



# UPLANDS ELEMENTARY SCHOOL

## NOVEMBER 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)

### Christmas Coffee House Concerts

We once again look forward to welcoming you to our coffee houses featuring your children performing some Christmas selections. Once students have performed, there will be a social time where you can enjoy a hot drink and baking with your child. Extended family members are also welcome to come.

#### Baking:

We are asking that each family bring in 1-2 dozen baked items (ex. cookies, cupcakes, pre-cut squares) on the morning of their performance. All baking should be nut-free. If your child has different dietary needs, please provide labeled baking that meets those needs. Thank You!

#### Dress:

Children are encouraged to dress in nice concert attire. The band students will be wearing their Dare to Dream t-shirts and black pants.



### Christmas Food Hamper Collection

We are collecting food items for the hamper drive. Below are some suggested items that are always needed at the food bank.



#### Food Item - Point Value

##### Cereals & Staples

Cereal - 4  
 Flour (5lb) - 3  
 Sugar (5lb) - 3  
 Peanut Butter - 4  
 Jam/Jelly - 3

##### Dairy Products

Milk (Powder) - 2

##### Soups

Canned - 1

##### Meats

Canned Meat - 2  
 Canned Fish - 2

##### Miscellaneous

Tea - 3  
 Coffee - 3  
 Hot Chocolate - 2

##### Baking Supplies

Cooking Oil - 3  
 Cake/Cookie Mixes - 2  
 Pudding/Jello - 1

##### Pastas

Kraft Dinner - 1  
 Pasta (dry) - 2  
 Rice - 3  
 Canned Pastas - 2  
 Ramen Noodles - 1

##### Fruit

Canned - 2  
**Vegetables**  
 Canned - 2  
 Dried Peas/Beans - 3

##### Personal Needs

Hair Shampoo - 3  
 Toilet Paper - 2

##### Baby Needs

Baby Foods - 1  
 Pablum/Formula - 3  
 Unwrapped gift - 4  
 Cash - 1 pt per \$1

### THINGS TO LOOK FORWARD TO:

#### Report Cards

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

#### Book Fair

Wednesday, November 27<sup>th</sup>, 8:30-3:00 pm

#### Parent Teacher Interviews

Early Dismissal at 1:53 pm

November 27 & 28

#### Western Day

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



#### Movie Night

Thursday, November 28<sup>th</sup>, 6:00-7:45

#### Professional Development Day

Friday, November 29<sup>th</sup>

No school for students

#### PAC Meeting

Uplands Library

Tuesday, December 3<sup>rd</sup>, 6:30 pm

#### Christmas Coffee House Concerts

December 17-19<sup>th</sup>

#### PJ Day and Movie Afternoon

Friday, December 20<sup>th</sup>

#### Christmas Holidays

December 23<sup>rd</sup> - January 2<sup>nd</sup>

### Coffee House Concerts Schedule

#### December 17:

10:00-11:00 - Mrs. Dams'/Ms Tallboy's classes  
 1:15-2:15 - Mrs. Dunham's/Mrs. Barron's classes

#### December 18:

9:15-10:15 - Ms Ott's/Mrs. Scott's classes  
 11:00-12:00 - Mrs. Heenan's/Ms MacKenzie's classes  
 1:30-2:30 - Mr. Gray's/Mr. Stephen's classes

#### December 19:

10:00-11:00 - Ms Fridriksson's/Mrs. Shinde's classes  
 1:00-2:00 - Ms Siebring's/Mrs. MacKay's classes



## Healthy Habits TEA



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

The month's habits were:

### 1) All emotions are okay.

We really want students to understand that emotions are not good or bad and that children and adults experience all emotions.

They do need help with building vocabulary to identify and express their emotions in positive ways. Here is an article that you may find helpful:

<https://kidshelpline.com.au/parents/issues/helping-kids-identify-and-express-feelings>

### 2) Everybody makes mistakes or poor choices.

Our goal is that children will understand that everyone makes mistakes and poor choices and these do not define us. We support students to take responsibility and work through the steps when they do make a poor choice:

1. Own it
2. Fix it
3. Learn from it
4. Move on from it

IT'S NOT HOW  
WE MAKE  
MISTAKES, BUT  
HOW WE  
CORRECT THEM  
THAT  
DEFINES US.

## Uplands Eagles Volleyball Teams

Our volleyball teams had a busy season. They represented our school well and really increased their skills as individuals and as a team.

A big thanks to our coaches,  
Mrs. Shinde and Mrs. McKay!



## Halloween Howl



We would like to extend a big thank you to all parent volunteers and student leaders who made our Halloween Howl possible. Because of your efforts and support, students thoroughly enjoyed the fun activities at each station.

## Important Reminder for Parents/Guardians

Please be sure to inform the school of any allergies or other life threatening illnesses your child has, and remind children to be aware of their environment and possible allergens.

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