



Winter Concert 2024

Dec. 13, 2024

Our Winter Concert was magical! A heart-felt thank you to Ms. Lenz, staff and students for all the hard work that went into spreading the holiday spirit amongst our school community. It really was a beautiful gift for all of those in attendance.

December Spirit Week is upon us! Time to break out the holiday gear and show your school spirit. Next week we will dress festively, decorate cookies and gather as a school to sing holiday carols on three mornings. Tis' the season to be jolly!

The Week Ahead

Mon. 16	<ul style="list-style-type: none"> • Spirit Day - Candy Cane Day – red and white • Drop In Gym for Preschoolers – Ms. Selena 4-5:30pm
Tues. 17	<ul style="list-style-type: none"> • Spirit Day - Winter Wonderland – white, blue, sparkles
Wed. 18	<ul style="list-style-type: none"> • Spirit Day - Holiday Sweaters • Cookie Decorating and Holiday Door Judging • Schoolwide Caroling
Thurs. 19	<ul style="list-style-type: none"> • Spirit Day - Grinch Day – red and green • Schoolwide Caroling
Fri. 20	<ul style="list-style-type: none"> • Spirit Day - Holiday Hats • Schoolwide Caroling • Last Day before Winter Break



Have a wonderful weekend!
Sincerely,

your Cedar Admin. Team
Carie Wood and Cal Lynch

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Looking Ahead

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>
Purdys - Remaining orders: P/U in office Dec 16th-18th

COUNSELLOR CORNER

Counsellor's Corner: The Power of Daily Gratitude as a Family

In our busy lives, it's easy to focus on what's missing or what's going wrong. Practising gratitude as a family offers a powerful way to shift perspective and foster deeper connections. Grounded in science, gratitude isn't just about saying "thank you"—it's a mindset that brings a host of benefits to mental and emotional well-being.

The Science of Gratitude

Research shows that practising gratitude rewires the brain, enhancing happiness and reducing stress. It stimulates the release of dopamine and serotonin, the "feel-good" chemicals, while also decreasing cortisol, the stress hormone. Families who engage in gratitude practices often report stronger relationships, improved communication, and an overall positive outlook.

5 Benefits of Family Gratitude Practices

1. **Boosts Emotional Resilience:** Recognizing the positives helps family members cope better with challenges.
2. **Strengthens Bonds:** Sharing gratitude fosters deeper connections and a sense of belonging.
3. **Improves Mental Health:** Regular gratitude practice reduces anxiety and depression.
4. **Encourages Mindfulness:** It shifts focus to the present moment, creating space for joy.
5. **Teaches Positive Habits:** Modelling gratitude helps children develop this mindset for life.

How to Create a Family Gratitude Routine

- **Gratitude Jar:** Place a jar in your home where everyone can add notes of thanks throughout the week. Read them together on a set day.
- **Dinner Table Reflection:** Make it a habit to share one thing each person is grateful for during meals.
- **Gratitude Walks:** Take a walk and point out things you're thankful for in nature or your surroundings.
- **Gratitude Journals:** Keep a family journal where everyone can write down daily reflections.
- **Weekly Gratitude Game:** Create a game where everyone shares something they're thankful for about another family member.

These simple practices can become meaningful rituals that enrich your family's emotional health and deepen your bond. Try incorporating one or two into your routine and notice the positive impact it brings!

QUOTE: "The daily practice of gratitude helps us to focus on what is truly important and creates a sense of peace and contentment." – Brian Tracy



Thank you, Ms. Lenz!