

ÉCOLE CEDARDALE ELEMENTARY E-BULLETIN

February 29th, 2024

Follow us on Instagram! @ecolecedardale

Hawks Highlights

Mar	1	Grade 4/5 Cypress Snowshoeing and Tubing
	13	Kindergarten Dental Screening
	14	Nowruz Celebration @ 11:00 am
	15	Learning Update #2
	18	Spring Break - School Not In Session
Apr	2	School Back in Session after Spring Break
	8	Summer Learning registration opens @ 8:00 am

Text Messaging

For parents/guardians who would like to be notified of a school emergency such as power outages, severe weather or safety alerts via SMS Please text a "Y" or "Yes" to **978338** to ensure you are on the list.

Grade 7 Basketball

The Grade 7 girls participated in the culmination of a great basketball season at the West Vancouver Schools Elementary Jamboree. The team worked really collaboratively, were great communicators, and had lots of fun this season. Thank you to coaches Mme Morley and Mme Mortlock for volunteering their time to coach the team. The Grade 7 boys play at their Jamboree this afternoon. Good luck Hawks!

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 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, 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.

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

We 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](#)

"Engaging with new families as they participate in school, district and community activities enhances the sense of belonging for students, staff, parents, and caregivers."

Kristina Hayes
Principal, École Cedardale

2024 Summer Learning with West Vancouver Schools

Save the date! Summer Learning Registration opens on **Monday, April 8th at 8:00am**.

For more information, please refer to the Summer Learning information flyers ([elementary](#) or [secondary](#)) or the [Summer Learning Website](#).

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.

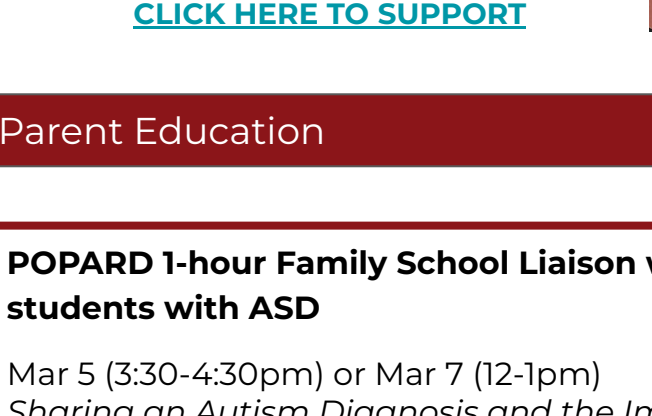
Illness Guidelines

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.



Garden Committee - Do you have a green thumb?

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.

Parent Advisory Council (PAC)

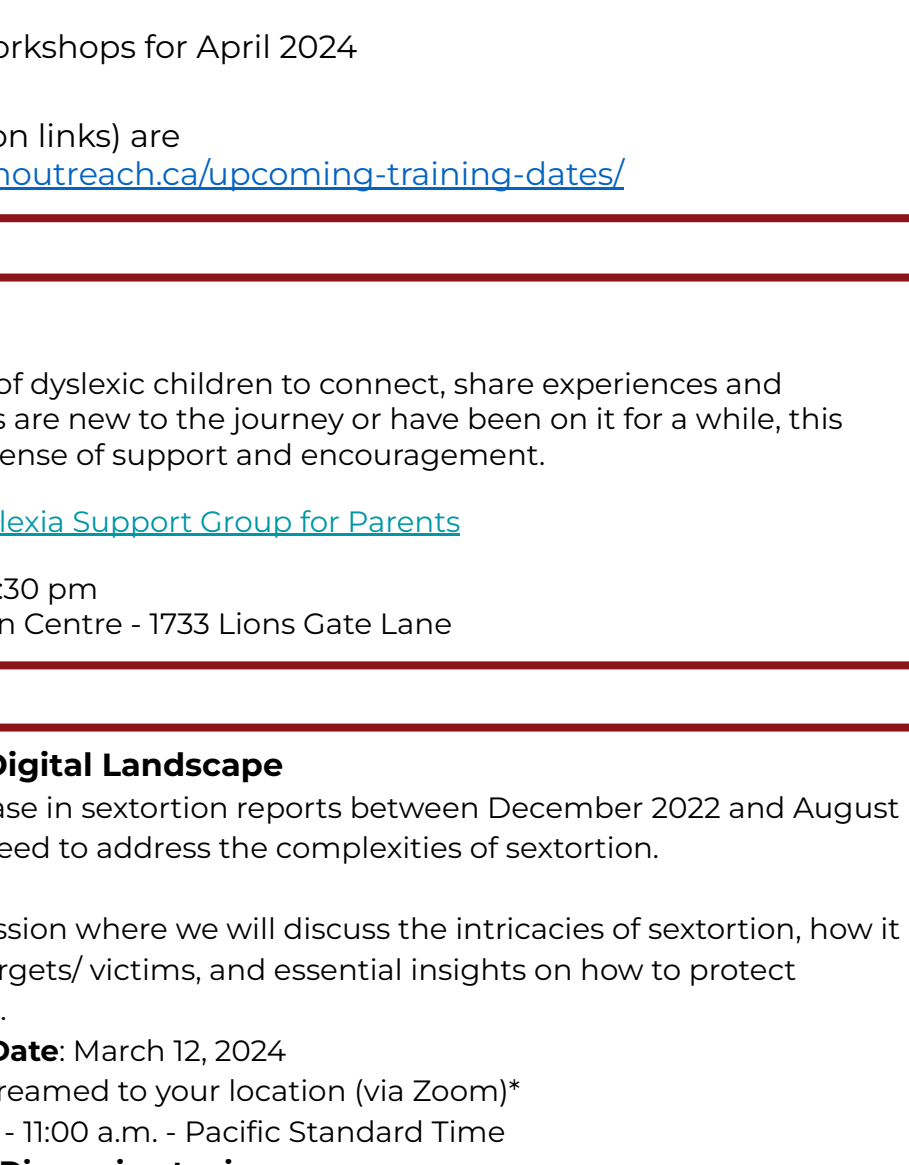
PAC Fundraising Initiative to Enhance the Playground Space

