

Uplands Elementary/Uplands Montessori

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School Website: <https://uplands.sd35.bc.ca/>

Principal: Ryan Neufeld Admin Assistant: Deanna Halldorson
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Family Fridge Memo Sept 26, 2025

Dear Uplands Families,

This week, at Uplands Elementary, we witnessed a meaningful moment of community as our students participated in the Terry Fox Run. Their quiet determination and respectful engagement reminded us of the power of perseverance and the importance of coming together for a cause greater than ourselves. Thank-you to all individuals who supported this event—whether by volunteering, donating, or simply encouraging your child to take part.

Today, we recognized The National Day for Truth and Reconciliation. This day is not just a date on the calendar—it is a call to listen, to learn, and to honour the truths of Indigenous children, families, and communities impacted by residential schools. In our classrooms, we are approaching this with care, using age-appropriate resources to help students understand the importance of empathy, respect, and reconciliation.

In the spirit of learning and growth, I leave you with this quote: "Healthy brains are built through consistent, caring relationships and meaningful experiences (Dr. Jean Clinton)."

Thank you for your continued partnership as we work together to support every child's development—academically, socially, and emotionally.

Warm regards,
Ryan Neufeld
Principal of Uplands Elementary

Action Required:

- ☐ Monday **September 29** – **School Improvement Day – No School for Students**
- ☐ Tuesday **September 30** – Truth and Reconciliation Day – **School is closed**



- ☐ 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.

- ☐ Thank you for your generous support in our fight against cancer. **We have raised \$595.50 for the Terry Fox Foundation.**



Important Dates:

- ☐ 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** – Are now Due!

From the District

- ☐ **National Day for Truth and Reconciliation Langley Event**
As part of the District's Truth and Reconciliation journey, we encourage our students, staff, and families to observe the day in their own way. Community partners in Langley are welcoming all members of the community to attend a National Day for Truth and Reconciliation event at the Derek Doubleday Arboretum on the evening of September 30th. Please see attached poster for details.

National Day for Truth & Reconciliation

Link to the
National
Day for T&R

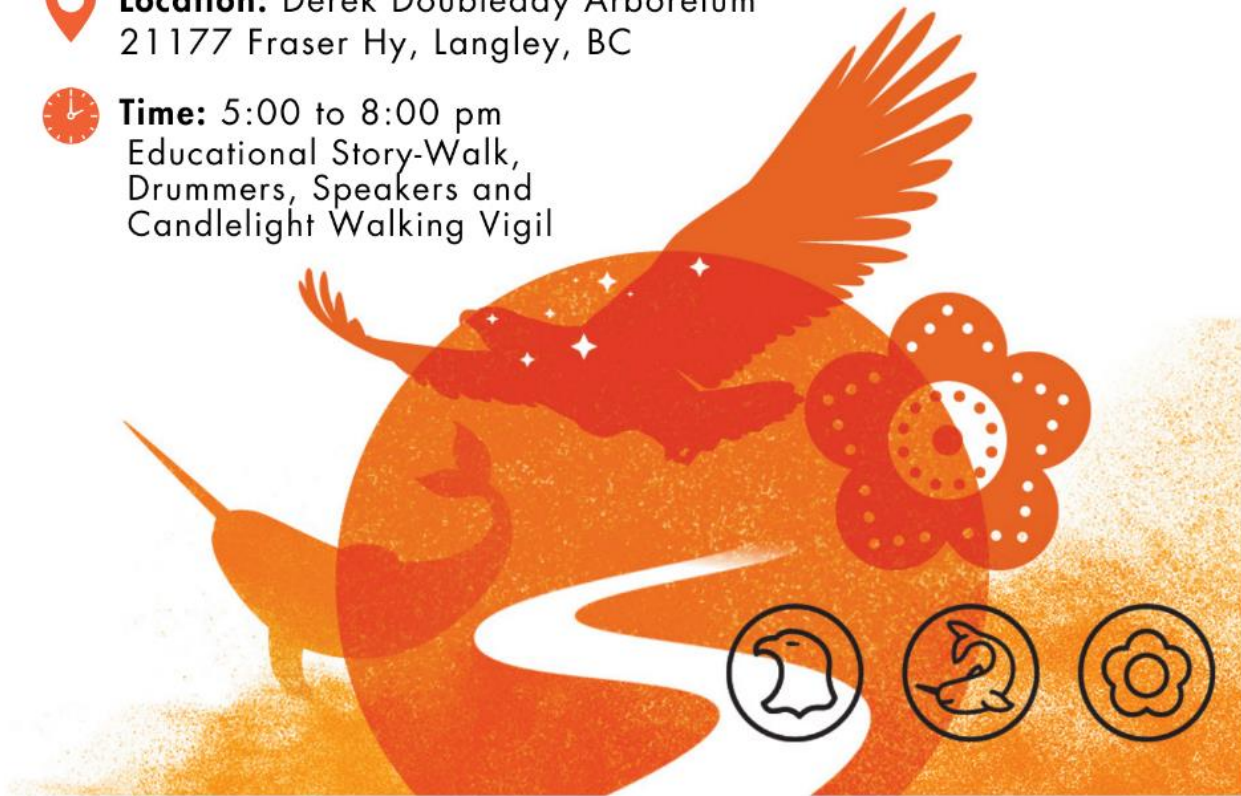


SEPTEMBER 30

As a vital part of Reconciliation, we honour the survivors of residential schools and the children who never came home, and their families and communities.

 **Location:** Derek Doubleday Arboretum
21177 Fraser Hy, Langley, BC

 **Time:** 5:00 to 8:00 pm
Educational Story-Walk,
Drummers, Speakers and
Candlelight Walking Vigil



We are honoured to work, learn, play and live on the ancestral lands of the **məθkʷey, ǵʷa:ńłəń, ǵícəý and səmyəmaʔł First Nations** who have occupied and stewarded this land since time immemorial.

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Langley City Fire Rescue Services

FIREFIGHTER GROCERY BAGGING EVENTS

Firefighters will pack your groceries while sharing important fire safety tips and information.

- → **Wednesday, October 8, 2:00 – 3:00 pm** → Safeway — 6153 200 Street
- → **Thursday, October 9, 10:00 – 11:00 am** → No Frills — 5501 204 Street
- → **Thursday, October 9, 2:00 – 3:00 pm** → No Frills — 20150 Langley Bypass
- → **Friday, October 10, 10:00 – 11:00 am** → Safeway — 20871 Fraser Hwy
- → **Friday, October 10, 2:00 – 3:00 pm** → Save-On-Foods — 20151 Fraser Hwy

Each family will receive one free re-usable Langley City Fire Rescue Service shopping tote!





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

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