



Chess Tourney



Timberwolves of the Month



Div. 7/9 Drumming



Hulquminum Games

May 1, 2026

Our **April Spirit Assembly** was filled with lots of excitement! We had two classes share line dances, two classed singing and drumming, recognized our April Timberwolves of the Month and learned about Bubble Breathing. We can hardly wait to see what next month brings!

Friday we had our first **Chess Tournament!** 14 students enjoyed a morning of fun competition and in the end, two trophies were awarded! Congrats, to all our students who participated and a shout out to our PAC for funding our Chess Club.

Our **Cultural Day of Metis Dance and Hulquminum** language and games was a lot of fun! Our students continue to learn and grow with these rich experiences.

Our Pee wee Basketball intramurals finished up this week. We had the *Giants* vs the *Jaguars* on Wednesday. The *Giants* advanced to the finals and were victorious over the *Cheese Balls!* It was awesome to see so many students come out over long recess to cheer for both teams!



Ms. Lydersen, Ms. Larsson, Ms. Keefer/Mr. Boon and Ms. Poulin’s classes are excited to showcase their **Entrepreneur Fair** next Wednesday 6th. The students have worked hard to create products, business plans and marketing strategies. All classes, K-7, will have a set time to window shop/shop. Feel free to send money in with your child. Prices start at \$2. We welcome family and friends to join us for some shopping between the hours of: 10:30am – 11:45am and 12:30pm – 1:30pm.

* **Grade 7 Bottle Drive** is on Saturday, May 9th! There are three ways to donate your bottles for the grade 7 fundraiser:

1. Bring your bottles to the upper parking lot on **Saturday, May 9th**. We will be sorting from 10:00am-1:30pm
2. Drop your bottles off afterschool on **Friday, May 8th**. We will have a door to the building propped open in the upper parking lot (by the tree- not the main entrance) until 3:00.
3. Email Miss Poulin at courtney.poulin@sd68.bc.ca to arrange a pickup. Pickups will happen between 10:00-1:30pm on **Saturday, May 9th**. Please include your address in the email.

Thank you for your continued support of the grade 7's this year!

[A Message from PAC](#)

- Hot Lunch orders can be made here: <https://munchalunch.com/>
- May 13th 8:45am PAC Meeting. Please join us!

The Week Ahead:

Mon. 4	•
Tues. 5	<ul style="list-style-type: none"> • Timberwolf Tuesday • Teacher Appreciation Day!
Wed. 6	<ul style="list-style-type: none"> • Young Entrepreneur Fair, open from 10:30-11:45 and 12:30pm – 1:30pm
Thurs. 7	
Fri. 8	



Sincerely,

Your Cedar Admin. Team
Carie Wood and Katie Quinlan

Carie.wood@sd68.bc.ca

Katie.quinlan@sd68.bc.ca

Looking Ahead

- May 13 – Hot Lunch – Subway
- May 15 – Band Concert, 1:15pm
- May 18 – Victoria Day, school closed
- May 21 – PAC Spring Fling, 5-7pm
- May 25 – Ms. Selena Drop in Gym
- May 27 – Zone Track Meet
- May 29 – Talent Show
- June 1 – Ms. Selena Drop in Gym
- June 2 – Gr. 7 Cedar Highschool Parent Night
- June 4 – Welcome to Kindergarten, 1-2pm
- June 8 – Ms. Selena Drop in Gym
- June 11 – District Track Meet
- Hot Lunch Day – Local Pizza
- June 15 – Ms. Selena Drop in Gym
- June 19 – Gr. 7 Farewell Assembly, 10:30am
- June 23 – Year End Assembly, 10:30am
- June 24 – Field Day, Free Hot Lunch!
- June 25 – Last Day of school!



Chess Champs!

COUNSELLOR’S CORNER: by Sian Trombley, HELPING CHILDREN BUILD EMOTIONAL RESILIENCE

As we move through the busy final stretch of the school year, many children may be feeling a mix of excitement, fatigue, worry, and anticipation. Changes in routine, upcoming transitions, friendship dynamics, and end-of-year activities can bring up big feelings — even for children who may not always show it on the outside.

Resilience is not about children “toughing it out” or avoiding difficult emotions. It is about helping them notice what they are feeling, understand that emotions are temporary, and practise healthy ways to move through challenges.

One of the most powerful things adults can do is stay calm and connected when children are struggling. When we respond with curiosity instead of correction, we help children feel safe enough to problem-solve.

TRY THIS AT HOME

When your child is upset, try using simple validating language before offering solutions:

“That sounds really hard.”

“I can see this matters to you.”

“It makes sense that you feel disappointed.”

“I’m here. We can figure this out together.”

Once your child feels heard, they are often more able to listen, reflect, and make a plan.

A SIMPLE GROUNDING STRATEGY

Invite your child to try the **5–4–3–2–1 grounding activity**:

Name:

5 things you can see

4 things you can feel

3 things you can hear

2 things you can smell

1 thing you can taste

This helps bring the brain and body back to the present moment when emotions feel overwhelming.

BOOK RECOMMENDATIONS FOR FAMILIES

Raising Human Beings by Dr. Ross Greene

A helpful book for parents who want to move from power struggles toward collaboration and problem-solving.

Hold On to Your Kids by Dr. Gordon Neufeld and Dr. Gabor Maté

A meaningful read about the importance of connection, attachment, and adult-child relationships.

The Whole-Brain Child by Dr. Daniel Siegel and Dr. Tina Payne Bryson

A practical guide for understanding children’s emotional development and supporting regulation.

Children build resilience through connection, practice, and supportive relationships. Small moments of calm, kindness, and repair can make a big difference.

“Connection before correction” is often the first step toward helping children feel safe, seen, and ready to grow.