Click on the image to hear from our HAWKS!

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.

Together, let's build dreams, create lasting memories, and provide an enriched environment for our hawks!

[CLICK HERE TO SUPPORT](#)



Hawks Report

Parent Education

POPARD 1-hour Family School Liaison workshops (FREE) – designed for parents & families of students with ASD

Mar 5 (3:30-4:30pm) or Mar 7 (12-1pm)
Sharing an Autism Diagnosis and the Importance of Self-Advocacy

Mar 23 (3:30-4:30pm) or Mar 13 (12-1pm) *Friendships: Strategies & supports for Autistic Children & Youth*

We will be adding more FSL workshops for April 2024

POPARD training events (and registration links) are posted on their website at <https://autismoutreach.ca/upcoming-training-dates/>

Dyslexia Support Group for Parents

This is a wonderful opportunity for parents of dyslexic children to connect, share experiences and exchange valuable advice. Whether parents are new to the journey or have been on it for a while, this event will provide parents with a renewed sense of support and encouragement.

Here is the link with more information: [Dyslexia Support Group for Parents](#)

Date: Wednesday, March 6th at 7:00 pm - 8:30 pm

Location: Lions Gate Community Recreation Centre - 1733 Lions Gate Lane

Understanding Sextortion in Today's Digital Landscape

Canada's National Tipline saw an 85% increase in sextortion reports between December 2022 and August 2023. This notable increase highlights the need to address the complexities of sextortion.

Join us for a complimentary educational session where we will discuss the intricacies of sextortion, how it can happen, best practice for supporting targets/victims, and essential insights on how to protect yourself and today's youth in the digital age.

Date: March 12, 2024

Location: Live Streamed to your location (via Zoom)*

Time: 9:00 a.m. - 11:00 a.m. - Pacific Standard Time

Discussion topics:

- Understanding the concept of sextortion: What it is, how it can occur, and who may be vulnerable.
- Recognizing the apps, platforms, and deceptive language used by perpetrators.
- Implementing actionable steps and resources for responding effectively if sextortion is encountered.
- Exploring common digital platforms where sextortion commonly takes place.

Safe Schools Complimentary Educational Session [Register here](#)

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 and non-Indigenous youth with mild to moderate anxiety.

Hollyburn Family Services is pleased to present the following:

CIRCLE OF SECURITY® 8-WEEK PARENTING™ PROGRAM

DATE: Wednesday's from March 27- May 15

TIME: 6:00 to 8:00 pm

COST: Free

LOCATION: Hollyburn Family Services - 104-267 West Mountain, North Vancouver

ELIGIBILITY: Must be the parent/caregiver of a child between the ages of 0-5 and living on the North Shore/Bowen Island.

