



*Science World*



*Cedar's Got Talent!*



*Zone Track Meet*

May 29, 2026

We ended the week off with some awesome **Timberwolf Talent!** A huge shout out to all of our students who spent time preparing and sharing their special talents with us. It was a super fun way to end the week!

**Science World** presented, *The Science of Sport* on Monday. It was really interesting for the students to learn and explore how energy and forces relate to some of their favorite sports.

**Congratulations to the 70 students who participated in the Zone Track Meet!** The top 4 finishers from each event will move on to the Districts on June 11<sup>th</sup>. Final results will be in soon and qualifiers will be notified.

**Nanaimo Science** spent a morning with our intermediate students building bottle rockets and then hosting a competition. It was a blast!

**A Message from PAC**

- Hot Lunch orders can be made here: <https://munchalunch.com/>
- June 17<sup>th</sup>, 8:45am PAC Meeting. Please join us!
- FREE Ice Cream for everyone on June 18<sup>th</sup>! Watch for more details, soon.

**The Week Ahead:**

<b>Mon. 1</b>	<ul style="list-style-type: none"> <li>• Ms. Selena Drop in Gym, 4-5:30pm</li> </ul>
<b>Tues. 2</b>	<ul style="list-style-type: none"> <li>• Timberwolf Tuesday</li> <li>• Gr. 7 Cedar Highschool Parent Night, 6:30pm</li> </ul>
<b>Wed. 3</b>	<ul style="list-style-type: none"> <li>• Spirit Assembly, 9am</li> </ul>
<b>Thurs. 4</b>	<ul style="list-style-type: none"> <li>• Welcome to Kindergarten, 1-2pm</li> </ul>
<b>Fri. 5</b>	

**Looking Ahead**

- 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 18 – FREE Ice Cream for everyone! (PAC)
- 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!  
Summative Reports home today.

Sincerely,

Your Cedar Admin. Team  
Carie Wood and Katie Quinlan

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## **Counsellor's Corner: The End-of-Year Stretch — Supporting the Whole Family**, by Sian Trembley

As the school year comes to a close, many children feel a mix of excitement, exhaustion, uncertainty, and big emotions. The shift away from familiar routines, teachers, classmates, and predictable school days can feel overwhelming.

This stress can affect the whole family. Caregivers may notice more meltdowns, sleep struggles, irritability, sibling conflict, school refusal, clinginess, or emotional ups and downs at home. At the same time, parents and caregivers are often managing their own end-of-year fatigue, work demands, childcare planning, and summer transitions.

**A helpful reminder: when children are dysregulated, caregivers often need support too.**

### **Tips to Support Your Child**

- Keep routines as predictable as possible, especially around sleep, meals, mornings, and bedtime.
- Use simple language to name the transition: “This time of year can feel exciting and a little unsettled.”
- Talk about what will stay the same over the summer, not just what is changing.
- Offer extra connection through small moments: a walk, a bedtime chat, a shared snack, or 10 minutes of undivided attention.
- Give your child a visual countdown or simple calendar so they know what is coming.
- Validate mixed feelings: “It makes sense that you can feel happy and nervous at the same time.”
- Lower expectations during tired moments; end-of-year fatigue is real.
- Celebrate growth, effort, friendships, courage, and resilience from the year.

### **Caregiver Self-Care Tips**

- Take short pauses when you can — even one quiet minute can help reset your nervous system.
- Step outside for fresh air, stretch, breathe, or drink water before responding during stressful moments.
- Lower the pressure to do everything perfectly during this busy season.
- Reach out to a trusted friend, family member, school staff member, or support service.
- Create one small routine for yourself that feels grounding.
- Remind yourself: “This is a hard season, and I am doing my best.”
- Remember that children borrow calm from adults, but adults need places to borrow calm too.

### **Local & BC Resources for Families**

- [Brooks Landing / Central Island Access Services — Nanaimo](#)  
Island Health support for children, youth, and families, including crisis counselling and community outreach response.
- [FamilySmart BC](#) - Free, confidential peer support for parents and caregivers of children and youth experiencing mental health and/or substance use challenges.
- [FamilySmart BC Family Peer Support — Nanaimo-Ladysmith ICY Team](#) - Family peer support connected with the Nanaimo-Ladysmith Integrated Child & Youth Team.
- [Child and Youth Mental Health — BC Intake Clinics](#)
- [Foundry Virtual BC](#) - Free and confidential virtual mental health and wellness services for young people ages 12–24 and their caregivers.
- [Parent Support Services Society of BC](#) - Free emotional, educational, and practical support for parents, grandparents, and kinship caregivers.

**As we move through the final weeks of school, a little extra compassion can go a long way — for children, for caregivers, and for the whole family.** Community-based intake clinics for children, youth, and families seeking mental health support.