



Div. 15 Birds Eye View



I lost my first tooth!



Div. 7 Directed Drawing

Jan. 17, 2025

Best of luck to our **Bantam Boys and Girls Volleyball** teams as they enter the first round of playoffs next week. Go Timberwolves!

We are grateful that our students have the opportunity to participate in N.E.T.P.E.A sports at school. We greatly value the philosophy and guidelines for spectators, which promote and emphasize the development of healthy attitudes in a positive and enjoyable environment. However, we continue to face challenges with students staying after school to watch teams and their ability to adhere to these guidelines. ***At this time, students will only be permitted to stay and spectate after school sports if they are supervised by their own individual parent/guardian or are asked to stay in a volunteer role.*** Thank you for your support as we continue to provide our players and opponents with a positive and supportive extra-curricular experience.

Personal Item/Valuables Brought to School – We encourage students to leave personal or special items and valuables at home. These items are often at risk of being damaged, lost, or stolen. As outlined in our Student/Parent Handbook, students are strongly discouraged from bringing personal items or belongings to school. *Any valuable items brought from home are at the student's own risk, as the school cannot be held responsible for replacing lost, broken, or stolen items. The best way to prevent these issues is to keep such items at home.* Thank you for your understanding and support!

The Great Kindness Challenge, the happiest week of the year is quickly approaching. Our kick-off Assembly will be held next Friday, 24th. <https://thegreatkindnesschallenge.com/>

Grade 7 Bottle Drive – Save the date attached.

The Week Ahead -

Mon. 13	
Tues. 14	• Timberwolf Tuesday
Wed. 15	
Thurs. 16	
Fri. 17	• Great Kindness Challenge Kick-Off Assembly

Have a wonderful weekend!
Sincerely,
your Cedar Admin. Team

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. 10-14 Literacy Week
- 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

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[PAC NEWS!](#)

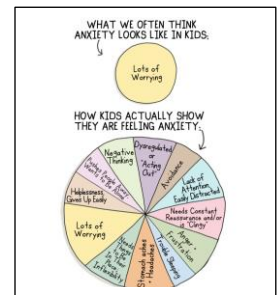
Hot Lunch – Hot Lunch ordering now available. Please use order @ <https://munchalunch.com/login>

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

Counsellor's Corner: What Anxiety Looks Like in Kids

When we think of anxiety in children, we often picture excessive worrying. While this is true for some, anxiety can manifest in many other ways that are easy to overlook. The poster above highlights how kids may show their anxiety through:

- **Negative Thinking:** Saying things like, "I can't do this," or, "I'm not good enough."
- **Anger and Frustration:** Quick outbursts or meltdowns when overwhelmed.
- **Avoidance:** Refusing to go to school or participate in certain activities.
- **Physical Symptoms:** Complaints of stomach aches, headaches, or trouble sleeping.
- **Clinginess or Need for Reassurance:** Seeking constant comfort from caregivers.



Understanding these behaviours as potential signs of anxiety helps us respond with empathy and support.

Recommended Resource for Parents

If you're looking for strategies to support your child, I highly recommend the program **Confident Parents, Thriving Kids** offered by the Canadian Mental Health Association. This evidence-based program provides practical tools to help caregivers support their children in managing anxiety and building resilience.

For more information, visit [Confident Parents, Thriving Kids](#).

SAFETY CORNER – Cedar Safety Committee

Staying Safe at Cedar: Crosswalks

The safety of our students is our top priority. Please remember to slow down and approach all crosswalks with caution. Be prepared to stop for pedestrians, and always stay alert for children crossing. Your careful driving helps ensure a safe environment for everyone in our school community.

