

# Upper Lynn Elementary Newsletter

January 27, 2012  
Issue 5

Todd Henderson, Principal  
Kelly La Roue, Vice Principal



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*The Upper Lynn School Community serves to assist each and every student in realizing their full potential in an atmosphere that promotes healthy, intellectual, emotional, social and physical growth.*

## Dear Parents/Guardians:

Dear Parents/Guardians:

Happy New Year! Starting back to school after winter break gives us the opportunity to build on what has already been established, and make resolutions to work on areas that can be improved.

As part of our school goal of improving student achievement in reading, we are counting on parent support at home. Children need a great deal of practice reading. Teachers spend time in class teaching reading skills, and while there is time devoted to reading, there isn't nearly enough! It helps tremendously when parents support reading at home.

The following are suggestions for ways you can help support reading at home:

Encourage your child to read for pleasure after school or on weekends. Lists of books (according to age levels) are available at public libraries. The North Vancouver District Public Library has a comprehensive list of books on various topics that can be found there at:

<http://www.nvsdpl.ca/children/booklists>

Use the Home Literacy Environment Checklists:

<http://www.getreadytoread.org>

Online resources for primary students can be found here:

<http://www.nvsd44.bc.ca/Programs/Information%20Technology/Web%20Sites/Primary/Language%20Arts.aspx>

Online resources for intermediate students can be found here:

<http://www.nvsd44.bc.ca/Programs/Information%20Technology/Web%20Sites/Intermediate/Language%20Arts.aspx>

**Let them catch *you* reading:** Act as a reading role model for your children by reading in your spare time. Remember that they learn by example.

**Game On:** Set up a family board game night where a different game is played each week. Have each member of the family get involved in reading the instructions or game cards, and keeping score.

**Book Time:** Set aside 'story time' every night when the TV is off, and the whole family can get involved in a book, or doing a crossword puzzle. (This is a great bedtime ritual as well!)

Sincerely,

Todd Henderson  
Principal

Kelly La Roue  
Vice Principal

*"The more that you read,  
the more things you will  
know. The more you learn,  
the more places you'll go."*

*— Dr. Seuss, "I Can Read  
With My Eyes Shut!"*

## Administrator's Message (cont'd)



*"Safety is as simple as  
ABC - Always Be Careful"*

**Traffic Safety continues to be a concern!**

PLEASE make every attempt to drop your children off a short distance from the school, or even better, have them walk to school. If you must drop your children off directly in front of the school - please **DO NOT PARK OR STOP CONTRARY TO POSTED TRAFFIC REGULATIONS**. Do not park in front of or block driveways.

The school parking lot is for staff only. It is not to be used for student drop-off or pick-up before or after school.

We also ask students to respect our neighbours and their property. When you are walking to and from school, please stay on the sidewalks and do not cut through lawns or yards.

Thanks to our parent volunteer, Desiree Brownlow, for co-ordinating our patrollers, and our other parent volunteers who help supervise the patrollers.



Mr. Harry Reynolds, retired engineer and Upper Lynn Volunteer, talks to Mrs. Roitberg's class about bridge building as part of their science unit on structures.

### Registration and Transfer Requests for the 2012-2013 School Year:

Please be advised of the following registration dates and deadlines:

**January 23, 2012:**  
Registration and transfer requests for Grades 1 – 12 begins.

**March 9, 2012**  
Deadline for priority placement consideration of registrations for Grades 1 – 12.

**March 9, 2012**  
Deadline for transfer requests for Grades 1 – 12.

North Vancouver School District is still accepting **Kindergarten Registrations** for the 2012-2013 school year. At this point in time students will be placed according to available space.

Also, thanks go to to our group of dedicated 'cone placers' (which includes the children from Froggy Pad Daycare) headed up by Jamie Bassett.

All of these measures are intended to help make student and parent travel to school safer for all.

### **A fond farewell and a warm welcome to Upper Lynn!**

Please join us in wishing Ms. K. Cameron a wonderful and well deserved retirement. Her last day will be January 31<sup>st</sup>, and Ms. V. Kanegae will be taking her place in the kindergarten classroom, (Division 19).

