



*Pink Shirt Day*



*Feb. Timberwolves of the Month*



*100 Days Smarter*



Feb. 28, 2025

It was a busy week filled with lots of celebrations! We celebrated 100 Days in School, Pink Shirt Day, 101 Days in School, Twin Day and our February Spirit Assembly.

At our assembly we did a shout out for our Basketball teams, had Gr. 2 students read Pink Shirt Day Kindness Poems, recognized our February Timberwolves of the Month and reminded all students and staff how important it is that we take care of ourselves and one another. It was the perfect way to say good-bye to February!

**Message from PAC** – Hot Lunch ordering is now open @ <https://munchalunch.com/login>

**Save Your Bottles** - The Grade 7 Bottle Drive is on April 12.

**The Week Ahead -**

<b>Mon. 3</b>	<ul style="list-style-type: none"> <li>• Ms. Selena Pre-School Drop in Gym, 4-5:30pm</li> </ul>
<b>Tues. 4</b>	<ul style="list-style-type: none"> <li>• Timberwolf Tuesday</li> </ul>
<b>Wed. 5</b>	<ul style="list-style-type: none"> <li>• Celebrating Black History Month presentations</li> </ul>
<b>Thurs. 6</b>	<ul style="list-style-type: none"> <li>• Celebrating Black History Month presentations</li> </ul>
<b>Fri. 7</b>	<ul style="list-style-type: none"> <li>•</li> </ul>



**Staying Safe at Cedar: Student Release**

Safety Committee

In the event of a critical incident or emergency evacuation, student safety remains our top priority. If we are still in the building, emergency release will take place in the front foyer. If an evacuation occurs, designated release stations will be set up in the back gravel parking lot near the furthest portable. Students will only be released to parents/guardians or individuals listed as emergency contacts, and proper identification will be required. Thank you for your cooperation in ensuring a safe and orderly process if such an event occurs.



## COUNSELLOR'S CORNER - Fostering Emotional Intelligence in Children & Adolescents,

Sian Trombley, School Counsellor

Emotional intelligence (EQ) is a crucial skill that helps children and adolescents navigate relationships, manage stress, and develop self-awareness. Unlike IQ, which remains relatively stable, EQ can be nurtured and strengthened over time. As caregivers, you play a vital role in fostering emotional intelligence by modelling, teaching, and creating opportunities for emotional growth.

### What is Emotional Intelligence?

Emotional intelligence involves:

- **Self-Awareness** – Recognizing and understanding one's own emotions.
- **Self-Regulation** – Managing emotions in healthy ways.
- **Motivation** – Using emotions to drive positive action.
- **Empathy** – Understanding and sharing the feelings of others.
- **Social Skills** – Navigating social situations effectively.

### How to Foster Emotional Intelligence at Home

#### 1. Name Emotions to Tame Them

Help children build an emotional vocabulary by labelling feelings. When children can name what they are experiencing, they gain power over their emotions. Try this: "It looks like you're feeling frustrated because your friend cancelled plans. That makes sense—disappointment is tough."

#### 2. Validate Feelings Without Fixing

Children need to feel heard and understood before they can move forward. Instead of trying to solve the problem, acknowledge their emotions. Try this: "I see that you're upset about losing the game. It's okay to feel that way."

#### 3. Teach Healthy Coping Strategies

Encourage children to manage emotions through deep breathing, journaling, exercise, or creative expression.

Try this: Model self-regulation by saying, "I'm feeling overwhelmed, so I'm going to take a few deep breaths before I respond."

#### 4. Foster Empathy by Seeing Different Perspectives

Encourage children to consider how others feel in a situation. Discuss characters in books or movies, and ask, "How do you think they felt? Why?"

#### 5. Encourage Problem-Solving, Not Reacting

Teach children to pause before reacting and consider possible solutions. Role-play difficult social situations to build problem-solving confidence.

#### 6. Model Emotional Intelligence

Children learn best by watching the adults in their lives. Show them how you handle frustration, express gratitude, and repair mistakes when necessary.

**"Educating the mind without educating the heart is no education at all." – Aristotle**

### Helpful Resources:

**Books:** *The Whole-Brain Child* by Dr. Daniel Siegel & Tina Payne Bryson, *Raising an Emotionally Intelligent Child* by John Gottman, *Permission to Feel* by Dr. Marc Brackett

**Podcasts:** *The Happiness Lab* with Dr. Laurie Santos, *Unlocking Us* with Brené Brown

**Videos & Websites:** [Dr. Daniel Siegel on Emotional Regulation](#), [The Gottman Institute](#)

By fostering emotional intelligence, we equip children and adolescents with skills that support their mental well-being, relationships, and overall success in life. Start small, be patient, and remember—your guidance makes all the difference.

Have a great weekend!

Sincerely,

your Cedar Admin. Team

Carie Wood and Cal Lynch

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### Looking Ahead

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

