



Cedar Elementary News

October

PRINCIPAL'S MESSAGE

The time is flying and we are into October already! I hope you enjoy 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 Summer Slam and Open House. Thanks to those parents who volunteered for our run and who provided oranges after - so appreciated. Thanks to the generosity of our families, we 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 coming soon. It is October 21st -25th. 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. Once schedules are finalized, a separate note with your interview time is 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, Oct 25th is a Professional Development day so the children stay home.



DATES TO REMEMBER

Here are some dates to remember:

October 8	SaferSchools presentation
Oct 10	Div 7 field trip
October 11	Pro D - no school
October 14	Thanksgiving
October 15	Photo day
October 17	Great ShakeOut
October 21-24	Interviews - early dismissal
October 25	Pro D Day - no school
October 28 - 1	Bus Safety
October 29	Cross Country - PM Photo retakes
October 31	Halloween parade
November 5	PAC meeting - 6:30
November 8	Remembrance Assembly
November 11	Remembrance Day

PHONING IN ABSENCES

There is 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.

CROSS COUNTRY

Our cross country team meets Monday, Wednesday and Fridays at long recess for training runs. The Zone Meet will be held at Beban Park on Tuesday, October 29th. Students and teams that qualify run in the district meet on November 5th. We require parent volunteers to be marshalls on the course and to supervise our students. We will be bussing to the Zone meet.



PHOTO DAY and RETAKES

Photo Day is Thursday, October 15th. For students that miss this day or are not happy with their photo package, photo retakes will take place on Monday, October 29th. Students must return the completed code sheet to the photographer on photo retake day.

Principal	Shona Sneddon	ssneddon@sd68.bc.ca	250-722-2722
Vice Principal	Mike Ingalls	mingalls@sd68.bc.ca	250-722-2722
Secretary	Kim Freer	kfreer@sd68.bc.ca	250-722-2722
Support Secretary			250-722-2722

GREAT SHAKEOUT

On October 17 at 10:17, 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

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.

WET & STORMY WEATHER

With wet, windy, and cool weather here for the 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. Inside days are rare. 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. 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.



Grade 6 Immunizations

Recently immunization consent packages for grade 6 students were sent home from the school. If you have not already done so, please return the completed consent form to the school in a sealed envelope as soon as possible. Students in grade 6 will be offered immunizations in school-based clinics with the consent of a parent(s), guardian or representative. Please contact the local Health Unit at 250-755-3388 and ask to speak with a Public Health Nurse if you have any questions.

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 on the morning of Oct. 31st and ask for parents and students to use good judgment when picking costumes!



Finally, in order to follow our healthy school guidelines, we 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.

MESSAGE FROM THE PAC

PAC would like to thank our parents for embracing our new platform: MunchaLunch, for ordering Hot Lunches and paying for after school programs! So far, it has been a great success! Please remember- if you are placing orders 1 hot lunch at a time that they are DUE 1 week before the hot lunch date- this way we can submit orders to our suppliers. Ex. orders AND payment due Oct 11th for the Oct 18th hotdog date. Please note: Without payment, the orders will not be placed. If you need to still set up an account please go here:

<https://munchalunch.com/schools/Cedar> If you don't receive a reminder email the day before hot lunch day then your order was not placed. These emails are SO handy!

Our next PAC meeting will be on Nov. 5th at 6:30 in the multipurpose room. For those who can't make an evening meeting, a coffee morning recap will be held Nov. 8th at 8:45 in the multipurpose room. Little ones are welcome at each meeting. We hope to see you there!

Please also follow our FB page for updates and info on what is happening in our school and district. If you prefer emails please send us your address.. If you have any questions or concerns please email cedarelempac@gmail.com and we will be happy to help you out!

A parent passed this on - her child swallowed an Apple TV remote battery and it was taken out at the hospital BUT the Dr. told mom that it is the most fatal battery that a child can swallow. It can be fatal if not removed in 2 hours.