
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 Sept 19, 2025

Dear Uplands Families,

As we wrap up another week at Uplands Elementary, I want to extend a warm thank-you to all the families who joined us for Meet the Teacher Night yesterday. It was a joy to see so many of you connecting with our staff, exploring classrooms, and sharing in the excitement of a new school year. Staff and parent partnerships mean so much to us, and we're grateful for the strong sense of community we continue to build together.

As we settle into routines and learning begins to deepen, we're also focusing on helping students develop healthy brain habits—skills that support focus, emotional regulation, and lifelong learning.

One of our favorite quotes to guide this work is: "The habits we build today shape the brains we carry into tomorrow (Dr. Judy Willis, neurologist, and educator)."

We encourage families to support these habits at home by promoting regular sleep, healthy eating, movement, and time for play and reflection.

Thank you again for your continued support. We're looking forward to another great week ahead!

Warm regards,
Ryan Neufeld
Principal of Uplands Elementary

Action Required:

- ☐ Please remember to obey the NO Parking signs in and around the school.
Do not park in front of people's driveways for any reason for any length of time on all streets neighboring the school.



- Montessori Kindergarten Registration for the 2026 – 2027 School Year **begins online** Monday Oct 6, 2025, **at Noon – Please click the link below to get directed to the Choice Program Registration page.**

<https://www.sd35.bc.ca/page/10213/choice-program-registration>



- **Parent Consent Request**

Each year, Langley Schools asks families to complete a set of parent consent forms for their child. These consent forms are required by our schools to ensure the health, safety, and security of all students. Langley Schools uses a secure web form to collect this information. **Beginning mid-September, please look for an email request (subject Parent Consent Request) that contains one link for you to submit consents for all children in your family attending any Langley School.** If your email address or contact information has changed, please call your school to correct it in our files. If you have not received an email regarding Parent Consent Request by the end of the month or have any questions/concerns, please contact your school administrator.

- **It's the 45th anniversary of Terry Fox's Marathon of Hope.** This year, our school is going all out to fundraise for cancer research! We're super excited to take part! Please support our student's fundraising efforts and donate today at:
<https://schools.terryfox.ca/99913> #terryfoxschoolrun @theterryfoxfoundation

The Terry Fox Run will be done outside with the whole school participating Monday September 22, 2025, from 1:20 – 2:00.

We shall run around the school yard following the trail into the woods in a counterclockwise direction.

Please help show your support by donating to: <https://schools.terryfox.ca/99913>



Important Dates:

- ☐ Sept 22 - Terry Fox Run @ 1:20 pm
- ☐ Sept 22 - Fire Drill @ 10:40 am
- ☐ Sept 26 - Recognize Truth and Reconciliation (Orange Shirt Day)
- ☐ Sept 26 - Hot Lunch
- ☐ Sept 29 - **School Improvement Day – Students Not In Session**
- ☐ Sept 30 - **Truth and Reconciliation Day – School is Closed**
- ☐ Oct 2 - Earthquake Drill
- ☐ Oct 7 - **Photo Retake Day**
- ☐ Oct 10 - Lockdown Drill @ 10:30am
- ☐ Oct 13 - **Thanksgiving – School Closed**
- ☐ Oct 17 - PAC Halloween Dance
- ☐ Oct 24 - **Professional Development Day – Students Not In Session**
- ☐ Oct 27 - Book Fair

From the PAC

- ☐ **Please take a moment to fill out the PAC Permission Forms using the link below.** This helps us confirm your child's event participation, treat permissions, dietary needs, and yearbook/photo consent, as well as keep our parent contact list up to date.

<http://bit.ly/41Ps6DT>

- ☐ **COMMUNITY VALUE Coupon Books** – Books were sent home with students this week. **Please return your orders and money to your classroom teacher by Sept 25th** - *If you are not going to sell any books, please return the package in full to your classroom teacher.*

3 WAYS TO BUY A BOOK

- 1) **Cash**- Please put money in an envelope or Ziplock with child's name and division
- 2) **Cheque**- Make Payable to UPLANDS PAC (child's name and div on memo line)
- 3) **Zeffy**- <https://www.zeffy.com/en-CA/ticketing/2526-community-values-coupon-book>

- ☐ **Hot Lunch - Munch A Lunch is open and taking orders till Tues Sept 23**
<https://munchalunch.com/schools/UplandsLangley/>





Uplands PAC enjoys hosting hot lunches and other events; and we often use [MunchaLunch](https://munchalunch.com/schools/UplandsLangley), an online ordering system.

