



# UPLANDS ELEMENTARY SCHOOL

## FEBRUARY 2018

4110 Thomas St. Terrace, BC V8G 4L7  
Phone: 250-635-2721  
School Hours: 9:00 AM – 2:53 PM  
Principal – Mrs. Pat Mouland  
[patricia.mouland@cmsd.bc.ca](mailto:patricia.mouland@cmsd.bc.ca)



### Olympic Fever!



We will all be cheering on Team Canada this month. A few of the activities that we have planned are:

- 1) Each class has selected a Winter Olympic sport to represent.
- 2) We are making Canadian flags to use during our Opening Ceremonies.
- 3) February 8<sup>th</sup> at 11 am, we will have our very own torch relay through the school. It might be one of the only times children will be encouraged to run in the halls! We will end up in the gym where we will have an Opening Ceremony.
- 4) Our Opening Ceremony will give a brief overview of all of the sports featured in the Winter Olympics. Some of our very own talent (from our Uplands Idol auditions) will also be featured.
- 5) Keep an eye on our lower soccer field behind the school. Students will be helping to create Olympic symbols in the snow.
- 6) Each class will be entered in either:
  - \*short course reading event (in class reading minutes)
  - \*long course reading event (in class + home reading)

### THINGS TO LOOK

#### FORWARD TO:

- PAC Meeting**  
February 6<sup>th</sup>, 6 pm
- Opening Ceremonies for the Olympics**  
February 8<sup>th</sup>, 11:00 am
- Movie Night - Despicable Me 3**  
February 8<sup>th</sup>
- NID - No School**  
February 9<sup>th</sup>
- Family Day Holiday**  
February 12<sup>th</sup>
- Grade 6 Ski Trip**  
February 15<sup>th</sup>
- Dare To Dream Band Retreat**  
February 23/24
- Pink Shirt Day**  
February 28<sup>th</sup>
- Report Cards**  
March 5<sup>th</sup>
- Early Dismissal & Parent-Teacher Interviews**  
March 7/8, 1:53 pm



I made a poor choice.

### What Happens Next?

We know that everyone makes mistakes or poor choices. We see our role as supporting your child through the steps below so that they learn from their mistakes and grow to be more skillful problem solvers and happier, more resilient children.

- 1) Own it - this step is important for children to learn to take responsibility. Without this step, learning can't take place.
- 2) Fix it - often the fixing involves practicing the skill that the child was having a tough time with.
- 3) Learn from it - a valuable part of the discussion.
- 4) Move on from it - once the first three steps have been completed, it is time to move on.

### Student Learning Survey – Grade 4

Help the Ministry plan for the future – tell them about your education experience.

Students in Grades 4, 7, 10 and 12, their parents and all staff in B.C. public schools are invited to participate in an annual online satisfaction survey about their school experience.

The survey takes about 10 minutes to complete. All responses are anonymous and confidential.

Parent surveys are available in 16 additional languages. The survey is open from January to the end of April of each year. You can complete the survey at:

<https://www.awinfosys.com/SurveyFull1/central/main/accessParentAuto.asp>

- 1) Go Parents and use the Direct Access
- 2) Select District 82 Coast Mountains
- 3) Select School - Uplands Elementary

## Attendance

Thanks for calling or messaging us to let us know that your child is going to be late or absent. It cuts down on the number of calls home that Mrs. Davey has to make to follow up on attendance.

You can either leave a message on the answering machine (250-635-2721) or send an email to Mrs. Davey



([teri.davey@cmsd.bc.ca](mailto:teri.davey@cmsd.bc.ca)).

## ♥ Focus on Kindness ♥

Many of our classes do some extra work around increasing kindness this month. Sometimes it's just about the simple acts of kindness.

**Kindness...**  
A good thing to share!

Hold open a door for someone. Clean up a neighbor's yard.

Listen. Hold a hand.

Give a flower. Visit a friend. smile. SAY THANKS.

Send a card. pay for a meal.

Give a compliment.

Do a favor. give up your seat.



# DESPICABLE ME 3

Thursday February 8<sup>th</sup>

\$3 per person  
\$10 a family

Doors open @ 6:00 pm  
Movie starts @ 6:30 pm  
Pick-up in the gym @ 8:15 pm



Wear your PJ's!

Drop off welcome for Grade 4 & up!

Funds raised will go to alternate seating in classes.

## uplandselementaryschool

UPLANDS  
WE  
CARE



4110 Thomas Street  
Terrace BC V86 4L7  
Phone: 250-635-2721  
Fax: 1-888-794-2880

Home School Information Library Newsletters Hot Lunches PAC Kid's Corner SUBSCRIBE

## Uplands School Website

Check out the Uplands Elementary School Website.

Follow the link and be sure to subscribe:

<http://uplands.cmsd.bc.ca/>

A big thanks to Uplands parent, Joseph Ivens for maintaining this site.

## Monthly Draw

After reading the newsletter with your family, please sign & return this portion of the newsletter if you received a paper copy. If you received it electronically, hit reply and I will enter your family's name in the draw. You could win a great prize. Each month we will have one family draw.



Children/Child's Name: \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_

Comment: \_\_\_\_\_