



Div. 10 Paddles



Div. 8 Math Market



Guessing Challenge

June 12, 2026

Each year we celebrate **National Indigenous People's Day** in June. National Indigenous People's Day is a wonderful opportunity for Canadians to celebrate and expand our knowledge on Indigenous People's and the true history of Canada. Next week, our students will be presented with wonderful learning opportunities: drumming, playing Lahal, lacrosse, story telling, indigenous games, indigenous art and animal bingo. Classes will rotate around 7 stations with their Buddy Classes. We are assigning each group of students a team color to wear, if possible. Please see chart below. This just helps us keep track of the groups of students throughout the morning.

Buddy Classes	Team Colour
Scholefield / Lydersen	Green
Jo/Aspen	Pink
Wendy/Hicks/Munro/Keefer	Blue
Loos/Poulin	Orange
Green/Wight	Purple
Wilcox/Quinlan	Black
Moynihan / Larrison	Red

Congratulations, to the 25 students who participated in the **District Track Meet**. You all did Cedar proud!

Please encourage your child to check the **Lost and Found** for personal items. All items left at the end of the school year will be donated.

The Week Ahead:

Mon. 15	<ul style="list-style-type: none"> Ms. Selena Drop in Gym, 4-5:30pm
Tues. 16	<ul style="list-style-type: none"> Color Spirit Day for Indigenous Stations Indigenous Day Celebration
Wed. 17	<ul style="list-style-type: none"> 8:45am PAC Meeting MVC Volleyball Sessions for gr. 3-7
Thurs. 18	<ul style="list-style-type: none"> FREE Ice Cream for everyone! (PAC)
Fri. 19	<ul style="list-style-type: none"> Gr. 7 Farewell Assembly, 10:30am



NLPS News –

- **School Bus Registration** for the 2026-2027 school year. Please see attached for additional information.

[A Message from PAC](#)

- June 17th, 8:45am PAC Meeting. Please join us!
- FREE Ice Cream for everyone on June 18th! Watch for more details, soon.

Sincerely,

Your Cedar Admin. Team

Carie Wood and Katie Quinlan

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Counsellor's Corner: Bridging Summer with Connection

As we move toward summer, I wanted to share some exciting news — I am thrilled to be returning in September as school counsellor at both **Cedar** and **North Oyster**! ❤️

I feel incredibly grateful to continue the important relationships, trust, and consistency we have built together. Supporting children and families is truly a privilege, and I know that maintaining familiar, caring connections can make such a meaningful difference for students as they grow.

Summer can feel exciting, but for some children, two months away from school routines, friendships, and trusted adults can also feel big. Here are a few gentle ways to help **bridge the gap over summer** and support an easier transition into September:

🌟 **Keep some predictable routines**

Children thrive on predictability. Even keeping simple rhythms around sleep, meals, or movement can help create a sense of security.

🌟 **Talk positively about September**

Sprinkle in hopeful, low-pressure comments like, *"Your school counsellor will be back,"* or *"You'll get to reconnect with familiar people."* This keeps connection alive.

🌟 **Create "glimmers" of connection**

Stay connected to familiar peers when possible through playdates, camps, neighbourhood visits, or even simple check-ins.

🌟 **Practice emotional check-ins**

A quick daily question like *"What felt good today?"* or *"Was anything hard?"* helps children continue building emotional awareness.

🌟 **Name worries early**

If your child feels nervous about September, try validating rather than fixing: *"It makes sense that feels big. We will figure it out together."*

🌟 **Keep regulation tools close**

Breathing, movement, art, nature walks, music, sensory tools, mindfulness, or quiet connection time are wonderful supports over the summer months.

Most importantly, remember that connection matters. Even small moments of presence, play, and listening help children feel safe, seen, and supported.

Wishing everyone a summer filled with rest, joy, and meaningful moments.