



## February 22nd, 2024

13

15

18

resources:

**Hawks Highlights** 

Stephanie Davenport and Erin Gleason

Feb 23 Grade 6/7 Ski and Snowboard Day #2 28 **Pink Shirt Day** 

Grade 4/5 Cypress Snowshoeing and Tubing

Mar

14 Nowruz Celebration @ Cedardale Learning Update #2

Spring Break - School Not In Session

2 Apr School Back in Session after Spring Break Parent Presentation: Empowering your child as a reader

Thank you to parents who were able to attend the PAC Meeting and Parent Information Session "Empowering your child as a reader" this past

Kindergarten Dental Screening

Tuesday. Please click on the image for the slides from the presentation.

In addition to the slides, here are some helpful

How the Brain Learns to Read French Code Pronunciation Guide Slide 13 also lists a number of resources available to you and/or preferred by Cedardale teachers. Your

child's classroom teacher, Mme Stephanie Davenport, or Mme Erin Gleason would be happy to answer any of your questions regarding literacy and ways to support your learner at home. Please reach out via email egleason@wvschools.ca/sdavenport@wvschools.ca.

closely as possible whether or not we have room for those new students interested in joining our school. We understand that job transfers happen and relocations can occur without much notice however,

learners. Be sure to tell your friends!

Playground Use Before/After School

Illness Guidelines

stay home

to school

learning in the outdoor classroom until 3:00 pm.

please indicate to the best of your knowledge if your child will **not** be returning to us in September (and we certainly hope your family will be!). This will greatly assist us in knowing how many spaces are available.

at mfrezell@wvschools.ca. Please note that if you are planning to return to Cedardale, learners are expected to be present (at school) by September 5, 2024 to guarantee their spot for the 2024-2025 school year.

If your child will **not** be returning to Cedardale for the 2024-2025 school year, please contact Mme Frezell

WEST VANCOUVER SCHOOLS We have openings for French Immersion learners in Grades 3-7 for the 2024-2025 school year! " Engaging with new families as they Cedardale uniquely offers the International Baccalaureate

Learn more about the IB Primary Years Programme. Learn more about Early French Immersion in West Vancouver Kristina Haves Schools. Principal, École Cedar

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

hygiene reasons, dogs are not permitted on the school grounds.

blurry line than in the past, so here are some details to help:

The overall health of our community is important.

Thank you so much for your care and attention to this. Garden Committee - Do you have a green thumb?

Clear runny nose, a persistent cough after being to the doctor to determine non-contagion = come

Parent Advisory Council (PAC)

memories, and provide an enriched environment for our hawks! **CLICK HERE TO SUPPORT** 

to present the following:

**TIME:** 6:00 to 8:00 pm

Shore/Bowen Island.

**COST**: Free

**DATE:** Wednesday's from March 27- May 15

**LOCATION:** Hollyburn Family Services -

Please contact Tomi Hamner by email at:

Children's relationships with their peers are

crucial anchors of their wellbeing in every phase of development. What does the science show about how families and

We will hear from an expert who can offer

104-267 West Esplanade, North Vancouver

**ELIGIBILITY:** Must be the parent/caregiver of a

child between the ages of 0-5 and living on the North

FOR MORE INFORMATION OR TO SIGN UP:

thamner@hollyburn.ca or call/text: (604) 908-3673

Parent Education

Together, let's build dreams, create lasting

**PAC Fundraising Initiative to Enhance** the Playground Space Click on the image to hear from our

HAWKS! **Hawks Report** To make their dream a reality, we need your support. Currently, we've only raised 3% of our goal, and every donation, big or small, brings us closer to transforming our playground.

**Evidence-Informed Mental Health Resources** HealthyMindsBC provides evidence-informed prevention and early intervention tools and resources, including online learning opportunities. This site is for parents, caregivers, families, educators, and other professionals to help them support the everyday mental health of children and youth. A series of courses that focus on Everyday Anxiety Strategies for Educators (EASE K-7 and 8-12) and Early Years are available. The newest course, Walking Alongside Youth with Anxiety (WAY), is designed to build capacity and support the foster care providers and out-of-care/kinship care providers who are caring for Indigenous

## PLEASE JOIN US FOR AN **EVENING WITH DIANA** DIVECHA, PH.D

experiences?

