

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
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Admin Assistant: Deanna Halldorson
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Family Fridge Memo Oct 31, 2025

Dear Uplands Families,

As we head into the Halloween weekend, I want to take a moment to wish all our students and families a safe, fun, and memorable time. Whether you're trick-or-treating, gathering with friends or family, or watching the World Series Finals, I hope you weekend is filled with joy and positive memories. Go Blue Jays!!!

Today, our building was absolutely buzzing with excitement! It was truly amazing to see the creativity and enthusiasm on display — from spooky to silly, the costumes worn by both staff and students were fantastic. The energy in the halls was contagious, and it was a wonderful reminder of the vibrant community we have here at Uplands.

Thank you for helping make today so special. Have a wonderful weekend.

Ryan Neufeld
Principal of Uplands Elementary



Action Required:

- ☐ Daylight Savings – **Clocks Fall back Nov 2nd.**
- ☐ Nov 10 - Design & Assessment Day – **Students Not In Session**
- ☐ **Nov 11 - Remembrance Day – School Closed**
- ☐ Nov 14 – Book Character Spirit Day – Dress like your favorite book character.
- ☐ Nov 20 – Excel Martial Arts will be coming to Uplands Elementary on Nov 20 **students will get the opportunity to participate in a Marial Arts Lesson during a PE Block.**
If you DO NOT want your child to participate in this event, please let the office know.



❑ 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.

❑ As we move into the wetter and colder months, **we kindly ask that all students bring a pair of indoor shoes to keep at school**. These shoes should be clean, comfortable, and suitable for physical education (PE) activities.



❑ **The Lunch Lady is now ready to take your order for November!**
See below for the November menu.
Click here to order: <https://www.thelunchlady.ca/>



❑ **Remembrance Day Assembly 10:10 Start** - November 7th (Families Welcome)

It is a long-standing tradition for schools to support our veterans and the efforts of the Royal Canadian Legion. **Please note that our school will be receiving a poppy for every student.** We will be distributing them to classes in a safe manner. **We will continue to collect funds this year in support of the Legion's Poppy Campaign but kindly ask students and their families to donate online via School Cash Online:**
<https://sd35.schoolcashonline.com/>

Please do not send cash or cheques with your child to school.

We appreciate your generosity. As always, our school is committed to educating our community about the meaning of the poppy and Remembrance Day.



Important Dates:

- ☐ Nov 4 - Uplands Soccer Game @ Shortreed (UPL Away Game)
- ☐ Nov 7 - Remembrance Day Assembly
- ☐ Nov 10 - Design & Assessment Day – **Students Not in Session**
- ☐ Nov 11 - Remembrance Day – School Closed
- ☐ Nov 14 - Book Character Day - Spirit Day
- ☐ Nov 18 - Uplands Soccer Game @ James Hill (UPL Away Game)
- ☐ Nov 20 - Excel Martial Arts Visiting Uplands
- ☐ Nov 25 - Fire Drill
- ☐ Nov 26 - **Student Inclusive Conference (Students NOT in attendance)**
- ☐ Nov 27 - Student Inclusive Conference Half Day For Students
- ☐ Nov 27 - **Early Dismissal @ 12:33**
- ☐ Nov 28 - Hot Lunch Day
- ☐ Nov 28 - Inside Out Day – Spirit Day
- ☐ Dec 15 - Ugly Holiday Sweater Day - Spirit Day
- ☐ Dec 17 - Red & Green / Elf Day - Spirit Day
- ☐ Dec 17 - **Winter Concert Rehearsal @ 9:15 & Concert at 1:30**
- ☐ Dec 19 - Santa Breakfast & Pajama Day
- ☐ Dec 19 - Last Day prior to Winter Break

From the PAC

- ☐ Munch-A-Lunch is now Open for HOT LUNCH ordering Nov 7 – Dec 5 hot lunch dates.
Nov 7 – Quesadilla, Nov 21 – Hot Dog, Dec 5 – Sushi
Click the link here to order now: <https://munchalunch.com/schools/UplandsLangley/>

From the District

- ☐ **Halloween Food Safety Reminder for Langley Parents**
With Halloween just around the corner, the Langley School District encourages families to keep food safety top of mind as children enjoy seasonal treats and school festivities. Here are a few important tips to help ensure a safe and healthy celebration:

Inspect Treats Carefully

Before children dig into their candy haul, take time to discard anything that's unwrapped, damaged, or unfamiliar. Be especially cautious of homemade treats unless they come from trusted friends or family.