To create your account, head to

<https://munchalunch.com/schools/UplandsLangley>

and click on “register here”.

Please choose your child(ren)’s teacher and division(s) to ensure their lunch is delivered to the correct classroom

If you already have an account, please [login](#) and double-check your children’s information is correct.

Payments are due before lunch/event and can be made on your [Munchalunch](#) account by credit card, by cheque (“Uplands PAC”) or cash may be sent to your child’s classroom or the office **ATTENTION PAC**.

**Note that orders will only go through when paid.*

Volunteers are always needed and appreciated! 9:30 – 11:30am [If](#) you would like to help in any way, please reach out!

Reach us via Facebook (uplands Pac-Langley) or email Dana at uplandspachotlunch@gmail.com

Thank you!

Uplands PAC

SHOP LOCAL & SAVE MONEY WHILE HELPING RAISE FUNDS

Dear Uplands Parents,

Your support is needed for our **COMMUNITY VALUES** fundraiser to help us achieve our goal to raise money!



Community Values is a new take on the traditional coupon book. For only \$35...this book features:

1. 3 Coupons from Dairy Queen that are no purchase necessary
2. Over \$6,500 in Savings at businesses in Langley, Cloverdale and Aldergrove
3. Custom Coupon Templates to make your own coupons to share with family and friends
4. Weekend Jar Coupons to experience local things to do for free with your family
5. Bonus Savings and Contests year-round on Instagram @community_values

Important Info

• Sale Dates: Sept 11th – Sept 25th, 2025

• 3 WAYS TO BUY A BOOK

- 1) **Cash**- Please put your money in an envelope or Ziplock with child's name and div or class on it
- 2) **Cheque**- Make Payable to UPLANDS PAC (Put your child's name and div or class on memo line)
- 3) **Zeffy**- <https://www.zeffy.com/en-CA/ticketing/2526-community-values-coupon-book>

Each Book Only

\$35



Bonus Incentives

- 1) Every book a student sells they will receive a blind bag that will contain a collectable COOP Squad Buddy keychain. If you sell 12 books you will be guaranteed all 12 characters if you submit all 12 orders together. (Refer to prize flyer).
- 2) If you sell 13 books or more, you will receive all 12 characters and the special limited-edition GOLDEN COOP KEYCHAIN + a pair of sunglasses
- 3) There will be minimum 7 GOLDEN COOP KEYCHAINS given out in random blind bags - if you find one you get to keep it and win a pair of sunglasses
- 4) Every Student that sells 2 books or more will win a Dilly Bar or Ice Cream Sandwich Gift Certificate for DQ
- 5) Every book you sell, your name will go into a draw to win 1 of these 9 prizes:
 - a) A free ice cream cake from Dairy Queen (1 winner)
 - b) 4 tickets to a Vancouver Giants game (1 winner)
 - c) DQ kids meal for a Langley DQ (3 winners)
 - d) Orange Julius hotdog and drink at Willowbrook mall (3 winners)
 - e) 2 Front row seats to Christmas concert (1 winner)
- 6) Top Selling Family will win 2 front row seats to the Christmas concert and reserve parking for the concert
- 7) Top Selling Class with money and books in on time will win a class presentation by urban safari



IF EVERY STUDENT AT OUR SCHOOL SELLS 2 BOOKS, OUR SCHOOL WILL EARN \$7,770

ACCIDENT INSURANCE

FOR COSTS NOT COVERED BY
GOVERNMENT OR WORK BENEFITS



CRACKED
TOOTH
\$1,958



FRACTURE
\$4,554

OR HAVE THOSE COSTS COVERED WITH:



SILVER PLAN

- 10 Years Unlimited Dental
- \$6k Tutoring
- \$500 Paramedical
- \$750 Fracture/Dislocation
- \$15k Accidental Death
- + more

\$17



PLATINUM PLAN

- 10 Years Unlimited Dental
- \$200k Out of Province Medical
- \$6k Tutoring
- \$800 Paramedical
- \$1k Fracture/Dislocation
- \$30k Accidental Death
- + more

\$33

TO LEARN MORE OR BUY:

INSUREMYKIDS.COM

1-800-463-5437

Underwritten by Old Republic Insurance Company of Canada. Please visit insuremykids.com for detailed information on coverages, conditions, limitations and exclusions.



