



VIU Pre-Service Teachers



Div. 6 is feeling lucky!



Div. 8 - Landform Presentations

March 6, 2026

Another week of learning and fun at Cedar Elementary!

Second Term Progress Reports will be sent home on Wednesday, March 11th. We encourage you to sit down with your child and celebrate all of their successes!

NLPS News – We want to hear from you! Please share your thoughts about your child’s learning by completing the BC Student Learning Survey @ https://www.awinfosys.com/surveyfull1/central/main/access_Parent.asp

A Message from PAC

* Purdy’s Fundraiser is open until March 14! [Fundraising | Cedar Elementary Easter 2026 | Purdy’s chocolate fundraiser](#)

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

The Week Ahead:

Mon. 9	
Tues. 10	<ul style="list-style-type: none"> • Timberwolf Tuesday • PAC Meeting, 8:45am
Wed. 11	<ul style="list-style-type: none"> • Term 2 Progress Reports home today
Thurs. 12	<ul style="list-style-type: none"> • Hot Lunch Day, Cobbs
Fri. 13	<ul style="list-style-type: none"> • Last day of class before Spring Break • Spirit Day, wear Green and Gold! • Ocean Wise Sea Dome presentation

Looking Ahead

- March 16 – 28 – Spring Break
- March 30 – First Day back from Spring Break
Selena’s Gym Drop in., 4-5:30pm
(April 20, May 11, 25, June 1, 8, 15)
- April 3 – Good Friday, School Closed
- April 4 – Easter Monday, school closed
- April 15 – Art Show
- April 16 – Class Photo Day
- April 20 – School Track Meet, gr. 3-7
Ms. Selena Gym Drop in, 4-5:30pm
- April 24 – Pro D Day, no school for students
- April 27 – Pro D Day, no school for students
- May 15 – Band Concert, 1:15pm
- May 18 – Victoria Day, school closed
- May 21 – PAC Spring Fling, 5-7pm
- May 27 – Zone Track Meet
- May 29 – Talent Show
- June 4 – Welcome to Kindergarten
- June 11 – District Track Meet
- June 19 – Gr. 7 Farewell Assembly, 10:30am
- June 23 – Year End Assembly, 10:30am
- June 25 – Last Day of school!



Counsellor's Corner, by Sian Trombley

Raising Resilient Kids

Resilience isn't about avoiding stress or shielding children from struggle. It's about helping them develop the inner tools to move *through* challenge with confidence and flexibility. As caregivers, we don't eliminate storms — we teach our kids how to steady themselves in the wind.

As a counsellor, I often remind families that resilience grows in relationships first. Children build it when they feel safe, seen, and supported — especially when things feel hard.

What Builds Resilience?

Here are some core protective factors:

1. Secure Relationships

At least one consistent, caring adult who listens and responds with empathy.

2. Emotional Literacy

The ability to name and understand feelings (instead of acting them out).

3. Problem-Solving Skills

Opportunities to struggle a little — and figure things out.

4. Sense of Competence

Experiences that help children feel capable and valued.

5. Hope & Optimism

Believing challenges are temporary and growth is possible.

How Caregivers Can Promote Resilience

- **Model regulation.** Your calm becomes their calm.
- **Normalize mistakes.** Say, “That didn't work — what could we try next?”
- **Encourage effort over outcome.** Praise persistence, not perfection.
- **Create predictable routines.** Safety grows in consistency.
- **Let them solve age-appropriate problems.** Resist rescuing too quickly.
- **Validate feelings without validating harmful behaviour.** “I see you're angry. I won't let you hit.”

Resilience doesn't develop from comfort alone — it grows from supported challenge.

Recommended Reads for Caregivers

- The Whole-Brain Child – Dr. Dan Siegel & Tina Payne Bryson
- Raising an Emotionally Intelligent Child – Dr. John Gottman
- Mindset – Carol Dweck
- The Power of Showing Up – Dan Siegel & Tina Payne Bryson

“Do not judge me by my success, judge me by how many times I fell down and got back up again.” — Nelson Mandela

Have a wonderful weekend!

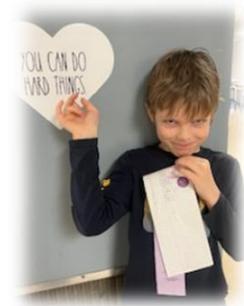
Sincerely,

Your Cedar Admin. Team

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I aced my Spelling Test!