



Cedar Elementary News

March

PRINCIPAL'S MESSAGE

March Break is just a few days away and I know many of us are looking forward to a time to regenerate.

We are finally starting to see signs of spring all over! Many jackets are left in the yard after recesses, as it is cool in the mornings but sometimes warmer when we are out around noon. Please check our ever-growing lost and found bin outside of the gym if you are missing some items!

There were many questions about the new reporting system after the report cards went out last month. The district has prepared a brochure that is being sent out at the same time as this newsletter email. There is an opportunity for feedback and the link is on the back page of the booklet- please let your voice be heard in this important issue.

This is a short month with a two-week spring break, I hope everyone has a relaxing time whether you stay here at home or are off on a family trip. Have a wonderful time!



DATES TO REMEMBER

Here are some dates to remember:

- Mar 2 Div 5 to Hemer
- Mar 3 Hot Lunch
- Mar 15 DARE for grade 5s
Artists in the School District 68
- Mar 16 Div 5 to Hemer
Artists in the school
- Mar 17 St Patrick's day
Hot lunch
Last day before spring break
- Mar 20-31 March Break
- April 3 School is back!
- April 4 First Nations Dance performance
- April 5 DARE for grade 5s
- April 6 Div 5 to Hemer
Artists in the School
PAC meeting 6:30
- April 7 PAC movie night
- April 13 Hot Lunch
- April 14 Good Friday - no school
- April 17 Easter Monday - no school

REGISTRATION FOR 2017-2018

Register @ www.sd68.bc.ca

Registration information is posted on the district's website. There you will find detailed information for all new registrations; the registration form; out-of-catchment form; Early and Late French Immersion application forms; Eco-School application forms and Academy applications.

[For more information email: ereg@sd68.bc.ca](mailto:ereg@sd68.bc.ca)

[Registration is online only](#)

DOGS ON THE YARD

We have a great yard to play in and lots of dogs like to play here too - we can tell by all of the dog poop in our fields. As the children run and play they are not always looking down and we have had some big messes! Please, if you are bringing your dog afterschool or on weekends, clean up and keep our yard poop free!



READY, SET, LEARN

Please join us for a special **READY SET LEARN EVENT** for 3 and 4 year olds on Monday May 8 from 2:30-4:00 pm. A variety of fun preschool activities will be in the gym and the Strong Start Room. **READY SET LEARN** is FREE. Let us help your pre- schooler get ready for kindergarten.

Principal
Secretary

Shona Sneddon
Kim Freer

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PAC NEWS

Please join us for our next meeting, April 6 at 6:30 in the library.

Movie night coming up - Friday, April 7th at 5:45. Movie to be announced.

If you missed the deadline for hot lunch orders, please send a lunch with your child on Friday, as we cannot guarantee that the order will be filled but we will try our best. Please have the forms back by the date to ensure your child is not without a lunch.

(mike3494@telus.net).

FLETCHER'S CHALLENGE - April 14

This is the tenth anniversary of Fletcher's Challenge. There is a 12k short course reminiscent of previous Fletcher's Challenge courses in both its difficulty and character. There is a 15k long course to take runners to new heights. This race will sell out, and space is CAPPED. Do not miss this one!

6km Family Cookie Run/Walk - Gather up the kids, and come on out for the ever-popular cookie walk! This event is a blast for those of all ages. Entrants enjoy a single lap around Westwood Lake, and are treated to a cookie station along the way for some extra motivation. The main goal is to have fun.

Easter Egg Hunt - If the thrill of running around the lake and eating cookies is not enough to motivate your kids to participate, then how about the lure of the postrun Easter egg hunt? There will be some excellent door prizes available from our sponsors, as well as awards for the top trail racer finishers in their age groups. The family run/walk will start from Westwood Lake at 10:00am.

This running event memorializes Mr. Gavin Fletcher who died at too young an age. He was a wellknown sports columnist, a member of ROC, a husband and father. His family values were paramount but his love of good fun competition in sports was unequalled. It is with this intent that we fashion The Fletcher's Challenge, held each year on Good Friday open to both runners and walkers. It is about participation, having fun and enjoying some physical activity with your family! For more information go to: <http://fletcherschallenge.blogspot.ca/> .

LOST AND FOUND



We have two lost and found boxes and they are getting full! Please come and claim your child's items as you might need some of these things before March Break.

Here are some great ideas from Island Health:

EASY IDEAS WITH VEGGIES AND FRUIT

Most children don't get enough vegetables and fruit each day. School-age children and youth need 5 to 8 servings of fruit and vegetables each day.

Support your child to eat more vegetables and fruit:

- Eat vegetables and fruit together with your children. Children learn by watching you.
- Involve children in buying and preparing vegetables and fruit. Try cut up veggies and fruit such as cucumber slices, cherry tomatoes, cauliflower, oranges, apple, pear or kiwi with yogurt for dipping.
- Cut and serve them in many ways. Try vegetables and fruit cold, hot or right from the freezer. Frozen grapes or blueberries make a terrific snack.

Offer vegetables and fruit at snack and meal times. It can take up to 20 times of offering the same food before a child will accept it.

A child's intake varies from day to day. Trust that a healthy child will meet their nutrient needs over time.

Need fresh ideas? Check out halfyourplate.ca

WHY USE FLUORIDE TOOTHPASTE?

Fluoride is absorbed into the tooth enamel making the tooth more resistant to decay. New teeth especially can benefit from fluoride, and school-aged children are getting their new adult teeth.

Daily use of fluoride toothpaste is a cheap and easy way to protect children's teeth from decay. A small amount of toothpaste about the size of a pea, used twice each day, is all you need.

Public water supplies on Vancouver Island do not have fluoride added. Therefore, it is very important to use fluoride toothpaste.

Spit out after brushing - don't rinse! This will allow small amounts of fluoride to stay in the mouth. The fluoride can help reverse areas of early tooth decay and slow down the decay process.

Toothpastes with special adult ingredients such as "anti-tartar", "whitening", and "anti-bacterial" agents are not recommended for children under age 12.

For more information contact:

VIHA Child, Youth and Family Community Health Dental