



Literacy Week Adventures!

Feb. 14, 2025

Literacy Week @ Cedar Elementary was awesome! A huge shout out to Ms. Black for all of the fun activities planned around the love of reading. Thank you to our supportive PAC for running the Scholastic Book Fair. Next week, we will have our FREE Book Exchange. Our goal is for every child to go home with a new book, either this past week or next. Thank you for all the book donations.

NLPS News Student Learning Survey - The parent and guardian/caregiver survey is now available @ www.bced.gov.bc.ca/sat_survey/access.htm The survey will be available until Friday, May 2nd, and will take approximately 30 minutes to complete. Your responses are voluntary and anonymous, and your child will not be identified as a result of your participation in the survey. Gr. 4 and 7 students write the survey at school. Parents of students in all grades are welcome to complete.

Message from PAC – Hot Lunch ordering is now open @ <https://munchalunch.com/login> The following dates/meals are on the menu! Feb 21st Hot Dogs, Mar 12th Bar Burrito, April 11th Subway, May 9th Cobs, June 9th Hot Dog Day. Please see attachment for details.

The Week Ahead -

Mon. 17	<ul style="list-style-type: none"> No School, Family Day
Tues. 18	<ul style="list-style-type: none"> Timberwolf Tuesday
Wed. 19	
Thurs. 20	
Fri. 21	<ul style="list-style-type: none"> 8:45am PAC AGM Meeting Hot Lunch. Hot Dogs



Looking Ahead

- Feb. 24 – Ms. Selena Pre-School Drop in Gym
- Feb. 26 – Pink Shirt Day
- Feb. 27 – Spirit Twin Day
- Feb. 24/25 – Celebrating Black History Month
- Feb 28 – Spirit Assembly
- 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
- April 12 – Gr. 7 Bottle Drive



Super Timberwolves!

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

Strengthening Family Bonds on Family Day

As Family Day approaches, it's the perfect time to reflect on what truly strengthens the foundation of a happy, connected family—quality time, meaningful conversations, and shared experiences. In today's fast-paced world, families often get caught up in the daily grind, leaving little room for intentional connection. This long weekend offers a beautiful opportunity to slow down and focus on what matters most.

Why Family Connection Matters

Strong family bonds create a sense of security, belonging, and emotional well-being for both children and adults. Research shows that families who engage in shared activities experience greater resilience, healthier communication, and stronger emotional ties. These connections serve as a protective factor against stress, anxiety, and even future mental health challenges.

Simple & Meaningful Ways to Celebrate Family Day

1. Technology-Free Connection Time

Set aside an hour (or more!) where everyone puts away their devices. Use this time to play a board game, cook a meal together, or simply share stories.

2. Outdoor Adventure

Fresh air and movement do wonders for the mind and body. Go for a hike, skate at an outdoor rink, or take a family stroll in nature. Engaging in physical activities together promotes teamwork and shared joy.

3. Creative Expression

Art, music, and storytelling can be wonderful ways to connect. Try a family art project, write a short story together, or have a dance party in your living room. Creativity fosters self-expression and deepens emotional connections.

4. Acts of Kindness

Use Family Day to spread kindness within your home and community. Write letters of appreciation to each other, bake cookies for a neighbor, or volunteer together. These small acts cultivate gratitude and reinforce family values.

5. Reflect & Dream Together

Create a "Family Time Capsule" by writing down favorite memories, current interests, and hopes for the future. Revisit it next Family Day and see how things have evolved.

A Gentle Reminder

Family Day doesn't have to be about grand plans or perfection. It's about presence. Whether you spend the day in deep conversation or simply cuddled up watching a movie, what matters most is the feeling of togetherness.

This Family Day, take a moment to celebrate the love, resilience, and unique strengths that make your family special. Small moments of connection create lifelong memories.

"In the end, kids won't remember that fancy toy or game you bought them, they will remember the time you spent with them." – Kevin Heath

Have a great long weekend!

Sincerely,

your Cedar Admin. Team

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Buddies



Valentines

