

Follow us on Instagram! [@ecolecedardale](https://www.instagram.com/ecolecedardale)

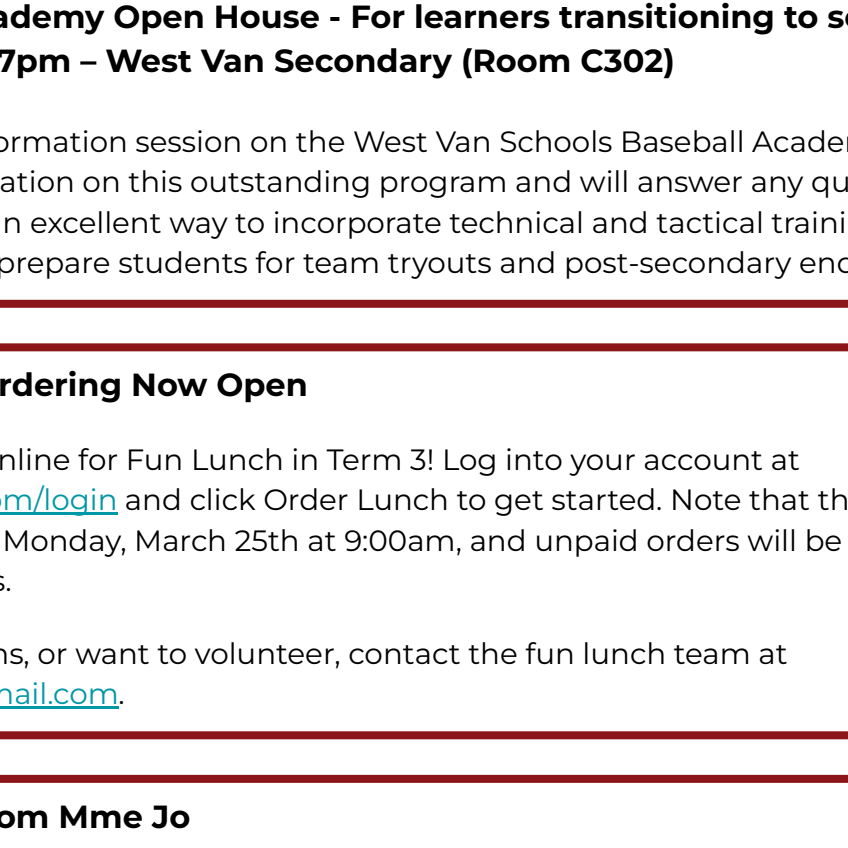
March 7th, 2024

Hawks Highlights

Mar	13	Kindergarten Dental Screening
	14	Nowruz Celebration @ 11:00 am
	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

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.

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](tel:978338) to ensure you are on the list.

2024-25 Baseball Academy Open House - For learners transitioning to secondary school Monday, March 11 at 7pm – West Van Secondary (Room C302)

Please join us for an information session on the West Van Schools Baseball Academy. Our coaches will provide detailed information on this outstanding program and will answer any questions that you may have. The Academy is an excellent way to incorporate technical and tactical training within the school timetable and helps to prepare students for team tryouts and post-secondary endeavors.

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.

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 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 Valerie - 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
joress@wvschools.ca

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.