All children new to North Vancouver (not currently attending a North Vancouver School District school) must register at:

Central Registration Office  
William Lucas Centre  
Room 102 – 2132 Hamilton Avenue  
North Vancouver, BC  
Hours: 8:00 am – 4:00 pm

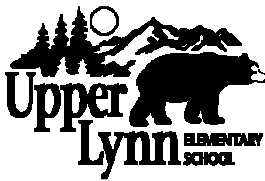
#### **All registrations require:**

- The student's original birth certificate, (if not born in Canada, bring proof of citizenship, passport and Permanent Resident Card);
- Proof of current residence at the date of application, (ie: BC Hydro bill, purchase or tenancy agreement);
- A copy of the report card from the student's previous school

Call 604-903-3368

Email: [registration@nvsd44.bc.ca](mailto:registration@nvsd44.bc.ca)

Visit: [www.nvsd44.bc.ca](http://www.nvsd44.bc.ca)



Upper Lynn Elementary  
1540 Coleman Rd  
North Vancouver  
BC V7K 1W8

Phone:  
(604) 903-3820

Fax:  
(604) 903-3821

E-mail:  
[Upperlynn@nvds44.bc.ca](mailto:Upperlynn@nvds44.bc.ca)

**We're on the Web!**  
[nvds44.bc.ca/SchoolSites/  
UpperLynn.aspx](http://nvds44.bc.ca/SchoolSites/UpperLynn.aspx)



## Remembrance Day Posters

A huge congratulations to the following students who have won various awards and prizes in the Royal Canadian Legion's Remembrance Day Poster & Poetry contest in the North Shore & Howe Sound division. These students were chosen from over 1,000 entries, and 2 of our Upper Lynn winners have been selected to compete at the Provincial level.

In the Colour Poster Division, in 3<sup>rd</sup> place, is **Holly D.** (Grade 6). **Tara McM** and **Rebecca R.** (Gr 7) are in 2<sup>nd</sup> place; and in 1<sup>st</sup> place - and moving on to the Provincial level competition - is **Boston M.** in Grade 6.

In the Black & White poster category, in 1<sup>st</sup> place is **Jordan T.** in Grade 6. In 1<sup>st</sup> place in the Poetry Division - and also moving on to the Provincial level - is our own **Hannah S.** in Grade 7.

Considering that these students are winners in a region that includes North & West Vancouver, Bowen Island, Squamish and Pemberton, and considering that there were 600 entries just from West Vancouver, this is a great achievement.

Our winners will be presented their prizes and awards and our winners will be presented their prizes by members of the Royal Canadian Legion at a future assembly.

**Congratulations to all of the participants in this competition, and good luck to our provincial finalists!**

## Thank you all, from the Harvest Project

Natalie S., Program Coordinator at the Harvest House, wishes to thank the students and families at Upper Lynn Elementary for your donations prior to the winter break.

The Harvest project experienced an increased demand in the valuable services they provide to people in our community who may be going through traumatic periods in their lives, etc., and wanted to thank you for helping them extend a 'hand-up, not a hand-out'.



Staff & students alike had a great time dressing up as their favourite book character on Family Literacy day, Friday, January 27!

## What's New at the Library

**Birthday Books:** Thank you to **Zoe W.** for donating the lovely new book titled **One**, and a thank you to **Sophia G.** for donating **1001 Fairy Things To Do** and **Vicky the Vet** to honour their birthdays this year.

**Parent Library:** We have received a few new books for our **Parent Resource Library**. These are books that can help parents with their parenting skills, with obstacles that your family may be trying to overcome, informational books for parents, and books that can be read with your child. Recent additions to our collection are the Barry MacDonald books, **Boy Smarts** and **Boys on Target**, and **What to do When you Worry Too Much** by Bonnie Matthews.

If you would like to check out a book, please see Ms. Wilson in the library.

**Are You A Helicopter Parent?**

**WFMY News 2**

Dr. Nannette Funderburk is with the **Social and Emotional Learning** Group. She says a parent should act like a coach, guiding from the sidelines and letting the children do the work on the field. Dr. Funderburk says take your cues from teachers...to learn more, follow the link below:

