



UPLANDS ELEMENTARY SCHOOL MONTHLY PARENT NEWSLETTER DECEMBER, 2011

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Calendar At A Glance

Mondays @ Noon	-Volleyball practices for grade 5s
Thursdays @ Noon	-Volleyball practices for grade 4s
Dec. 9 th	- Santa's Workshop
Dec. 15 th pm & 16 th am	- Winter Concert
Dec. 16 th	- Last day of school, Winter Break begins
January 3 rd 2012	- Schools reopen
January 12 th	- Farm Bag Delivery
Jan. 27 th	- Spelling Bee
Feb. 9 th	- Ready, Set, Learn

Principal's Message – November Highlights:

➤ Parent/Teacher Interviews

➤ Gr. 4/5 Volleyball

➤ Sledding in the snow☺

➤ Uplands' Grade 4/5 Student Leadership Conference:

Student Leaders from PSS and PMSS "lead the way" as they presented sessions titled, *Be Your Own Super Hero, Global Awareness, Uniquely You, and Cooperative, Trust-Building Games*. The key note speakers were Ethan McClusky and Layne Richardson from PSS. They spoke about their memorable trip to Tanzania. Uplands' grade five student leaders were also actively involved as they performed the introductions and thank-yous for the conference. Naramata's grade four and five students joined us, as well. Over 100 elementary students participated and 15 presenters. The whole conference was inspirational and fun!!

➤ Remembrance Day Assembly –

Division 6 lead a **very meaningful** Remembrance Day assembly on Nov. 10th. Many thanks go out to our awesome coordinator, Ms. Street, her wonderful gr. 2/3 students, and to Mrs. Bevington and her helpful students from Princess Margaret Secondary School.

➤ SMARTLearning (action research) and Self-Regulation Inquiries

➤ A new SMARTBoard (Thank-You PAC)

➤ Buddy Classes and several Student Leadership activities – our "Uplands" family encourages older students working with younger students☺

➤ Div. 4 visits to Village by the Station

➤ Our first Farm Bag delivery (promoting healthy eating☺)

We are so very grateful for our family volunteers, PAC and community partnerships. Working together makes such a positive difference in our children's lives. On behalf of all of our staff, we wish Uplands' families a wonderful Winter Break. We look forward to seeing you at our concert on Dec. 15th and 16th, too!!



SAFE ARRIVAL

Please contact our office at 250-770-7678 to advise if your child is going to be away or late for school for any reason. Please feel free to leave a message on our answering machine before or after school hours.

STUDENT PLANNERS

Please use your student's planner to inform your child's teacher of important information regarding your child. If you are picking up your child early for doctor appointments or other activities or have a change in their normal routine, we ask that you simply put a note in the planner. Play dates should be arranged the night before with all parents involved. We do not permit students to make play dates from school for safety reasons. Please also discuss these changes or arrangements with your child. Thank you for your cooperation in this matter.

SCHOOL SPIRIT DAYS...Uplands T-Shirt Friday

School Spirit Days are every *Friday* at Uplands, *with the exception of Pyjamas Day tomorrow, Friday Nov 25th*. Wear your school clothes or black or red to show your school spirit. Samples of school clothes and order forms are located in the general office.



PAC

Meetings are held monthly in the school library. At these meetings decisions are made affecting your children, and your input is important. All parents are most welcome☺. Please see the PAC bulletin board in the school across from the office for sign up sheets and more information about meeting times and events. Our next PAC meeting is on **Dec. 6th at 6:45 pm.**

Plus: Look for Uplands PAC on Facebook! "Like" us to follow PAC news!!

Executive for 2011/2012

Chairpersons: Tracey Foreman

Vice Chair: Tracy Kelly

Secretary: Tammy Parsons

Treasurer: Simone Peters

Hot Lunch: Doris Tilley and Debbie Giroux

1:1 Reading: Katherine Pankiw

Many thanks to those who have stepped up to volunteer on our PAC – much appreciated!! Keep it coming!! We still need class reps for some of the divisions ☺.

Our November PAC newsletter was delivered to classrooms this past Friday. It introduced 3 new fundraisers...Poinsettia sales, Jack Kelly coffee sales, and Fundscrip Gift Card sales as well as information regarding our upcoming Santa's Workshop and Winter Concert. . If you have more than one student in our school, the newsletter was given to the oldest child. All of the order forms and payment are due no later than this coming Friday, November 25th. If you have not received this newsletter and are interested in looking at these fundraising options, please drop by the office to pick up the order forms or email us at forpeanut@shaw.ca



PAC MAGAZINE SALES

Thank you to the many families and friends who ordered magazines. If you have any questions please feel free to contact Iris at 250-493-1922. Orders may still be placed **online at QSP.ca** throughout the year. Please use code #2188 when placing online orders. Uplands PAC will still receive a benefit from these late orders.

WINTER CONCERT

Our winter concert, *A Pirate Christmas*, will take place on Thursday, December 15th at 1:15 pm and Friday, December 16th at 10:45 am. (Due to the provincial teacher job action, schools will not be able to have evening performances.) Our students have been working hard to prepare for this wonderful event and the Uplands PAC will be selling baked goods and Christmas items in the Music Room before and after the performances. We look forward to seeing everyone there!



VOLLEYBALL



Grade 4 and 5 Volleyball has started up and is well attended by grade 5s on Mondays and grade 4s on Thursdays at lunch. Students work on both skill development and an understanding of the game.

