

February 15th, 2024

Follow us on Instagram! @ecolecedardale

### Hawks Highlights

Feb	16	Reading Break - <b>School Not In Session</b>
	19	BC Family Day - <b>School Not In Session</b>
	20	Grade 7 Basketball Game vs. Ridgeview - Boys at Home, Girls at Ridgeview 🏀
	20	"Empower Your Child as a Reader" Workshop & PAC General Meeting - <b>see invitation below!</b>
	23	Grade 6/7 Ski and Snowboard Day #2
	28	<b>Pink Shirt Day</b>
Mar	1	Grade 4/5 Cypress Snowshoeing and Tubing
	13	Kindergarten Dental Screening
	14	Nowruz Celebration @ Cedardale
	15	Communicating Student Learning #2
	18	Spring Break - School Not In Session

### PARENT EVENT AT CEDARDALE! - You're invited!

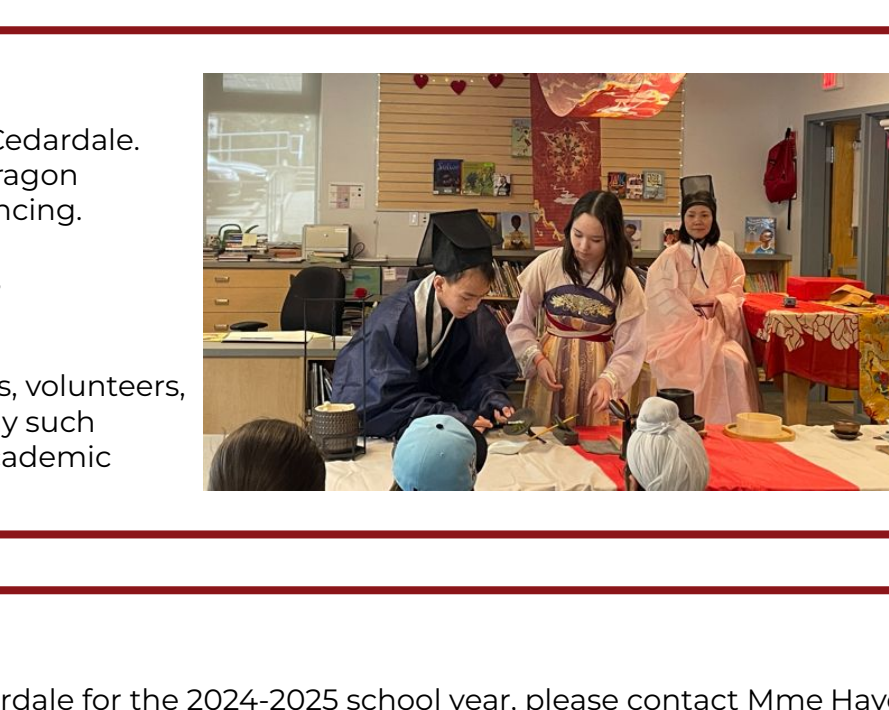
**Empowering your child as a reader followed by PAC general meeting Tuesday, February 20th at 6:30 pm**

Parents and caregivers are invited to join Mme Stephanie and Mme Gleason as well as Mme Hayes and the PAC Executive to learn how to support your child's developing literacy skills.

The workshop will be followed by an opportunity to learn more about PAC endeavors, upcoming events, and opportunities to volunteer!

This session will be held at Cedardale.

Please r.s.v.p. by emailing Mme Hayes at [khayes@wvschools.ca](mailto:khayes@wvschools.ca).