<http://www.digtriad.com/news/gms/article/209985/67/Are-You-A-Helicopter-Parent>

**UPCOMING EVENTS AT UPPER LYNN, FEBRUARY/MARCH 2012**

|              |  |                                |
|--------------|--|--------------------------------|
| Fri, Feb 3   | <ul style="list-style-type: none"> <li>Hot Dog Day</li> <li>PAC Family Fun Night (Details below)</li> </ul>  | 12:00 pm<br>7:00 - 9:00 pm     |
| Tues, Feb 7  | <ul style="list-style-type: none"> <li>BC Fruit &amp; Vegetable Program</li> <li>Grouse Mtn Ski Program (after school)</li> </ul>                                    | After school                   |
| Tues, Feb 14 | <ul style="list-style-type: none"> <li>Valentine's Day</li> <li>BC Fruits &amp; Vegetable Program</li> <li>Grouse Mtn Ski Program</li> </ul>                         | After School                   |
| Fri, Feb 17  | Magic Lunch Box  | 12:00 pm                       |
| Mon, Feb 20  | "Blues Berries" Presentation (whole school)  | 1:30 pm                        |
| Tues, Feb 21 | <ul style="list-style-type: none"> <li>Grade K - 1 (Div 16 - 20) Primary Skate @ Karen Magnussen Ice Arena</li> <li>Grouse Mtn Ski Program</li> </ul>                | 1:30 - 2:30 pm<br>After school |
| Wed, Feb 22  | <ul style="list-style-type: none"> <li>Grade 1 - 3 (Div 15 - 10) Primary Skate @ Karen Magnussen Ice Arena</li> <li>PAC Meeting (evening)</li> </ul>                 | 1:30 - 2:30 pm<br>7:00 pm      |
| Thur, Feb 23 | Wok Box Lunch  | 12:00 pm                       |
| Fri, Feb 24  | <ul style="list-style-type: none"> <li>District Wide Pro D-Day (Students do not attend)</li> <li>i-girl Program (for registered Grade 5, 6 &amp; 7 girls)</li> </ul> | 10:00 am - 3:00 pm             |
| Mon, Feb 27  | Presentation by Amanda Nahanee (Eagle story/dance) Whole School  | 1:15 pm                        |
| Tues, Feb 28 | <ul style="list-style-type: none"> <li>BC Fruit &amp; Vegetable Program</li> <li>Grouse Mtn Ski Program (after school)</li> </ul>                                    | After school                   |
| Wed, Feb 29  | Pink Shirt Day   |                                |
| Fri, Mar 2   | Magic Lunch Box  | 12:00 pm                       |
| Wed, Mar 7   | Intermediate Music Festival (Details TBA)<br>Centennial Theatre, North Vancouver   | Various times                  |
| Thur, Mar 8  | <ul style="list-style-type: none"> <li>Sr. Band Festival (Lucas Centre)</li> <li>Open House - POSTPONED</li> </ul>   | 12:30 - 2:00 pm                |
| Fri, Mar 9   | <ul style="list-style-type: none"> <li>Jr. Band Festival (Lucas Centre)</li> <li>Hot Dog Day</li> <li>Last Day of School before Spring Break!</li> </ul>             | 12:00 - 2:00 pm<br>12:00 pm    |
| Mar 10 - 25  | Spring Break   |                                |

Thank you very much from all of us here at Upper Lynn, **Mr. John Cousins**.

John came to us during the month of January this year from the **Robert Randall Young Actors Project**, introducing the students to drama through "imagination training", the use of masks and improvisation exercises, letting the kids be brave and trust their ideas and abilities. They've all had a wonderful time stretching their imaginations and learning to think creatively and fast on their feet. Students have very much enjoyed his dynamic and engaging teaching methods! Thanks to the PAC for their help in bringing John to Upper Lynn.



# UPPER LYNN PAC NEWS

## HOT LUNCH PROGRAM

**Parents, please note:** If you **DO NOT** receive a confirmation email the day before the scheduled lunch, this means that you have not ordered a lunch for your child, in which case, please send your child with his/her lunch.

If you have any questions, please contact Alia Zaver at [aliazaver@shaw.ca](mailto:aliazaver@shaw.ca).

## FAMILY FUN NIGHT (FRIDAY, FEB 3, 2012) TICKETS ON SALE NOW!!

Tickets are selling fast!!! Seats are limited. Don't be disappointed, register now:

<http://upperlynnpac.weebly.com/family-fun-night.html>

## iGirl

Please note: the grade 3/4 Workshop is **full**. There are 2 spaces remaining for the Grade 5/6/7 Workshop. Contact Julie [jdin@shaw.ca](mailto:jdin@shaw.ca) to register or to be put on a waitlist. If there is enough interest we will run a second workshop.

## You may still register for the Free Parent Presentation (February 16<sup>th</sup> 7:00 pm - 8:30 pm)

*This presentation is open to all parents at the school regardless of whether or not your child is participating in one of the programs. Registration is required.*

For details and to Register: <http://upperlynnpac.weebly.com/igirl-workshops.html>

## Mark your calendars

**Wednesday Feb 22 - General PAC meeting 7:00 pm – 8:30 pm**

**Refreshments, cookies and free babysitting!**

The PAC meetings are an opportunity for parents to hear from the both the school administration & the Executive PAC about things that are happening in the school. It is also an opportunity for you to connect with other parents and to bring forward ideas and feedback. We hope you can make it to our next meeting!

**Thursday, March 29<sup>th</sup> - Used Clothing & Household Items Drive**

Our next fundraising drive is scheduled for just after Spring Break. We are excited to let you know that we will be accepting household items as well as clothes. Who will win the pizza lunch this time??

