



UPLANDS ELEMENTARY SCHOOL

FEBRUARY 2019

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

Uplands Elementary

Ready, Set, Learn Event

ALL ABOARD

3 - 5 Year Olds!

February 26th, 11:00 - 12:00 pm

Join us for a School Tour



THINGS TO LOOK FORWARD TO:

- All Aboard School Tour
3-5 year old preschoolers welcome
February 26, 11-12 pm
- Pink Shirt Day
February 27th
- Report Cards go home
March 11th
- Early Dismissal & Parent-Teacher Interviews
March 13/14, 1:53 pm
- Spring Break
March 18-29
- Scholastics Book Fair
April 17th in the Uplands Library
- Uplands Musical at the REM
May 3 & 4
- Kindergarten/Grade 1s at the REM
Performing with Tiny Tones
May 30

PINK SHIRT DAY

Dress in pink on Wednesday, February 27th.

Pink Shirt Day started as a way to raise awareness about bullying and to stand up against it.

We encourage Uplands staff and students to wear pink on Wednesday to spread the message of kindness and acceptance.



Student Learning Survey

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

Medication

If your child requires the use of any of the following:

- inhaler
- epipen,
- prescribed medication
- over-the-counter medication; including Advil, Tylenol, antacid, cough syrup
- medicated creams

we require that you drop it off at the office and sign a Medication Administration Form.

Your child can then come to the office to get their medication as required on the form.

This procedure was put in place for the safety of all children.



Healthy Habits TEA

This month's habits were:

1) Get Rid of the Stinkin' Thinkin'

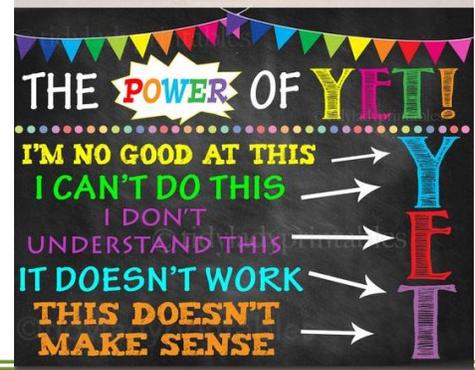
Anxiety BC refers to stinkin' thinkin' as Thinking Traps and has some great resources here (use the link at bottom right to go to tools):

<https://youth.anxietycanada.com/thinking-traps>

2) "I Can't Do It YET" – The Power of YET!

Watch this short video clip of Carol Dweck, the author of Growth Mindset, who discusses the power of yet to inspire your child to do great things.

<https://youtu.be/ZyAde4nllm8>



Pickup and Drop off

You **CAN** drop off:

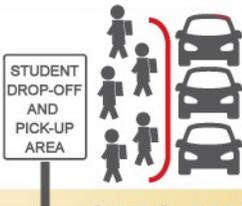
- On either side of Halliwell Avenue
- On Thomas Street – school side
- In the Baptist Church parking lot

You **CAN NOT** drop off:

- In the staff/visitor parking lot
- On Thomas Street across from the school

Hint: No sidewalk/no crosswalk → no drop off

SCHOOL SAFETY REMINDER:



Be sure to follow your school's pick up and drop off procedures.

More children are hit by vehicles near schools than at any other location.

Welcome Back, Mrs. Cameron!

Many of you may remember Mrs. Cameron from last year. She taught grade 3 when Ms McKenzie went on her maternity leave.

Mrs. Cameron has joined our staff once again and will be working at Uplands Tuesday, Wednesday and Thursdays.

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: _____