



# UPLANDS ELEMENTARY SCHOOL

## OCTOBER 2019

4110 Thomas St. Terrace, BC V8G 4L7  
Phone: 250-635-2721

School Hours: 9:00 AM – 2:53 PM

Principal – Mrs. Pat Moulard  
[patricia.moulard@cmsd.bc.ca](mailto:patricia.moulard@cmsd.bc.ca)

Vice Principal – Ms Cindy Sousa  
[cindy.sousa@cmsd.bc.ca](mailto:cindy.sousa@cmsd.bc.ca)

## HALLOWEEN HOWL



Thursday, October 31<sup>st</sup>, our Halloween Howl committee that includes our grade 6 leaders, has organized a gym full of station fun for our classes. Each class will visit the gym during the day

**Costumes** – children will wear their costumes in the afternoon only. This way they are not eating or playing outside at lunch in their costumes. Please be sure that your child is independent with getting their costumes on. When selecting costumes for school, we ask families to consider the young population that we serve and ensure that your child's costume is not too frightening or of a violent nature. Please leave weapons/props at home.

**Volunteers** – Do you have an hour or two to volunteer on this day? Head over to the PAC Facebook page and sign up for this fun event. Any looky-loos on the day will be recruited to help so best just to sign-up! 😊

### Look What Grew in the Library!

Many thanks to Lisa Strydom who built this latest addition for our school library.

It sure does add to the Updates that we have had to create a calm place to hang out and read books, write books or talk about books.



### THINGS TO LOOK FORWARD TO:

#### Movie Night

Thursday, October 24<sup>th</sup> 5:45-7:45 pm  
Doors open at 5:15 pm

#### Non-Instructional Day

Friday, October 25<sup>th</sup>

#### White Goat Coffee Fundraiser

Order forms last chance to return  
Monday, October 28<sup>th</sup>

#### Halloween Howl

Thursday, October 31<sup>st</sup>  
Activity Stations in the gym  
costumes in the afternoon

#### Remembrance Day Assembly

Friday, November 8<sup>th</sup>

#### No School – Remembrance Day

Monday, November 11<sup>th</sup>

#### Report Cards go home

Monday, November 25<sup>th</sup>

#### Early Dismissal &

#### Parent/Teacher Interviews

Wednesday/Thursday, November 27/28<sup>th</sup>

### Safe Drop Off/Pick Up

We sure do appreciate that caretakers are more mindful of attention to the traffic signs (no parking, no stopping) and having their children use the crosswalks rather than modelling/encouraging jay walking.

We are still concerned about the number of cars that are u-turning in the drop-off and pick-up zones. Please help us keep all of our students safe.





# Healthy Habits TEA



We have continued to work with our framework for Social Emotional Learning.

The past month's habits were:

### 1) Practice Daily Gratitude:

There is no shortage of research on the benefits of daily gratitude. It has proven to improve physical health, psychological health, sleep, relationships, self-esteem and mental strength.

The Anxiety Canada website has a lot of great resources. Here is one of their articles on daily gratitude:

<https://anxietycanada.com/articles/dont-worry-be-grateful-why-being-thankful-isnt-just-for-thanksgiving-day/>

### 2) Everyone has positive and negative thoughts:

## Positive Thoughts



TO KEEP

## Negative Thoughts



TO SHRED

The Coast Mountains School District 82 is accepting applications for the following positions in Hazelton, Kitimat or Terrace:

### Teachers Teaching on Call Education Assistants on Call

Priority will be given to applicants meeting the essential qualifications. See our website at [www.cmsd.bc.ca](http://www.cmsd.bc.ca) under QUICKLINKS for more information. Email applications to: [hr@cmsd.bc.ca](mailto:hr@cmsd.bc.ca)

For further information, please contact: Human Resources at 250-638-4440

Thank you for your Donations! Uplands Elementary students Raised \$554 for the Terry Fox Foundation.



### Orange Shirt Day/Pancake Breakfast

What a big success it was! A big thanks to our parents who came out and flipped over 300 pancakes. Delish! Gratitude also for matriarch Sharon Bryant and Erica Ryan-Gagne for their contributions with welcoming to the territory, song and drumming.



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