



Recess Helpers



New Timberwolf Spirit Wear



Div. 15 Sundae Treat

Nov. 22, 2024

Progress Reports will be emailed home next Wednesday, Nov. 27th. We encourage you to sit down with your student and celebrate all of their hard work this first term.

Our **Holiday Food Drive** continues through next week. All donated items go directly back to Cedar families in need. Please consider donating to this worthy cause. Please see flyer below.

PAC Christmas Basket fundraiser is back again this year! Each class will collect items to go into a themed basket. Tickets will be sold at both Winter Concerts. Please see list attached of each classroom teacher and theme being collected.

Our **Winter Concerts** will take place on Thursday, Dec. 12th at 9:15am and 12:45pm. 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. 25	<ul style="list-style-type: none"> • Drop In Gym for Preschoolers – Ms. Selena (see below) • Photo Retake Day
Tues. 26	<ul style="list-style-type: none"> • Timberwolf Tuesday – wear your Spirit Wear or school colors • Fire Drill, am
Wed. 27	<ul style="list-style-type: none"> • First Term Progress Reports Home
Thurs. 28	
Fri. 29	<ul style="list-style-type: none"> • Spirit Assembly, 9am (parents/guardians always welcome) • Last Day for Holiday Food Drive
Sat. 30	<ul style="list-style-type: none"> • PAC Winter Market, 10:00am – 2:00pm



Have a wonderful weekend!

Sincerely,

your Cedar Admin. Team

Carie Wood and Cal Lynch

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Looking Ahead

Dec. 1 – Last day to order Purdys

Dec. 5 – PAC Christmas Basket donations last day

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!

Christmas Basket Fundraiser – class donations now being accepted until Dec. 5th

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

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

Purdys - 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->

COUNSELLOR CORNER

Counsellor's Corner: Finding Balance with Screen Time

In today's digital age, balancing screen time can feel like an uphill battle for families. With devices often used for both education and entertainment, it's important to establish healthy boundaries that work for your family.

Why Balance Matters:

Excessive screen time can impact children's sleep, social skills, and physical activity. However, when used thoughtfully, technology can also be a tool for learning and connection. The key is to find a balance that supports your child's well-being.

Helpful Tips for Families:

Create Tech-Free Zones: Establish screen-free spaces like the dining table or bedrooms.

Set Time Limits: Use timers or parental controls to ensure screens don't take over the day.

Model Healthy Habits: Show your kids how to unplug by balancing your own screen use.

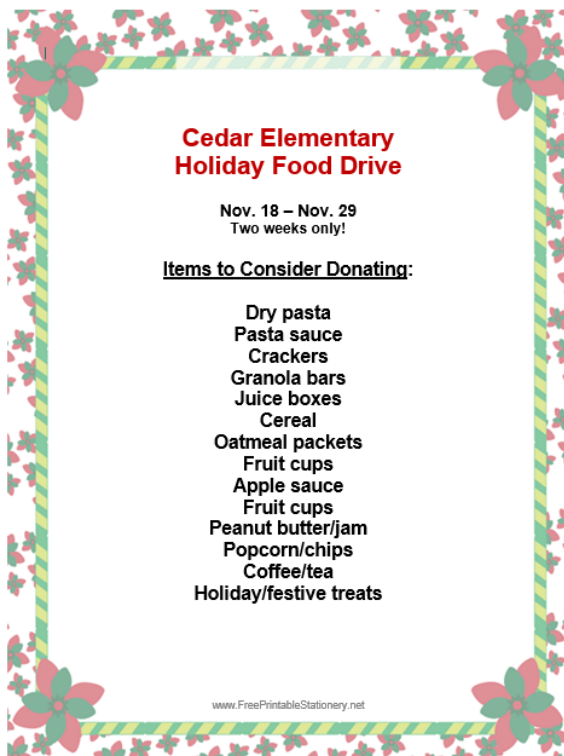
Encourage Alternative Activities: Promote outdoor play, board games, or reading to reduce reliance on screens.

A Resource to Explore:

Common Sense Media (www.commonsensemedia.org) is a trusted website offering reviews of apps, games, and shows, along with practical advice for families navigating technology.

Quote:

"Balance is not something you find, it's something you create." – Jana Kingsford



**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



You're invited to our

Winter
MARKET

NOV 30 2024

10-2

Cedar Elementary
2215 Gould Rd, Nanaimo BC

Tables: Adults \$30, Kids \$10
Contact: cedarelempac@gmail.com