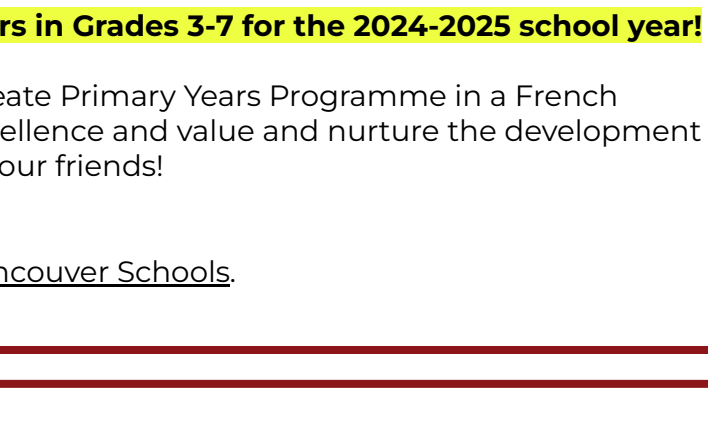


### Lunar New Year Celebration

We celebrated Lunar New Year today at Cedardale. Performances included the lion dance, dragon dance, archery, guzhang, singing and dancing.

After, learners engaged in other activities generously led by caregiver volunteers.

Thank you to all of the learners, caregivers, volunteers, artists, and performers who made this day such a success! We look forward to a year of academic prosperity!



### Returning to Cedardale?

If your child will **not** be returning to Cedardale for the 2024-2025 school year, please contact Mme Hayes at [khayes@wvschools.ca](mailto:khayes@wvschools.ca).

### We will have openings for French Immersion learners in Grades 3-7 for the 2024-2025 school year!

Cedardale uniquely offers the International Baccalaureate Primary Years Programme in a French immersion environment. We strive for educational excellence and value and nurture the development of caring, active, and life-long learners. Be sure to tell your friends!

Learn more about the [IB Primary Years Programme](#).  
Learn more about [Early French Immersion in West Vancouver Schools](#).  
Learn more about how to register for [École Cedardale](#).

### Playground Use Before/After School

Please be reminded that the playground is used for instructional purposes between the hours of 8:40 am and 3:00 pm. As the weather improves classes will be busy playing ultimate frisbee, gardening, and learning in the outdoor classroom until 3:00 pm.

Priority use is also given to La Maison during after school care hours.

**If your child wishes to play on the playground after 3:00 pm, please ensure that they are closely supervised. There is no supervision on the playground before or after school.**

And although we absolutely love our furry friends, please be aware that per municipal bylaws and for hygiene reasons, dogs are not permitted on the school grounds.

### Illness Guidelines

**This is a reminder to please keep your child at home if they are sick.** We appreciate this is a more blurry line than in the past, so here are some details to help:

- If children require medication, especially for a fever, they are not well and should stay home.
- Heavy congestion, fever, a runny nose that is not clear, nausea, heavily fatigued, a newer cough = stay home
- Clear runny nose, a persistent cough after being to the doctor to determine non-contagion = come to school

