



# UPLANDS ELEMENTARY SCHOOL

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)

## Principal's Message - Welcome Back!

What a wonderful beginning of the school year we have had! This year we welcome many new families to our school, including our 50 new kindergartens. We are so happy to have you join us and know that you are going to enjoy being part of our school community. Our community is now 315 students strong.

We welcome back most of our same staff from last year. Ms Mackenzie and Ms Fridriksson did not return this year because they have their hands and hearts full taking care of their new baby boys. We are pleased to have Mrs. Dunham teaching in our grade 1/2 classroom. She was a part of the Thornhill Primary team before joining our team.

We look forward to working together with you to help your children attain new goals and learn the strategies that they need to be successful.

One factor that does affect student success is their attendance. 25% of our students missed 20 days or more of school last year...one whole month of school. We know there are absences that cannot be avoided. If are able to minimize unnecessary absences, this will certainly contribute to success for your child.

A big thanks to all who have returned the student verification forms and paid the school supply fees. Please send them in if you have not already done so. Once I have all of your emails entered, you will receive newsletters via email.

If you have questions or comments, the office is always open to you, or you can contact us by calling 250-635-2721 or by emailing our secretary, Mrs. Davey, [teri.davey@cmsd.bc.ca](mailto:teri.davey@cmsd.bc.ca) or me, [patricia.mouland@cmsd.bc.ca](mailto:patricia.mouland@cmsd.bc.ca)

**Hope to see you all at the Open House!**

Kind regards,  
*Pat Mouland*

## THINGS TO LOOK FORWARD TO:

**Diversity Assembly & Terry Fox Run**  
Thursday, September 20<sup>th</sup>, 11 am

**Open House**  
Thursday, September 20<sup>th</sup>, 5-6 pm

**Non-Instructional Day**  
Friday, September 21<sup>st</sup>

**Photo Day**  
Monday, September 24<sup>th</sup>

**PAC Meeting**  
Tuesday, September 25<sup>th</sup>, 6:15 pm  
Uplands Library

**Orange Shirt Day**  
Friday, September 28<sup>th</sup>  
Wear orange to show "Every Child Counts"

**Thanksgiving**  
Monday, October 8<sup>th</sup>

**Non-Instructional Day**  
Friday, October 19<sup>th</sup>

**Photo Retakes**  
Thursday, October 25<sup>th</sup>

## Parking Lot Safety

A big thanks to all of our parents who have helped us to train the students about parking lot safety.

Children should not be cutting through the parking lot or walking between the parking lot and school. Two near misses last year reminded us all why this is so important!

They can:

- walk around the back of the school where we have supervision
- walk to/from school using the sidewalk in front of the school



## UPLANDS OPEN HOUSE

**September 20, 2018**  
**5:00-6:00 pm**

**Everyone Welcome!**



## Healthy Habits TEA



Our staff has created a framework for Social Emotional Learning. This framework is also part of our School Growth Plan inquiry question:

*To what extent will explicit teaching of social/emotional strategies using the Uplands TEA (Thoughts, Emotions, Actions) framework improve student success in math?*

Our hunch is that as we focus in on increasing skills in these areas, while teaching the curriculum, there will be an increase in student success across the curriculum. You will see that these strategies are not new. We have always addressed them but now we have created a common language and are explicitly teaching them at the same time.

So what will that look like?

\*each week we will focus school wide on one of the strategies

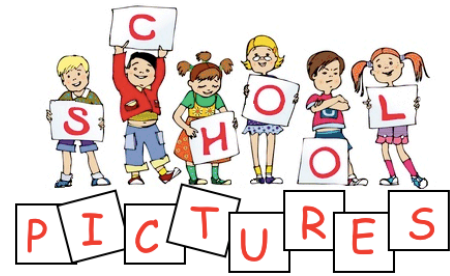
\*the strategy will get added to our giant Healthy Habits TEA framework in the hall by the gym

\*we will share the strategy with parents through the newsletter

\*everyone on our team will be using this language/these strategies; in the office, in classes, on the playground

Sept. 17-20 – *Everyone has positive and negative thoughts.*

Sept. 24-27 – *All emotions are okay.*



Picture Day is Monday, September 24

### Foundation Skills Assessment (FSA)

Our **grade 4** students will be participating in this annual province-wide assessment from October 1<sup>st</sup> to November 9<sup>th</sup>. This assessment provides parents, teachers, schools, school districts and the Ministry of Education with important information on how well students are progressing in the foundation skills of Reading, Writing, and Numeracy. It is one of the best predictors to see if a student is on track for graduation.

Please contact us if you have any question or concerns.

### Uplands Recycling

Our recycling has changed a bit this year. We recycle:

- paper and cardboard
- drink containers



We did have some trouble with recycling other food waste. It often ended up in the paper recycling. This resulted in contamination and we had to throw out all of the recycling.

**Children will now bring home all of their snack and lunch garbage for sorting.**

## Monthly Draw

After reading the newsletter with your family, please sign and return this portion of the newsletter. You could win a great prize. Each month we will have one family draw.

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

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

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

\_\_\_\_\_