



Valentines Day

Feb. 13, 2026

This week was all about **Valentines Day** and expressing love and kindness to all of our friends and staff at school! There was no shortage of thoughtful cards, treats and smiles to go around.

Next week, we turn our focus to the **Winter Olympics** as we have two **Olympic Spirit Days!** On Tuesday and Wednesday, staff will be setting up Winter Olympic Gym Stations. Stations will include: hockey, curling, skeleton, skiing and speed skating. We will also have an Olympic Rings and Torch photo station. All primary classes will rotate through on Tuesday and intermediate classes on Wednesday. We invite all staff and students to join us in dressing to show support for your favorite Olympic country (Canada, eh?), favorite Olympic athlete or favorite Olympic sport. Let's have fun and show some Timberwolf Olympic Spirit!



NLPS News – We want to hear from you! Please see attachment regarding the **BC Student Learning Survey.**

A Message from PAC

- * Purdy's Fundraiser is now open! [Fundraising | Cedar Elementary Easter 2026 | Purdy's chocolate fundraiser](#)
- * Our 2026 winter/spring session for hot lunch is now live and ready to order! <https://munchalunch.com/>
- * Tuesday, Feb. 17th is **FREE Pizza Hot Lunch** for everyone! All students will get one slice of pizza, chips and a drink. Please let your child's teacher know if your child has any special dietary needs or if you do not want your child to receive the free hot lunch.

The Week Ahead:

Mon. 16	<ul style="list-style-type: none"> ● Family Day, School Closed
Tues. 17	<ul style="list-style-type: none"> ● Olympic Spirit Day ● PAC FREE Pizza Hot Lunch
Wed. 18	<ul style="list-style-type: none"> ● Olympic Spirit Day
Thurs. 19	<ul style="list-style-type: none"> ● Gr. K & Gr. 6 Immunizations ● PAC Meeting, 8:45am
Fri. 20	



Looking Ahead

- Feb. 24 – Strong Start Closed
- Feb. 25 – Pink Shirt Day
- Feb. 27 – Feb. Spirit Assembly
- March 11 – Term 2 Progress Reports home today
- March 13 – Last day of class before Spring Break
- March 16 – 28 – Spring Break
- March 30 – First Day back from Spring Break
 - Selena's Gym Drop in (info. below)

Div. 10

Div. 10 Japanese Notan Art



Counsellor's Corner, by Sian Trombley

This week many families and educators across British Columbia are holding heavy hearts as we think about the community of Tumbler Ridge. When tragedies happen — even far from our own town — children notice. They hear adults talking, they see things online, and they often feel worry without fully understanding why.

Children do not experience news the same way adults do. Their brains are still developing the ability to separate “rare” from “likely.” Because of this, a child’s mind often turns a distant event into “*this could happen to me or my school.*” What they need most right now is not more information — it is reassurance, connection, and a sense of safety. Here are some ways you can support your child this week:

Start with listening, not explaining

If your child brings it up, gently ask: “*What have you heard?*” or “*What are you wondering about?*”

Children often carry misunderstandings, and correcting those calmly is more helpful than giving lots of details.

Keep explanations simple and honest. Use short, clear language. Avoid graphic details.

Example: *A very sad event happened in another community. The adults and helpers there are taking care of people and making sure everyone is safe.*

Reassure safety

Many children will not directly say they are scared — but you may see clinginess, sleep difficulty, irritability, or physical complaints (tummy aches, headaches).

You can say: *You are safe. Your school has caring adults, and there are many helpers whose job is to protect kids.*

Limit exposure to news and social media

Repeated exposure increases anxiety, especially for elementary and middle-school students. Even overhearing adult conversations can be distressing. If older students are online, consider watching or discussing information together so you can help them process it.

Expect behaviour changes

After distressing events children may:

- need more reassurance
- act younger than usual
- have stronger emotions
- show more conflict at home

These are normal stress responses, not misbehaviour.

Focus on routine and connection

Predictability helps the brain feel safe.

Simple things help more than long conversations:

- family dinners
- walks
- reading together
- normal school attendance
- regular bedtime

Connection regulates the nervous system.

When to reach out for extra support

Please connect with me or your child’s teacher if you notice:

- ongoing nightmares
- school refusal
- persistent fear about safety
- significant behaviour changes lasting more than 2–3 weeks

Our district has also emailed all families with additional resources to support conversations with your child, and you can access further supports through the online Wellness Portal on the district website, which includes specific guidance and resources for both students and caregivers.

At school we will continue to provide calm routines, connection, and opportunities for students to talk if they need to. Children heal best when the adults around them stay steady, warm, and reassuring.

Please don’t hesitate to reach out.

Have a wonderful Family Day weekend!

Sincerely,
your Cedar Admin. Team

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Dates – March 30, April 20, May 11, 25, June 1, 8, 15