Families are advised to check immunization records before spring break travel

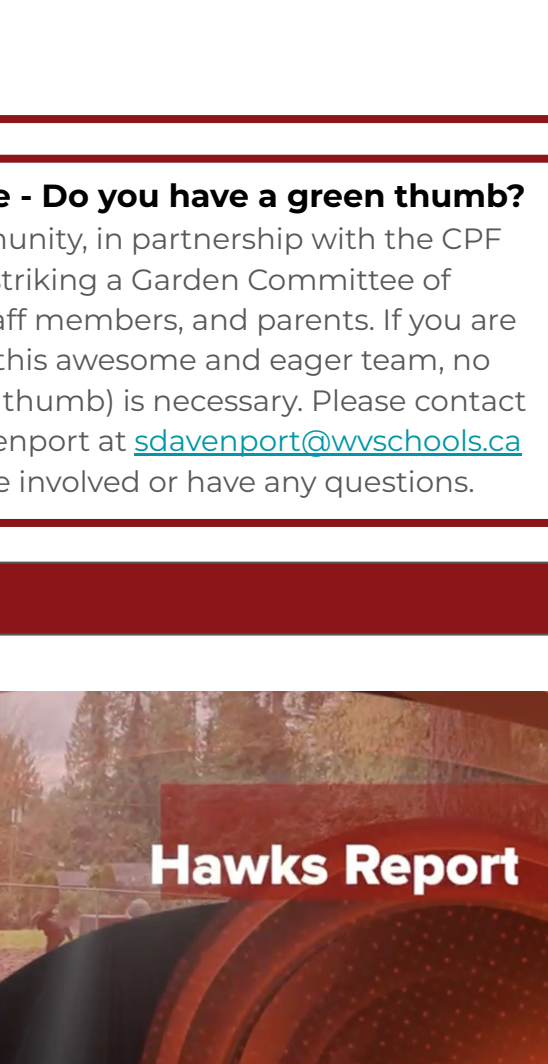
With measles outbreaks being reported internationally and spring break on the horizon, the provincial health officer, BC Centre for Disease Control and public health officials are reminding people in British Columbia to check their vaccination records before travelling to ensure they are protected.

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
Parent-Teacher Liaison

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.

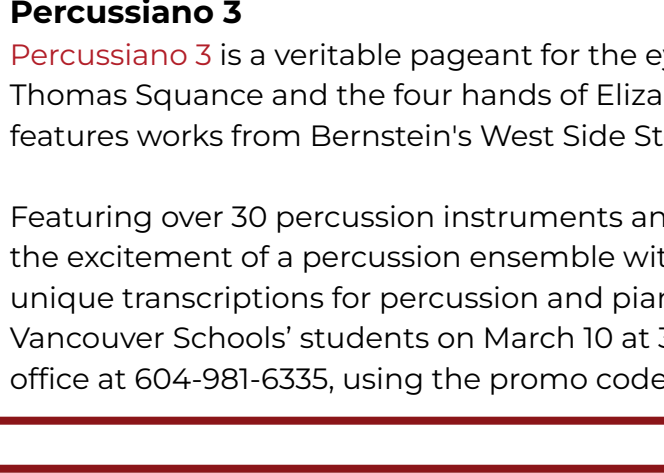
Illness Guidelines

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.

