

Upper Lynn e-News

April 14, 2024

Important Dates & Reminders for the Week of April 15 to April 19, 2024

Monday 15	Tuesday 16	Wednesday 17	Thursday 18	Friday 19
Pro-D Students not in Session				Hot Lunch Cobs/TCBY

Upcoming Dates

- 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
- Tuesday April 23 – Earth Rangers Presentation
- 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; Gr 4/5
- Friday May 3 – Professional Development Day – **Students Not in Session**
- Monday May 6 – Hot Lunch – Sushi
- Thursday May – Class Photos
- Friday May 10 – Hot Lunch – Magic Lunchbox
- Friday May 10 – Our Lady of The Snow Catholic Academy Band Performance
- Monday May 13 – Hot Lunch – Cobs / TCBY
- Monday May 13 – HUB Bike Program – Grade 4-5 (5/6)
- Tuesday May 14 – Zone 5 Track Qualifications: Sutherland; 8am-12pm
- Thursday May 16 – HUB Bike Program – Grade 4-5 (5/6)

Upper Lynn News

Are Switching Schools

It's that time of the year once again when things ramp up with track and field, Kilometre Club, field trips, and spring activities. Over at the Upper Lynn office, we're already gearing up and strategizing for the next year. If you're aware that you won't be returning to Upper Lynn for the 2024-2025 school year, please reach out via email to upperlynn@sd44.ca to let us know. This is very important information for us to know. Thank you.

School Calendar

Please continue to check the school's calendar and website for weekly updates. As we move into the final three months of school, many events will be added to the [school's calendar](#).

Homestay Families Needed

Each year, the North Vancouver School District welcomes students from around the world to live and study in our vibrant community. We strive to place secondary school international students with families who live close to school to support each student's integration into the school and wider community.

There are secondary school international students in need of a homestay placement for the school term beginning September 2024. If you are interested in hosting an international student, please reach out to our International Education program office at international@sd44.ca. More information about the homestay program is available on the [International Education](#) section of the school district website.

PAC News

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 trouble-shoot 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.

JOIN THE UPPER LYNN PAC TEAM
Recruiters/CEOs/stay at home parents/insurance brokers/RCAs/counsellors/nurses/lawyers/executive assistants

					
Carmen (secretary)	Holly (after school)	Lucy (fundraising)	Jaco (finances)	Norina (finances)	Madi (carnival/spirit wear)

please message: upperlynnpac@gmail.com if you can spare a few hours a month

If you visit this page: [Who's who - Upper Lynn Elementary Parent Advisory Council \(weebly.com\)](https://www.weebly.com/who-s-who-upper-lynn-elementary-parent-advisory-council) you will see who you get to volunteer with.

The amazing Holly (after school programs), Carmen (secretary), Jaco (Finance), Norina (Finance), Lucy (fundraising), and Madi (Carnival and Spirit Wear) are all hoping for some new faces to join them. Please reach out to any of them or upperlynnpac@gmail.com for more information.

Teacher Appreciation Week (Tues Apr 30 and Thurs May2)

We would love a few more bodies to help. Send a note to upperlynnpac@gmail.com if you can spare a couple of hours to help show appreciation for the 50 plus staff at ULE.

MAY is Asian History Month - this year the focus will be on the MIDDLE EAST

Teachers are looking for some parent helpers! If you can donate a few hours of your time, especially if you or your child has Asian heritage, please send an email to Ms B at dbaltruschat@sd44.ca. These events are always ones that kids love, and it is extra special for them to have parents involved. The Grade 7s are in the process of learning some Iranian drumming and will likely perform their new skills later in May.

Babysitting Course - May 3rd

We are pleased to offer a babysitting course this year. The course will be held on May 3rd (Pro-D day) in the Multi-Purpose room. Students aged 11 and up are invited to sign up for the course via Munch. Book by April 23rd, cost is \$45. Numbers will be limited to 30 students. Click [here](#) for more information on the course, including the course content..

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.

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.

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.

Reminders

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.

Tim MacLeod
Principal

Lise Grendel
Vice-Principal