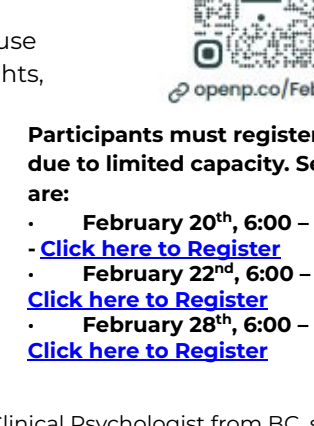
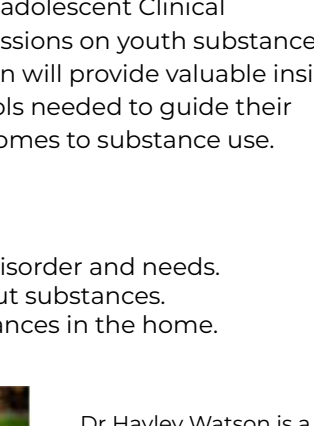
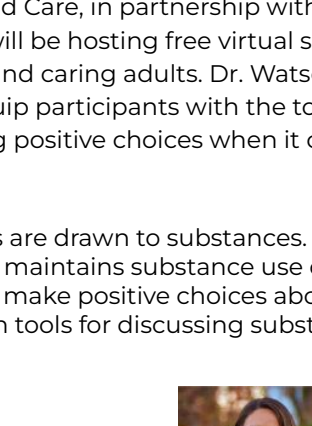
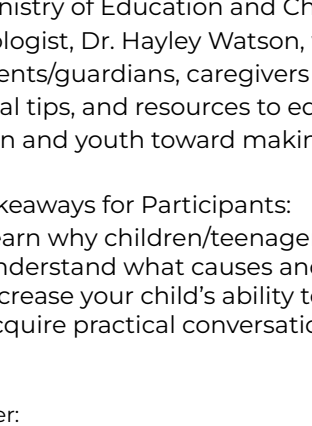
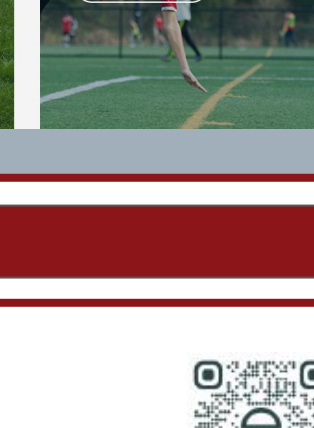
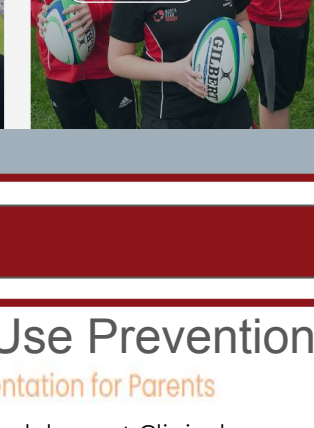
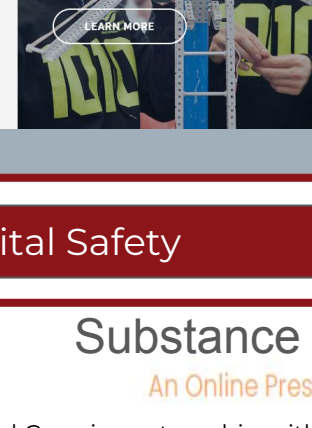
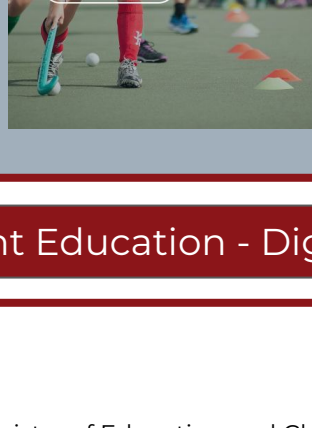
The overall health of our community is important.

Thank you so much for your care and attention to this.

### The 2024-2025 Secondary School Premier Academies are open for registration!

Please visit <https://westvancouver.schools.ca/programs/> for further information.

**Premier Academies:** Badminton, Baseball, Basketball, Fencing, Field Hockey, Rugby, Soccer, Tennis, Volleyball



### Parent Education - Digital Safety

### Substance Use Prevention

An Online Presentation for Parents

The Ministry of Education and Child Care, in partnership with adolescent Clinical Psychologist, Dr. Hayley Watson, will be hosting free virtual sessions on youth substance use for parents/guardians, caregivers and caring adults. Dr. Watson will provide valuable insights, practical tips, and resources to equip participants with the tools needed to guide their children and youth toward making positive choices when it comes to substance use.

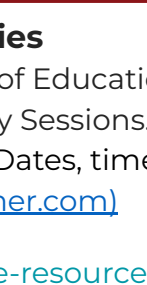
#### Key Takeaways for Participants:

- Learn why children/teenagers are drawn to substances.
- Understand what causes and maintains substance use disorder and needs.
- Increase your child's ability to make positive choices about substances.
- Acquire practical conversation tools for discussing substances in the home.

