



Happy Groundhogs Day!



Scholastic Book Fair

Feb. 6, 2026

Literacy Week was awesome! It was great to see our big buddies reading with their little buddies and sharing their love for reading during our Hallway Buddy Read. Thank you to everyone who was able to support the Scholastic Book Fair. All profit comes back to the school in the form of Scholastic items. A huge shout out to Ms. Webb and our PAC volunteers who make this event possible!

A reminder that there is **no school for students** this coming Monday, Feb. 9th.

[A Message from PAC](#)

- * Purdy's Fundraiser is now open! [Fundraising | Cedar Elementary Easter 2026 | Purdys 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. 9	• Pro D Day, No School for Students
Tues. 10	• Timberwolf Tuesday
Wed. 11	
Thurs. 12	
Fri. 13	♥ Valentines Spirit Day! Wear red, pink and white.



Looking Ahead

- Feb. 16 – Family Day, No School
- Feb. 17 – PAC FREE Pizza Hot Lunch
- Feb. 19 – Gr. 6 Immunizations
- 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

Counsellor's Corner, by Sian Trombley - Fostering Healthy Friendships

Friendships are an important part of a child's social and emotional development. Through friendships, children learn how to communicate, set boundaries, manage conflict, and develop empathy. While caregivers can't choose a child's friends, they *can* help build the skills that support healthy, lasting relationships.

Healthy friendships are not about popularity or fitting in — they are about feeling safe, respected, and valued.

What Healthy Friendships Look Like

Children in healthy friendships often:

- Feel accepted for who they are
- Experience mutual kindness and respect
- Are able to express their needs and feelings
- Can navigate disagreements and repair after conflict
- Feel emotionally safe rather than pressured or anxious

Helping children notice these qualities allows them to better recognize when a friendship feels supportive versus when it feels draining or unsafe.

How Caregivers Can Support Healthy Friendships

1. Model healthy relationships

Children learn about friendship by watching the adults in their lives. Demonstrating respectful communication, boundary-setting, problem-solving, and repair teaches children what healthy relationships look like in action.

2. Teach and reinforce boundaries

Let children know that it's okay to say no, take breaks from friends, and speak up when something doesn't feel right. Boundaries are an important part of maintaining safe and respectful friendships.

3. Normalize conflict and repair

Disagreements are a normal part of friendships. What matters most is learning how to repair — listening, taking responsibility, and reconnecting in a respectful way. These moments build resilience and social confidence.

4. Coach rather than fix

When children share friendship struggles, try to listen without rushing to solve the problem. Ask curious, supportive questions that help them reflect and build their own problem-solving skills.

5. Strengthen self-worth

Children who feel secure in themselves are more likely to choose friendships that feel kind and respectful. Regularly remind children that they deserve relationships where they feel valued and safe.

A Gentle Reminder for Caregivers

Not every friendship is meant to last. Part of growing up is learning which relationships support us and which ones may need distance. Our role is not to protect children from every difficult social experience, but to equip **them with** the tools to navigate friendships with confidence, compassion, and self-respect.

Healthy friendships begin at home — through connection, modelling, and open conversations.

Have a wonderful weekend!

Sincerely,
your Cedar Admin. Team

Carie Wood and Katie Quinlan

Carie.wood@sd68.bc.ca Katie.quinlan@sd68.bc.ca

