



Div. 3 & 4 at Nanaimo Fish Hatchery



PEACE Perler Beads



Friday Lego Club

Nov. 15, 2024

Next week we will start our **Holiday Food Drive**. All donated items go directly back to Cedar families in need. Items will be collected for 10 days only. Please consider donating to this worthy cause. Please see flyer below.

Our **Winter Concerts** will take place on Thursday, Dec. 12th at 9:15am and 12:30pm. All classes perform at both concerts. Both concerts will be the same. We ask that you attend just one concert in order for us to accommodate everyone.

The Week Ahead

Mon. 18	<ul style="list-style-type: none"> • Subway Hot Lunch • Drop In Gym for Preschoolers – Ms. Selena (see below)
Tues. 19	<ul style="list-style-type: none"> • Timberwolf Tuesday – wear your Spirit Wear or school colors
Wed. 20	<ul style="list-style-type: none"> • Photo retake day
Thurs. 21	<ul style="list-style-type: none"> • Spirit Day – Twin Day!
Fri. 22	<ul style="list-style-type: none"> •



Have a wonderful weekend!

Sincerely,

your Cedar Admin. Team

Carie Wood and Cal Lynch

Carie.wood@sd68.bc.ca

Callum.lynch@sd68.bc.ca

Looking Ahead

- Nov. 27 – Progress Reports Home
- Nov. 30 - PAC Winter Market
- Dec. 1 – Last day to order Purdy’s
- Dec. 6 – Curriculum Implementation Day, No School for students
- Dec. 12 – Winter Concert, 9:15am and 12:45pm (both concerts are the same)
- Dec. 20 – Last Day before Winter Break
- Jan. 6 – First Day back from Winter Break

PAC NEWS!

Hot Lunch – Fall Hot Lunch ordering now available. Please use order @ <https://munchalunch.com/login>

Winter Market November 30th – see flyer below. **VOLUNTEERS NEEDED!**

Purdy’s - Our CHRISTMAS PURDYS sales are open! Order Deadline: DEC 1st Order P/U: Outside the school on *Friday Dec 13th 1:45PM- 2:45 PM* Remaining orders: P/U in office Dec 16th-18th <https://fundraising.purdys.com/join.aspx/1308525-121789>

COUNSELLOR CORNER

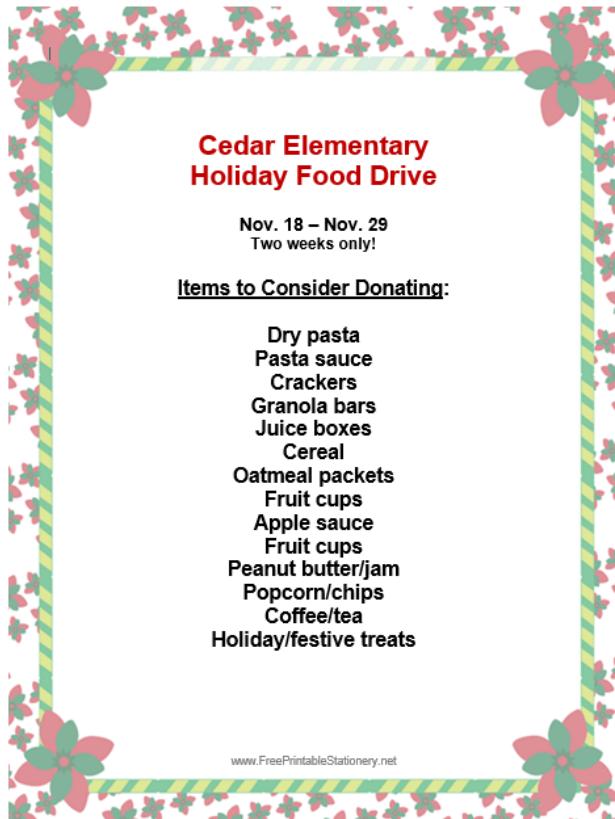
As we continue to support the well-being of all our students, we recognize that mental health is just as important as physical health. We encourage families to access resources if you or your child ever need support. Below, you will find a helpful list of community mental health services available in Nanaimo that provide assistance to families in times of need. Please remember, reaching out for support is a courageous and important step.