Dr. Diana Divecha, schools can foster supportive relationships Developmental psychologist, at different ages? What's normal, and when Yale Child Study Centre should we help? How can we prevent or help kids recover from harmful relationship

speaker? Please fill email them to: dpact@wvschools.ca

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

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

information on how to register can be found here: Family Sessions (saferschoolstogether.com)

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

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

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 Participants must register in advance children and youth toward making positive choices when it comes to substance use. due to limited capacity. Session dates February 20<sup>th</sup>, 6:00 - 7:30 pm PST - Click here to Registe February 22<sup>nd</sup>, 6:00 – 7:30 pm PST – **Click here to Register** February 28th, 6:00 - 7:30 pm PST -

children and adolescents with a PhD in school bullying

Click here to Register

Dr Hayley Watson is a Clinical Psychologist from BC, specializing in

interventions, along with four further academic degrees in the field

She has been working with young people and their families globally

Walk the Talk -Make sure you are

modeling good

digital behaviour 0

your kids will lake

theirs cures from

Technology Free - Build in

vour calendar abd zones in

technology free times in

your house. One great

example is bedrooms -

family's rules and

expectations. It is

when the rules

clear.

easier for everyone

around tech use are

you!

Join in - Yes, you might not

really want to learn how to

TikTok dance, but by joining

child you keep the dialogue

It Takes a Village -

Raising safe, savvy

like aunts, uncles

and trusted family

social media circle.

digital natives is hard

work. Include people

friends in your child's

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!

in and learning with your

play Minecraft or do a

they will be more technology doesn't belong Protecting Your Child From Their Digital likely to follow the there. plan! Be Specific - Make sure vou are You Are The Parent -Don't specific about your feel badly about limiting

**Balance Screen Time and** 

times to be tech free - get

Family Plan - Work

with your children

to develop a family

technology plan.

Let them have

some input and

boundaries on technology

use. That's part of being a

Green Time - Build in

outside asa family and

enjoy other activities!

For more information and to register, click Here or visit us at: www.hoopsbasketball.ca ACTIVITIES AT WEST VANCOUVER COMMUNITY CENTRE / GLENEAGLES COMMUNITY CENTRE

Spring Break Break camps – Music, Spanish or Korean Immersion, LEGO, Arts, Science/STEAM, Sports,

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

https://anc.ca.apm.activecommunities.com/westvanrec/activity/search?activity\_select\_param=2&activity\_

available. Explore the Learning Program: <a href="https://www.westvancouver.ca/learning">www.westvancouver.ca/learning</a> 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

keyword=intensive%20spring%20break&viewMode=list

For help, please email <u>matt@privatecoachingco.com</u>

KAY MEEK ARTS CENTRE

Returning to Cedardale? Planning your summer holidays? As we are currently accepting new registrations for the 2024-25 school year, we are trying to predict as

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 This is a reminder to please keep your child at home if they are sick. We appreciate this is a more 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 =

The Cedardale community, in partnership with the CPF and Whole Foods is striking a Garden Committee of

learners, teachers, staff members, and parents. If you are interested in joining this awesome and eager team, no experience (or green thumb) is necessary. Please contact Mme Stephanie Davenport at sdavenport@wvschools.ca if you would like to be involved or have any questions.

and non-Indigenous youth with mild to moderate anxiety. **Hollyburn Family Services is pleased CIRCLE OF SECURITY®** 8-WEEK PARENTING™ PROGRAM то attend Circle of Circle of Security® Parenting™ program is Security® you must fill based on decades of out a referral form. Link research about how provided by facilitator(s) secure parent/caregiver-

Limited to 6 families

(12 spaces)

Facilitator:

Tomi Hamner

WE ARE ALL CONNECTED:

**HOW FAMILIES CAN** 

SUPPORT CHILDREN'S

K - 12 PEER

RELATIONSHIPS

Substance Use Prevention An Online Presentation for Parents

child relationships can be

supported and

strengthened. This

program will focus on the

parent/caregiver role,

reflective practice,

creating secure

attachment and

increasing connection.

