

September 21st, 2023

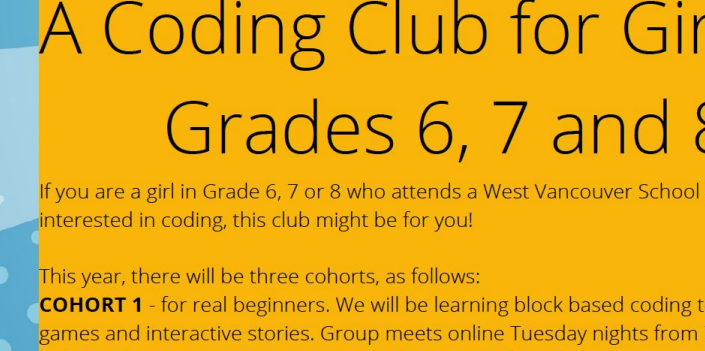
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Hawks Highlights

Sept	22nd	Professional Development Day - no classes	
	26th	School-wide Virtual Author Visit	
	26th	#2 Cross Country Meet Grades 3-7	3:45 pm @ Amleside Park
	28th	Parent Advisory Council (PAC) AGM	1:30 pm in the library
	29th	Orange Shirt Day	
Oct	2nd	National Day for Truth and Reconciliation - no classes	
	3rd	#3 Cross Country Meet Grades 3-7	3:45 pm @ Amleside Park
	9th	Thanksgiving Day - no classes	
	19th	Full Release Drill *see below	

Policy and Procedures Forms & Emergency Contact Forms - Action Item!
Please take the time as soon as possible to complete our online Policy and Procedures Forms: <https://eforms.sd45.bc.ca/Account/Login?r=Form/PandP>. It is very important that each learner has these forms filled out in order to participate in all school-based opportunities (i.e., Terry Fox Run, community walks, accessing digital resources, using school wifi, etc).
Each learner will also be sent home with a package containing information and important (paper) forms which must be filled out and returned to the school by **Monday, September 25th**. It is necessary to provide the office with the most up-to-date contact information which is used to contact families in case of emergency as well as to communicate important information from the school. Please review the Student Verification Form carefully as the contact information within represents the information we have on file. Without this, you will not receive timely communication from the school or school district.
Please return your completed envelope as soon as possible! Updated information may be required in order to release your child early on October 19th.

Traffic & Safety - Pick up and Drop Off
Parents/caregivers are asked to remain in their vehicles and approach the front of the school from the turnaround on Burley Drive. **Please ensure that you are not blocking any driveways or the crosswalk on Burley Drive as you approach the school.** For drop off, please have your child sit on the passenger side of the vehicle and have their school bags within reach for a quick good-bye and exit. Cedardale staff will indicate when it is safe for your children to exit/enter the vehicle.
If you are walking to Cedardale to meet your child(ren) at the end of the day, please use the sidewalks and when waiting, please **do not block** the front entrance stairs or stand in front of the children who are waiting for pick-up. This makes it very challenging for our staff when loading children into their cars and can be very overwhelming for some of our learners.
PLEASE DO NOT PASS other vehicles on the inside/left or make a U-turn on Burley Dr. or in the turn around. This is unsafe and disrupts the flow of traffic.



Fun Lunch is Ready to Order!
Our fun lunch program is up and running again, with lunch available Monday to Thursday starting September 25. You can order delicious food for your learners on our Munchalunch website:

- Returning families: <https://munchalunch.com/login>
- Families new to Cedardale: <https://munchalunch.com/schools/Cedardale>

Come volunteer with us! Volunteers are needed for less than half an hour each day to help distribute fun lunch to classrooms. To sign up, email Jean at jeanne_you@hotmail.com. And if you have any questions about fun lunch, email cedardalehotlunch@gmail.com. Bon appetit!

A Coding Club for Girls in Grades 6, 7 and 8

If you are a girl in Grade 6, 7 or 8 who attends a West Vancouver School and you are interested in learning this club might be for you!

This year, there will be three cohorts, as follows:

- COHORT 1** - for real beginners. We will be learning block based coding to create simple games and interactive stories. Group meets online Tuesday nights from 7:00 to 7:40. Mid October to December. Laptop, desktop or iPad needed.
- COHORT 2** - need some experience. We will be using language based coding to look at blending art and tech. Group meets online Tuesday nights from 7:00 to 7:40. February to April. Laptop, desktop.
- COHORT 3** - need some experience AND an Apple device (Macbook iMac, or newer iPad). This group will be using Apple's Swift Language and working towards designing and creating apps prototypes. This group meets online Tuesday nights from 7:45 to 8:45. Mid October to April/May.

If you are interested, please email Ms Wilson (District Vice Principal of Innovation and Technology) at cwilson@wvschools.ca. Please include your name, school and grade. Registration will remain open until October 6th. Space is limited in all three cohorts, so register soon!

