



UPLANDS ELEMENTARY

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Bi-Weekly Newsletter—November 9, 2023

Important Dates:

- Nov 10 No School (Remembrance Day observed)
- Nov 16 Lifetouch Photo orders due
- Nov 15 and 16 School Book Fair
- Nov 20 Student Learning Updates go home (aka—report cards)
- Nov 22 and 23 Early dismissal days (students will be dismissed at 1:56 p.m.)
- Nov 22 and 23 Parent/teacher conferences
- Nov 24 Professional Development Day (no school)
- Nov 24 PAC Movie Night

Principal's Message

Parent/Teacher Conferences

Parent/teacher conferences will be coming up on our early dismissal days. The interviews will run between 2:00 p.m. and 4:00 p.m. Times must be arranged in advance by contacting your child(ren)'s teacher(s).

We had a very successful Remembrance Day Assembly. I would like to personally thank Mrs. Hollett for working with our grade 4, 5, and 6 students to prepare for today. All students were very respectful during the solemn assembly. Thank you to the parents who were able to come and show your support.

We have our Grade 6 boys and girls volleyball teams practising and getting ready for some games. A schedule has not been made yet, but the players will get a schedule to bring home.

Early Dismissal Days

Students will be dismissed at 1:56 p.m. on both November 22 and November 23

Our Grade 4 students finished the FSA this week. Parents will receive results in the coming weeks.

Sincerely,
Annette McAlpine
Principal



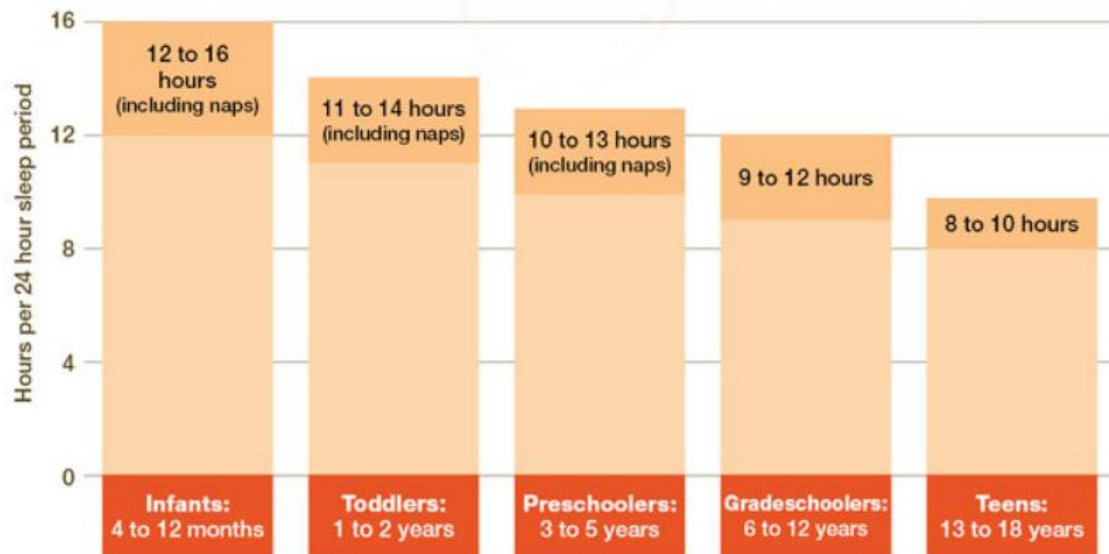
Uplands is a NUT and Peanut free school. We have students who are anaphylactic to all nuts. This includes hazelnuts which is the main ingredient of Nutella.

Blue Light and Its Effect on Sleep

Whether it is a phone, laptop, or other electronics, the light that these items emit tricks the brain into thinking that it is time to wake up instead of it being time to fall asleep. Blue light is the worst because it stops the body from releasing melatonin. Darkness triggers the release of melatonin a couple of hours before bedtime. **"Teens are more sensitive to the effects of blue light than adults are."** It is recommended the screens should not be viewed for an hour or two before bedtime. What can children do? Play a board game, play with a pet, read a book, or hang out with family!

[Does the Light From a Screen Make it Hard to Sleep? \(for Teens\) - Nemours KidsHealth](#)

How much sleep do kids need?



*The American Academy of Pediatrics (AAP) has issued a Statement of Endorsement supporting these guidelines from the American Academy of Sleep Medicine (AASM).
Source: Paruthi S, Brooks LJ, D'Ambrosio C, Hall W, Kotagal S, Lloyd RM, Malow B, Maski K, Nichols C, Ouan SF, Rosen CL, Troester MM, Wise MS. Recommended Amount of Sleep for Pediatric Populations: A Statement of the American Academy of Sleep Medicine. J Clin Sleep Med. 2016 May 25. pii: jc-00158-16. PubMed PMID: 27250809.

It's Getting Colder

As the weather gets colder, please check that your children are properly dressed for the weather. It has been rainy and cold! I am sure the snow will be falling soon!

