



Div. 15 Swirly Hearts

Div. 14 Black History Month Presenters

Adjectives Make My Writing POP! Div. 7

March 7, 2025

Each February people across Canada participate in Black History Month events and celebrations. Thank you to Div. 14 for all the work they did to prepare a primary and intermediate presentations where they shared information that honored the history of members of the Black community in Canada. It was truly inspiring!

We are excited to have Gr.7 Leadership Group hosting a Leprechaun Hunt next week! I'm told it will be a *'wee bit O' fun!'*



### Message from PAC

- **Hot Lunch** ordering is now open @ <https://munchalunch.com/login>
- **Purdys** Fundraiser is now open! Order by April 1<sup>st</sup>. Pick up will be April 14<sup>th</sup>. Order link - <https://fundraising.purdys.com/1308525-127725>
- **Looking for** a hot lunch coordinator to set up hot lunches with Munch a Lunch and suppliers. Please email PAC, if interested.
- Next **PAC Meeting** will be held Friday, April 11<sup>th</sup> @ 8:45am.



### The Week Ahead -

<b>Mon. 10</b>	<ul style="list-style-type: none"> <li>• Ms. Selena Pre-School Drop in Gym, 4-5:30pm</li> </ul>
<b>Tues. 11</b>	<ul style="list-style-type: none"> <li>• Timberwolf Tuesday</li> <li>• Gr. 7 Leadership Leprechaun Hunt</li> </ul>
<b>Wed. 12</b>	<ul style="list-style-type: none"> <li>• PAC Hot Lunch – Bar Burrito</li> <li>• Second Term Progress Reports Home today</li> </ul>
<b>Thurs. 13</b>	
<b>Fri. 14</b>	<ul style="list-style-type: none"> <li>• Spirit Day – <b>Green and Gold!</b></li> <li>• Last Day of School Before March Break</li> </ul>



### Staying Safe at Cedar: Fire Lane Guidelines - Safety Committee

Recently, concerns have been raised regarding the use of the fire lane leading to the back gravel parking lot. In response, the district has installed new signage to reinforce proper usage. Currently, cars are being parked and left unattended along the fence line on the east side of the school grounds. This restricts two-way traffic flow and, more importantly, blocks access for emergency vehicles. To maintain a safe and accessible environment, **please keep the fire lane clear at all times.** Thank you for your support!



## COUNSELLOR'S CORNER - Recognizing Mental Health Emergencies in Children and Adolescents

*Sian Trombley, School Counsellor*

As parents, it can be difficult to determine when your child's mental health challenges require immediate intervention. While all children experience emotional ups and downs, some situations indicate a crisis that needs urgent attention.

**What Constitutes a Mental Health Emergency?** A mental health emergency occurs when a child or teen is at immediate risk of harming themselves or others, or is experiencing a severe mental health crisis that significantly impairs their ability to function. Warning signs include:

- **Suicidal thoughts or behaviors** (expressing a desire to die, making a plan, self-harm, or attempts)
- **Severe anxiety or panic attacks** that do not subside
- **Violent or aggressive behavior** towards themselves or others
- **Psychotic symptoms** (hallucinations, delusions, paranoia, extreme confusion)
- **Extreme mood swings or withdrawal** from all activities, family, and friends
- **Inability to perform daily functions** (refusing to eat, sleep, or leave their room for extended periods)
- **Substance use that poses an immediate danger**

**When to Seek Immediate Help** If your child is displaying any of the above signs, it's essential to seek immediate support. You should:

- **Call 911** if there is an immediate threat to their safety.
- **Go to the nearest emergency room** for urgent assessment and care.
- **Contact the Vancouver Island Crisis Line at 1-888-494-3888** for 24/7 support.

**Local Mental Health Resources in Nanaimo** If your child is experiencing a crisis but is not in immediate danger, there are several community resources available:

- **Brooks Landing - Central Island Access Services** (250-739-5710)
  - Walk-in crisis counselling
  - Mental health and substance use support for children and youth
- **Child & Youth Mental Health (CYMH) - Nanaimo** (250-741-3600)
  - Free counselling and psychiatric services for children and youth under 19
- **Nanaimo Youth Services Association** (250-754-1989)
  - Mental health and wellness programs for youth
- **Foundry Nanaimo** (coming soon - check online for updates)
  - Integrated health and mental health services for young people aged 12-24

**What Schools Are Obligated to Do** If a student shows signs of a mental health emergency at school, staff will follow a structured protocol to ensure their safety:

1. **RAAFT Assessment** – The school team conducts a **Risk Assessment and Action Formulation Tool (RAAFT)** assessment to evaluate the level of risk and determine next steps.
2. **Provide a List of Outside Supports** – Parents will be given information on community resources that can assist their child.
3. **Create a School-Based Plan** – If ongoing support is needed, a school-based plan will be developed, which may include:
  - Regular check-ins with the **school counsellor**
  - Referral to **school-based mental health services**
  - Collaboration with **external professionals**

### How You Can Help as a Parent

- **Talk openly** with your child about mental health and encourage them to share their feelings.
- **Trust your instincts** – if something feels wrong, seek support.
- **Keep emergency contacts handy**, including crisis lines and mental health professionals.
- **Work with the school** to develop a plan that ensures your child receives the support they need.

Your child's mental health matters, and help is available. If you have any concerns, reach out to your school counsellor for guidance and support.

Have a great weekend and remember to Spring ahead!

Sincerely,

your Cedar Admin. Team

Carie Wood and Cal Lynch

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### Looking Ahead

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