



UPLANDS ELEMENTARY SCHOOL

DECEMBER 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

Vice Principal – Ms Cindy Sousa
cindy.sousa@cmsd.bc.ca

Merry Christmas and Happy New Year!

The snow has finally arrived so now we are feeling ready for all of the December festivities. Please make note of all of our upcoming activities including Ugly/Festive Sweater and Accessory Day and our Christmas Coffee Houses.

The end of this calendar year brings some changes to our Uplands staff. We are sad to see Ms Allain, our intermediate resource teacher, and Ms Sousa, our vice principal, move on to different schools to continue their learning journeys. Ms Allain will be the Art Teacher at Nisga'a Elementary Secondary School. Ms Sousa will be joining the Ecole Mountainview staff as their Principal. We know that their new home schools will love having them as much as we have.

We are pleased to be welcoming Mr. Geary as our new Vice Principal in January. He brings a lot of skills with him that will contribute to our school community.

On behalf of the staff, I'd like to wish you all a very safe and happy holiday! See you in 2020!

THINGS TO LOOK FORWARD TO:

Ugly Sweater and Accessory Day
December 16th

Christmas Coffee Houses

Thanks in advance to families who are able to contribute 1-2 dozen cookies or squares for our coffee houses. Items can be dropped off in the gym on the day of your child's performance.

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 – Ms 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. McKay's classes

PJ Day and Movie Afternoon
December 20th

Winter Break
December 23rd – January 3rd

HAPPY NEW YEAR
Back to School
January 6th

Grade 6 Ski Trips
January 23rd
February 13th
March 6th

NID – No School
January 31st

Family Day Holiday
February 17th

Band Retreat Workshops
February 24th-28th



Healthy Habits TEA



This month's habits:

- 1) If you make a poor choice:
Own it
Fix it
Learn from it
Move on from it

Your mistakes don't define your character. It's what you choose to do after you have made the mistake that makes all the difference.

DaveWillis.org

Reminding children that we all make poor choices and when we take responsibility for them, we increase our chances of making better choices moving forward.

- 2) Practice Daily Gratitude
This practice does make a difference. Here is some of the research in this article from Harvard Medical School

<https://www.health.harvard.edu/healthbeat/giving-thanks-can-make-you-happier>

THANK YOU...

for all of your generous donations to the Food Bank Hamper Drive.

Thanks also to Ms MacKenzie and Ms Heenan's classes who organized the Hamper Drive.



Labeling Winter Clothing

Please help us to make sure that your children go home with their winter clothes. Many children have the same winter boots, coats, etc. as other children. They get mixed up or end up in lost and found. When items are labeled, it makes it much easier for us to reunite items with owners.

On that same note, Lost & Found items will be dropped off at the thrift store next Friday, December 20th. Please remind your child to check all lost and found hampers if they are missing anything.

School-wide Life Skills Focus

Our staff would like to pick a life skill per month to focus on and enlist parent/guardian support with. Depending on age, your child may not master all of the skills but can have some daily practice at home to build on the skills that they have.

This next month we want to focus on personal information including:

~full name – can answer “What is your first (middle/last) name?”

~parents’ first and last names

~primary address

~home phone number and/or parents’ cell phone number(s)

Grade 4/5 Snow Pass

Once again, Ski Canada is offering 3 ski/snowboard passes for \$29.99 to grade 4 & 5 students. Shames Mountain and Hudson Bay Mountain in Smithers are both participating ski hills.

Visit the Ski Canada website for more info:

<https://www.skicanada.org/grade-4-5-snowpass/>



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 or more family draws.

Children/Child's Name: _____

Parent/Guardian Signature: _____

Comment: _____