Be Allergy Aware

Many Halloween treats contain common allergens like peanuts, tree nuts, dairy, or gluten. If your child has allergies, consider sending safe snacks to school and reviewing labels together.

Hand Hygiene Matters

Remind children to wash their hands before and after eating—especially when handling shared treats or participating in classroom activities.

Thank you for helping us keep Halloween safe, fun, and inclusive for all Langley students. Wishing your family a spooky and sweet celebration!

☐ Road and Pedestrian Safety

With less daylight hours and as we enter the season of wind, rain, and ice, we are sharing an important reminder from our community partner ICBC to students, staff, and families to help keep our community safe.

Drivers should be alert, focus on the road, watch for pedestrians, especially at intersections and transit stops, and always be ready to stop. Pedestrians and travelers on bikes or scooters should be careful at intersections, always use designated crosswalks, remove headphones and devices, and be aware of your surroundings.

For more tips read this resource [Kids Pedestrian Safety](#) or visit ICBC's webpage [here](#).

In the Community

- ☐ **HALLOWEEN GAMEDAY DETAILS - Friday, October 31** | 7:15 PM vs. Powell River Kings
George Preston Arena, All tickets are just \$5, **Kids under 12 get in FREE with a costume!**
Get your game tickets: <https://www.showpass.com/single-game-tickets-11/>

Gameday Fun & Contests:

- Enter to win \$100 for the best Halloween costume
- Guess the weight of the pumpkin – winner gets a 4-pk of tickets + Rivermen merch
- Free candy for all kids during the game

- ☐ Attend the TOL Public Skate and get a free ticket to the game:

Sign up for the public skate:

<https://tol.perfectmind.com/23784/Clients/BookMe4LandingPages/Class?widgetId=58e9cb1a-7309-42f0-bdc4-012ba01751c4&singleCalendarWidget=True&redirectedFromEmbeddedMode=False&clientId=17d9c627-f371-4f10-b814-0264d23605f8&occurrenceDate=20251031>



Uplands NOV 2025 – Hot Tuesday Lunch

This lunch program is for **EVERYONE!**

To order go to thelunchlady.ca – Order Now Each meal is \$5.75.

You can also access subsidized meals through the Feeding Futures Program. Reach out to the school office



Week 1	HOT Tues Nov 4	HOT Tues Nov 11	HOT Tues Nov 18	HOT Tues Nov 25
Regular	French Toast (1) Turkey Sausage (2) Apple Sauce Syrup	Remembrance Day	Sweet and Sour Chicken Nuggets Rice Asian Vegetable Mix Fruit of the Day	Macaroni and Cheese Vegetable Fusion Mix Fruit of the Day
Vegetarian	Pancakes (3) Apple Sauce Syrup	Remembrance Day	Teriyaki Tofu Chow Mein Noodles Asian Vegetable Mix Fruit of the Day	Macaroni and Cheese Vegetable Fusion Mix Fruit of the Day
Halal Friendly	Pancakes (3) Apple Sauce Syrup	Remembrance Day	Sweet and Sour Halal Chicken Nuggets Rice Asian Vegetable Mix Fruit of the Day	Halal Friendly Mac and Cheese Vegetable Fusion Mix Fruit of the Day

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HEALTHY
NUTRITION
FOOD SAFETY
FOOD ALLERGIES
FOOD ACCESSIBILITY

You can Order/Change/Cancel online anytime with 2 business days' notice
Sorry – no last- minute cancellations. Uncollected meals are given to the school office.
Questions? Need help? surrey@thelunchlady.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.

COATS FOR KIDS!

Help Langley students from K - Grade 12 with a new or gently used winter coat.



Donations Accepted:
October 15th - November 5th



Drop Off Locations:
Any Langley School
or the Langley
School Board Office
(4875 222nd St.)



**Cash Donations
Graciously Accepted:**



In-Person Event

Connect & Learn

In-Person Event for Parents and Caregivers

Raising Children With ADHD: Finding Calm in Emotional Unpredictability

Come and Learn With Us

While strategies for managing challenging behaviour, whatever our child's neurotype, can be helpful, they're difficult to use when you're burnt out, overwhelmed, or caught up in your child's emotional state. Even though you can't control it, you're not powerless. In this session, we'll explore how shifting your own responses during difficult moments can ease tension and help you feel calmer and more confident as a caregiver.