**Presenter:**  
Dr Hayley Watson  
Clinical Psychologist & Founder of Open Parachute  
(PhD Clin Psych, MA Clin Psych, MA Transpersonal Psych, PG Dip Psych, BA Criminology)



Dr Hayley Watson is a Clinical Psychologist from BC, specializing in children and adolescents with a PhD in school bullying interventions, along with four further academic degrees in the field of mental health. She has been working with young people and their families globally for the past 20 years.



Participants must register in advance due to limited capacity. Session dates are:

- **February 20th, 6:00 – 7:30 pm PST** - [Click here to Register](#)
- **February 22nd, 6:00 – 7:30 pm PST** - [Click here to Register](#)
- **February 28th, 6:00 – 7:30 pm PST** - [Click here to Register](#)

### Family Sessions – Establishing Safe, Caring, & Respectful Digital Communities

Safer Schools Together are pleased to announce that in partnership with the Ministry of Education and Childcare, they have opened four more dates for their "Social Media Awareness" Family Sessions. These sessions were designed to support families and caregivers navigate the digital world. Dates, times, and information on how to register can be found here: [Family Sessions \(safer.schoolstogether.com\)](https://safer.schoolstogether.com)

**Cyber Safety and Exploitation Resources:** <https://www.exploitationeducation.org/free-resource>

### A Parent's Guide To Digital Footprints

Understanding digital footprints is an important skill for all students who have an online presence!

If you want to know more, click the links below!

[Digital Footprint Parenting TipSheet](#)

[Protecting Your Child From Their Digital](#)

[What Is A Digital Footprint](#)



### 10 TIPS FOR PARENTING DIGITAL NATIVES

**Be Present and informed** - Be there to talk with your kids. Keep the lines of communication open. Know who they're with and what they are doing.

**Balance Screen Time and Green Time** - Build in times to be tech free - get outside as a family and enjoy other activities!

**Walk the Talk** - Make sure you are modeling good digital behaviour. Your kids will take their cues from you.

**Join in** - Yes, you might not really want to learn how to play Minecraft or do a TikTok dance, but by joining in and learning with your child you keep the dialogue going!

**Family Plan** - Work with your children to develop a family technology plan. Let them have some input and they will be more likely to follow the plan!

**Technology Free** - Build in technology free times in your calendar and zones in your house. One great example is bedrooms - technology doesn't belong there.

**It Takes a Village** - Raising safe, savvy digital natives is hard work. Include people like aunts, uncles and trusted family friends in your child's social media circle.

**You Are The Parent** - Don't feel badly about setting the will time or limiting boundaries on technology use. That's part of being a parent.

**Be Specific** - Make sure you are specific about your family's rules and expectations. It is easier for everyone when the rules on tech use are clear.

**Be Age Appropriate** - Make sure your expectations and permissions match the age of your child. You wouldn't give a 5 year old a Snapchat account, but a 14 year old might be ready!

### Community Connections, Pro-D Day Opportunities & Extracurricular Opportunities

**Family Series** **KAY MEEEK** **Frog Belly Rat Bone**  
Sat, Apr 6 | 3:00 PM  
Grosvenor Theatre  
Incorporating beautifully handcrafted puppets and an original poprock musical score. An Axis Theatre Production, featuring a musical adaptation from the book by Timothy Basil Ering.  
Offer Valid Fri, Feb 16 to Tue, Feb 20, 2024  
Use Code **FAM15**  
kaymeek.com | (604) 981-6335  
1700 Mathers Ave, West Vancouver

### ACTIVITIES AT WEST VANCOUVER COMMUNITY CENTRE / GLENEAGLES COMMUNITY CENTRE

**Spring Break Break camps** – Music, Spanish or Korean Immersion, LEGO, Arts, Science/STEAM, Sports, Gymnastics, etc:  
<https://westvancouver.ca/parks-recreation/recreation-programs-services/recreation-activities/camps>

