



We Shall Remember...

Nov. 7, 2024

Yesterday, we had a beautiful Remembrance Day Assembly and our intermediate classes also visited the Cedar Valley Memorial to honor our Veterans. Students marched in, led by Rene Cusson, one of our favorite TTOC's and professional bagpiper. Holding ceremonies and passing on traditions of remembrance are important ways to show our appreciation to the Veterans of Canada and their families. We are fortunate to call Canada home.

Congratulations to the 10 students who competed in the **District Cross Country Meet**. You all did the Timberwolves proud! Shout out to Mr. Boon for leading the wolf pack!

The Week Ahead

| | |
|------------------|--|
| Mon. 11 | <ul style="list-style-type: none"> • Remembrance Day, No School • Hot Lunch Orders due |
| Tues. 12 | <ul style="list-style-type: none"> • Timberwolf Tuesday – wear your Spirit Wear or school colors |
| Wed. 13 | <ul style="list-style-type: none"> • Last day to order Growing Smiles Fundraiser |
| Thurs. 14 | <ul style="list-style-type: none"> • |
| Fri. 15 | <ul style="list-style-type: none"> • Lockdown Drill, am |



Have a wonderful long weekend!

Sincerely,

your Cedar Admin. Team

Carie Wood and Cal Lynch

Carie.wood@sd68.bc.ca

Callum.lynch@sd68.bc.ca

Looking Ahead:

- Nov. 20 – Photo retake day (note date change)
- 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!**

Growing Smiles – see flyer below, last day to order is Nov.13th.

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

Cultivating a positive environment for everyone in the family—caregivers and children alike—has lasting effects on mental health and resilience. Here are five simple yet powerful ways to nurture well-being together as a family.

1. Create Routine Moments of Connection

Setting aside even a few minutes each day for family check-ins or simple activities like a shared meal can make a huge difference. These moments strengthen bonds, help children feel safe, and allow everyone to reconnect after busy days.

Try this: Start a “highs and lows” conversation at dinner, where each person shares a high point and a challenge from their day.

2. Practise Mindful Presence

In our fast-paced world, it’s easy to be “there” but not “present.” Take time to really tune in when spending time with family.

Put down devices, make eye contact, and be fully in the moment. This mindfulness builds trust and shows your family they are valued.

Try this: Choose one family activity a week where everyone agrees to be screen-free and fully engaged.

3. Encourage Open Communication

Make it safe for family members to express their feelings without judgement. Listening without trying to “fix” things can be powerful. When children and teens feel heard, they’re more likely to open up about their thoughts and emotions.

Try this: Use open-ended questions, like “What was the best part of your day?” or “What’s something you wish you could do more often?”

4. Set and Celebrate Small Goals Together

Working together towards a shared goal, even a small one, can strengthen family unity. Whether it’s planting a garden, completing a puzzle, or learning a new skill, collaborative goals build teamwork and provide opportunities for encouragement.

Try this: Choose one monthly family goal (like making a recipe together or reading a book), and celebrate when you accomplish it!

5. Model and Prioritize Self-Care

Children learn by watching the adults around them. Prioritize self-care and model healthy habits, like managing stress and taking time for relaxation. It’s important for parents to recharge so they can show up as their best selves for their family.

Try this: Talk about what helps you feel calm or recharged, and invite family members to share their own self-care ideas.

“A family doesn’t need to be perfect; it just needs to be united.”



Div. 14 Visits Yellow Point Cranberries

Winter Fundraiser 2024

OUR GOAL: **\$2000**

Gifts Plants

| | | |
|--|--|--|
| | | |
| | | |

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 250-740-9728



Growing Smiles



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