



*Thank you, PAC!*



*Book Swap*



*PACK Proud*

Feb. 21, 2025

Our **Book Swap** was a success! Thank you to everyone who was able to generously donate books. We were grateful to be able to offer every student an opportunity to take home a 'new to you' book. Happy reading!

Next Wednesday, we encourage everyone to wear pink in support of **Pink Shirt Day**. The theme for this year's Pink Shirt Day is focused around cultivating a community of kindness. Cedar Timberwolves love this theme. Why? Because Kindness Matters at Cedar!

**NLPS News Student Learning Survey** - The parent and guardian/caregiver survey is now available @ [www.bced.gov.bc.ca/sat\\_survey/access.htm](http://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 Week Ahead -**

<b>Mon. 24</b>	<ul style="list-style-type: none"> <li>• Ms. Selena Pre-School Drop in Gym, 4-5:30pm</li> </ul>
<b>Tues. 25</b>	<ul style="list-style-type: none"> <li>• Timberwolf Tuesday</li> </ul>
<b>Wed. 26</b>	<ul style="list-style-type: none"> <li>• <b>Pink Shirt Day</b></li> </ul>
<b>Thurs. 27</b>	<ul style="list-style-type: none"> <li>• Spirit Twin Day</li> </ul>
<b>Fri. 28</b>	<ul style="list-style-type: none"> <li>• Spirit Assembly</li> </ul>



*Mr. D's crew has 'heart'*

**Looking Ahead**

- March 5/6 – Celebrating Black History Month
- 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
- April 17 – Art Show
- Class Photo Day
- April 18 – Good Friday, No School
- April 21 – Easter Monday, No School
- May 2- School Track Meet
- May 5 – Pro D Day, No School for students
- May 9 – Gr. 6/7 Band Concert, 1pm
- May 19 – Victoria Day, No School
- May 27 – Zone Track Meet
- May 30 – PAC Spring Fling
- Talent Show, 1pm
- June 12 – District Track Meet
- June 19 - Grade 7 Farewell Assembly, 10:30am
- June 24 – Year End Assembly, 10:30am
- June 26 – Last Day of School
- Summative Reports sent home

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

### Counsellor's Corner: A Collaborative Approach to Helping Kids Thrive

As caregivers and educators, we often encounter challenging behaviours in children. Dr. Ross Greene's Collaborative & Proactive Solutions (CPS) model offers a compassionate, skill-building approach that shifts the focus from controlling behaviour to working with children to solve problems collaboratively.

#### What is the CPS Model?

Dr. Greene's approach is based on the belief that *kids do well if they can*. When a child struggles with behaviour, it's often due to lagging skills in areas such as frustration tolerance, flexibility, and problem-solving—not a lack of motivation. The CPS model helps caregivers, parents, and educators work together with children to identify challenges and develop solutions that meet everyone's needs.

#### The Three Steps of the CPS Model & Practical Tips

##### Step 1: The Empathy Step

Listen first. Approach the child with curiosity rather than assumptions. Ask open-ended questions to understand what's getting in the way.

Instead of: "Why won't you just do what you're told?"

Try: "I've noticed you're having a hard time getting started. What's up?"

##### Step 2: The Define the Problem Step

Express your concerns too. Share what's important from your perspective in a neutral, non-judgmental way.

Instead of: "You can't keep acting this way."

Try: "I'm worried that when this happens, it makes it harder for everyone to feel comfortable."

##### Step 3: The Invitation Step

Brainstorm solutions together. Encourage the child to come up with ideas. If needed, guide them toward a realistic, practical plan.

Instead of: "You need to stop arguing."

Try: "How can we figure out a way to solve this together?"

#### Why This Works

- Reduces power struggles and increases cooperation
- Helps kids build independence, self-regulation, and problem-solving skills
- Strengthens relationships between children and caregivers

#### Recommended Resource: Dr. Ross Greene's Latest Book

For more practical guidance, check out:

*Raising Human Beings: Creating a Collaborative Partnership with Your Child*

Explore more at [www.livesinthebalance.org](http://www.livesinthebalance.org) – a free resource hub for parents, teachers, and caregivers.

***"The single most important thing to remember about kids with behavioural challenges is that they lack the skills, not the will, to behave well."*** – Dr. Ross Greene

By shifting our mindset from discipline to collaboration, we can help children develop confidence, problem-solving skills, and resilience.

Have a great weekend!

Sincerely,

your Cedar Admin. Team

Carie Wood and Cal Lynch

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Recess Rainbow

