

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, precut 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:

Meats

Canned Fish - 2

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.

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	Miscellaneous	Fruit		
Cereal - 4	Tea - 3	Canned - 2		
Flour (5lb) - 3	Coffee - 3	Vegetables		
Sugar (5lb) - 3	Hot Chocolate - 2	Canned - 2		
Peanut Butter - 4		Dried Peas/Beans - 3		
Jam/Jelly - 3	Baking Supplies			
	Cooking Oil - 3	Personal Needs		
Dairy Products	Cake/Cookie Mixes - 2	Hair Shampoo - 3		
Milk (Powder) - 2	Pudding/Jello - 1	Toilet Paper - 2		
Soups	Pastas	Baby Needs		
Canned - 1	Kraft Dinner - 1	Baby Foods -1		

Pasta (dry) - 2 Rice - 3 Canned Meat - 2 Canned Pastas - 2 Ramen Noodles - 1

Pablum/Formula - 3

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

THINGS TO L ON K FORWARD TO:

NOVEMBER 2018

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

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 gymWe have been adding a new strategy every 2 weeks. Ask your child to tell you more about these strategies.

🚘 Healthy Habits TEA 🕋			
Thoughts	Emotions 📽	Actions 🗹	
Everyone has positive and negative thoughts			
and negative monghing	All emotions are okay	Everybody makes mistakes/poor choice	
	Which zone are you in ?	Own it Fix it Learn from it	
	Use strategies to get to the green: 60 second fix	Move on from it	
	Deep breaths Count up/down Exercise/walk it out Quiet activity Drink of water		

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!

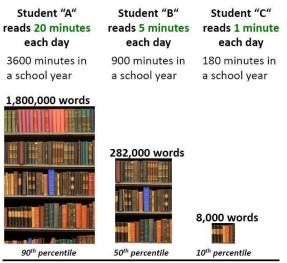


GENERATION × POUND



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?



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:	
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