



*2025 New Year Goals*



*Our new Drums – Thank you, PAC!*



*Chinese Dragon Directed Drawings*

Jan. 10, 2025

Welcome back and Happy New Year! It was great to see everyone return to school with lots of smiles and positive energy. We look forward to a wonderful 2025!

The Great Kindness Challenge, the happiest week of the year is quickly approaching. For our third year in a row, Cedar Elementary School will join the worldwide initiative from Jan. 27<sup>th</sup> – 31<sup>st</sup>. It is one week devoted to acknowledging and performing acts of kindness, both big and small. Watch for more info. in the coming weeks. <https://thegreatkindnesschallenge.com/>

Grade 7 Bottle Drive – Save the date and Bottle Drive Express information attached.

**NLPS News –**

- Registration for the 2025-2026 school year will open Jan. 8, 2025. Please see attachment.
- Triple P Positive Parenting Program – Please see attachment
- Family Smart Presentation Jan. 15<sup>th</sup> – Please see attachment

**The Week Ahead -**

<b>Mon. 13</b>	
<b>Tues. 14</b>	• Timberwolf Tuesday
<b>Wed. 15</b>	
<b>Thurs. 16</b>	
<b>Fri. 17</b>	

Have a great weekend!

Sincerely,

your Cedar Admin. Team

Carie Wood and Cal Lynch

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**Looking Ahead**

Jan. 27 – 31 – The Great Kindness Challenge Week

Feb. 3 – No School for Students, Pro D Day

Feb. 4 – No School for Students, Pro D Day

Feb. 11/12 – Scholastic Book Fair

Feb. 14 – 8:45am PAC Meeting

Feb. 17 – No School, Family Day

Feb. 26 – Pink Shirt Day

March 12 – Second Term Progress Reports

March 14 – Last Day before March Break

March 17 -28 – March Break

March 31 – First Day back from March break

## PAC NEWS!

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

### **COUNSELLOR'S CORNER** - *Sian Trombley, School Counsellor*

#### **Counsellor's Corner: Embracing the New Year**

As we step into a brand-new year, it's natural to think about setting resolutions and goals. Often, these resolutions are about changing ourselves—working harder, or being "better." While growth and self-improvement are valuable, this year, I'd like to offer a different perspective.

What if this year, instead of trying to change yourself, you make a resolution to truly *be yourself*?

Being yourself means embracing your strengths, accepting your quirks, and celebrating the unique individual that you are. It's about listening to your own needs, being kind to yourself, and showing up authentically in your relationships with others.

For our children, this is a message worth sharing. When kids feel confident in who they are, they thrive. Encourage them to:

- Recognize what makes them special and unique.
- Set goals that align with their passions and interests.
- Be kind to themselves when they make mistakes—they're learning, not failing.
- Take pride in being themselves, even when it feels different from others.

Growth doesn't mean changing who we are—it's about nurturing the best in ourselves. Wishing you all a joyful and authentic new year ahead!

**QUOTE: "Authenticity is the daily practice of letting go of who we think we're supposed to be and embracing who we are." – Brené Brown**

### **SAFETY CORNER** – Cedar Safety Committee



#### **Staying Safe at Cedar: Traffic & Parking Guidelines**

1. **Park in Designated Areas:** Use marked parking spaces and only use priority parking / accessible spaces with the appropriate permits.
2. **Follow Traffic Rules:** Please drive under 30km/hr on Gould Road, stay alert for pedestrians, and do not block traffic flow.
3. **Respect Fire Lanes and Emergency Access:** Fire lanes must remain clear at all times. This includes the parking lot and along the fence line of the east side of school grounds.

Thank you for helping us maintain a safe and efficient traffic flow!