OLD REPUBLIC INSURANCE COMPANY OF CANADA

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my kids®



ACCIDENT INSURANCE

PEACE OF MIND STARTING
AT **\$17** PER YEAR



AT SCHOOL

AT HOME

AT PLAY

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



September Health Messaging – Fraser Health

As part of its health promotion for students and families, our community partner Fraser Health is sharing important information on various topics. The theme for September is Back to School Health. Please share the following information below in your next newsletter or communication to families. This information will be shared on the District's social media channels.

Back to School Health Tips (from Fraser Health)

Health, safety, and wellness continue to be a priority in our schools. To help support our students and families, we are sharing important information from our community partner Fraser Health about various topics to keep our students healthy and safe as they return to school. Please see below for helpful reminders to support your child.

Tips for a healthy back to school season

As children head back to school, parents face the familiar challenge of managing busy schedules, school routines and inevitably, health concerns.

Help set the stage for a healthy school year with Fraser Health's [Healthy Back to School Guide](#).

Fostering healthy routines for sleep, mealtimes and physical activity can support your child's health and wellness. Learn more at Fraser Health's [School Health](#) and [Children and Youth](#) pages.

Staying healthy during the school year isn't just about routines - it's also about protecting children from illnesses that can spread quickly in classrooms. An important preventable illness to be aware of right now is measles, which has been increasing globally, including here in Canada. Symptoms of measles include fever, cough, runny nose and red, inflamed eyes, followed by a rash. The rash usually starts on the face and neck and spreads to the chest, arms and legs.

Get vaccinated against measles

Immunization is the best way to prevent measles infection. Please check that you (if born in or after 1970) and your children have received at least two doses of a measles-containing vaccine. Find out how to check your immunization records [here](#).

Measles-containing vaccines are available at many [pharmacy locations](#), physician offices and at all [public health units](#).

If your children have symptoms of measles, please keep them home.

If you or your child needs urgent care for something like a high fever, please inform your health care provider before you visit so they can take steps to prevent the spread of measles. Wear a mask and avoid using public transportation.

Need general health advice? Fast care for busy families with Fraser Health Virtual Care

Our Fraser Health Virtual Care registered nurses and dietitians have access to your personal health record and provide convenient, fast health advice and information for busy families. With options for phone or web chat consultations, families receive medical advice from nurses with emergency experience, saving time and, in many cases, avoiding unnecessary visits to clinics or emergency departments. Nurses can connect you directly with a health care provider at an Urgent and Primary Care Centre for various health needs, including questions about measles-like symptoms.

How to reach Fraser Health Virtual Care

Dial 1-800-314-0999. For an interpreter, say your language in English.

For web chat, go to fraserhealth.ca/virtualcare and click the blue chat bubble in the right corner to start.

Available 10am to 10pm, seven days a week including statutory holidays (after hours Call 8-1-1). Learn more about Fraser Health Virtual Care, other care options and more at:

[Fraserhealth.ca/VirtualCare](https://fraserhealth.ca/VirtualCare)

School Vaccination Information for Parents

Getting vaccinated on schedule is the best way to protect yourself from many dangerous diseases. Public health regularly checks immunization records for students in Grades 6-12 to help make sure they are up to date on vaccines.

We offer all routine vaccines needed for students in Grades 6-12 when students are in school.

Families can check their child's immunization records online to see if they need any vaccines by logging into immunizationconsent.gov.bc.ca/s/ then looking at "Immunization forecast".

NEW

Give consent for the child's vaccines online

This year, students, parents, or caregivers of students in Grades 6-12 have the option to provide consent for vaccines online. You can fill out consent now or any time before the school clinic.

To give online consent for immunizations, scan this QR code or go to immunizationconsent.gov.bc.ca/s/.



If vaccines are needed, please see [Vaccines | HealthLink BC](#) for more information on the specific vaccine your child needs.

Parents, students or caregivers who complete the online consent, will receive a letter closer to the time of school immunizations so you are aware of when the school clinic is occurring.

If consent is not completed online, students will receive a letter and paper consent form from the school close to the time of immunization. The letter will let you know when the consent needs to be returned by.

What if the child had vaccines but they are not on their immunization record?

If the child's record is missing vaccines they already had, please do the following:

1. Find the paper record at home, if one was given to you at the time of vaccination.
2. If you do not have records at home, contact the health care provider who gave the vaccines and ask for a copy of the immunization record.
3. Report the immunizations either of these ways:
 - Submit it online by either scanning this QR code or going to FraserHealth.ca/immunizationform.