There is no cost for this club but students need to have access to a device (as noted above) and need to be able to attend regularly.

Kindergarten Information Session

WELCOME TO YOUR FUTURE

Opportunity awaits!
Parents & Guardians of children entering Kindergarten in September 2024 (children born in 2019) are invited to join us for our K info session.

Please join us for an evening with community partners and school district staff to learn about the Kindergarten registration process and early learning offerings in our community.

This event is for parents and guardians only, please note that child care will not be available.

PLEASE REGISTER HERE

Date: Thursday, October 5th, 2023 6:30-7:30 pm
Location: Kay Meek Studio Theatre, 1700 Mathers Avenue, West Vancouver

Optional Accident Insurance for Families
Each year the school district reminds families that they have the option to purchase insurance coverage against accidental injury, unexpected medical expenses and critical illness. One option is *The Family Accident Reimbursement Plan (FARP) provided by Industrial Alliance*. This voluntary plan provides coverage for students and their families against accidental injury, unexpected medical expenses and critical illness. As always, families are encouraged to do their due diligence when choosing a provider. Learn more here: <https://www.solutionsinsurance.com/aonbc> or contact:

- Phone: 1.800.266.5667
- Email: solutions@ia.ca

Opportunity for Grade 6s and 7s
Have you ever wondered how technology products are built, what skills and abilities are required, and what the various career options are available in technology?
Join us at Game of Apps (season 07) where professional software developers and product designers teach and mentor students on a weekly basis. You will learn coding and design skills, as well as important soft skills such as teamwork, communication, critical thinking, problem solving, time management and much more.

Intro to Coding program details: <https://youtu.be/nWJq7T5bUjs>
Registration: <https://gameofapps.org/register>

Early-bird pricing is available before September 30. There are also two Info Sessions scheduled (details at gameofapps.org).

National Day for Truth and Reconciliation

Tuesday, September 26th
All Cedardale learners will join David A. Robertson's virtual author visit!

Virtual Author Visit

DAVID A. ROBERTSON

[When We Were Alone @WVML](https://www.wvml.com)

Friday, September 29th
We invite you to wear orange for **Orange Shirt Day**

Every Child Matters

After class discussions, reflection, and other learning engagements, Cedardale hawks will paint a rock with a personal message and place it in our garden, surrounded by indigenous plants.

Orange Shirt Day Friday, September 29th

[Learn more about National Day for Truth and Reconciliation by clicking here](#)

Cedardale Athletics

Our Cross-Country season is well underway! We are so proud of our Grade 7 Cross-Country participants - they have been demonstrating unparalleled leadership!
Practices are on Mondays and Fridays starting at 8:00 am.
Meets #2 and #3 are at Amleside Park on Tuesday, September 26th and October 3rd from 3:45 - 5:00 pm.
Weather cancellations will be communicated by 1:00 pm on the day of the meet.

Resources for Families

Physical Literacy
Watch this video to learn more about the importance of physical activity for brain health in children and youth.

We look forward to hosting Mme Amber and Mme Erin, District Physical Literacy specialists at Cedardale this fall to support our learners and Staff with physical literacy and fun!

Parent Advisory Council

Save the Date! Please Join Us!
Join Cedardale parents and caregivers at the Parent Advisory Council (PAC)'s Annual General Meeting on Thursday, September 28th at 1:30 pm in the Library/Reading Commons. Everyone is Welcome!

Meeting Agenda:

- Principal's Report
- Annual Budget
- Executive
- Fundraising
- Volunteer Opportunities

FUNDRAISING - Support Cedardale & PAC!

Get the **FlipGive App**
FlipGive is a cash back site for teams that combines the convenience of online shopping with the best of online fundraising, making it easier for groups to raise money. Support the Cedardale PAC by purchasing gift cards and more through FlipGive. [Join Code: LKJ396](https://www.flipgive.com)

Return-It
Recycling your containers in clear plastic bags (70-75 liters in capacity), no sorting needed!
At the Express depot (like the one at Park Royal), use the Ecole Cedardale account number **604 981 1390** to log in at the kiosk and print your bag labels, remember one label per bag.
Put a label on each of your bags and drop them off.
Return-it will sort your containers and credit the school

Canadian Parents for French

The Chapter that grows the most during the first two months of the school year gets ALL its local membership fees back, which it can use to bring in entertainers, host festivals and enrich students' French education. Support your West Vancouver Chapter by becoming a member and help us bringing more French activities into our community! Click here to join or renew: <https://bc.vk.cpf.ca/en/membership-drive/#joinCPFbyck>

Nathalie Thibaut-Buffart is [Canadian Parents for French](#) member and a native French speaker, and raised in Belgium, with a Master's Degree in Languages and French & Roman Literature and a great passion for sharing her Literature knowledge, en Français! She will be offering a French literature class this fall.

