



Healthamongus



Spring Band Concert



Div. 7 Showcase of Learning

May 15, 2026

Shout out to Ms. Lenz and our grade 6 and 7 band students on their incredible **Spring Band Concert!** It's awesome to see the growth over the last few months. Bravo!

Don't forget to mark your calendars for the **PAC Spring Fling** next Thursday, May 21st! Volunteers are still needed.

SPRING FLING!

Thursday
May 21st 2026
5pm-7pm

Cedar Elementary School
2215 Gould Rd West

ACTIVITIES INCLUDED:
INFLATABLE FUN, ROCK CLIMBING,
THE BUBBLE GUY, CARNIVAL GAMES,
FACE PAINTING, CUPCAKE WALK,
COTTON CANDY, COOKIE DECORATING,
FIRE DEPT OBSTACLE COURSE, CRAFTS
AND CONCESSION!

CHECK US OUT ON FACEBOOK FOR MORE
INFORMATION: CEDAR ELEMENTARY PAC

ENTRY BY DONATION
SUGGESTED: \$5/PERSON

PARENTAL PARTICIPATION IN STUDENT PLACEMENT for the 2026-2027 SCHOOL YEAR

We are in the process of planning the next academic year. It is important you trust the school team to build classes, which suit the students' academic and social needs. We take a lot of care in doing classroom composition for each grade. We make up each class list in a way that maximizes the quality of teaching and learning conditions for all students. The decision for placement is based on many factors, such as: balancing academic ability, levels of independence, learning styles, social/emotional maturity, and maximizing the

positive learning environment for the whole class. The classroom composition for each grade has to reflect the acceptance of all individuals within an inclusive school as we attempt to provide appropriate educational programming to all children. If you have specific educational information, that you would like us to consider about your child, please share them with me via email @ carie.wood@sd68.bc.ca by **no later than May 29, 2026**. We consider all requests, along with all other pertinent information provided by classroom teachers and support staff. As teachers may change schools and grade groupings are dependent on our enrolment numbers and balancing learning needs, **please describe optimal learning environments without referring to specific teachers.** **We are not able to take requests for individual teachers.**

A Message from PAC

- Hot Lunch orders can be made here: <https://munchalunch.com/>
- June 17th, 8:45am PAC Meeting. Please join us!
- Volunteers needed for the Spring Fling! Please email cedarempac@gmail.com

The Week Ahead:

Mon. 18	<ul style="list-style-type: none"> • Victoria Day – school closed
Tues. 19	<ul style="list-style-type: none"> • Timberwolf Tuesday • Cultural Day – Buffalo Hunt and Teepee Stations
Wed. 20	<ul style="list-style-type: none"> •
Thurs. 21	<ul style="list-style-type: none"> • Spring Fling, 5-7pm
Fri. 22	<ul style="list-style-type: none"> •

Sincerely,

Your Cedar Admin. Team
Carie Wood and Katie Quinlan

Carie.wood@sd68.bc.ca

Katie.quinlan@sd68.bc.ca



Last day for our VIU Pre-Service Teachers

Thank you and good luck to you all!

Looking Ahead

- May 25 – Ms. Selena Drop in Gym
Science World Presentation
- May 26 – Spirit Day, Tropical Tuesday
- May 27 – Zone Track Meet
- May 29 – Talent Show, 1pm
- 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 16 – Indigenous Day Celebration
- June 17 – 8:45am PAC Meeting
- 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!

COUNSELLOR'S CORNER: by Sian Trombley

Helping Children Move Through Change

As we move closer to the end of the school year, many children begin to feel a mix of excitement, sadness, worry, and uncertainty. Even positive changes — like summer break, a new classroom, or moving into a new grade — can bring big feelings.

Children often feel safest when life feels predictable. During times of transition, it can help to name what is changing, remind children what will stay the same, and create small routines that offer a sense of stability.

Families can support children through change by:

- Talking about upcoming transitions in a calm and simple way
- Creating visual calendars or countdowns for important dates
- Keeping bedtime and morning routines as consistent as possible
- Allowing space for mixed feelings, including excitement and worry
- Reminding children of past times they have handled change successfully
- Planning small connection moments during busy weeks

A helpful phrase to try at home is:

“Change can feel big, but we can take it one step at a time.”

As adults, we can help children understand that it is okay to feel unsure during times of transition. With connection, reassurance, and predictable support, children can build confidence in their ability to move through change and step into new experiences.