Supports and Services for Youth & Families in Nanaimo

- **BC 211**
A 24/7 service providing information about health resources in your community. Call or text 2-1-1.
- **Crisis Centre BC**
Immediate support for individuals in crisis.
 - **Phone:** 1-800-784-2433 or 310-6789 (no area code) **Website:** www.crisiscentre.bc.ca
- **FamilySmart**
Support for families facing mental health challenges, offering guidance and resources.
 - **Website:** www.familysmart.ca
- **FoundryBC**
Wellness resources and support for youth aged 12-24 years, offering mental health, substance use, and social services.
 - **Website:** www.foundrybc.ca
- **Island Health Discovery Youth & Family Substance Use Services**
Support for youth ages 13-19 years, family members, friends, and support people dealing with substance use.
 - **Website:** www.islandhealth.ca
- **Island Health Mental Health**
Local mental health services and resources for individuals and families.
 - **Website:** www.islandhealth.ca
- **Kelty Mental Health Centre**
A resource for B.C. youth, families, and community agencies offering mental health support.
 - **Phone:** 1-800-665-1822 **Website:** www.keltymentalhealth.ca
- **Kids Help Phone**
A 24/7 service providing live support, online chat, and resources for youth.
 - **Phone:** 1-800-668-6868 **Online Chat:** Available noon to 1 a.m. **Website:** www.kidshelpphone.ca
- **Kuu-us Crisis Line**
A 24/7 crisis support line for Indigenous people in B.C.
 - **Phone:** 1-800-588-8717 **Website:** www.kuu-uscrisisline.ca
- **Racist Incident Helpline**
A support service for people who have experienced or witnessed a racist incident.
 - **Phone:** 1-833-457-5463 **Website:** www.racistincidenthelpline.ca
- **Vancouver Island Crisis Line**
A 24/7 crisis line with text and chat options available.
 - **Phone:** 1-888-494-3888 **Website:** www.vicrisis.ca
- **Youth in BC Online Chat**
An online chat service offering crisis support for youth, available noon to 1 a.m., with links to 24/7 crisis lines.
 - **Website:** www.youthinbc.com
- **Access Services – Walk-In Crisis Counselling Clinic**
Provides crisis counselling for individuals of all ages and connects to mental health and substance use community services. The clinic also offers referrals and resources for individuals 19 years of age or older.
 - **Location:** #203 - 2000 Island Hwy, Nanaimo, B.C. V9S 5W3 **Phone:** 250-739-5710
 - **Hours:** Monday to Friday, 10:00 AM – 5:15 PM

These resources offer vital mental health support for youth and families in the Nanaimo area. Please feel free to reach out to these services if you or your child need assistance. Seeking help is a courageous and important step in taking care of yourself and your loved ones.

QUOTE: "**Sometimes the bravest and most important thing you can do is just show up.**" – Brené Brown



**Cedar Elementary
Holiday Food Drive**

Nov. 18 – Nov. 29
Two weeks only!

Items to Consider Donating:

Dry pasta
 Pasta sauce
 Crackers
 Granola bars
 Juice boxes
 Cereal
 Oatmeal packets
 Fruit cups
 Apple sauce
 Fruit cups
 Peanut butter/jam
 Popcorn/chips
 Coffee/tea
 Holiday/festive treats

www.FreePrintableStationery.net



Does your family need **support** with **food** and/or **Christmas**?

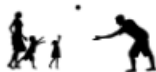


Food Supports Available:

1. **Cedar Elementary** is one of many schools that offers free, nutritious daily lunches to any child that is in need.
2. We also offer weekly support of Backpack Buddies to be sent home with students: Backpack Buddies is a program designed to help students eat over the weekend and consists of a bag filled with 10-12 non-perishable, easy to prepare items (some frequent items are kraft dinner cups, juice boxes, fruit to go, Mr. Noodles, instant mashed potatoes)

For more information on either food program or Christmas supports, please reach out to our Child Youth and Family Support Worker,
 Skylar @ skylar.cameron@sd68.bc.ca or 250-802-5740 (call or text)
 She will be happy to hear from you!

If inquiring about Christmas supports, please reach out as soon as possible as resources are limited. Thank you! 😊



Gym Drop-in – Facilitated by Selena

Funded by Cedar Lions Club

Where: Cedar Elementary School Gym
 (please enter at gym doors)

When: Mondays 4-5:30 pm

Who: Children birth to 5 years and their caregivers

What: Fun, Fitness and Social interaction

How: Cedar Lions Club has funded the program so attendance is free! Thank your local member or become a member yourself.

Bring your family and your water bottles for some activities in the gym

****Dates for 2024/2025****

Nov.18, 25

Dec 16

Feb.10,24

March 3,10