**Spring Break Intensive Group Classes Also Available for All Ages:** Beginner French Intensive & Music Theory Intensive  
[https://anc.ca/apm/activecommunities.com/westvanrec/activity/search?activity\\_select\\_param=2&activity\\_keyword=intensive%20spring%20break&viewMode=list](https://anc.ca/apm/activecommunities.com/westvanrec/activity/search?activity_select_param=2&activity_keyword=intensive%20spring%20break&viewMode=list)

**Important Dates:** Spring Program Registrations (April – June)  
General registration for Spring opens on Wednesday, March 6  
Skating, Gymnastics, and Swimming registrations open on Wednesday, March 13

**Spring Learning Programs**  
Interested in indigenous beading or cedar weaving, learning Languages, STEAM, Chess, Lego?  
Adult Beginner French classes available: After-School Kids' Farsi, Korean, Mandarin classes are also available.  
Explore the Learning Program: [www.westvancouver.ca/learning](https://www.westvancouver.ca/learning)

Browse your recreation activities and programs here:  
<https://westvancouver.ca/parks-recreation/recreation-programs-services/recreation-activities>

Are you new in West Vancouver? Come, discover and join us:  
<https://westvancouver.ca/newcomers>

### Summer Dates

BC Family French Camp is offered at different times and at three different locations throughout the province. Families for one week in their own campsite. Activities at each location are designed to take advantage of the local geography, flora, and fauna.

**Okanagan (Summerland)**  
July 6 - 13, 2024

**Gwillim Lake (between Chetwynd and Tumbler Ridge)**  
July 20-27, 2024

**Vancouver Island (Nanaimo)**  
Week 1: August 10-17, 2024  
Week 2: August 17-24, 2024

### CPF Membership

**CANADIAN PARENTS FOR FRENCH** (BRITISH COLUMBIA & YUKON)

CPF Membership is required to attend French Camp. BC Family French Camp enjoys the support of CPF BC & Yukon and for that all campers are required to be members in good standing.

**Camp Registration**  
Returning campers: February 4, 2024  
New campers: February 11, 2024

**BCFFC.com**

### Pop Up PLAY

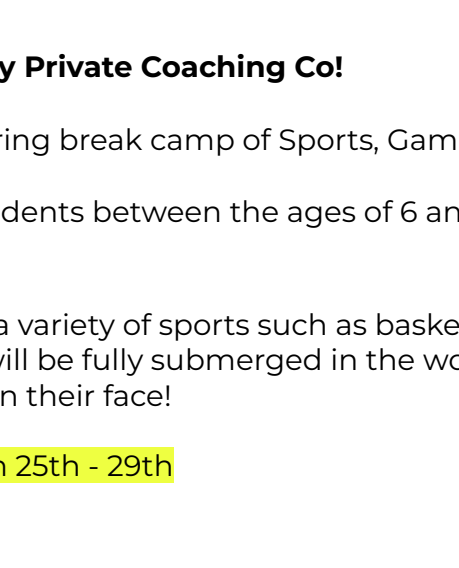
**Take a (Story) Walk with Us!**

Families with children ages 0-6 are invited to join us on Saturday March 2, 2024.

Free, no registration required

What's a Story Walk? A multi-sensory experience where children enjoy interactive books, music, art and the outdoors.

Come dressed for the weather! These walks are stroller and child friendly.



When: **Saturday, March 2, 2024 (10:00-11:00 am)**  
Event: POP UP PLAY: Story and Play with Katie Brock

Location: Meet at the covered picnic area at John Lawson Park. We will walk together through the park, immerse ourselves in story, and use our senses to participate in a fun scavenger hunt!

### A bit about Katie

Katie Brock is a beloved children's musician from Horseshoe Bay. She is an energetic, fun-loving performer who enjoys sharing her catchy tunes with both children and grownups alike. An avid outdoor enthusiast, Katie loves to sing, dance and make joyful music together with families in nature!

### Spring Break Camps

#### Multi-Sport Pro-D Day Camp by Private Coaching Co!

Join our staff for an amazing spring break camp of Sports, Games, Arts & Crafts, Adventures and FUN!