MARCH 7TH

7PM-8:30PM

VIRTUAL

## practical advice and explain the science IN ORDER TO RECEIVE YOUR LINK TO THE behind how families and schools can foster EVENT PLEASE REGISTER AT dpact@wvschools.ca supportive relationships at different ages. We are collecting questions from attendees in advance instead of a live audience Q&A. Do you have questions for our

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.

A Parent's Guide To

Understanding digital footprints is an

online presence!

important skill for all students who have an

**Digital Footprint Parenting Tipsheet** 

What Is A Digital Footprint

ANCOUVER

**Hoops Basketball Academy** 

Gymnastics, etc:

Theory Intensive

Spring Learning Programs

Spring Registration NOW OPEN 🦀 🦀

(KG - Grl) ---- 2:45 pm - 4:00 pm (Mondays)

(Gr2 – Gr4) ---- 2:45 pm – 4:00 pm (Fridays)

After school sessions will be held @ Ecole Cedardale Elementary

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

Clinical Psychologist & Founder of Open Parachute

(PhD Clin Psych, MA Clin Psych, MA Transpersonal

Key Takeaways for Participants:

Presenter:

Criminology)

Dr Hayley Watson

Psych, PG Dip Psych, BA

10 Tips For Parenting Digital Natives Be Present and informed - Be there to talk with your **Digital Footprints** kids. Keep the lines of communication open. Know who they're with and what they are doing.

of mental health.

for the past 20 years.

Community Connections, Pro-D Day Opportunities & Extracurricular Opportunities Basketball and Fitness After School Program (KG – Gr4). Learn the fundamental skills of basketball in a fun and encouraging environment. This program focuses on fitness, coordination, and developing basketball skills. Fun and movement is the focus!!

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

Summer Dates

BC Family French Camp is offered at

different times and at three different

Families camp for one week in their own campsite. Activities at each location are designed to take advantage of the local

locations throughout the province.

geography, flora, and fauna.

Okanagan

(Summerland)

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

CPF Membership

ANADIAN

FOR FRENCH BRITISH COLUMBIA & YUKON

French Camp. BC Family French Camp enjoys

the support of CPF BC & Yukon and for that

**Camp Registration** 

Returning campers: February 4, 2024 New campers: February 11, 2024

BCFFC.com

all campers are required to be members in

good standing.

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

PARENTS

senses to participate in a fun scavenger hunt Free, no registration required What's a Story Walk? A multi-sensory experience where children enjoy interactive books, music, art A bit about Katie and the outdoors.

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,

Take a (Story) Walk with Us!

Families with children ages 0-6 are invited to join

Come dressed for the weather! These walks are

us on Saturday March 2, 2024

stroller and child friendly.

Spring Break Camps

**Camp Wonderstruck** 

Date: March 18th - 22nd Location: Lynn Canyon Park

**Ages**: 5-9

Family Series

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)

mysteries of the natural world, and stretch their imagination.

Cost breakdown link:: https://www.thestorydoctor.ca/registration

amily Day Special

BC FAMILY FRENCH CAMP July 6 - 13, 2024 **Gwillim Lake** (between Chetwynd and Tumbler Ridge) July 20-27, 2024 S/NCE 1985 Vancouver Island (Nanaimo) Week 1: August 10-17, 2024 Week 2: August 17-24, 2024 Pop Up PLAY



Frog Belly Rat Bone

kaymeek.com | (604) 981-6335 1700 Mathers Ave, West Vancouver

All Tickets Only \$15

Registration Link: <a href="https://privatecoachingco.uplifterinc.com/programs/summer-camps/">https://privatecoachingco.uplifterinc.com/programs/summer-camps/</a> 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

Sat, Apr 6 | 3:00 PM Grosvenor Theatre Incorporating beautifully handcrafted puppets and an original pop/rock 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

participate in school, district and Primary Years Programme in a French immersion community activities enhances the environment. We strive for educational excellence and value sense of belonging for students, and nurture the development of caring, active, and life-long staff, parents, and caregivers ' Learn more about how to register for **École Cedardale** 

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

**ÉCOLE CEDARDALE ELEMENTARY** = E-BULLETIN Follow us on Instagram! @ecolecedardale