



***We Shall Remember...***

Nov. 7, 2025

Today we held a beautiful Remembrance Day Assembly. Our Grade 7 MC's did a wonderful job leading the assembly and both Div. 4 and 13 classes did a lovely job with their poetry contributions. Our intermediate classes also visited Cedar Valley Memorial to honor our Veterans. Students marched in, led by Rene Cusson, one of our favorite TTOC's and professional bagpiper. It was extremely powerful. Holding ceremonies and passing on traditions of remembrance are important ways to show our appreciation to the Veterans of Canada and their families. We are so fortunate to live in Canada and call it home.

Congratulations to the 11 students who competed in the District Cross Country Meet this past week. You did Cedar proud!

## **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. Oder deadline is Nov. 28<sup>th</sup>.
2. **Hot Lunch** is open @ <https://munchalunch.com/>
3. 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. 10</b>	• <b>Pro D Day, No School</b>
<b>Tues. 11</b>	• <b>Remembrance Day, No School</b>
<b>Wed. 12</b>	•
<b>Thurs. 13</b>	• Gr. 1 & 5 Vision Screening
<b>Fri. 14</b>	• Hot Lunch Day



### **Counsellor's Corner:** by Sian Trombley

Conflict is a natural part of growing up — and learning to navigate it with care builds empathy, confidence, and stronger relationships. Whether disagreements happen at home, on the playground, or in the classroom, children benefit most when adults model calm communication and guide them toward peaceful solutions.

As caring adults, our goal isn't to eliminate conflict but to help children *move through it* in ways that strengthen connection rather than break it. Every disagreement can become a moment to teach emotional awareness, respect, and repair.

Here are some universal strategies to help children develop peaceful problem-solving skills:

- **Model calm communication.** When emotions rise, show children how to pause, take a breath, and speak respectfully. The way we handle frustration teaches far more than our words.
- **Encourage "I" statements.** Help children express their feelings and needs without blame — for example, "I feel left out when..." or "I need a turn too." This builds emotional literacy and mutual understanding.
- **Pause before solving.** Teach children to take a moment to regulate before jumping to solutions. Calm minds solve problems more clearly.
- **Focus on solutions, not blame.** Guide children to brainstorm fair ideas that work for everyone — shifting the focus from "who's right" to "what's kind."
- **Model and celebrate repair.** When someone apologizes, accepts responsibility, or offers to make amends, name and celebrate that effort. Repairing relationships is a strength, not a weakness.
- **Reflect together.** After things have calmed down, invite reflection: "What helped? What might we do differently next time?" This builds insight, accountability, and confidence.

When children experience adults who stay calm, listen with empathy, and model kindness even in moments of tension, they learn that conflict doesn't have to divide us — it can actually bring us closer. These moments of repair and understanding are where emotional intelligence grows.

"When little people are overwhelmed by big emotions, it's our job to share our calm, not join their chaos." — L.R. Knost

#### BOOK RECOMMENDATION:

##### ***The Awakened Family* by Dr. Shefali Tsabary**

A reflective, empowering read about conscious parenting — focusing less on control and more on connection, awareness, and emotional growth for both parent and child.

Have a wonderful long weekend.

Sincerely,

your Cedar Admin. Team Carie Wood and

Katie Quinlan

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#### **Looking Ahead**

Nov. 17 – 28<sup>th</sup> - Holiday Food Drive

Nov. 17 - Ms. Selena Gym Drop in, 4-5:30pm

Nov. 18 – PAC Meeting, 8:45am

Nov. 19 – Royal Spirit Day

Nov. 24 - Ms. Selena Gym Drop in, 4-5:30pm

Nov. 26 – Nov. Spirit Assembly

Term 1 Progress Reports go home

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