



Spectacular Science Show!

Jan. 16, 2026

Thank you to our amazing PAC for sponsoring the **Nanaimo Science Spectacular** show. The students and staff were fortunate to experience all kinds of exciting experiments demonstrating friction, heat, air, gravity and so much more! Everyone had a blast!

The **Great Kindness Challenge**, the happiest week of the year, is quickly approaching. Our kick off assembly will be held next Friday, Jan. 23rd at 1:30pm. <https://thegreatkindnesschallenge.com/>

Grade 7 Fundraising

* **Kernels Popcorn Sale on Friday, January 23rd**- \$3.00/ bag. Students can buy bags during long recess at long recess (11:45-12:15). Flavours available: Butter salt, Salt & Vinegar, White Cheddar, Dill Pickle, Ketchup, Caramel

* **Save your bottles!** The grade 7's will be hosting a bottle drive on **Saturday, May 9th** at Cedar Elementary. We will be fundraising for our year end activities and yearbooks. Thanks in advance for your support!

A Message from PAC

* Our 2026 winter/spring session for hot lunch is now live and ready to order! <https://munchalunch.com/>

The Week Ahead:

Mon. 19	
Tues. 20	<ul style="list-style-type: none"> Timberwolf Tuesday
Wed. 21	
Thurs. 22	
Fri. 23	<ul style="list-style-type: none"> Popcorn Sale @ Big Recess Great Kindness Challenge Kick-off Assembly, 1:30pm



NLPS News

– **Registration** for the 2025-2026 school year is open. <https://www.sd68.bc.ca/registration-information/>

- **Ready, Set, Learn** is a evening of Free pizza and play for families with children form birth – 5 years old. Please see flyer below and save the date for Feb. 5th, 5:00pm – 6:30pm @ Cedar Elementary.

Counsellor's Corner, by Sian Tromb Sitting With Feelings (Instead of Escaping Them)

We often try to make people feel better right away—by fixing, reassuring, or distracting. While well-intended, this can unintentionally teach that uncomfortable feelings aren't safe to experience.

Resilience is built not by avoiding emotions, but by **learning how to sit with them**.

Universal Steps for Sitting With Any Feeling

(for children, teens, and adults)

1. **Name it**

Gently identify the feeling without judging it.

"This feels like sadness."

2. **Notice it in the body**

Where do you feel it? There's no right answer.

3. **Allow it to be there**

You don't need to fix it, change it, or rush it away.

4. **Breathe and stay present**

Slow, steady breaths—staying with the feeling, not pushing it out.

5. **Trust that feelings move**

Emotions shift when they're allowed. The goal isn't to feel better—it's to feel honestly.

A Gentle Reminder:

"We cannot selectively numb emotions." -Brené Brown

Brené Brown reminds us that we cannot selectively numb emotions. When we try to rush discomfort away—for ourselves or for our children—we also dull joy, connection, and resilience. Sitting with feelings is not indulgent; it's essential.

Have a wonderful weekend!

Sincerely,
your Cedar Admin. Team

Carie Wood and Katie Quinlan

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Feb. 5, 2026 @ Cedar Elementary



Looking Ahead

Jan. 26 – 30 – The Great Kindness Challenge!

28 – PAC Buddy Pancake Breakfast

Feb. 2 – 6 – Literacy Week

Feb. 3/4 – Scholastic Book Fair

Feb. 4 – K Immunizations

Feb. 5 – Ready, Set, Learn, 5-6:30pm

Feb. 9 – Pro D Day, No School for students

Feb. 16 – Family Day, No School

Feb. 19 – Gr. 6 Immunizations

Feb. 25 – Pink Shirt Day

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