**Thank you,  
Your ULPAC**

# Ready, Set, Learn

Free events for three-year-olds

In partnership with the Ministry of Education, the North Vancouver School District is pleased to welcome young children and their caregivers to our schools. You are invited with your three-year-old to explore early learning in your neighbourhood school and receive an information package with a water activity and a gift book.



Dates and locations are listed below. Please RSVP by phone to the school if you would like to attend.

## READY, SET, LEARN EVENT DATES

| LOCATION        | DATES                          | TIMES                          | RSVP TO:     |
|-----------------|--------------------------------|--------------------------------|--------------|
| Blueridge       | Mon, April 23                  | 10:45-11:30am                  | 604-903-3250 |
| Boundary        | Tues, March 6                  | 11:00am                        | 604-903-3260 |
| Braemar         | Fri, April 13                  | 9:30am                         | 604-903-3270 |
| Brooksbank      | Fri, February 3                | 12:45-1:45pm                   | 604-903-3280 |
| Canyon Heights  | Wed, April 18                  | 10:25-12:00pm                  | 604-903-3290 |
| Capilano        | Thurs, February 2              | 1:15-2:30pm                    | 604-903-3370 |
| Carisbrooke     | Fri, April 27                  | 1:45-2:45pm                    | 604-903-3380 |
| Cleveland       | Tues, April 24                 | 9:00-10:30am                   | 604-903-3390 |
| Cove Cliff      | Wed., April 25                 | 1:00pm                         | 604-903-3420 |
| Dorothy Lynas   | Thurs, March 29                | 1:30pm                         | 604-903-3430 |
| Eastview        | Thurs, April 5                 | 6:00pm                         | 604-903-3520 |
| Highlands       | Mon, April 16                  | 10:00-11:00am &<br>6:30-7:30pm | 604-903-3540 |
| Lynn Valley     | Tues, April 3                  | 6:00-7:00pm                    | 604-903-3620 |
| Lynnmour        | Tues, April 17                 | 11:00am                        | 604-903-3590 |
| Montroyal       | Wed, March 28                  | 1:30pm                         | 604-903-3650 |
| Norgate         | Mon, March 5                   | 9:00am                         | 604-903-3680 |
| Queen Mary      | Fri, March 9                   | 1:00-3:00pm                    | 604-903-3720 |
| Queensbury      | Mon, April 2                   | 11:00-11:45am                  | 604-903-3730 |
| Ridgeway        | Fri, April 20                  | 1:00-1:45pm                    | 604-903-3740 |
| Ross Road       | Wed., April 11                 | 6:00-7:00pm                    | 604-903-3750 |
| Seymour Heights | Fri, April 20                  | 1:00-2:30pm                    | 604-903-3760 |
| Sherwood Park   | Wed, April 11<br>Wed, April 18 | 9:00am<br>9:00am               | 604-903-3810 |
| Upper Lynn      | Mon, April 2                   | 1:00pm                         | 604-903-3820 |
| Westview        | Wed, May 2                     | 9:30-11:00am                   | 604-903-3840 |



North Vancouver  
School District  
the natural place to learn®

[www.nvsg44.bc.ca](http://www.nvsg44.bc.ca)

Learn more about Ready, Set, Learn  
at [www.bced.gov.bc.ca](http://www.bced.gov.bc.ca)

Ready, Set, Learn is sponsored by the North Vancouver School District, the Ministry of Education, the Ministry of Children and Family Development and the Ministry of Health Services.

[www.nvsg44.bc.ca](http://www.nvsg44.bc.ca) (See Meetings & Updates)



# Healthy Together



A MONTHLY NEWSLETTER

## Are you feeling stressed or low in energy? How about the kids?

Many events throughout the year will have us responding “YES” to this question. Physical activity is a proven way to reduce stress levels and increase energy. Try integrating physical activity into your week by: having a walking meeting at work/volunteer work, walking or biking your kids to and from school, taking a brisk walk with friends or family after dinner, walking around the block while waiting for the kids, or trying drop-in badminton, yoga, swimming or dance.



