

UPLANDS ELEMENTARY SCHOOL

NOVEMBER 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

Christmas Coffee House Concerts

We look forward to welcoming you to our coffee houses featuring your children performing some Christmas selections. Once students have performed, there will be a social time where you can enjoy a hot drink and baking with your child. Extended family members are also welcome to come.

Baking:

We are asking that each family bring in 1-2 dozen baked items (ex. cookies, cupcakes, pre-cut squares) on the morning of their performance. All baking should be nut-free. If your child has different dietary needs, please provide labeled baking that meets those needs. Thank You!

Dress:

Children are encouraged to dress in nice concert attire. The band students will be wearing their new Dare to Dream t-shirts and black pants.

Volunteers:

Our wonderful PAC is looking for volunteers to help set up and serve for each of the coffee houses. Please visit the Uplands Facebook page to volunteer or let us know in the office when you are available to assist.

THINGS TO LOOK FORWARD TO:

Book Fair

Wednesday, November 28th, 8:30-3:30 pm

Parent Teacher Interviews

Early Dismissal at 1:53 pm

November 28 & 29

Wacky Hair/Wig Day

Thursday, November 29

Professional Development Day

Friday, November 30th

No school for students

PAC Meeting

Uplands Library

Tuesday, December 4th, 6:30 pm

Christmas Coffee House Concerts

December 18-20th

PJ Day and Movie Afternoon

Friday, December 21st

Christmas Holidays

December 24th - January 4th

HAPPY NEW YEAR

Back to School

Christmas Food Hamper Collection

We are collecting food items for the hamper drive. Below are some suggested items that are always needed at the food bank.



Food Item - Point Value

Cereals & Staples

Cereal - 4
 Flour (5lb) - 3
 Sugar (5lb) - 3
 Peanut Butter - 4
 Jam/Jelly - 3

Dairy Products

Milk (Powder) - 2

Soups

Canned - 1

Meats

Canned Meat - 2
 Canned Fish - 2

Miscellaneous

Tea - 3
 Coffee - 3
 Hot Chocolate - 2

Baking Supplies

Cooking Oil - 3
 Cake/Cookie Mixes - 2
 Pudding/Jello - 1

Pastas

Kraft Dinner - 1
 Pasta (dry) - 2
 Rice - 3

Canned Pastas - 2
 Ramen Noodles - 1

Fruit

Canned - 2
Vegetables
 Canned - 2
 Dried Peas/Beans - 3

Personal Needs

Hair Shampoo - 3
 Toilet Paper - 2

Baby Needs

Baby Foods - 1
 Pablum/Formula - 3

Unwrapped gift - 4
 Cash - 1 pt per \$1

Coffee House Concerts Schedule

December 18:

10:00-11:00 - Mrs. Dams'/Ms Tallboy's classes
 1:15-2:15 - Miss Ott's/Mrs. Barron's classes

December 19:

9:15-10:15 - Mrs. Munson's/Mrs. Dunham's classes
 11:00-12:00 - Mrs. Heenan's/Mrs. Scott's classes
 1:30-2:30 - Mr. Gray's/Mr. Stephen's classes

December 20:

10:00-11:00 - Mrs. Armstrong's/Mrs. Shinde's classes
 1:00-2:00 - Band



Healthy Habits TEA



Westco Design completed our graphic for our TEA framework. You can see it outside of our gym. We have been adding a new strategy every 2 weeks. Ask your child to tell you more about these strategies.

Thoughts **Emotions** **Actions**

Everyone has positive and negative thoughts

All emotions are okay

Which zone are you in ?

Use strategies to get to the green:
60 second fix
Deep breaths
Count up/down
Exercise/walk it out
Quiet activity
Drink of water

Everybody makes mistakes/poor choices

Own it
Fix it
Learn from it
Move on from it

Uplands Eagles Volleyball Teams

Our volleyball teams had a great season. They represented our school well and really increased their skills as individuals and as a team.

A big thanks to our coaches Mrs. Shinde and Mrs. McKay!



GENERATION X POUND



Generation X Pound classes will be coming to Uplands in the new year.

Next month instructor Teri Janas will be visiting gym classes to give demo lessons.

There will then be an opportunity for children to sign up for after school sessions in January. More info to follow.

Why Can't I Skip My 20 Minutes of Reading Tonight?

Student "A"	Student "B"	Student "C"
reads 20 minutes each day	reads 5 minutes each day	reads 1 minute each day
3600 minutes in a school year	900 minutes in a school year	180 minutes in a school year

1,800,000 words



90th percentile

282,000 words



50th percentile

8,000 words



10th percentile

By the end of 6th grade Student "A" will have read the equivalent of 60 whole school days. Student "B" will have read only 12 school days. Which student would you expect to have a better vocabulary? Which student would you expect to be more successful in school...and in life?

(Nagy & Herman, 1987)

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: _____
