



Winter Concert 2025

Dec. 5, 2025

Our **Winter Concert** was magical! A heart-felt thank you to Ms. Lenz, staff and students for all of the hard work that went into spreading the holiday spirit. It really was a beautiful gift for all those that attended.

MESSAGE FROM OUR PAC

1. **Hot Lunch** is open @ <https://munchalunch.com/>
2. Did you know... We collect **Country Grocer** Receipts!!! We receive 1% back in the form of a gift card. Please bring any receipts to the office.
3. **Purdy's** pick up Thurs. 11th @ 2pm outside main entrance of school.

The Week Ahead:

Mon. 8	• Ms. Selena Gym Drop in, 4-5:30pm
Tues. 9	• Timberwolf Tuesday • Lockdown Drill
Wed. 10	• Kindergarten Hearing Screening • Boys Volleyball @ Home
Thurs. 11	• Purdy's Pick up, 2-2:30pm outside front entrance. • Girls Volleyball @ Home
Fri. 12	

Have a wonderful weekend!

Sincerely,

your Cedar Admin. Team Carie Wood and Katie Quinlan

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Looking Ahead

Dec. 15-19th – Christmas Spirit Week
Mon. – Grinch Day (wear red & green)
 Hot Lunch - Subway
Tues. – Winter Wonderland (wear white, blue, sparkles)
Wed. – Holiday Sweaters
Thurs. - Candy Cane Day (wear red & white)
Fri. – Holiday Hats!
 Dec. 16 – PAC Meeting, 8:45am
 PAC Snowflake Soiree, 5-7pm
 Dec. 19 – Last Day of school before Winter Break
 Jan. 5 – First Day back after Winter break



Counsellor's Corner: Moving Slowly and Mindfully Through the Holiday Season

The holidays can be joyful, but also busy and overwhelming for families. This season, consider slowing down, creating space for rest, and focusing on connection rather than perfection. Small mindful practices can make this time feel calmer and more meaningful for everyone.

Self-Compassion for Caregivers

Give yourself permission to do less. You don't need to create a perfect holiday—your presence and energy matter far more. Try asking yourself each morning: *How do I want our home to feel today?* Let that guide your plans.

Mindful Moments for Families

Slow Morning Breath: Take one minute together to breathe slowly before the day starts.

One Thing at a Time: Choose one holiday task to do together at a relaxed pace.

Mindful Walk: Notice three things you see, two things you hear, and one thing you feel while walking through lights or nature.

Five-Minute Reset: When emotions get big, pause for a short break to breathe, stretch, or sit quietly.

Connection-Based Family Ideas

Gratitude Garland: Add one gratitude strip each day.

Cozy Craft Hour: Keep it simple—paper, crayons, music.

Kindness Countdown: One small act of kindness per day.

Slow Night: A weekly low-key evening with an easy meal and calming activity.

“Presence is the most meaningful gift we can give our children.”



Kindergarten Writers!

Div. 14 Lebkuchen Cookies

PACK Proud!