
Uplands Elementary/Uplands Montessori

4471 – 207 A Street Langley, BC V3A 5V8
Phone: 604-533-1285 Fax: 604-532-9748
School Website: <https://uplands.sd35.bc.ca/>

Principal: Ryan Neufeld
Email: ryneufeld@sd35.bc.ca

Admin Assistant: Deanna Halldorson
Email: dhalldorson@sd35.bc.ca



Family Fridge Memo Oct 24, 2024

Dear Parents and Guardians,

As we navigate through another exciting school year, I want to take a moment to emphasize the importance of the connections we build with our children. In our fast-paced world, it's easy to get caught up in the hustle and bustle of daily life, but the time we spend with our kids is invaluable.

Why Connection Matters

Research consistently shows that children who feel connected to their parents are more likely to excel academically, socially, and emotionally. These connections provide a foundation of trust and security, helping our children to navigate the challenges they face both in and out of school.

Simple Ways to Connect

1. **Quality Time:** Dedicate time each day to engage in activities your child enjoys. Whether it's reading a book together, playing a game, or simply talking about their day, these moments are precious. Limiting individualized screen time is often a first step to increase connection and togetherness.
2. **Active Listening:** Show genuine interest in what your child has to say. Listen without interrupting and validate their feelings and experiences.
3. **Shared Interests:** Find common hobbies or interests that you can enjoy together. This not only strengthens your bond but also creates lasting memories.
4. **Encouragement and Support:** Celebrate your child's achievements, no matter how small, and provide support during challenging times. Your encouragement can boost their confidence and resilience.

Our Commitment

At Uplands, we are committed to fostering a supportive and nurturing environment for your children. We believe that a strong partnership between home and school is essential for their success. Let's work together to ensure that our children feel loved, supported, and connected.

Thank you for your continued support and dedication to your child's education and well-being.

Ryan Neufeld,
Principal - Uplands Elementary School

Action Required:

- Oct 25th Professional Development Day – Students Not in Session (School is closed)**
- Photo Retake Day:** Oct 28th in the AM
- Lunch Lady -** We are happy to share the good news that **we will be expanding our school meal program by offering an optional, weekly hot lunch program delivered by the Lunch Lady.** Order before Thursday to receive the Hot Lunch Tuesday! **You can order for the whole month!**

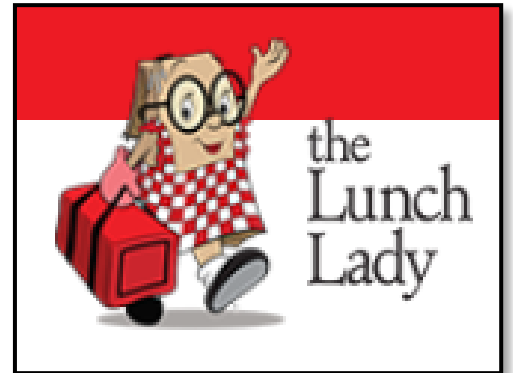
The Lunch Lady is now ready to take your order!

Please see attached letter and HOW TO ORDER document from the LUNCH LADY

[Lunch Lady Letter SY 2024_2025.pdf](#)

Please note this is separate from the PAC Hot Lunches.

The November menu is now available! (See below)



- Halloween Costumes -** Halloween is a such an exciting time for kids....and for many adults. If your child is planning to come to school with a costume on Thursday, Oct 31st, please leave masks (that hide identity) and weapons (that may be problematic and distracting) at home.



- Fall brings wind & rain. Please have your children **dress appropriately** every day **for the weather.** Please pack a **spare change of clothes** that can be **kept in your child's backpack,** please include a pair of socks.



From the PAC:

- ☐ **Booster Juice Orders close Oct 26th** – Order through Munch-A-Lunch.
- ☐ Sushi Hot Lunch - Nov 7th
- ☐ Sound Bath in the Gym. Nov 15 @ 7:00pm – 8:00pm
Join Carlee for an evening of restoration and healing for the whole body, mind and soul. All proceeds go to Uplands Elementary PAC.

https://www.eventbrite.ca/e/sound-bath-for-a-cause-tickets-1028234686627?aff=oddttdtcreator&fbclid=IwZXh0bgNhZW0CMTEAAR3h0GCS_TwpVV2ETwWJITvFd1pxKk6mJKBaKTn4DVSPsn2t5mG8QABnxc_aem_9JqTk5JT3AX7nX5WQmUu2w

