



We love Popcorn!



Always Be Kind



Forest Mandalas



Beekeeper Presentation



April Coloring Contest

April 10, 2026

Our annual Art Show is next week! We hope to see you there! See details on flyer below.

NLPS News – We want to hear from you! Please share your thoughts about your child’s learning by completing the BC Student Learning Survey @ https://www.awinfosys.com/surveyfull1/central/main/access_Parent.asp

Counsellor’s Corner – Mindfulness by Sian Trembley

Mindfulness is a word many of us hear often, but it is sometimes misunderstood. At its heart, mindfulness is simply the practice of paying attention to the present moment with openness and without judgment. It helps children and adults notice their thoughts, feelings, and body signals so they can respond with greater calm, awareness, and self-control. Mindfulness is not about being perfectly calm all the time. It is not about clearing the mind or forcing children to sit still for long periods. Instead, it is about helping children build the skill of noticing what is happening inside and around them. This can support emotional regulation, focus, resilience, and overall well-being.

What Mindfulness Can Look Like for Kids - Mindfulness can be very simple and child-friendly. For example:

- taking three slow breaths before school
- noticing five things they can see, four they can feel, and three they can hear
- pausing to notice how their body feels when upset
- eating a snack slowly and paying attention to taste and texture
- going for a mindful walk and noticing colors, sounds, and smells

Tips for Parents - Children learn mindfulness best when it is modeled in everyday life. Here are a few simple ways to support mindfulness at home:

- Keep it short and simple. A minute or two is enough to start.
- Practice during calm moments, not only during hard ones.
- Use everyday routines like car rides, bedtime, or mealtimes.
- Focus on noticing, not perfection.
- Join in with your child so it feels shared and natural.
- Offer gentle prompts such as, “What do you notice in your body right now?” or “Let’s take three slow breaths together.” Mindfulness works best when it feels safe, playful, and pressure-free.

Book Recommendations: Sitting Still Like a Frog by Eline Snel

This is a wonderful introduction to mindfulness for children and families. It offers simple practices that help children calm their bodies, notice feelings, and build attention in accessible ways.

“When we get too caught up in the busyness of the world, we lose connection with one another — and ourselves.” — Jack Kornfield

A Message from PAC

- * Hot Lunch orders can be made here: <https://munchalunch.com/>
- * April 15th 8:45am PAC Meeting. Please join us!

The Week Ahead:

Mon. 13	<ul style="list-style-type: none"> Cultural Day - Furrier Table Presentation, K-7
Tues. 14	<ul style="list-style-type: none"> Timberwolf Tuesday
Wed. 15	<ul style="list-style-type: none"> PAC Meeting, 8:45am Hot Lunch Day, Edo Japan Art Show, 2:30-4:30pm
Thurs. 16	<ul style="list-style-type: none"> Class Photo Day
Fri. 17	



Sincerely,
 Your Cedar Admin. Team
 Carie Wood and Katie Quinlan
Carie.wood@sd68.bc.ca
Katie.quinlan@sd68.bc.ca

Bantam South End Jamboree – Game on!



ART Show

Wednesday, April 15, 2026
2:30-4:30pm
Cedar Elementary Gym

Featuring artwork from grades K-7
 This year we are featuring a glow-in-the-dark area in the multipurpose room!

Grade 7 Leaders will be at the entrance with a concession. They will be selling snacks, stickers, and art supplies!
 All money raised will go towards their year end celebrations!

Concession Items		Art Items	
Popcorn	\$3.00	Stickers	\$1.00
Juice	\$1.00	Erasers	\$0.75
Candy Bags	\$2.00	Pens/Pencils	\$1.00

See you there!

Looking Ahead

- April 20 – School Track Meet, gr. 3-7
 Ms. Selena Gym Drop in, 4-5:30pm
- April 21 – Spirit Day – Twin Day!
- April 24 – Pro D Day, no school for students
- April 27 – Pro D Day, no school for students
- April 30 – Spirit Assembly, 9am
- May 6 – Young Entrepreneur Fair
- May 15 – Band Concert, 1:15pm
- May 18 – Victoria Day, school closed
- May 21 – PAC Spring Fling, 5-7pm
- May 25 – Ms. Selena Drop in Gym
- May 27 – Zone Track Meet
- May 29 – Talent Show
- June 1 – Ms. Selena Drop in Gym
- June 4 – Welcome to Kindergarten, 1-2pm
- June 8 – Ms. Selena Drop in Gym
- June 11 – District Track Meet
 Hot Lunch Day
- June 15 – Ms. Selena Drop in Gym
- June 19 – Gr. 7 Farewell Assembly, 10:30am
- June 23 – Year End Assembly, 10:30am
- June 24 – Field Day, Free Hot Lunch!
- June 25 – Last Day of school!