



Our New Year Goals: summeraults, running in cross country, scootering, skateboarding and more!

Jan. 9, 2025

Welcome back and Happy New Year! It was great to see everyone return to school with lots of smiles and positive energy. We look forward to an amazing 2026!

Next week, we are excited to welcome Nanaimo Science for a day of learning and fun! All classes will attend a one-hour Science Spectacular Show in the morning and then also visit the gym in the afternoon for some hands-on science exploration. We are very grateful to our PAC for sponsoring this event for our students!



The Great Kindness Challenge, the happiest week of the year, is quickly approaching. For our fourth year in a row, Cedar Elementary School will join the worldwide initiative from Jan. 26th – 30th. It is one week devoted to spreading kindness like confetti! Watch for more information in the coming weeks.

<https://thegreatkindnesschallenge.com/>

Grade 7 Fundraising

* **Kernels Popcorn Sale on Friday, January 23rd**

- We are excited to try a new fundraiser this year, Kernels popcorn! We will be offering six different flavours (listed below) for \$3.00/ bag. Since this is only a trial, it will not be a pre-order. 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!

Sports Updates

* **Peewee Volleyball game** - We will have an intramural volleyball game on Friday, January 16th (11:25-12:15). It will be the Pink Panthers vs. The Golden Receivers!

* **Basketball signup**

- Basketball season is right around the corner! It will be open for students in grade 5-7. Grade 5 & 6 students will be Peewee and have an intramural game at the end of the season. Grade 7 students will be Bantam and will have weekly games. Signup sheets will be by the office from January 12-16th.

The Week Ahead:

Mon. 12	<ul style="list-style-type: none">Basketball signup begins today
Tues. 13	<ul style="list-style-type: none">Timberwolf Tuesday
Wed. 14	
Thurs. 15	<ul style="list-style-type: none">8:45am PAC MeetingNanaimo Science @ Cedar
Fri. 16	<ul style="list-style-type: none">Glitter & Sparkle Spirit DayBasketball signup ends today



NLPS News

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

Counsellor's Corner: January Reset

January often brings a sense of *starting over*—new routines, fresh energy, and sometimes a lot of pressure. Instead of big resolutions, this is a powerful time to focus on **small, meaningful goals** as a family.

Small goals build confidence.

Daily or weekly goals feel achievable and help children experience success quickly. These “small wins” strengthen motivation, resilience, and follow-through—skills that matter far beyond January.

Model the process.

Children learn goal-setting best by watching adults do it too. Share your own small goals out loud:

- “This week, I’m working on going to bed earlier.”
- “Today, my goal is to pause and take three deep breaths when I feel stressed.”

When children see adults set goals, adjust them, and try again, they learn that progress—not perfection—is the goal.

Ideas for family goal-setting:

- Choose **one daily or weekly goal per person**, Keep goals **specific and short-term**, Check in once a week: *What worked? What felt hard?*, Celebrate effort, not just outcomes

Examples: One kind action each day, Five minutes of reading or journaling, One calm strategy practiced daily, One family walk or shared meal per week

Why short-term goals work:

They reduce overwhelm, build consistency, and help children feel capable. Over time, these small steps lead to meaningful change.

Parent resources to explore:

- Family goal charts or visual trackers-Amazon has terrific options.
- Collaborative problem-solving tools (Dr. Ross Greene)
- Mindfulness app- Smiling Mind

“Success is the sum of small efforts repeated day in and day out.” — Robert Collier

As we move back into school routines, remember: **small goals create momentum—and momentum builds confidence.**

Have a wonderful weekend!

Sincerely,
your Cedar Admin. Team

Carie Wood and Katie Quinlan

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



Buddy Art Project

Looking Ahead

Jan. 23 – Kernels Popcorn Sale
1:30pm The Great Kindness Challenge Kick-off Assembly

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. 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