](https://www.sd44.ca/sites/SEL/Pages/default.aspx#/)

2024

6TH ANNUAL POSTER COMPETITION

3 DESIGNS PRINTED ON
T-SHIRTS

**Black
His/Her
Story
Month**

Hand in by
THURSDAY
FEB 29TH

CHANGE MAKERS

PRIZES FOR THE BEST DESIGNS!
(NO BIGGER THAN PRINTER SIZE PAPER)

GIFT CARD FOR THE BEST CLASSROOM DOOR