



2026 Winter Olympics Gym Stations

Feb. 20, 2026

Our **Winter Olympics** gym stations were ‘snow’ much fun! Students tested their skills in hockey, curling, skeleton, skiing, speed skating and biathlon. Some classes took things pretty seriously by timing events and awarding medals!

Thank you to our PAC for the **FREE PIZZA** lunch. The kids loved it!

Next Wednesday, we encourage everyone to wear pink in support of **Pink Shirt Day**. The theme for Pink Shirt Day 2026, celebrated on February 25th, is "Sprinkle Kindness", encouraging everyone to share small acts of compassion to create safe, inclusive environments. Cedar Timberwolves love this theme. Why? Because Kindness Matters at Cedar!



Morning Attendance / Students who are Late Note from Ms. Rae in the office - A friendly reminder that our school uses an automated call-out system to notify families of student absences. I upload the attendance report each morning at 9:00 a.m. If your child arrives late and checks in after 9:00 a.m., you may still receive a message from the automated call-out system indicating that your child is absent. This is because we are unable to make any changes once the attendance report is uploaded. However, once your child checks in at the office, their arrival time will be updated in our system to accurately reflect when they arrived at school for attendance reporting purposes. If you have any questions, please contact the school office at 250-722-2722.

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 open until March 14! [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/>

The Week Ahead:

Mon. 23	
Tues. 24	<ul style="list-style-type: none"> ● Timberwolf Tuesday ● Strong Start Closed
Wed. 25	<ul style="list-style-type: none"> ● Pink Shirt Day
Thurs. 26	
Fri. 27	<ul style="list-style-type: none"> ● Feb. Spirit Assembly

Looking Ahead

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)

Counsellor's Corner, by Sian Trombley

This time of year can feel harder for many children, even when nothing big has happened.

In late winter we often see more friendship conflict, tears over small things, frustration at home, and children not wanting to come to school. This is usually not about a single event — it's because children's emotional batteries are low.

Every day at school kids are managing friendships, social expectations, learning, mistakes, and self-control. By this point in the year many are simply emotionally tired. When they can't say *"I feel overwhelmed,"* it shows up as anger, shutdown, school refusal, or irritability.

They aren't being dramatic — they're signalling they need connection and safety.

What helps at home

- Allow downtime after school before homework
- Ask gentle questions ("Who did you spend time with today?")
- Validate first: *"That sounds really hard."*
- Spend a few minutes of one-on-one connection time daily

When to reach out

Please contact the school if your child regularly refuses school, struggles with friendships, shows sudden behaviour changes, or expresses feeling alone. We can support both you and your child. Families also received information about supports available through our district Wellness Portal.

You are not overreacting by being concerned — and your child is not trying to make your life harder. They are communicating the best way they currently can.

Connection first. Skills come after safety.

"Challenging behavior occurs when the demands and expectations placed on a child exceed their capacity to respond adaptively." -Dr. Ross Greene

Have a wonderful weekend!

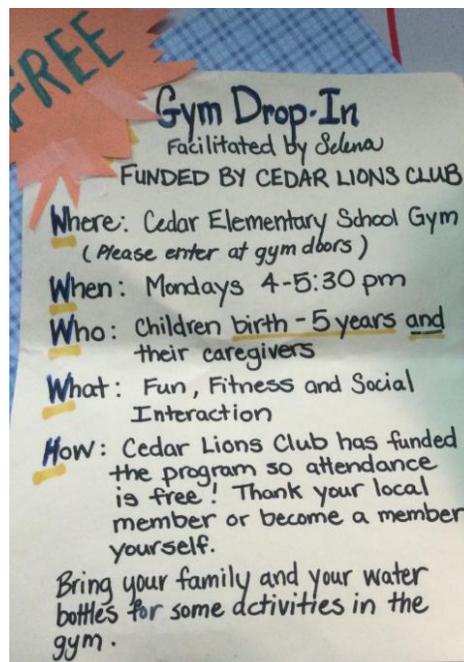
Sincerely,
your Cedar Admin. Team

Carie Wood and Katie Quinlan

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Go, Canada, Go!



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