For more information

- B.C.'s immunization schedule: [Immunizations schedule for children | HealthLink BC](#)
- Fraser Health information and resources on immunizations: [FraserHealth.ca/immunize](https://www.fraserhealth.ca/immunize)

If you have questions, please call your local public health unit.

Public Health Units					
Abbotsford 604-864-3400	Agassiz 604-793-7160	Burnaby 604-918-7605	Chilliwack 604-702-4900	Cloverdale 604-575-5100	Guildford 604-587-4750
Hope 604-860-7630	Langley 604-539-2900	Maple Ridge 604-476-7000	Mission 604-814-5500	New Westminster 604-777-6740	TriCities (Port Moody) 604-949-7200
Newton 604-592-2000	North Delta 604-507-5400	North Surrey 604-587-7900	South Delta 604-952-3550	White Rock 604-542-4000	



KIDS BOOST IMMUNITY™

KIDSBOOSTIMMUNITY.com



Supporting Student Well-Being for Immunization Day

Free Grade 6 & Grade 9 Lesson: How to Handle Your Vaccines Like a Champ

A positive experience at the school vaccination clinic can support student well-being and help them feel more prepared and confident.

Kids Helping Kids



By doing the lesson and passing the quiz, students earn vaccines for children in other countries.

[How to Handle Your Vaccines Like a Champ](#) is a free, ready-to-use lesson from Kids Boost Immunity (KBI) for Grade 6 and 9 classrooms. It helps students understand what to expect, normalize feelings like nervousness, and practice calming strategies they can use anywhere.

The lesson can be taught by teachers, student nurses, or public health nurses, and includes:

- ✓ Age-appropriate lesson plans
- ✓ Easy-to-use PowerPoints
- ✓ Engaging videos and interactive resources for students
- ✓ Online quizzes to reinforce learning

Access all these materials and more at: kidsboostimmunity.com/toolkit

To get started, sign up at kidsboostimmunity.com to teach the lesson prior to the school clinic. Or connect with your public health nurse to arrange a teaching session.



ImmunizeBC



BC Centre for Disease Control
Prevent & Fight the Disease



Kids Boost Immunity is a national education and advocacy initiative administered through the Public Health Association of British Columbia, with financial support from the BC Ministry of Health and the Public Health Agency of Canada. The program is coordinated through the British Columbia Centre for Disease Control.

Kids Boost Immunity relies on other funders and partners to help purchase UNICEF vaccines earned by students.

08/24



UBC Dental Program

Dental Treatment for Children Ages 0-12 without Dental Coverage

Children may be eligible to receive free dental care with the UBC Children's Dental Program.

- Supervised UBC dental students ("dentist or dental hygienist in training") provide dental exams and treatment
- A parent / caregiver must accompany their child to the appointments
- Appointments are Tuesday and Wednesday afternoons at: UBC, Noble Biocare Oral Health Centre, 2151 Wesbrook Mall UBC Campus, Vancouver.
- School bus transportation is available for families who need a ride to and from the UBC dental clinic.

If you are interested and would like more information, please call your local Health Unit.

Health Units with Dental Staff	Phone	Fax
Abbotsford Health Unit	604-864-3400	604-864-3410
Burnaby Health Unit	604-918-7605	604-918-7630
Chilliwack Health Unit (Hope, Agassiz)	604-702-4900	604-702-4901
Guildford Health Unit	604-587-4750	604-587-4777
Langley Health Unit (Cloverdale)	604-539-2900	604-530-8138
Maple Ridge Health Unit	604-476-7000	604-476-7077
Mission Health Unit	604-814-5500	604-814-5517
North Delta Health Unit (South Delta, Newton, White Rock)	604-507-5400	604-507-4617
North Surrey Health Unit	604-587-7900	604-582-4811
New Westminster Health Unit	604-777-6740	604-525-0878
TriCities Health Unit	604-949-7200	604-949-7211

Mountain Movers: An Anger Management Group for Men

If you notice you have struggles with anger and are looking for a supportive and empowering environment to learn healthier coping mechanisms, we invite you to join our anger management group and take a journey towards self-awareness, emotional intelligence, and ultimately, a happier and healthier life. Facilitated by a Registered Clinical Counsellor (RCC).

6-Week Anger Management Group for Men

When: Wednesdays

September 17- Oct 22

Time: 5pm-7pm in-person

Where: Langley Community Services

5339 207th street

Langley BC, V3A 2E6

***Cost:** \$200

Space is Limited

Register: lmargueratt@lcass.ca

leave a message at 604-534-7921 ext. 1240

**sliding scale available*

Certificate provided following completion of all 6 sessions