FOR MORE INFORMATION OR TO SIGN UP:

Please contact Tomi Hamner by email: thamner@hollyburn.ca or call/text: (604) 908-3673

To attend Circle of Security® you must fill out a referral form. Link provided by facilitator(s)

Limited to 6 families (12 spaces)

Facilitator: Tomi Hamner

Circle of Security® Parenting™ program is based on decades of research about how secure parent/caregiver-child relationships can be supported and strengthened. This program will focus on the parent/caregiver role, reflective practice, creating secure attachment and increasing connection.

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

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 schools can foster supportive relationships at different ages? What's normal, and when should we help? How can we prevent or help kids recover from harmful relationship experiences?

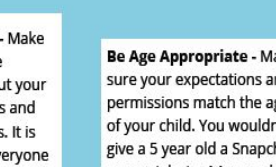
We will hear from an expert who can offer practical advice and explain the science behind how families and schools can foster supportive relationships at different ages.

We are collecting questions from attendees in advance instead of a live audience Q&A. Do you have questions for our speaker? Please fill email them to: dipact@wvschools.ca

WE ARE ALL CONNECTED: HOW FAMILIES CAN SUPPORT CHILDREN'S K - 12 PEER RELATIONSHIPS

MARCH 7TH 7PM-8:30PM VIRTUAL

Dr. Diana Divecha, Developmental psychologist, Yale Child Study Centre



IN ORDER TO RECEIVE YOUR LINK TO THE EVENT PLEASE REGISTER AT dpact@wvschools.ca

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

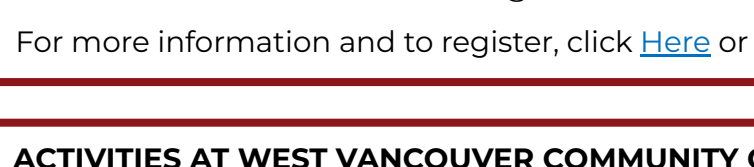
Understanding digital footprints is an important skill for all students who have an online presence!

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 sea family and enjoy other activities!

Walk the Talk - Make sure you are modeling good digital behaviour if 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 limiting the well time or setting 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 around 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

Cedardale Grade K-3 Multi-Sport After School Program

Dates: Thursdays April 11 - June 20 (10 Sessions, NO session April 18)

Times: 2:45 - 4:15pm

Grades: K-3

Cost: \$300 + GST

This excitement filled program focuses on FUN, physical literacy and sport skill improvement through fun games and activities. Participants will move through a variety of sports such as basketball, soccer, tennis, football, hockey, volleyball, handball, and more. Participants will be fully submerged in the world of sports and are bound to leave the day with a smile on their face, eager for the next day!

NOTE: This is a non-competitive program and is suitable for athletes of any experience or level!

REGISTER HERE! [Sign up here](#)

Hoops Basketball Academy

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!!

Spring Registration NOW OPEN

(KG – Gr1) ---- 2:45 pm – 4:00 pm (Mondays)

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

After school sessions will be held @ École Cedardale Elementary

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, 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

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

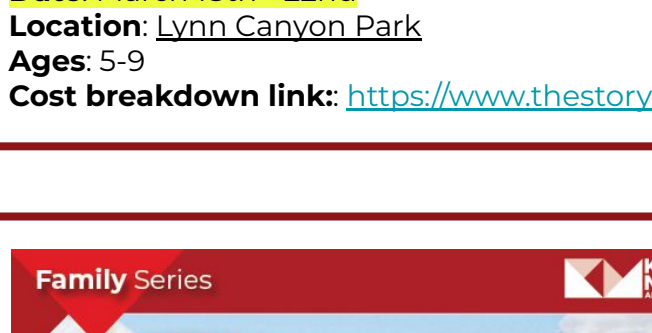
Interested in indigenous beading or cedar weaving, learning Languages, STEAM, Chess, Lego?

Adult Beginner French classes available: After-School Kids' Farsi, Korean, Mandarin classes are also available.

Explore the Learning Program: www.westvancouver.ca/learning

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 camp for one week in their own campsite. Activities at each location are designed to take advantage of the local geography, flora, and fauna.

Okanagan (Sumnerland)
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

Family Series Family Day Special



All Tickets Only \$15

Frog Belly Rat Bone

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 **FAMIS**

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