

UPLANDS ELEMENTARY SCHOOL

DECEMBER 2018



4110 Thomas St. Terrace, BC V8G 4L7

Phone: 250-635-2721

School Hours: 9:00 AM – 2:53 PM

Principal – Mrs. Pat Mouland

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Merry Christmas and Happy New Year!

What an eventful month we have had at Uplands! The highlights were the 7 Christmas Coffeehouses. The staff and students sure did appreciate all of the support that you showed. You filled the gym seven times, not only with your presence but with baked goods. What a treat!

This time of year is always a time to pause and give thanks for all we have as we finish off 2018 and begin to look to 2019. We appreciate the time we get to spend working and learning with your children. We also appreciate the opportunity that we get to work together, school and home, to benefit your children.

On behalf of the staff, I'd like to wish you all a very safe and happy holiday! See you in 2019!

THINGS TO LOOK FORWARD TO:

HAPPY NEW YEAR

Back to School

January 7th

PAC Meeting

January 8th, 6:30 pm

Hot Lunch

Forms go home January 8th

Forms due back January 11th

Grade 6 Ski Trips

January 24th

February 7th

March 8th

NID - No School

February 15th

Family Day Holiday

February 18th

Band Retreat Workshops

February 19-21st



Healthy Habits TEA



This month's habits:

- 1) Everyone has positive and negative thoughts.
- 2) Which wolf do you feed? (or "What do you practice?") This is based on an old Cherokee teaching about the fight within each person between the positive and negative thoughts. We talked to the children about noticing their own thoughts. Here is a video link to a young boy who asks us to think about what we practice:

<https://youtu.be/kMML1jkBePQ>

Our 1st New Year habit:

- 1) Practice daily gratitude

Piglet noticed that even though he had a very small heart, it could hold a rather large amount of gratitude.



Your
Presence
is
The Best
Gift.



THANK YOU!

For all of your generous donations to the Food Bank Hamper Drive.

We provided enough food and other donations to complete the hampers needed for this Christmas as well as stock the shelves at the Food Bank to provide for families in need throughout the month.



Ms Tallboy's class accumulated the most points with their donations, beating Ms Siebring's class by one point! Mr. Stephen's class trailed by two points for a 3rd place finish!

Ms Tallboy's class won a sledding trip in the New Year!



Random Acts of Christmas Kindness Ideas:

1. Pay for someone else's coffee.
2. Tell jokes to make someone smile.
3. Donate food to your food bank.
4. Donate pet supplies to the shelter.
5. Help someone do a chore or other job.
6. Do yard work or shovel for a neighbor.
7. Donate books you no longer need.
8. Pick up litter.
9. Make ornaments for your neighbors.
10. Feed the birds.
11. Take flowers to the nurse's station at the hospital – the nurses will know who needs them most.
12. Take lunch, cookies, or coffee to the fire department and/or police department.
13. Put sticky notes with positive messages in public places.
14. Sing Christmas Carols, play board games, or just visit with senior citizens at a nursing home.

Congratulations to Mrs. Barron's Class

They won for the class with the most spirit on Wacky Hair/Wig Day. Their class won a new board game.



Grade 4/5 Snow Pass

Once again, Ski Canada is offering 3 ski/snowboard passes for \$29.95 to grade 4 & 5 students. Shames Mountain and Hudson Bay Mountain in Smithers are both participating ski hills.



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 or more family draws.

Children/Child's Name: _____

Parent/Guardian Signature: _____

Comment: _____
