

Upper Lynn e-News

April 7, 2024

Important Dates & Reminders for the Week of April 8 to April 12, 2024

Monday 8	Tuesday 9	Wednesday 10	Thursday 11	Friday 12
<p>Hot Lunch Sushi</p> <p>Grade 4 ODS</p> <p>PAC Meeting Zoom - 7pm</p>				<p>Hot Lunch TCBY</p>

Upcoming Dates

- Monday April 8 – 10 – Grade 4 Outdoor School
- Monday April 8 – Hot Lunch – Sushi
- Monday April 8 – ULE PAC Meeting -7pm – Online
- Friday April 12 – Magic Lunch Box
- Friday April 12 – Rainbow Dance Presentation
- Monday April 15 – School Based Pro-D – **Students Not in Session**
- Friday April 19 – Hot Lunch – Cobs/TCBY
- Monday April 22 – Hot Lunch – Well Fed
- Wednesday April 24 – Staff Collaboration – **Students Dismissed at 2pm**
- Thursday April 25 – ICBC Safety Blitz
- Friday April 26 – Hot Lunch - Subway
- Monday April 29 – 30 Long House – Group A
- Tuesday April 30 – May 1 – Long House – Group B
- Tuesday April 30 – Sutherland Mini Track Meet
- Friday May 3 – Professional Development Day – **Students Not in Session**
- Monday May 6 – Hot Lunch - Sushi

Upper Lynn News

Track and Field

Track and field activities are open to students in grades 4 through 7, offering a diverse range of running races and field events. Field events encompass disciplines like long jump, triple jump, shot put, and high jump. Running races include distances such as 100m, 200m, 400m, 800m, and 1500m (exclusive to grades 6 & 7). Relay races like the 4 x 100m and co-ed medley are also available for participation. We encourage all students to explore various track and field events, as they might discover unexpected interests. Please refer to the end of the newsletter for the current practice schedule.

From the prior track and field communication, shotput is now offered for all grade 4 to 7 students and high jump times has been adjusted to accommodate intermediate choir practice on Wednesday morning. Long Distance running is now only on Mondays after school.

The Card Project

The Card Project is here!! Art samples have been sent home with your children. Please check your children's backpacks over the next couple of days and make sure you order your pieces before closing on April 14th. These make great gifts and the PAC receives a portion as a fundraiser. If you have any questions or don't see your children's art, please feel free to email Marcelle at marcelle@thecardproject.ca for assistance.

Partial Eclipse

On Monday, April 8, 2024, a solar eclipse will occur when the Moon moves between the Sun and the Earth. In the VCH region, this event will be a partial eclipse, expected to start around 10:40am and end around 12:20pm.

As mentioned in the message home on Friday, to keep our student's safe, Upper Lynn will be moving recess earlier to 10:10 from 10:20 and end at 10:30 instead of 10:40. We will also switch our lunchtime routine. Students will eat from 12:00 to 12:30 and go outside from 12:30 to 12:50.

Please avoid dropping your child at the school during the partial eclipse. If there is no other option, please walk your child to the main office.

Classroom teachers will keep the blinds closed where there may be an opportunity to accidentally view the eclipse.

To view the pathway of the partial eclipse in our area, please see the following website: [April 8, 2024 Partial Solar Eclipse in Vancouver, British Columbia, Canada \(timeanddate.com\)](https://www.timeanddate.com)

PAC News

Spring After School Programs! Space Still Available!

Multi-Sport

Upper Lynn Elementary Grade K-3 Multi-Sport After School Program

Dates: Friday April 12th - June 21st (9 Sessions, no session May 3rd or June 7th)

Times: 3:00-4:30

Grades: K-3

Cost: \$270 + 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 Biking

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 <https://campscui.active.com/orgs/EndlessBiking?season=3461940&session=62107140>

Questions? please contact programs@endlessbiking.com

Acting Program

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

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.

