



UPLANDS ELEMENTARY

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Bi-Weekly Newsletter—October 27, 2023

Important Dates:

- Oct 31 Hallowe'en Howl 9:30—1:30
- Nov 1 Pajama Day
- Nov 2 Mixolydian Performance for students
- Nov 9 Remembrance Day Assembly—families invited



Principal's Message

To improve communication with Uplands families, I will be sending home bi-weekly communications from now on.

In our gymnasium, our primary students have been enjoying their big equipment days on Tuesdays. I see students climbing, flipping, and balancing! The intermediate students have been enthusiastically honing their volleyball skills on Thursdays. I see some real skill building!

The next two weeks will be busy with Hallowe'en Howl, a Mixolydian performance, and our Remembrance Day Assembly.

We look forward to seeing you!
Sincerely,

Annette McAlpine
Principal

Hallowe'en at Uplands Hallowe'en Howl

Students and staff are excited to be participating in PAC's Hallowe'en Howl on Tuesday.

Costumes

Students know about costume guidelines:

- no gore (blood, killing, etc.)
- no weapons
- no masks
- nothing suggestive
- worn in the **afternoon only***
- make up put on at home, please
- easily changed in to

***Mrs. Cameron's class and Ms. Siebring's class are leaders at the Howl, so they will wear their costumes all day.**

It's Getting Colder

As the weather gets colder, please check that your children are properly dressed for the weather. We have had beautiful, sunny days, but it has been very cool.





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.



Families are invited to join the Uplands students and staff in the Remembrance Assembly.

Date: November 9th

Time: 11:00 a.m.--11:45 a.m. (doors open at 10:45)

Place: Uplands gymnasium



Volleyball

Volleyball is starting up for our Grade 6 students. The girls' team will be practising every Monday and Wednesday from 3:15 p.m. until 4:00 p.m. We are still arranging the boys' practice times.



Hey, hey, hey, it's a Pajama Day on November 1st. Small stuffies are allowed, too!

Tips for Managing Sugar Intake After Hallowe'en

1. Maintain a solid foundation of healthy foods and snacks (e.g., fruits, vegetables, whole grains, lean protein)
2. Include candy in healthy snacks (e.g., throw in some smarties with apple slices and peanut butter; make a trail mix and add some gummies or fruit snacks; put some candy in Greek yogurt)
3. Swap for incentives. Children can trade candy for books, games, toys, etc. Put candy in the freezer for a movie night or games night.
4. Keep candy in a central location for all the family to enjoy. Avoid keeping food in your child's bedroom.

Hamilton Health Sciences. [Managing sugar intake after Hallowe'en](#)

