

March 14th, 2024

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### Hawks Highlights

Mar	15	Learning Update #2 (Reporting)
	18	Spring Break - School Not In Session
Apr	2	School Back in Session after Spring Break
	8	Summer Learning registration opens @ 8:00 am
	17-18	Learning Conferences - Early Dismissal 11:30/11:50

**Learning Update #2**  
 Your child(ren)'s Learning Update #2 (report card) will be available via the MyEd Parent Portal on Friday, March 15th, 2024.  
 In preparation, please be sure you are able to access the MyEd Parent Portal. For support, please [CLICK HERE](#). For an instructional video, please click below.

If you are having difficulty accessing the portal using the resources above, please contact Mme Frezell at [mfrezell@wvschools.ca](mailto:mfrezell@wvschools.ca).

**Nowruz Celebration**  
 Today, we enjoyed celebrating Nowruz at Cedardale, and want to extend a heartfelt thank you to the families that organized the celebration. It was a joyous and culturally enriching event that brought our community together.

Nowruz, also known as the Persian New Year, is a time of renewal and celebration that marks the beginning of spring. It is a time for families and friends to come together, reflect on the past year, and look forward to new beginnings. We learned about the Haft-sin table, listened to traditional music and stories, danced, and participated in cultural activities such as decorating eggs (a symbol of hope, fertility, and growth) and apples (a symbol of health and wellness).

**Fun Lunch: Term 3 Ordering Now Open**  
 Ordering is now open online for Fun Lunch in Term 3! Log into your account at <https://munchalunch.com/login> and click Order Lunch to get started. Note that the deadline to order for the first week of April is Monday, March 25th at 9:00am, and unpaid orders will be automatically cancelled after 24 hours.

If you have any questions, or want to volunteer, contact the fun lunch team at [cedardalehotlunch@gmail.com](mailto:cedardalehotlunch@gmail.com).

**Library Reminders from Mme Jo**  
 I hope many of you found *Thank You* cards in your mailbox over the past few weeks that were written, addressed and mailed to you with gratitude by your learners in Grades 2-7. They were intended to make you smile and know that your children are thankful.

As we head into Spring Break next week, I would like to remind all of our learners to keep reading for enjoyment while they are away from school. We are not stopping book check out prior to Spring Break, so if your child does take a book on holiday with you, please remind them to look after it and let me know what they thought of the book on their return!

There are a few parents that have asked for the book exchange schedule to be sent out again. Please note that a Grade 4-7 classes have flexible book exchange Monday, Wednesday and Thursday after the morning recess. They are welcome to come to the library from 10:40-11:00 am to return and/or borrow books during any of these times.

The Primary classes (Kindergarten through Grade 3) have book exchange on the following days.

Division 13 - Mme Brigitte - Tuesday morning  
 Division 12 - Mme Renelle - Tuesday morning  
 Division 11 - Mme Stephanie - Wednesday morning  
 Division 10 - Mme Holmes - Wednesday morning  
 Division 9 - Mme Julie - Wednesday morning  
 Division 8 - Mme Valerie - Friday morning  
 Division 7 - Mme Elena - Friday morning

Please remind your child to bring back any library books they have borrowed from our school library the day before, or the morning of their book exchange day. There is a basket in each of the classes where they can return their book up until their book exchange time.

Thank you all for your continued support.  
 Mme Jo  
[jo.ross@wvschools.ca](mailto:jo.ross@wvschools.ca)

**Returning to Cedardale? Planning your school 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](mailto: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.**

**Families are advised to check immunization records before spring break travel**  
 With measles outbreaks being reported internationally and spring break on the horizon, the provincial health officer, BC Centre for Disease Control and public health officials are reminding parents in British Columbia to check their vaccination records before travelling to ensure they are protected.

More information can be found [here](#) with the local West Vancouver immunization clinic [here](#).

**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**  
 French Immersion

**2024 Summer Learning with West Vancouver Schools**  
 Save the date! Summer Learning Registration opens on **Monday, April 8<sup>th</sup> 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](mailto: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**

**Supporting Children's K - 12 Peer Relationships**  
 Thank you to all parents who joined the very informative presentation led by Dr. Diana Divecha on "Supporting Children's K - 12 Peer Relationships."

Dr. Divecha's insights and your thoughtful questions made the event both insightful and productive. As there wasn't sufficient time to address all submitted questions, Dr. Divecha has kindly offered to provide those answers, which we will share with you when they become available.

<https://youtu.be/6EP5UoqrYU?si=uaubQB1gHsRJeHw> - Please note that you can adjust the subtitles for playback in various languages

**Parent Education**

**POPARD 1-hour Family School Liaison for Educators (EASE K-7) – designed for parents & families of students with ASD**  
 Mar 23 (3:30-4:30pm) *Friendships: Strategies & Support 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/>

**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:**

**DATE:** Wednesday's from March 27- May 15  
**TIME:** 6:00 to 8:00 pm  
**COST:** Free  
**LOCATION:** Hollyburn Family Services - 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 Shore/Bowen Island.

**FOR MORE INFORMATION OR TO SIGN UP:**  
 Please contact Tomi Hamner by email at: [thamner@hollyburn.ca](mailto:thamner@hollyburn.ca) or call/text: (604) 908-3673

**CIRCLE OF SECURITY®**  
**8-WEEK PARENTING™ PROGRAM**

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

**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 \(safer-schools-together.com\)](https://www.safer-schools-together.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're doing.
- Balance Screen Time and Green Time** - Build in times to be tech-free - get outside, use family and enjoy other activities!
- Walk the Talk** - Make sure you are modeling good digital behaviour - your kids will like their parents who take their own advice!
- 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's 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!

**BC FAMILY FRENCH CAMP**

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 (Summerland)**  
 July 6 - 13, 2024

**Willam Lake (between Chehalis and Tumbler Ridge)**  
 July 20-27, 2024

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

**CAMP MEMBERSHIP**  
 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**

**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 @ Ecole Cedardale Elementary

For more information and to register, click [Here](#) or visit us at: [www.hoopsbasketball.ca](http://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://wvcc.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, different 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](http://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>

**Family Series**

**Family Day Special**

**Frog Belly Rat Bone**  
 Sat, Apr 6 | 3:00 PM  
 Grosvenor Theatre

Incorporating beautifully handcrafted puppets and an original pop/frock 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**

[kaybeek.com](http://kaybeek.com) | 604.981.6335  
 1700 Mathers Ave, West Vancouver