LOST AND FOUND

Please take the time to stop in or have your child look in our lost and found box before the Christmas break. There are several hoodies, jackets and other clothing of importance that your child thinks may be lost but are in the box. Our lost and found is located near the gymnasium entrance.



LICE

With winter approaching, hats and toques will be coming to school ☺. It is important to remind children **NOT** to share hats and scarves. It is also recommended that parents check all children and family members on a **weekly** basis and treat as necessary. For further information please call Interior Health or visit their website www.interiorhealth.ca.

CANSPELL SPELLING BEE

POSTMEDI/ **Canspell** WORD of the DAY
2012 national spelling bee

discriminate
\\diss-KRIM-ih-nayt\\ (verb)
DEFINITION: to see the special features of
One of the important skills for judging a dog show is the ability to discriminate between dozens of breeds.

From Merriam-Webster Online at www.Merriam-Webster.com

Uplands is registered for this year's CANSPELL Spelling Bee. According to CANSPELL Spelling Bee rules, entrants must be 9 years old to participate in this event. We will have a School Spelling Bee for Divisions 1, 2 and 3 in January to determine our entrant into the Okanagan Regional Spelling Bee. Student kits are available in the classrooms involved. There are suggestions for ways to support Spelling Bee enthusiasts on the CANSPELL Spelling Bee web-site. www.canada.com/canspell/index.html

WINTER WEATHER

With the arrival of snow and the colder weather, it is extremely important students come to school dressed appropriately. Students are expected go outside for recess and lunch. When we have snow, students **must** have snowpants, hats, mitts, jackets and boots in order to slide on the hill. If you have not already done so, please ensure your child has proper indoor footwear at school.

SANTA'S WORKSHOP

This year's Santa's Workshop will be on Friday, December 9th in Uplands School Gym. All classes will tour through Santa's Workshop during the morning and have the opportunity to buy Christmas gifts for their family members. Most items are 25 cents ranging up to \$2.00. Students will be shopping for gifts for their brothers, sisters, moms and dads, so we will need a full spectrum of items such as pocket books, puzzles, soft toys, videos, jewelry, ties, trinkets, kitchen gadgets, tools, various toys, games, and things for Dads. We ask that any items sent to school are clean and in working/playing order. If you have any small, new or gently used items you would be willing to donate, please drop them off in the office between 8:00 am and 3:30 pm.



A sign up sheet for volunteers is located on the bulletin board in the main hallway. Please stop by and sign up for a time slot that works for you. Your help would be greatly appreciated.

Proceeds from this event go toward a Christmas Wish family that Uplands School sponsors. Last year, we were able to raise \$650.00 to help 6 different families. We thank you for your contribution to this fun event and worthy cause.



BC FRUIT AND VEGGIE PROGRAM

Fruit For Snacks and Desserts

Keep washed fresh fruits and canned fruit cups handy for instant, low-fat snacks.

Research shows that children tend to eat more fruit if it is cut up and peeled for them. So have bowl of prepared fruit pieces in the fridge in easy reach for quick snacking. Some fresh fruits turn brown when exposed to the air (e.g. apple and pear slices). You can prevent this by dipping the pieces in lemon juice.

Cut up fresh fruit and combine with canned and frozen fruit to make your own fruit cocktail.

Eat Together

In recent studies, researchers have found that students in grade 4 to 6 who ate dinners with their family consumed more vegetables, more fruit and juice and less pop.

Eating together is a challenge for today's busy families but making an effort even a couple of days a week can make a difference to long-term health.

When adults and children eat together:

- Children do better in school
- Children have fewer behavior problems
- Communication improves between children and adults
- Meals are more nutritious and healthful

Refer to the BC Agriculture in the Classroom website for current research references: <http://www.aic.ca/bc>

REPORT CARDS:

Parents/Guardians rely on report cards as a key source of information on their child's progress. A report card normally provides parents with important information, including who the child's teachers are, what classes their child is enrolled in, the child's attendance and whether or not their child is on track to successfully complete course/grade requirements (marks and comments). This fall's student reporting process is complicated by the provincial teachers' strike and associated Labour Relations Board essential services order, which currently does not require teachers to produce report cards (please see letter from our Superintendent, Ms. Hyer, attached to your child's report card). Therefore, the report cards going home tomorrow will not have marks or comments this term. However, the attendance is up to date and students are continuing to study the full curricula of Language Arts, Mathematics, Social Studies, Science, Physical Education, Arts Education, Computers, Health and Career Education and Daily Physical Activity. Please contact the school (250-770-7678) if you wish to directly follow up with your child's teacher regarding your child's progress.

UPLANDS ELEMENTARY SCHOOL DECEMBER, 2011



		Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Gr. 4 Volleyball @ Lunch	2	3
4	5 Gr. 5 Volleyball @ Lunch	6 PAC meeting 6:45 pm	7 <u>Hot Lunch</u> <i>Little Caesar's</i>	8 Gr. 4 Volleyball @ Lunch Farm Bag Delivery 3:00 pm-5:00 pm	9 SANTA'S Workshop 9:15-12:00	10
11	12 Gr. 5 Volleyball @ Lunch	13	14 <u>Hot Lunch</u> <i>Hot Dogs</i>	15 Winter Concert Performance 1:15 pm	16 Winter Concert Performance 10:45 am	17
18	19	20	21	22	23	24
Winter Break						
25  <i>Christmas Day</i>	26  <i>Boxing Day</i>	27	28	29	30	31 *  <i>New Year's Eve</i>

SAFE ARRIVAL 250 - 770 - 7678

Students arriving after 8:50 am must check-in at the office! Thank you!

School reopens January 3, 2012