



# Cedar Elementary News

## October

### PRINCIPAL'S MESSAGE

The time is flying and we are into October already! I hope you enjoyed your Thanksgiving time with family and friends.

We were off to a good start and had a successful Terry Fox Run, and many parents attended the Corn Roast and Open House. Thanks to those parents who volunteered for our run and who provided water and oranges after - so appreciated on a warm day. Thanks to the generosity of our families, we surpassed our goal of \$1.00 per student and raised almost \$500!

Fall has arrived and with it the cooler weather and inevitable rain. Children are encouraged to dress for the outdoors everyday including rain gear as necessary. When the rain gear and warm jackets start to disappear from your closet, remember to check the lost and found bin in the main hallway. We already have a number of forgotten items.

Enjoy the fall days of October ☺



### INTERVIEW WEEK

Our interview week is here. It is October 16<sup>th</sup>-19<sup>th</sup>. All students will be dismissed at the regular time of 1:27 on Monday and one hour and twenty minutes earlier at 1:07 on Tuesday - Thursday. Please remember to inform those who pick up students from school of the earlier times this week.

Thanks to the parents who signed up during open house or who called the office. Schedules have now been made up and a separate note with your interview time was sent home. If you are unable to make the assigned meeting time, please contact the school to arrange a mutually agreeable time and date. Teachers are looking forward to meeting with you to briefly discuss your child/children's progress to date. We hope you will work with your child to establish some social and educational goals for the year.

Friday is a Professional Development day so the children stay home.



### DATES TO REMEMBER

Here are some dates to remember:

|               |  |
|---------------|--|
| October 16-19 | Interviews - early dismissal                 |
| October 17    | Photo retakes                                |
| October 19    | Great ShakeOut                               |
| October 20    | Pro D Day - no school                        |
| October 26    | Cross Country - PM<br>Div 1 and 2 field trip |
| October 27    | First Hot lunch - pizza                      |
| October 31    | Halloween parade/activities                  |
| November 7    | PAC meeting - 6:30                           |
| November 9    | Swim to Survive - in class                   |
| November 10   | Remembrance Assembly<br>Hot lunch - pizza    |
| November 11   | Remembrance Day                              |
| November 13   | School not in session                        |

### PHONING IN ABSENCES

We have a new phone system so you may notice the message is slightly different. There is now a dedicated line for absences. Voice mail is available all day so parents can call any time to report students who will be absent or late. This program is for the safety of your child. **All absences and lates need to be called in.**

### CROSSING AREAS



Please use the cross walk on the far side of Furn Road that leads to the fence and onto the yard and not the faded one that makes students cross the bus lane in order to get to the yard. This is the safest way to cross Gould Road and enter the playground. If you are picking up your children, please do not encourage them to run across the street to wherever you are, but to use the cross walk and look both ways. Please do not use the bus lane as a walkway as crossing in front or between the busses is dangerous, even if you think they are not moving. Remember to slow down, please, our children and not always looking!

If you would like to volunteer to monitor our cross walk, please let Shona know in the office.

|                |               |  |              |
|----------------|---------------|--|--------------|
| Principal      | Shona Sneddon | <a href="mailto:ssneddon@sd68.bc.ca">ssneddon@sd68.bc.ca</a>       | 250-722-2722 |
| Vice Principal | Kerri Steel   | <a href="mailto:kerri.steel@sd68.bc.ca">kerri.steel@sd68.bc.ca</a> | 250-722-2722 |
| Secretary      | Kim Freer     | <a href="mailto:kfreer@sd68.bc.ca">kfreer@sd68.bc.ca</a>           | 250-722-2722 |

### **CROSS COUNTRY**

Our cross country team has been training very hard for the past few weeks. The team meets Monday, Wednesday and Fridays at long recess for training runs. The Zone Meet will be held at Beban Park on Thursday, October 26<sup>th</sup>. Students and teams that qualify run in the district meet on November 2<sup>nd</sup>. We require parent volunteers to be marshalls on the course and to supervise our students. We will be bussing to the Zone meet.



### **PHOTO RETAKES**

Photo retakes for students that missed photo day or are not happy with their photo package will take place on Tuesday, October 17<sup>th</sup>. Students must return the completed code sheet to the photographer on photo retake day.

### **GREAT SHAKEOUT**

On October 19 at 10:19, millions of people worldwide will practice how to "Drop, Cover and Hold On" during Great ShakeOut Earthquake Drills.



Like all schools in Nanaimo / Ladysmith, students practice the Drop, Cover and Hold-on procedure followed by a complete exit from the building. Students learn how to count until the shaking stops and discuss what to do in the event of an earthquake in a variety of circumstances. We encourage all our families to join in on this drill at home or at work.

### **STUDENT VERIFICATION FORMS**

Thanks to all our families that returned our forms package quickly. If you haven't yet returned these forms, please do so as soon as possible. We ask that you complete them as thoroughly as possible so that we have the necessary safety contacts and medical information on file for your child. It is very important that we have two alternate numbers to call in case your child is sick or there is an emergency. Please remember if your child requires any medication at school (e.g. inhalers, epipen, antibiotics) there is a form that needs to be filled out by the parents/guardians. All medication needs to be kept in the office.

