



Guessing Challenge



Div. 5 Annual Swag Project



Design a Gingerbread

Dec. 12, 2025

December Spirit Week is upon us! Time to break out the holiday gear and show your school spirit. Next week, we will dress festively, gather as a school to sing holiday carols, decorate doors and hallways and more. We are also grateful to our Leadership Crew for offering the *Christmas Design a Gingerbread Contest* and our *Holiday Guessing Challenge*. Tis' the season to be jolly!

Our **Lost and Found** bins are overflowing! Please encourage your child to check and see if anything belongs to them. Next Friday, we will be donating all items left over the holidays.

MESSAGE FROM OUR PAC

Our PAC is looking for volunteers for the **Snowflake Soiree** on Tuesday, December 16. You wouldn't need to help for the entire event—just a one-hour shift during the evening. If you are interested in volunteering or have any questions, please reach out to the PAC at cedarelempac@gmail.com

**** FREE HOT LUNCH!** Next Wednesday, December 17th, PAC will be offering all staff and students a free hot lunch: hot dog, juice box and chips. If you do not want your child to receive this free hot lunch or your child has any specific dietary needs, please let your child's teacher know.

The Week Ahead:

Mon. 15	<ul style="list-style-type: none"> Spirit Day – Grinch Day (wear red & green) Schoolwide Caroling, 9am PAC Hot Lunch - Subway Ms. Selena Gym Drop in, 4-5:30pm
Tues. 16	<ul style="list-style-type: none"> Spirit Day – Winter Wonderland (wear white, blue and sparkles) PAC Meeting, 8:45am Snowflake Soiree, 5-7pm
Wed. 17	<ul style="list-style-type: none"> Spirit Day – Holiday Sweaters Schoolwide Caroling, 9am FREE PAC Hot Lunch Grade 6/7 Dance
Thurs. 18	<ul style="list-style-type: none"> Spirit Day – Candy Cane Day (wear red & white)
Fri. 19	<ul style="list-style-type: none"> Spirit Day – Holiday Hats Schoolwide Caroling, 9am Last day before Winter Break

Have a wonderful weekend!



Looking Ahead

Jan. 5 – First Day back from Winter



Sincerely,
your Cedar Admin. Team Carie Wood and Katie Quinlan
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Counsellor's Corner: Supporting your child's emotional well-being during a busy season

Slowing Things Down

Many children feel extra pressure during this season. A slower pace, quieter evenings, and predictable routines can help the nervous system feel safe. What helps your child settle? Short walks, reading together, or simply keeping evenings low key can make a big difference.

Not Every Child Loves the Holidays

The holidays can bring up complicated feelings—family stress, separation between parents, sensory overload, or changes in routine. If your child seems more sensitive or irritable, it may be their nervous system asking for support rather than behaviour that needs correcting.

Small Daily Rituals

Rituals help children feel secure. These don't need to be elaborate:

- reading a chapter together
- a warm drink before bed
- noticing the moon or holiday lights
- a short board game

Tiny and predictable is more regulating than big and exciting.

Connection Before Correction

If your child is struggling, connection usually works better than fixing. A short validating sentence such as, "That feels hard right now," invites cooperation and tells their system it's safe.

Restorative Evenings

Try one or two evenings each week where nothing is scheduled. Our nervous systems need time to recover from full school days. Slow nights at home are incredibly supportive.

If Your Child is Overwhelmed

You might notice:

- more tears
- arguing
- difficulty sleeping
- lower frustration tolerance
- wanting more closeness

This can be a sign of stress, not misbehaviour. Offering comfort, structure, and downtime helps the nervous system reset.

Gentle Ideas for Home

- a cozy movie night
- nature walk and notice five things
- hot chocolate and a read-aloud
- early bedtime a couple of nights a week
- picking one event to skip

Less can actually feel better.

A Thought for Caregivers

Children remember how they felt with us more than what we planned for them. Presence, patience, and warmth go further than any special activity.

"When little people are overwhelmed by big emotions, it's our job to share our calm, not join their chaos." — L. R. Knost