Fundraising Update

ULE PAC is excited for our next community event! If you like baseball, hot dogs, popcorn, or just hanging out with friends and family at the Nat, then click the link below to get your tickets for the Vancouver Canadians game on Sunday, June 2, 2023 (1:05pm start). Tickets are just \$20 and the school gets \$5 from each ticket. Win win for everyone (hopefully)! You can book your tickets at Upper Lynn Elementary Fundraiser

<https://fevo-enterprise.com/event/0602-ULES>

We are also thrilled to announce our spring plants and flowers fundraiser. Use the link below to see what is available and place your order. Orders are due by April 23rd and pick up is from 2:45pm to 4:30pm in the Multi Purpose Room.

<https://upperlynn.growingsmilesfundraising.com/home>

Also, don't forget to place your order for the Card Project. Art work came home this week and orders are due by April 14th. Orders will be delivered to classrooms the week of May 3 to 8.

PAC Positions Sep 2024-June 2025

(NEW MEMBERS will be voted in: JUNE 17th 2024)

We currently have a wonderful PAC at Upper Lynn, but students are moving to high school and parents who have been involved for a while are transitioning to new commitments. Volunteering for the PAC is a 9 month investment and you can shape your role to fit your time and energy. It is a great way to connect with staff and students and get involved with your kiddo's world. Current members will be around to help troubleshoot and provide guidance, but this upcoming year will be a blank slate for you and your parent-friends to create new events and care for our community.

PAC MEETING TOMORROW - 7-8pm - ZOOM

There will be more information at our upcoming PAC meeting tomorrow night (Monday April 8th) on ZOOM.

Topic: PAC Meeting

Time: Apr 8, 2024 07:00 PM Pacific Time (US and Canada)

Join Zoom Meeting

<https://us02web.zoom.us/j/84163480987?pwd=L0hvZWFDnJSaE1PZXlzdVNzYWQ0UT09>

Meeting ID: 841 6348 0987

Passcode: 272698

Reminders

Knitting Club

Starting this week, the knitting club will be meeting Fridays at lunch, 12:00pm in the Multi-Purpose Room. The knitting Club is for students in grades 4 to 7. Thank you to Mrs. Loewen for sponsoring.

Kilometre Club

Kilometre Club will run from April to June. Students are invited to walk or jog around the field and track their progress. Students may run at recess, lunch, and with their class. Kilometres completed outside of school hours will not be recorded. Students can walk or jog at their own pace. Students may claim up to 3 km (9 laps) a day (3 laps = 1km). Please have proper running shoes at school every day. Ribbons will be awarded at our end of year school assembly. Have fun!

Student Illness

We want to gently remind you of the importance of keeping your child at home if they are feeling unwell. The health and safety of our students and staff are paramount. If your child shows any signs of illness, such as a fever, cough, or runny nose, please allow them to rest and recover at home. This not only helps your child heal more effectively but also protects others from potential illness. We appreciate your cooperation and understanding in helping us maintain a healthy school environment for everyone. For more information, please see the end of the newsletter.

Tim MacLeod
Principal

Lise Grendel
Vice-Principal



Upper Lynn Track and Field Schedule: Spring 2024

- Athletes must return signed permission forms to the office before their first practice.

	Monday	Tuesday	Wednesday	Thursday	Friday
AM 8:00- 8:40am		Gr. 6-7 Sprints/Relays Ms. Cheng Ms. Ross Ms. Turcato	Grade 6-7 High Jump Ms. Chambers Mr. Lunny	Gr. 6-7 Sprints/Relays Ms. Cheng Ms. Ross Ms. Turcato	Gr. 4-5 Sprints/Relays Mr. Liou Ms. Byrne Ms. Mitchell Ms. Sihota
Lunch 12:00- 12:30pm	Gr. 4-5 Long Jump Mr. Choi Ms. Cheng Ms. Pavao			Gr. 4-7 Shotput Paula Ms. Lowen Gr. 4-5 High Jump Ms. Chambers Mr. Lunny	
PM 3:10- 4:00pm	Gr. 4-7 Long Distance Ms. Wood Ms. Purich	Gr. 6-7 Triple Jump/Long Jump Ms. Blaker Mr. Mawson Ms. Hatziantoniou	Gr. 4-5 Sprints/Relays Mr. Liou Ms. Byrne Ms. Mitchell Ms. Sihota	Gr. 4-5 Triple Jump Mr. Fox Ms. Wong Ms. Pavao	