



Ms. Selena's Gymnastics



*Ms. Wilcox/Ms. Hannah's Class
Adopt a Polar Bear!*



Easter Egg Hunt!

April 2, 2026

It was wonderful to see everyone return from March break with such energy and excitement! From adopting a polar bear, Ms. Selena's gymnastics to Easter Egg Hunts, we were full of learning and fun this past week! We look forward to an awesome spring here at Cedar Elementary!

Our annual Art Show is almost here! 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/surveyfull/central/main/access_Parent.asp

The Week Ahead:

Mon. 6	<ul style="list-style-type: none"> Easter Monday – school closed
Tues. 7	<ul style="list-style-type: none"> Timberwolf Tuesday
Wed. 8	<ul style="list-style-type: none"> Gr. 7 Popcorn Sale \$3
Thurs. 9	
Fri. 10	

Looking Ahead

- April 15 – PAC Meeting, 8:45am
Hot Lunch Day
Art Show, 2:30-4:30pm
- April 16 – Class Photo Day
- April 20 – School Track Meet, gr. 3-7
Ms. Selena Gym Drop in, 4-5:30pm
- April 24 – Pro D Day, no school for students
- April 27 – Pro D Day, no school for students
- April 30 – Spirit Assembly, 9am
- 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
- June 8 – Ms. Selena Drop in Gym
- June 11 – District Track Meet
- 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!

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



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!

Counsellor's Corner – Sian Trembley

Books can be such a powerful way to open conversations about feelings, friendships, anxiety, connection, and resilience. Sometimes a story helps children put words to big emotions, and sometimes a helpful parenting book gives adults new ways to better understand and support their child.

Here are five wonderful book recommendations for kids and five meaningful reads for parents that support emotional wellbeing, connection, and growth.

For Kids

1. The Rabbit Listened — Cori Doerrfeld

A beautiful book about empathy, sadness, and the healing power of simply being with someone who is hurting.

2. The Invisible String — Patrice Karst

A gentle, comforting story that reminds children they are always connected by love, even when they are apart from the people they care about.

3. The Color Monster — Anna Llenas

A great book for helping children begin to identify and sort out different emotions in a simple, visual way.

4. What Should Danny Do? — Ganit and Adir Levy

An interactive story that helps children think about choices, decision-making, and how their actions can shape outcomes.

5. A Little SPOT of Emotion — Diane Alber

A kid-friendly series that introduces emotions like anger, anxiety, sadness, confidence, and peace in a very accessible way.

For Parents

1. Raising Human Beings — Ross W. Greene

One of the best books for parents wanting to move away from power struggles and toward collaboration, connection, and problem-solving with their child.

2. Hold On to Your Kids — Gordon Neufeld and Gabor Maté

A thoughtful and influential read about the importance of preserving strong parent-child attachment in a peer-oriented world.

3. The Whole-Brain Child — Daniel J. Siegel and Tina Payne Bryson

A very helpful parenting book that explains children's developing brains in practical ways and offers strategies for supporting regulation and emotional growth.

4. No-Drama Discipline — Daniel J. Siegel and Tina Payne Bryson

A compassionate, brain-based approach to discipline that helps parents respond calmly while still holding clear boundaries.

5. Good Inside — Becky Kennedy

A warm, reassuring book that helps parents see behaviour differently and parent from a place of steadiness, connection, and self-compassion.

A good book can build connection, spark meaningful conversations, and remind both children and adults that they are not alone.

A Message from PAC

* Our 2026 winter/spring session for hot lunch is now live and ready to order! <https://munchalunch.com/>



Recess Rubik Cube Comp!



Budding Artists!