



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 SCHOOL

SEPTEMBER 2019

WELCOME BACK!

It sure was great to see everyone back last week! This year we welcome many new families to our school, including our 33 new kindergartens. We are so happy to have you join us and know that you are going to enjoy being part of our school community. Our community is now 293 students strong.

We welcome back most of our same staff from last year. Ms MacKenzie & Ms Fridriksson returned to us, teaching 2/3 and 4/5 respectively. We are pleased to have Mrs. Peerless, Mrs. Anderson & Mrs. Broughton join us as educational assistants. I am also happy to announce that we have a vice principal at Uplands this year. A big welcome to Ms Sousa!

We look forward to working together with you to help your children attain new goals and learn the strategies that they need to be successful.

If you have questions or comments, the office is always open to you, or you can contact us by calling 250-635-2721 or by emailing our secretary, Mrs. Davey, teri.davey@cmsd.bc.ca me, patricia.mouland@cmsd.bc.ca or Ms Sousa at cindy.sousa@cmsd.bc.ca

Kind regards,
Pat Mouland

Introducing Our New Vice Principal

Hello! My name is Ms. Sousa, and I am very excited to be joining the Uplands team as the new Vice Principal.

I have been an administrator with CMSD 82 for over 13 years. I was the principal of Majagaleehl Gali Aks Elementary in Hazelton for the past 4 years, but I am actually from Terrace and my home and family are here.

I'm eager to get to know you all and encourage you to say "Hi" to me if you see me around the school. I am working at learning the names of all students and really appreciate helpful reminders. I will be wearing a few different hats in my new role as VP and look forward to a terrific year ahead getting to know you all!

THINGS TO LOOK FORWARD TO:

PAC Meeting

Tuesday, September 10th, 6:30 pm
Uplands Library

Kindergarten Full Session

Friday, September 13th

Terry Fox Collection

Monday, September 16th - nickels & dimes
Tuesday, September 17th - quarters
Wednesday, September 18th - loonies
Thursday, September 19th - toonies
Friday, September 20th - any amount

Open House

Thursday, September 19th, 5:00-6:00 pm

Terry Fox Run

Friday, September 20th, 11 am

Orange Shirt Day/Pancake Breakfast Feast

Friday, September 30th
Wear orange to show "Every Child Counts"

Thanksgiving

Monday, October 14th

Photo Retakes

Thursday, October 17th

Non-Instructional Day

Friday, October 25th



UPLANDS OPEN HOUSE

September 19, 2019
5:00-6:00 pm

Everyone Welcome!



Healthy Habits TEA



We will continue using our Uplands Healthy Habits TEA this year to support social and emotional learning. It will be new and improved though because we had a lot of great input from students and staff.

This framework is also part of our School Growth Plan inquiry question:

To what extent will continued explicit teaching of social/emotional strategies using the Uplands TEA framework improve student success in writing?

Sept. 9-20 – *Be Kind to Yourself and Others*

Sept. 23-Oct. 4 – *Everyone Has Positive & Negative Thoughts.*



Our staff welcomed students back with some sidewalk chalk art.

Parent Information Package

Check your child's backpack for these important packages next week. **Please fill out and return forms asap.** Also included in the package is our **CARES Behaviour Expectations.** This is a draft copy and we welcome feedback from parents, students and staff. This will be used to provide common language and explicit teaching around our Code of Conduct.



Picture Day!

Picture Day is coming on Thursday, September 19.

After Picture Day, order your pictures on mylifetouch.ca using your Portrait ID and Access Code which will be on your Picture Day order form.

Uplands Recycling

We will continue to work on our Litterless Lunch this year.

We will be composting:

- fruit and veggie scraps
- paper towel



We will be recycling:

- paper and cardboard
- empty, strawless drink containers



Children will bring home all other items from their snacks and lunches. This includes plastic wrappers, straws, yogurt tubes and fruit cup containers.

Some families found great solutions for the items coming home including reusable plastic containers to line lunch boxes or glass storage containers that replaced lunch bags.

Thanks for your cooperation with this initiative.

Monthly Draw

After reading the newsletter with your family, please sign & return this portion of the newsletter. You could win a prize! If you have received this electronically, just send a reply to enter the draw.

Children/Child's Name: _____

Parent/Guardian Signature: _____

Comment: _____
