



School Track Meet

April 23, 2026

Our **School Track Meet** was a huge success. The students ran, jumped, threw and cheered their way to what was an incredible day. We were really proud of all of them. Results will be compiled and all of those advancing to the Zone Meet on May 27th will be notified asap.

Our **Cultural Day, Tomahawk Throwing** was awesome! Our gr. 3-7 students and staff had a lot of fun learning about and trying their hand at throwing. Trying to hit the target and have the tomahawk stick in the wood is a lot harder than it looks!

Peewee Basketball intramurals have started. This week we saw the *Cheese balls vs The Checkers*. The *Cheese Balls* advance to the next round. The *Jaguars* play the *Giants* next Wednesday. Final game on April 30th. Good luck, to all of our peewee Timberwolves!



COUNSELLOR’S CORNER: The Power of Small Moments

Sometimes, when we think about supporting children’s mental health, we imagine big conversations, long talks, or having the perfect words. But often, the moments that matter most are much smaller.

A warm greeting in the morning.

A few minutes of undivided attention.

A calm voice during a hard moment.

A simple, “I’m glad to see you.”

Small moments of connection help children feel safe, seen, and valued. Over time, these moments build trust and resilience. When children feel connected, they are more likely to take healthy risks, ask for help, manage big feelings, and bounce back from challenges.

This week, try choosing one small connection habit:

Pause and make eye contact when your child is speaking.

Ask one curious question before giving advice.

Share one thing you appreciated about them today.

Create a tiny ritual, like a goodbye phrase, bedtime check-in, or after-school snack chat.

Connection does not need to be complicated. Sometimes the smallest moments are the ones children remember most.

A gentle reminder:

Children do not need perfect adults. They need adults who keep showing up, repairing when needed, and reminding them they matter.

“Children learn who they are through the eyes of the people who love them.”

Book recommendation:

Hold On to Your Kids by Gordon Neufeld and Gabor Maté

A thoughtful read about the importance of attachment, connection, and staying emotionally close to our children as they grow.

A Message from PAC

- Hot Lunch orders can be made here: <https://munchalunch.com/>
- May 13th 8:45am PAC Meeting. Please join us!

The Week Ahead:

Mon. 27	<ul style="list-style-type: none"> • Pro D Day – no school for students
Tues. 28	<ul style="list-style-type: none"> • Timberwolf Tuesday • Cultural Day – Metis Dance and Hulquminum Language and Games for K-7
Wed. 29	
Thurs. 30	<ul style="list-style-type: none"> • 9am, Spirit Assembly
Fri. 1	

Sincerely,

Your Cedar Admin. Team
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Tomahawk Throwing



Happy Earth Day!



My Earth Day Promise
 I will turn off the water when I
 brush my teeth.



Looking Ahead

- 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!