



# UPLANDS ELEMENTARY SCHOOL

## MAY 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](mailto:patricia.mouland@cmsd.bc.ca)

### THINGS TO LOOK FORWARD TO:

**Kindergarten/Grade 1s at the REM**  
Performing with Tiny Tones  
May 30<sup>th</sup>

**Forestry Trip**  
Mrs. Armstrong & Mrs. Shinde  
June 6<sup>th</sup>

**Welcome to Kindergarten Visits**  
June 7<sup>th</sup> (9:15-10:15/ 10:45-11:45)  
2019-2020 Ks will get a letter with their time in Mat  
2018-2019 Ks stay home for the morning

**Primary Day at the Lake**  
Celebrating National Indigenous Peoples' Day  
June 19

**Grade 6 Coffee House**  
Students and parents in the Uplands gym  
June 19, 1:00-2:00 pm

**Intermediate Day at the Lake**  
Celebrating National Indigenous Peoples' Day  
June 20

**Primary Sports Morning (K-3)**  
June 20

**World Cup Soccer**  
Mr. Gray, Mr. Stephens, Mrs. Shinde, Mrs. Armstrong  
June 21

**K-5 Fun Day Stations Outside**  
June 24, afternoon

**Grade 6 classes visit Skeena**  
June 24<sup>th</sup>, afternoon

**Try-A-Trade Day for Grade 5 students**  
June 25<sup>th</sup>

**Report Cards go home**  
June 25<sup>th</sup>

**End of Year Assembly and Last Day for Students**  
June 26<sup>th</sup>

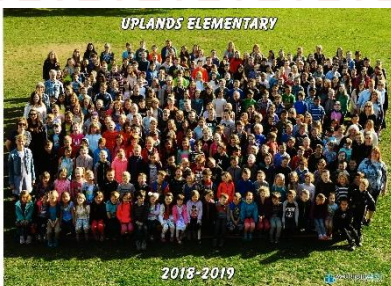
### Basket Raffle

Congratulations to all of our winners of the 14 fabulous baskets.

This was once again a very successful raffle with 1431 tickets being sold. The three most popular baskets were prepared by:

Mrs. Shinde's class with 169 tickets sold  
Mr. Stephens with 175 tickets sold  
Mrs. Heenan with 208 tickets sold.

All three classes were treated to a pizza party compliments of our wonderful PAC!



### School Photos

Our Panoramic School Photo is available to order. Order envelopes can be picked up in the office next week. \$15



Be sure to check out the Student Art submissions from our Fine Art students.

### Build-A-Whale

We were the host school for the program this week. The program targets grade 4/5 and five of our classes participated.

*In August of 1997, a Killer Whale was found floating 30 kilometers off the coast of Tofino, British Columbia. The animal was recovered by members of Strawberry Isle Marine Research Society, who performed a necropsy, and over the preceding years, cleaned and preserved her bones. A custom-built frame was made, and now she travels the province of British Columbia inspiring and educating both children and adults about marine conservation and the plight of endangered whales in B.C.'s waters. **The goal of the program is to connect people with nature, and encourage environmental stewardship for our marine environments and the iconic marine mammals that inhabit our oceans.***



## Healthy Habits TEA

This month's habits were:

### 1) Have Grit

If parents want to give their children a gift, the best thing they can do is to teach their children to love challenges, be intrigued by mistakes, enjoy effort, and keep on learning. That way, their children don't have to be slaves of praise. They will have a lifelong way to build and repair their own confidence.

— Carol Dweck



### 2) You have control over your actions

We know that mistakes and poor choices are part of learning. Sometimes, it is hard to own those mistakes or poor choices and easy to blame them on others. It is important for children (and adults) to learn that they do have control over their actions and as the adults in their life, we can help them develop self-regulation.

*"The key to learning self-regulation skills," says Dr. Matthew Rouse, "is not to avoid situations that are difficult for kids to handle, but to coach kids through them and provide a supportive framework — clinicians call it "scaffolding" the behavior you want to encourage — until they can handle these challenges on their own."*



## 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: \_\_\_\_\_