### **TOYS, GAMES AND ELECTRONICS AT SCHOOL**

We are asking that parents ensure that students keep any of their electronic games, game boys, Nintendo DS, iPods, MP3 players etc...at home! These items interfere with lessons in the classroom and run the risk of being lost, damaged or stolen at school. The school is not responsible for these items and we certainly do not want them to interfere with the learning in the classroom. Students can use these devices to and from school, but they should remain in backpacks or with the teacher for safe keeping for the rest of the day. We encourage students to be interacting with others and not on technology at the recess and lunch breaks. Students who bring their own toys to school may find it difficult to share with all the others who want to play. Please leave trading cards and toys at home. We have a large yard, balls and yard equipment that are available for imaginative play during recesses.

You may have provided your child with a cell phone for use after school but these phones are not to be used for calls or texting during the school day. The school phone is available for students to call home or for parents to contact their child/ren during the day if necessary. Your cooperation in this matter is appreciated!

### **WET & STORMY WEATHER**

With wet, windy, and cool weather here for then next several months, it is important that all students arrive at school properly dressed for the outdoors. There will be many days students will ask the question: "Is it an inside day?" The answer on most days is no. Students will be going outside to play at recess and lunch unless it is very windy and raining heavily. Students are expected to go outside for fresh air, socializing and physical activity during recess times. Inside days are rare. We thank you for ensuring your child comes to school with appropriate rain and cool weather clothing and has extra clothes to be kept in the locker or cubby.





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### HALLOWEEN

As we are a school that has children younger than 5 years old as part of our Strong Start Program, we ask that parents and students keep this in mind when preparing costumes to be worn at school. Costumes should not have guns, swords (weapons of any kind) or excessive gore (blood painted on faces for example). Costumes with many pieces tend to be removed during the day and then the pieces are often forgotten, leading to tears when everyone is ready to go trick or treating. We will have a costume parade and fun Halloween activities on the 31<sup>st</sup> and ask for parents and students to use good judgment when picking costumes!



Finally, in order to follow our healthy school guidelines, we would like to suggest that students restrict the amount of candy they bring after Halloween. Please help us by ensuring your child does not bring too much candy to school - one or two small pieces for dessert after a healthy lunch and only for that week. Thank you for your assistance.



### REMEMBRANCE DAY

Friday, November 11<sup>th</sup> is the Remembrance Day holiday. School will not be in session on November 13<sup>th</sup> as a tribute to all the men and women that fought for the freedom of our country. We will be having an assembly to honour the veterans on Friday, November 10<sup>th</sup> at 10:30am. Members of the Legion will be in attendance and each class will lay a wreath. Parents are welcome to join us for this ceremony. Our intermediate students will walk to the Cedar Memorial Gardens following the assembly to lay a wreath there.

### MESSAGES FROM THE PAC

#### MCNABBS Corn Maze Concession

Join us Friday, Oct 20<sup>th</sup> (PRO D DAY) from 10-3 at Mcnabbs Corn Maze. We are hosting the concession there and will have lots of goodies for sale. Please let us know if you can take a shift at the concession or donate some baking. It is a great time to explore the maze with your family, pick a pumpkin and have lunch☺

**Hot lunch** order forms were sent home last week. As we do not have a kitchen (yet) we will be doing hot lunches that just need to be distributed. If you are ordering hot lunch week to week our final cut off is the Friday before the hot lunch. Contact is

Lori Bates [lorilyn Bates@hotmail.com](mailto:lorilyn Bates@hotmail.com) or

Jalene Dick [cedarelempac@gmail.com](mailto:cedarelempac@gmail.com)

Save those **receipts from the 49<sup>th</sup> and Country Grocer** - they all help our school. There is a collection box across from the office.

Our **next meeting** is November 7<sup>th</sup> at 6:30 in the Learning Commons - all are welcome!

[cedarelemPAC@gmail.com](mailto:cedarelemPAC@gmail.com)

### COMMUNITY SCHOOLS UPDATE

Due to staffing issues the after school Pacific Sport Fun with Sports on Fridays may be postponed. Stay tuned for a call.

#### Healthy Kids Dental Clinic

When: Saturday October 21, 2017

In partnership with the VIU dental clinic, an opportunity for children between the ages 6-12 to get their teeth cleaned for free!

Where: Vancouver Island University

- Building 180 Room 570

For more information or to book an appointment contact Cassidy

[Green@cassidygreen.viustudent@gmail.com](mailto:Green@cassidygreen.viustudent@gmail.com)

Or call @ 250-740-6248

#### Supporting Student Mental Wellness

Join us for this free event Thursday, October 19 from 7 to 8:30 p.m. at John Barsby Community School, 550 Seventh Street, Nanaimo (Chandler Hall)

Workshop includes:

- An introduction to talking about mental health
- Exploration of the Stop Wondering, Start Knowing School Video Resource
- Resources for supporting students experiencing mental health challenges
- Strategies for promoting overall wellness

Email [bhenoch@sd68.bc.ca](mailto:bhenoch@sd68.bc.ca) to register

Principal  
Vice Principal  
Secretary

Shona Sneddon  
Kerri Steel  
Kim Freer

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