This class is a great opportunity to bring your French to a higher level while learning sur la littérature française throughout the time. If you are interested in joining this class or would like to know more details about it, please email Nathalie at n.thibautbuffart@yahoo.com

Please note that this class requires an advance French level (B+ Level). Below some details.

Before and After School Programs & Community Connections

West Vancouver Memorial Library
Hello West Van Schools partners!
The WVML September / October 2023 e-newsletter for kids, families and educators is here!
[September/October 2023 Update from WVML \(patronpoint.com\)](#)

This issue features programs and resources related to the **National Day for Truth and Reconciliation**, an exciting Youth Department space planning project and so much more!
Everything is free, open to all and no library card is required.

Youth Department

HOOPS BASKETBALL ACADEMY

Hoops Basketball Academy coaches basketball and fitness for children. Hoops Basketball Academy training focuses on fun and on developing fitness and basketball skills.

Hoops Basketball Academy - Fall Registration

Basketball and Fitness After-School Program (KG - Gr 3)
KG - Gr1 ---- 2:45 pm - 4:00 pm (Thursdays)
Gr2 - Gr3 ---- 2:45 pm - 4:00 pm (Fridays)
Gr1 - Gr3 ---- 4:00 pm - 5:00 pm (Thursdays)
Sessions will be held @ Ecole Cedardale Elementary
For more information and to register, visit us at: www.hoopsbasketball.ca

Fencing is back!

WESTBAY MONDAYS October 16, 23, 30 November 6, 20, 27 December 11 Grade 2-7 @ 7:45-8:35AM Fee: \$1199 per child full fencing equipment provided. FREE brand new fencing mask and glove for new students (value of \$130). If you wish to purchase a full set of equipment, please contact the club or our prep shop.	CEDARDALE WEDNESDAYS October 4, 11, 18, 25 November 1, 8, 15, 22 Grade 2-7 @ 7:45-8:35AM	CHARTWELL THURSDAYS October 5, 12, 19, 26 November 2, 9, 16, 23 Grade 2-7 @ 7:45-8:35AM	WESTCOT FRIDAYS October 6, 13, 20 November 3, 10, 17, 24 December 1 Grade 2-7 @ 7:45-8:35AM
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New Students - Scan the QR code to register:
1. Create Account
2. Sign up at 2381 1st Ave, North Vancouver to make a payment and receive your club after a class.
3. Pick up fencing mask and glove (new students only)

Returning Students - Contact us directly:
1. Call 604.910.0889 to make a payment and
2. Please bring your equipment from the previous term to classes.

TOPICS INCLUDE:
How to support a safety plan at home
How to take care of yourself and family after a crisis
How to find the resources you need

DATES:
September 15th, October 4th, November 8th, December 15th

TIME:
12pm - 1pm (PST)

To register: familysmart.ca/events

Open House Information Session for Professionals

The Help for the Hard Times Workshop series provides a framework for parents/caregivers to consider as they support their child after a crisis. The workshop includes practical strategies, tips and tools that support connection, connected relationships.

Join this information session to learn more about Help for the Hard Times, and how you, as a Healthcare Provider, Service Provider, Educator, Police and RCMP can help connect families to this free workshop.

FamilySmart Help for the Hard Times
WORKSHOP
OPEN HOUSE FOR PROFESSIONALS

MONTHLY ONLINE EVENTS FOR PARENTS & CAREGIVERS FALL 2023

Every month, we host events for parents & caregivers who are parenting a child or youth with a mental health and/or substance use challenge called "In the Know".

SEPTEMBER
Mental Health and Preparing for the Transition to Post-Secondary
Speaker: Dawn Schell, University of Victoria and Melissa Fedoruk, University of British Columbia Okanagan

OCTOBER
Working Together: Families and Schools
Speakers: Ashley Popowich, Principal at Ecole KLO Middle School

NOVEMBER
Emotion Regulation
Speaker: Nicole Allen, RCC

DECEMBER
ADHD - The Real Deal
Speaker: Dr. Don Duncan

Join us to watch a video and talk with other families about what helps. Online events are facilitated by FamilySmart Parent Peer Support Workers.
familysmart.ca/events

moving to adulthood
supports for youth with diverse abilities

Please join us for an evening of discussion & transition related resources for youth & families

Inclusive resources and community connections

Continuing the supports for diverse learners

Special visit from Snowdon, Van.

The Journey to Adulthood 12-26 year olds

October 4th, 2023
Doors open at 6 pm
Event from 6:00 pm - 8:00 pm

North Vancouver Education Services Centre
5th floor - 2121 Lonsdale Avenue, North Vancouver
Street parking is available

RSVP here
drop ins are also welcome!