Join FamilySmart and Rebecca Van Der Hijde, a Family Therapist and a Board Certified Behaviour Analyst. She has over 15 years of experience working with families raising children with autism, ADHD, and/or developmental disabilities. With a focus on calm, connection, and empowerment, Rebecca is passionate about helping caregivers understand their child's behaviour (and their own behaviour too)! Registration is limited.

DATE: Tuesday, November 18, 2025

TIME: 6:30 – 8:00pm (Pacific Time)

LOCATION: Executive Plaza & Suites
405 North Road, Coquitlam - Aspen Room

PARKING: Free.

Please make sure to register your vehicle number at the reception desk. **This step is essential to avoid any parking-related issues.*

COST: Free

For more information, go to:
familysmart.ca/events

With gratitude, FamilySmart would like to acknowledge the generosity of the Ministry of Children and Family Development for sponsoring this event.



Register online at
familysmart.ca/events



FamilySmart
Together-Centred

Connect & Learn

Online Events for Parents & Caregivers

Every month, we host events for parents and caregivers of a child or youth with a mental health and/or substance use challenge.

Join us to watch a video and share experiences and strategies that help in the hard moments, focusing on strengthening our understanding and connection with our kids.



Substance Use and the Power of Support

Connection and relationship can make a difference in substance use and addiction. Guy Felicella, a renowned advocate and international speaker who has overcome a two-decade substance use disorder, passionately promotes harm reduction, trauma therapy, and faster access to treatment using his story of resilience and recovery. Learn how we can show care not just for our kids, but for the broader community impacted by substance use disorder.

Join us and other families for this video presentation and discussion that's facilitated by a FamilySmart Parent Peer Support Worker.

- **COST:** Free
- **DATES:**

Times are in Pacific Time (most of B.C.)

- Thursday, November 6, 12pm
- Tuesday, November 18, 6:30pm



Register online at
familysmart.ca/events



School District #35 (Langley)
2025-2026 School Calendar
Elementary Schools

MONTH	DATE	
September	Sep 1 (M)	<i>Labour Day (School Closed)</i>
	Sep 2 (T)	School Opens
	Sep 29 (M)	<i>School Improvement Day (Students not in attendance)</i>
	Sep 30 (T)	<i>National Day for Truth and Reconciliation (School Closed)</i>
October	Oct 13 (M)	<i>Thanksgiving (School Closed)</i>
	Oct 24 (F)	<i>Professional Development Day (Provincial - Students not in attendance)</i>
November	Nov 10 (M)	<i>Design & Assessment Day / Learning Update Prep (Students not in attendance)</i>
	Nov 11 (T)	<i>Remembrance Day (School Closed)</i>
	Nov 26 (W)	Student Inclusive Conferences
	Nov 27 (Th)	2 Hour Early Dismissal - Student Inclusive Conferences
December	Dec 19 (F)	Last Day Prior to Winter Break
January	Jan 5 (M)	School Re-Opens After Winter Break
February	Feb 9 (M)	<i>Professional Development Day (District - Students not in attendance)</i>
	Feb 13 (F)	<i>Design & Assessment Day / Learning Update Prep (Students not in attendance)</i>
	Feb 16 (M)	<i>Family Day (School Closed)</i>
March	Mar 4 (W)	2 Hour Early Dismissal - Student Inclusive Conferences
	Mar 5 (Th)	Student Inclusive Conferences
	Mar 13 (F)	Last Day Prior to Spring Break
	Mar 30 (M)	School Re-Opens After Spring Break
April	Apr 3 (F)	<i>Good Friday (School Closed)</i>
	Apr 6 (M)	<i>Easter Monday (School Closed)</i>
May	May 15 (F)	<i>Professional Development Day (District - Students not in attendance)</i>
	May 18 (M)	<i>Victoria Day (School Closed)</i>
June	Jun 25 (Th)	Final Learning Update & Last Day for Students Prior to Summer Vacation
	Jun 26 (F)	<i>Administrative Day (Students not in attendance)</i>
July / August		Summer Session

APPROVED: SD35 Board of Education Meeting
April 29, 2025