



2026 Art Show

April 17, 2026

Our fifth annual Art Show was incredible! Our staff and students did an amazing job showcasing their creative pieces. Thank you to all of the families who were able to make it and allow their ‘budding artists’ to tour them around the gym and celebrate all of the hard work.

The Cultural Day, Furrier Table was fascinating! Students and staff were wowed by our guest, Bill Bennie, and all of the knowledge and artifacts he shared.

Our school Track Meet is next Monday for all gr. 3-7 students. Please be sure that your child arrives to school on time and is prepared for all types of weather. Please come on out and cheer us on!

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: Sian Trembley - Confident Parents, Thriving Children

When children are struggling—whether it’s with behaviour or anxiety—it can feel overwhelming for parents to know what to do next.

One of the most powerful things we know is this:

When parents feel confident and supported, children thrive.

I want to share a valuable (and free) resource available to families across British Columbia:

✦ **Confident Parents, Thriving Kids** ✦

This is a parent-focused, evidence-based coaching program designed to support children ages 3–12 with mild to moderate challenges. Rather than working directly with the child, the program empowers caregivers with practical, effective strategies that create meaningful change at home.

The program offers two pathways depending on your child’s needs:

◆ **Behaviour Support**

Supports parents in managing challenges like emotional outbursts, defiance, and difficulties with routines and transitions through structured coaching and skill-building.

◆ **Anxiety Support**

Helps parents support children experiencing worry, fears, or school-related anxiety using proven strategies based on cognitive behavioural therapy (CBT).

Why families find this helpful:

- Builds confidence in parenting strategies
- Strengthens the parent-child relationship
- Provides practical, step-by-step tools
- Accessible from home (phone-based coaching)
- Available at **no cost** to BC families

Learn more or access the program here:

<https://welcome.cmhacptk.ca/>

A Message from PAC

- Created by Kids orders due by May 21st. See attached letter.
- Hot Lunch orders can be made here: <https://munchalunch.com/>
- May 13th 8:45am PAC Meeting. Please join us!



The Week Ahead:

Mon. 20	<ul style="list-style-type: none"> • School Track Meet, gr. 3-7 • Ms. Selena's Gym Drop in, 4-5:30pm
Tues. 21	<ul style="list-style-type: none"> • Spirit Day – Twin Day! • Cultural Day, Tomahawk Throwing, gr. 3-7 • PAC Fundraiser, Created by Kids orders due
Wed. 22	
Thurs. 23	<ul style="list-style-type: none"> • Coloring Contest ends today
Fri. 24	<ul style="list-style-type: none"> • Pro D Day – no school for students

Furrier Table



Sincerely,

Your Cedar Admin. Team
Carie Wood and Katie Quinlan

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Looking Ahead

- April 27 – Pro D Day, no school for students
- April 30 – Spirit Assembly, 9am
- May 6 – Young Entrepreneur Fair
- May 13 – Hot Lunch – Subway
- 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 2 – Gr. 7 Cedar Highschool Parent Night
- June 4 – Welcome to Kindergarten, 1-2pm
- June 8 – Ms. Selena Drop in Gym
- June 11 – District Track Meet
- Hot Lunch Day – Local Pizza
- 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!