



Happy Halloween!

Nov. 1, 2024

Our Halloween Parade was spooktacular! What a fun way to gather and share all of the amazing costumes. A huge shout out to all of our students for doing such an incredible job with safety this year and following our guidelines on replica weapons and masks. It was a boo-ti-ful day all around!

Congratulations to the 29 students who competed in the **Zone Cross Country** meet. You all did Cedar proud. Best of luck to the 10 students who qualified for the District Meet Wed. Nov. 6th.

The Week Ahead

Mon. 4	•
Tues. 5	• Timberwolf Tuesday – wear your Spirit Wear or school colors
Wed. 6	• District Cross Country Meet • PAC Meeting, 5:30pm
Thurs. 7	• 10:40am Remembrance Day Assembly Gr. K-7 – please join us • 1:00pm Cedar Memorial Gr. 4-7 – please join us
Fri. 8	• Pro D Day, No School for students



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. 11 – Remembrance Day, No School
- Nov. 20 – Photo retake day (note date change)
- Nov. 27 – Progress Reports Home
- Nov. 30 -PAC Winter Market
- Dec. 6 – Curriculum Implementation Day, No School for students
- Dec. 12 – Winter Concert, am and pm shows (both 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>
Dieleman Fundraiser is open. Orders due Nov. 2nd. www.dfscanada.com (Organization ID # 6957)
Winter Market November 30th – see flyer below
Growing Smiles fundraiser is now open – please see flyer and parent letter below.

COUNSELLOR CORNER

Hello Families,

This November, I'll be visiting each classroom to get to know the students and kick off an important conversation about wellness and personal coping tools. Together, we'll begin exploring the idea of a "coping toolbox," filled with strategies to help us handle life's challenges, big and small. My goal is to foster a consistent language around wellness that can be shared throughout the school community and at home.

By modeling and openly discussing the use of coping tools, we can create a supportive environment where students feel comfortable acknowledging their feelings and finding constructive ways to work through them. Just as we learn math and reading together, learning to manage our emotions is an essential life skill that benefits from consistent guidance and positive examples.

To support this, we'll be using a special poster in all classrooms that outlines common coping strategies. This same poster will also go home to keep the conversation going. As a community, let's work together to fill our coping toolboxes and normalize the experience of handling stress and emotions in a healthy way.

QUOTE: "Coping tools are like muscles – the more we practice, the stronger they get."



**Winter Fundraiser
2024**

OUR GOAL: **\$2000**

Selling Plants

 Poinsettias	 Wreaths	 Trio Pack
 Hanging Greenery Bough	 Outdoor Greenery Arrangement	 Indoor Tropical Planter

HOW TO ORDER:
cedarelementary.growingsmilesfundraising.com

PLANT PICKUP: **November 28, 29 & 30 (At Winter Market)**

ORDERS DUE: **November 13th, 2024**

CONTACT: cedarelempac@gmail.com
or
Nicole 250-740-5728



GrowingSmiles
FUNDRAISING



**We've
LAUNCHED
our DFS
Fundraiser!**

Visit us at www.shopdfsCanada.com
to **REGISTER & SHOP**

**Please refer to parent letter for
more registration details**

 



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



Parent Letter

Dear Parents,

This year at Cedar Elementary we are excited to announce a Winter Fundraiser! We will be selling a variety of plants which are included on the Order Forms.

Our goal is to raise: **\$2000-**

Why we Fundraise:

Fundraising is always a vital part of ensuring the students have the best year possible. The money raised is used to help cover costs for programs, equipment, resources, and extra-curricular activities. It also takes some of the financial burden off of the parents – allowing more kids to participate in these activities. With this fundraiser we are raising money for:

Important Dates to Remember

November 1st

The fundraiser officially begins.

November 13th

All money and order forms must be returned to the school.

November 28-30th

Pick-up date from school.

Important Notes

- Please ensure customers make cheques payable to: Cedar Elementary PAC
- Our team website is located at: cedarelementary.growingsmilesfundraising.com
- Please try to sell only to your family, friends and close neighbors. (Parents may take order forms to work to collect sales if desired)
- We do not encourage young students soliciting door-to-door sales for safety reasons. If students are selling within their neighborhood they should always be accompanied by a responsible adult.
- Please contact: Nicole at 250-740-5728 if you have any questions!
- Plants are supplied by DeVry Greenhouses.

Thank you for your support!

Warmest Regards,



www.growingsmilesfundraising.com



1-866-806-1523



info@growingsmilesfundraising.com

