



Jan. Timberwolves of the Month



Great Kindness Kickoff



Foggy Recess

Jan. 23, 2026

Today we had our Great Kindness Challenge kick off assembly. It was awesome! Next week, Cedar Elementary will participate in it's fourth year of what is best know as ***the happiest week of the year!*** The Great Kindness Challenge is one week dedicated to performing endless acts of kindness, both big and small. Why? Because KINDNESS MATTERS @ Cedar Elementary. Our plan for the week is below: For more information, please visit: <https://thegreatkindnesschallenge.com/>

The Great Kindness Challenge.

@ Cedar Elementary

Welcome to the happiest week of the year!

January 26th – 30th, 2026

Monday 26th – Ride the KINDNESS WAVE

Wear Beach clothes
School Wide Picnic 12:20pm – 12:50pm, FREE frozen treat!

Tuesday 27th – Timberwolves are KIND!

Show your school spirit and wear ALL your Timberwolf gear!
School Photo, 11:15am (Thank you to Cedar Fire Dept.)

Wednesday 28th- I Dream of Kindness

Pajama Day
Pancake Buddy Breakfast (Thank you, PAC & Cedar Lions)

Thursday 29th – Let's Glow by Spreading Kindness

Wear white or bright/neon colors
Glow in the Dark Gym Stations

Friday 30th – Kindness Rocks @ Cedar Elementary!

Dress as a Rock Star!
Culminating Assembly 1:30pm

KINDNESS ROCKS AT
CEDAR ELEMENTARY



Grade 7 Fundraising

- * Thank you to those of you who were able to support the gr. 7 Kernels Popcorn Fundraiser. It was a hit!
- * **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. 26	<ul style="list-style-type: none">Ride the Kindness Wave – beach day
Tues. 27	<ul style="list-style-type: none">Timberwolves are KIND – wear ALL your Timberwolf gear!
Wed. 28	<ul style="list-style-type: none">I Dream of Kindness Pajama Day
Thurs. 29	<ul style="list-style-type: none">Let's Glow by Spreading Kindness – wear white or brightStrong Start Closed today
Fri. 30	<ul style="list-style-type: none">Kindness Rocks @ Cedar Elementary – dress as a rock starGreat Kindness Challenge Culminating 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 from birth – 5 years old. Please see flyer below and save the date for Feb. 5th, 5:00pm – 6:30pm @ Cedar Elementary.

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

- 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

Counsellor's Corner, by Sian Trombley

Common Signs a Child May Need Extra Support

Children often communicate stress in ways that are not always verbal. Changes in emotions, behaviour, learning, or physical wellbeing can be signals that something feels hard or overwhelming for them. No single sign tells the whole story, and occasional challenges are a normal part of development. What matters most is noticing patterns over time — especially when changes persist, increase, or begin to impact a child's daily functioning at home or at school.

Some common signs to notice may include:

- Big emotions that feel hard to recover from
- Increased worries, fears, or reassurance-seeking
- Increased irritability, meltdowns, shutdowns, or withdrawal
- Pulling away from friends, activities, or preferred adults
- Difficulty concentrating, staying engaged, or completing tasks
- Avoidance of school or frequent requests to leave class
- Heightened sensitivity to noise, transitions, or busy environments
- Frequent stomach aches, headaches, or feeling unwell with no clear medical cause
- Changes in sleep, appetite, energy, or motivation
- Difficulty calming after stress or disappointment

These signs don't automatically mean something is "wrong."

They don't point to failure — at home or at school.

They're signals.

Signals that a child may be under stress and could benefit from added understanding, support, or tools to help them navigate what they're experiencing.

As a reminder:

"Feelings are not facts, but they are important messengers." — Susan David

Book Recommendation: **Raising Human Beings** – Ross Greene

Strong alignment with collaborative problem-solving, student voice, and strengths-based approaches to behaviour and emotional regulation.

Grade 4's attend VI Symphony



Ms. Wilcox taking time to show kindness!

Mr. Moynihan Delivers Salmon Eggs to participating Schools