This day camp is available to students between the ages of 6 and 11 and is suitable for anyone of any skill level or experience!

Participants will move through a variety of sports such as basketball, soccer, tennis, football, hockey, volleyball, and more. Campers will be fully submerged in the world of sports and activity and are bound to leave the week with a smile on their face!

**Date:** March 18th - 22nd & March 25th - 29th  
**Location:** Chartwell Elementary  
**Ages:** 6-11  
**Cost:** \$375 + GST (weekly)

**Registration Link:** <https://privatecoachingco.uplifterinc.com/programs/summer-camps/>  
For help, please email [matt@privatecoachingco.com](mailto:matt@privatecoachingco.com)

#### Camp Wonderstruck

Join us for a **unique day camp experience**. For five days, campers will be immersed in a mythical fantasy story, homegrown in North Vancouver and guided by a seasoned wizard named Wonder.

Using magical objects they create themselves, campers will battle imaginary opponents, encounter the mysteries of the natural world, and stretch their imagination.

**Date:** March 18th - 22nd  
**Location:** Lynn Canyon Park  
**Ages:** 5-9  
**Cost breakdown link:** <https://www.thestorydoctor.ca/registration>

### Kung-Fu Kids Program @ Cedardale (January 2024)!

Looking for an after-school program that will help your child develop speed, power, balance and coordination-- as well as gain practical skills in self-defence while having fun? Kung-Fu Kids is finally here at Cedardale (in the gym) starting at the end of January! We still have space in our intermediate program!

Grades 4-7: **3:30pm-4:45pm** (75 minutes) - We will begin with a general warm-up, proper stretching, body conditioning and fundamental self-defence techniques in kicking, striking, blocking, and stances/footwork. The main goal is to develop speed, accuracy and power. We will use various modern conditioning and sports equipment, as well as safety gear such as mats, striking pads and kicking shields. Level 1 Grade testing and certification is available, but optional.  
Fee: \$20/class (Wednesdays, January 31 - May 29, total 13 classes).  
**10 spots available**

(Please Note: Gr 4-7 students waiting for their class to start must either read, study or wait quietly in the gym, or go home for a snack and then come back at 3:25pm, and ready to start training at 3:30pm).

If interested please contact James Chang ([james@westcoastkungfu.ca](mailto:james@westcoastkungfu.ca)) for questions, or to register!

### Yoga for kids and Mind

**WEEKLY KIDS YOGA WITH MENKA**

Strength in breath, voice, lungs, abdomen, spine, knees and feet.  
Exploring where are my feelings in my anatomy and mind?  
Poses in Sanskrit, yoga philosophy, basic chanting to calm the mind.  
(Classes are fun using art, anatomy, stories, games and songs to reinforce yoga.)

After school 60 mins classes from Jan 15 - March 15 2024  
4:15pm Mondays @ Kahlena Movement, North Vancouver  
4:30pm Wednesdays @ Wesbrook Community, UBC  
4:30pm Thursdays @ Om Prem Studio, West Vancouver

[www.worldofyogaschool.com](http://www.worldofyogaschool.com) insta: kidsyogadancemenka. 604 861 3309

### Weekly Kids and Pre Teens Yoga

on Thursdays from 4:30-5:30pm

Studies show that Yoga gives children the life skills to self regulate their emotions and anxiety, feel strong and resilient, better focus, prevent sport injuries, improve posture and immunity and understand their body and minds.

Children learn yoga poses through stories, songs, and games while also learning lessons from mindfulness activities and basic concepts of yoga anatomy.

Classes @ Om Prem Yoga Studio  
2442 Hoywood Avenue,  
West Vancouver, BC, V7V 1Y1  
[www.ompremyoga.com](http://www.ompremyoga.com)

Jan 18 - Mar 14 2024

PRICE \$180 (9 classes)  
Call : 604 861 3309 or email: [info@ompremyoga.com](mailto:info@ompremyoga.com)