



Div. 9 Stained Glass



Hot Lunch Helpers



Div. 12 Science Exploration



Div. 7 Pointillism

Nov. 14, 2025

Each year Cedar Elementary School collects dry food items. All donated items go directly back to Cedar Families in need. This year's **Cedar Holiday Food Drive** will run from Nov. 17-28<sup>th</sup>. Please consider donating to this worthy cause. Please see flyer for suggested donation items below.

**PAC Christmas Basket Fundraiser** is back again this year! Each class will collect items to go into a themed basket. Tickets for the basket will be sold at both am and pm Winter Concerts. Please see attached list (below) of each classroom theme of items to be collected. Items will be collected from Nov. 17<sup>th</sup> – 28<sup>th</sup>.

Our **Winter Concerts** will take place on Wednesday, Dec. 3<sup>rd</sup> at 9:15am and 12:45pm, doors will open 30 minutes prior to each concert. All classes perform at both concerts and both concerts are the same. We ask that you attend just one concert in order for us to accommodate everyone.

## MESSAGE FROM OUR PAC

1. Our **Christmas PURDY'S** sales are open! Flyers went home with students today. Link - <https://fundraising.purdys.com/1498276-129809>. School Customer Code # 57390. Order deadline is Nov. 28<sup>th</sup>.
2. Christmas Basket Fundraiser is back! Items will be collected until Nov. 28<sup>th</sup>.
3. **Hot Lunch** is open @ <https://munchalunch.com/>
4. Did you know... We collect **Country Grocer** Receipts!!! We receive 1% back in the form of a gift card. Please bring any receipts to the office.



## The Week Ahead:

<b>Mon. 17</b>	<ul style="list-style-type: none"> <li>• Holiday Food Drive begins today</li> <li>• Christmas Basket Fundraiser begins today.</li> <li>• Ms. Selena's gym Drop in, 4-5:30pm</li> </ul>
<b>Tues. 18</b>	<ul style="list-style-type: none"> <li>• Timberwolf Tuesday</li> <li>• PAC Meeting, 8:45am</li> </ul>
<b>Wed. 19</b>	<ul style="list-style-type: none"> <li>• <b>Royal Spirit Day!</b> Join our Leadership group for this spirited day and dress up in your royal best!</li> </ul>
<b>Thurs. 20</b>	
<b>Fri. 21</b>	



## NLPS News - Family Smart Monthly Parent Series

Free monthly, virtual sessions for families seeking guidance in supporting their kids' wellness. There are also a variety of videos accessible through this site that families can access 24/7. <https://familysmart.ca/monthly-events/>

### Counsellor's Corner: by Sian Trombley

#### Reclaiming Connection in a Digital World

Lately, I've been noticing more **unmonitored screen time** among elementary-aged students — and it's showing up in their focus, friendships, and emotional regulation. While technology can be a wonderful tool for learning and creativity, excessive or unfiltered use can impact children's social and emotional growth.

A great resource for families navigating this balance is **Common Sense Media** — a trusted site offering **age-based reviews** of movies, apps, and games, as well as practical guides for setting screen-time boundaries at home. It's a valuable starting point for conversations about what kids are watching, how long they're online, and what digital habits best support their well-being.

Psychologist and author **Sherry Turkle** reminds us that:

*"Digital connections offer the illusion of companionship without the demands of friendship."*

Her research highlights how real human connection — eye contact, shared laughter, listening without distraction — is the foundation for empathy and emotional intelligence. When screens replace too many of these moments, kids miss out on vital social learning.

#### Tips for Caregivers

- **Model mindful tech use** — show your child what balance looks like.
- **Create tech-free zones** — mealtimes, car rides, and bedtime are great places to reconnect.
- **Co-watch or co-play** — turn screen time into shared time.
- **Encourage digital reflection** — ask, "How does that game/video make you feel?"

Small, intentional shifts can make a big difference in helping kids feel more connected — both online and offline.

### Cedar Elementary PAC Christmas Basket Raffle

Hello Timberwolves!

