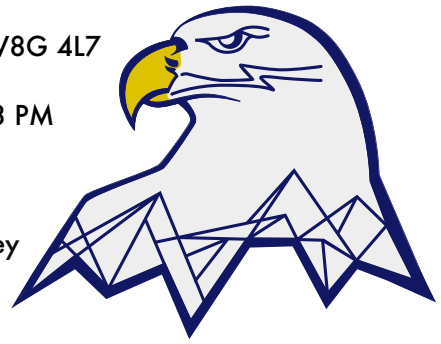


# UPLANDS

## ELEMENTARY

### MARCH 2020

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)  
Vice Principal – Mr. Eric Gearey  
[eric.gearey@cmsd.bc.ca](mailto:eric.gearey@cmsd.bc.ca)



## UPLANDS ELEMENTARY SPIRITWEAR


Purchase your own Uplands themed clothing at the link below. This year's hottest looks: t-shirts, hoodies, pullovers, even toques! Only available until March 13th, 2020.



[spiritwearcanada.ca/uplands\\_elementary](https://spiritwearcanada.ca/uplands_elementary)

### THINGS TO LOOK FORWARD TO

## MARCH 2020

- Mar 5•** Hot Lunch - Dominos Pizza
- Mar 6•** Grade 6 Ski Trip
- Mar 9•** Green Thumb Theatre (PM)  
REPORT CARDS HOME
- Mar 11•** Early Dismissal @ 1:53  
Parent/Teacher Interviews
- Mar 12•** Hot Lunch - Dominos Pizza  
Early Dismissal @ 1:53  
Parent/Teacher Interviews
- Mar 13•** Last day of classes
- Mar 16•** 
- Mar 30•** Classes resume

### BASKETBALL

Thank you, *Players, Coaches, Staff Sponsors and Refs* for an **INCREDIBLE** season! This season we were fortunate enough to have some incredible coaches, *Erica Ryan, Mrs. McKay and Dana Haworth*, lead a Girls' team and a Boys' team respectively.

The teams developed their skills, strategies and relationships as the season progressed. While baskets were scored intermittently, the smiles on the everyone's faces never faded.

With the majority of the UES Eagles' games being played at home, we are very grateful for our Officiating Staff of *Mrs. Siebring and Mr. Stephens* for keeping the games fair and safe.

The season drew to a close this week and ended with a ceremonial Students vs Staff game Tuesday afternoon in front of a packed gymnasium.

## Healthy Habit TEA

**Which wolf do you feed?** This is based on the Cherokee legend about the battle within between positive (joy, generosity, compassion, truth, peacefulness) and negative (fearful, jealous, envious, resentful). Here is a video that explains it:

<https://youtu.be/vzKryaN44ss>

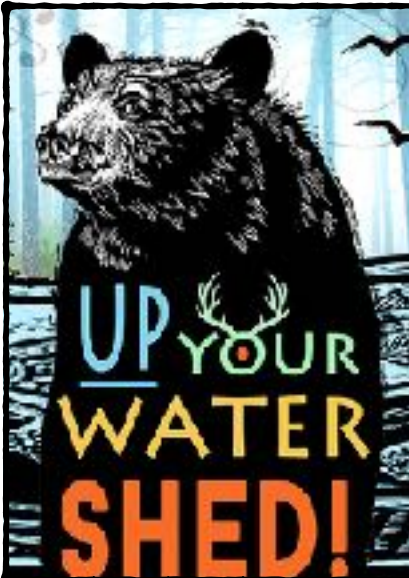
## STUDENT LEARNING SURVEY

Help us plan for the future – tell us about your education experience. Students in Grades 4, 7, 10 and 12, their parents and all staff in B.C. public schools are invited to participate in an annual online satisfaction survey about their school experience.

The survey takes about 30 minutes to complete. Student and staff surveys are available in English and French. Parent surveys are available in 16 additional languages. The survey covers a range of topics, providing a comprehensive picture of the educational experience in B.C. public schools. Feedback from participants provides valuable insight for addressing current needs and trends.

- Students will be taking the survey at school before Spring Break.
- Parents can access the survey at:

<https://www.awinfosys.com/SurveyFull1/central/main/access.asp>



Mark your calendars! April 3, 6 and 7 our school will be involved in a 3-day music residency with singers Holly Arntzen & Kevin Wright as part of their 2019 Skeena Concert Tour: "Up Your Watershed!". Students from Grade 1 to 5 have been practicing their songs about Earth stewardship and will present them at an evening performance on Tuesday, April 7th at the REM Lee Theatre. Doors open at 6:30pm and the concert will start at 7 pm. Up Your Watershed tickets will be \$10 for adults and \$5 for children. Tickets on sale March 30 at Uplands, Misty River Books and also available at the door on April 7.

## LIFE SKILLS FOCUS

This month we would like our focus to be on hygiene for health. Let's get our children washing their hands properly and often with soap and water for 20 seconds. Making sure children get enough sleep is also key to good health. The Public Health Agency of Canada recommends 9-11 hours of sleep for children ages 5-13. The stats are that 25% of Canadian children are sleep deprived. This can lead to hyperactivity, increased stress and anxiety and poor mental health.

### MONTHLY NEWSLETTER 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: \_\_\_\_\_

Comments: \_\_\_\_\_