## “Popcorn” Cauliflower



Cut up one cauliflower head into bite-sized pieces. Toss in 15 ml (1 Tbsp.) olive oil and sprinkle with thyme or your favourite herbs and spices. Spread in a single layer on a cookie sheet and bake for 30-40 minutes at 375° F (190° C) flipping every 15 minutes.

cancer fighting

rich in vitamin C

good for the heart



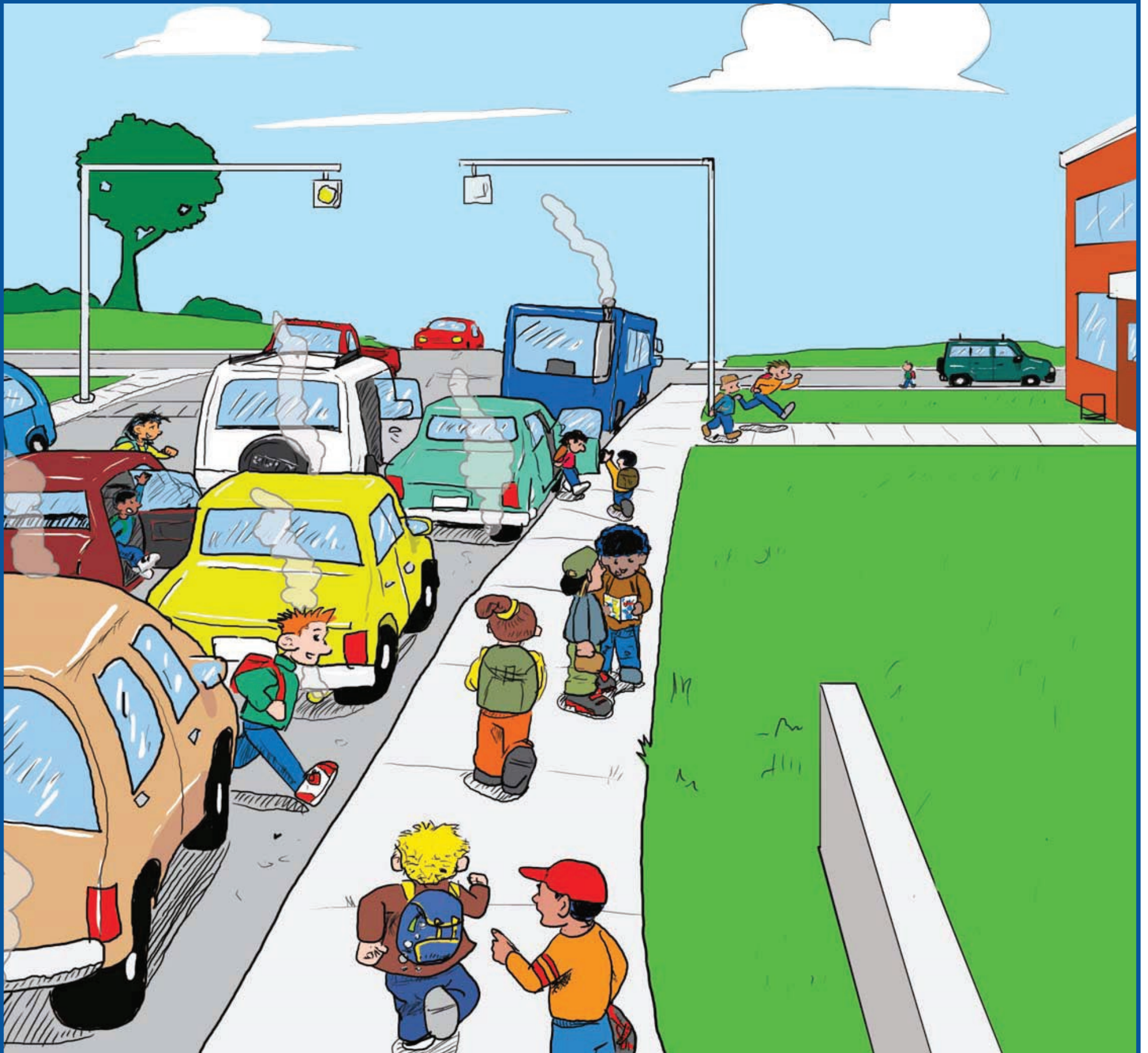
To achieve benefits, adults aged 18-64 years should accumulate at least 150 minutes of moderate- to vigorous-intensity aerobic physical activity per week, in bouts of 10 minutes or more, whereas children aged 5-17 years should accumulate at least 60 minutes daily.

Source: Canadian Physical Activity Guidelines

For school based healthy eating or physical activity information visit [www.actionschoolsbc.ca](http://www.actionschoolsbc.ca). For general nutrition information call HealthLink BC at 811 and speak to a dietitian, or visit [www.healthlinkbc.ca](http://www.healthlinkbc.ca).



# What's Wrong With This Picture?



## Are you adding to the congestion?

Help us reduce dangerous traffic congestion in front of the school by parking further away and walking with your child. Not only is it safer, the short walk is good for everyone.



Join us in BC's *Drive to Save Lives*. Let's work together to keep all children safe.

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