PAC is now collecting donations for our Christmas Basket Raffle (Please see class categories below)

**Donations will be collected in the classrooms until Dec 28<sup>th</sup>. New items only please!**

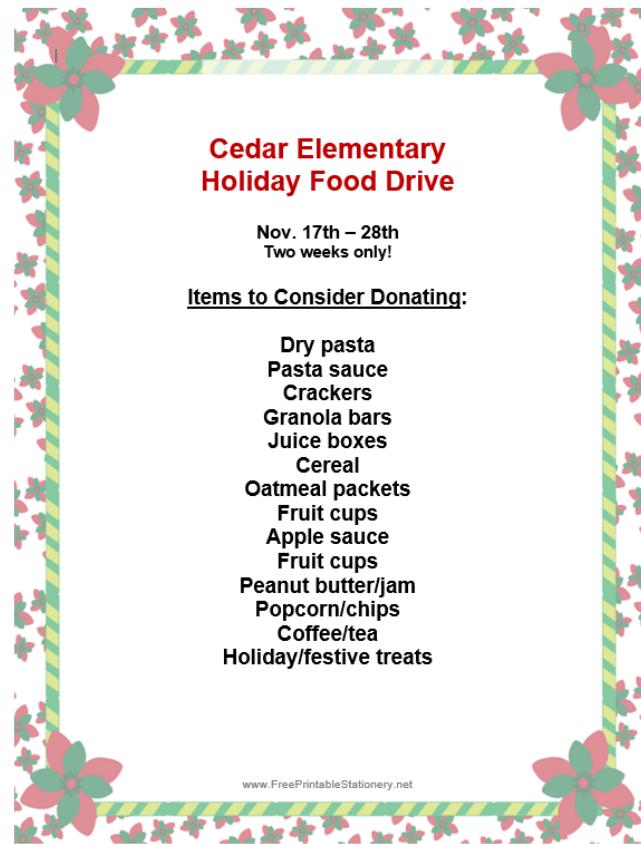
There will be a **PRIZE** for the class that collects the most donations!!!!

Raffle Tickets will be sold:

**Dec 3<sup>rd</sup>** - 30 minutes before and after the Christmas Concert (9:15am)  
- 30 minutes before the Christmas Concert (12:45pm)

**The Draw will take place Dec 3<sup>rd</sup> following the 12:45pm Christmas Concert (Attendance is NOT required to win)**

Basket Category	Teacher/ Div	Teacher/ Div
<b>Craft Supplies</b>	<b>Wight (Div 10)</b>	<b>Larsson (Div 13)</b>
<b>Christmas Themed</b>	<b>Aspen (Div 8)</b>	<b>Hicks/Munro (Div 6)</b>
<b>Pet Lovers</b>	<b>Lydersen (Div 12)</b>	<b>Green (Div 5)</b>
<b>Family Game Night</b>	<b>Harwood (Div 3)</b>	<b>Loos (Div 4)</b>
<b>Chocolate Lovers</b>	<b>Moynihan (Div 9)</b>	<b>Wilcox (Div 7)</b>
<b>Hot Drinks</b>	<b>Scholefield (Div 1)</b>	<b>Johannsson (Div 2)</b>
<b>Spa Day</b>	<b>Poulin (Div 15)</b>	<b>Boon/Keefer (Div 14)</b>
<b>Movie Night</b>	<b>Quinlan (Div 11)</b>	
<b>Mystery</b>	<b>Strong Start</b>	



Have a wonderful weekend.

Sincerely,

your Cedar Admin. Team Carie Wood and

Katie Quinlan

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### Looking Ahead

- Nov. 24 - Ms. Selena Gym Drop in, 4-5:30pm
- Nov. 26 – Nov. Spirit Assembly  
Term 1 Progress Reports go home
- Nov. 28 – Last day for Holiday Food Drive and PAC Christmas Basket Fundraiser
- Dec. 3 – Winter Concerts, 9:15am and 12:45pm
- Dec. 4 – Pajama Spirit Day
- Dec. 5 – Curriculum Implementation Day, No School for students
- Dec. 8 - Ms. Selena Gym Drop in, 4-5:30pm
- Dec. 15 - Ms. Selena Gym Drop in, 4-5:30pm
- Dec. 16 – Snowflake Soiree PAC Event (5-7pm, more info. Coming soon!)
- Dec. 19 – Last Day of school before Winter Break
- Jan. 5 – First Day back after Winter break