- ☐ Subway Hot Lunch - Nov 26th
- ☐ Nov 27th PAC Meeting @ 6:00 pm – Library and Zoom
- ☐ Dec 14th Curling & Pub Night - Parents Night Out (more information to come)



Sound Bath For A Cause

**Friday November 15th 7-8 p.m.
Uplands Elementary 4471 207 A St. Langley**

Join Carlee, Owner of Oxygen Yoga Brookwood, 500 HR Yoga Instructor and Sound Healer for an evening of restoration and healing for the whole body, mind and soul.

**Minimum suggested donation \$20
All proceeds go to Uplands Elementary PAC
Every person who attends will be entered into a draw for a prize basket containing Oxygen Swag!!**

Important Dates:

- Oct 25 - **Professional Development Day – Students Not In Session**
- Oct 28 - Photo Retake Day
- Oct 31 - Halloween _ Trick or Treat
- Nov 1 - Booster Juice Delivery (this is not a hot lunch)
- Nov 6 - Fire Drill
- Nov 7 - Hot Lunch – Sushi
- Nov 7 - Remembrance Day Assembly
- Nov 8 - **Pre / Design & Assessment Day – Students Not In Session**
- Nov 11 - **Remembrance Day – School Closed**
- Nov 15 - Spirit Day - Jersey Day
- Nov 26 - Excel Marital Art Classes in the Gym
- Nov 27 - **Student Inclusive Conferences – Students Not in Session**
- Nov 28 - **Student Inclusive Conferences – 2hr Early Dismissal**
- Nov 29 - Spirit Day – Facial Hair Day

November 2024 Langley MENU – Tuesdays



Tuesday	Week 1 11/05	Week 2 11/12	Week 3 11/19	Week 4 11/26
Regular	Smiling Shepherd's Pie Mashed Potato Fruit	Perogies PEI Mixed Vegetables Sour Cream Fruit	Turkey Hot Dog Fresh Veggies & Dip Ketchup Fruit	BBQ Chicken Drumsticks Mashed Potatoes Corn Fruit
2nd Choice	Bagel with Cream Cheese Cucumbers and Dip Fruit	Mac n' Dogs Broccoli Fruit	Chicken Nuggets, Dinner Bun, Plum Sauce Fresh Veggies and Dip Fruit	Chicken Caesar Salad Dinner Bun
Vegetarian	Bagel with Cream Cheese Cucumbers and Dip Fruit	Veggie Mac n' Dogs Broccoli Fruit	Veggie Hot Dog Fresh Veggies and Dip Ketchup Fruit	Falafel Ranch Salad Dinner Bun
Halal Friendly	Bagel with Cream Cheese Cucumbers and Dip Fruit	Halal Mac n' Dogs Broccoli Fruit	Halal Chicken Hot Dog Fresh Veggies & Dip Ketchup Fruit	Halal BBQ Chicken Drumsticks Mashed Potatoes Corn Fruit



Order.lunchlady.ca

theLunchLady.ca

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School Status Info During Inclement Weather

Information about school status during **inclement weather, snow closures and power outages are an annual occurrence in Langley School District**. So, where do you go to get information about the status of schools during periods of inclement weather?

If you are able to access the internet via computer or smartphone, current information about Langley schools can be accessed on:

- **On the District and School websites**
(See alert announcing the effected schools displayed at the top of the district website)
- **On Facebook, X (formerly twitter) and Instagram**
- **On media outlets such as CKNW 980AM, News1130, 170.1FM Country, CBC Radio 690AM, Pulse Radio 107.7 or 88.1FM**

If you don't have internet connectivity but your phone is working, call a relative or friend in an area that has not been affected by the storm and ask them to check the district website for you.

Please note that Langley District schools are all considered 'open' until a decision to close is required. Decisions on school closures are usually made by 6:30 am. **As always, it is a parent's decision whether to send their child to school based on safety and individual circumstances.** If you feel it is unsafe for you or your child to travel to or attend an open school for any reason, please keep your child home and report an absence to the school.

In the event of inclement weather, please do not call the school. During a power outage we are reduced to one landline. We need to this line free for emergencies. Also, the office is not able to answer so many phone calls.

Thank you for your cooperation - Uplands Office Staff.