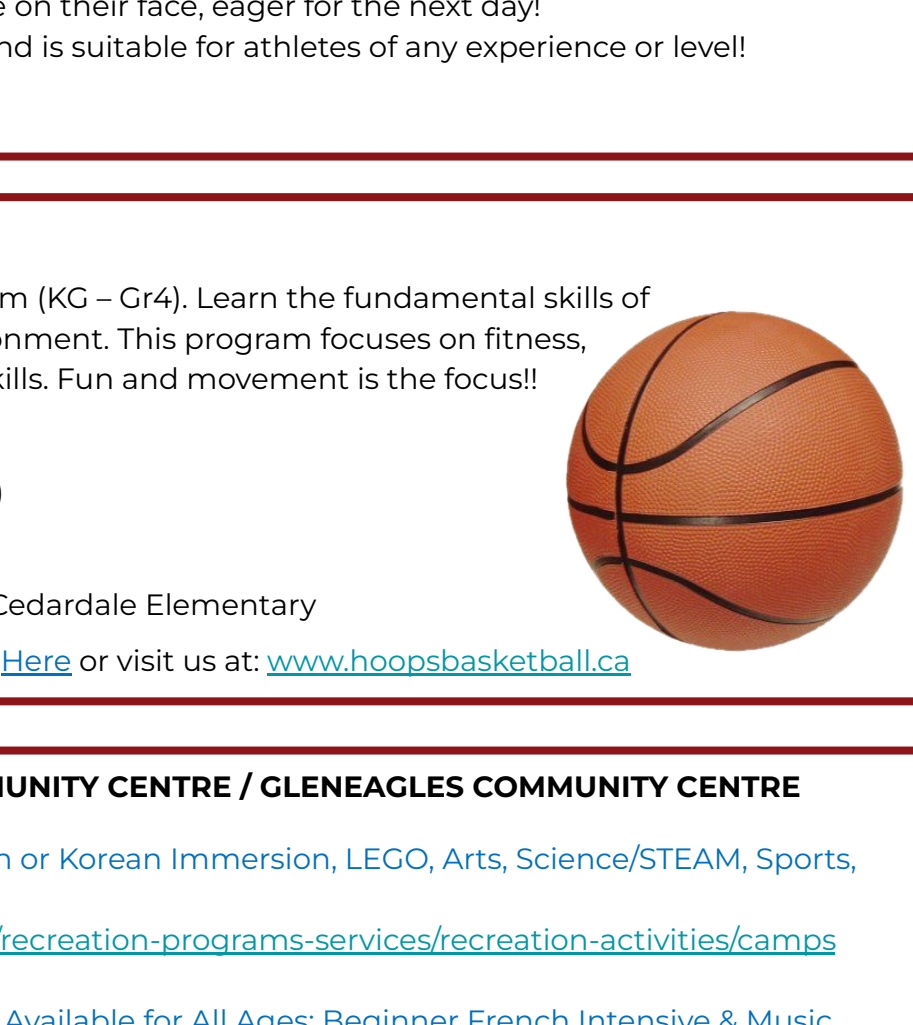
Parent Advisory Council (PAC)

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

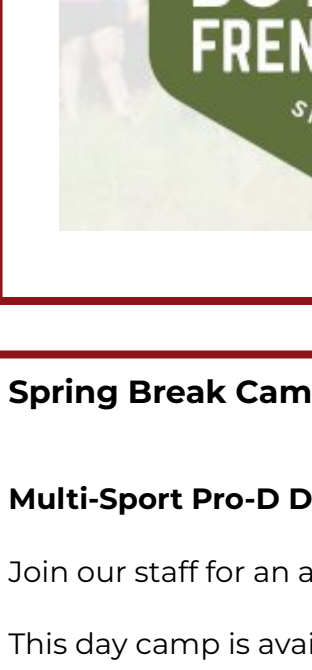
DPAC parent evening - virtual meeting TONIGHT

We are looking forward to seeing many of you at the virtual DPAC parent evening tonight as we welcome Dr. Diana Divecha. Dr. Divecha has a PhD in developmental psychology and speaks internationally about the science of how children, teens and families grow and develop.

Diana will be speaking about how you can help your child navigate the tricky world of peer relationships. If you have questions, please submit them to dpac@wvschools.ca

Details:
Thursday, March 7th
7:00 – 8:30 pm
<https://ca01web.zoom.us/j/61455456627?pwd=6pF6eTJZF0eEVmVmcWVlOVBmMbnNQUT09>
Meeting ID: 614 5545 6627
Passcode: 152297

Parent Education



Cari Wilson, West Vancouver's District Vice-Principal of Innovation and Technology, has created a blog to help support teachers in our district. This week she wrote something for parents to help navigate the digital world with our learners.
[This One's For The Parents! \(wordpress.com\)](#)

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

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/>

Understanding Sextortion in Today's Digital Landscape

Canada's National Law Enforcement and Analytics Centre has reported a 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 young adults. 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 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 (located at the end of the registration packet) provided by a 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.

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 \(safer-school-together.com\)](#)

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 are doing.
- Balance Screen Time and Green Time:** - Build in times to be tech free - get outside and family and enjoy other activities!
- Walk the Talk:** - Make sure you are modeling good digital behaviour to your kids. They 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:** - Rating 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-timed or technology parent. Use that 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 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

Percussiano 3

Percussiano 3 is a veritable pageant for the eye and ear featuring the two hands of percussionist Rod Thomas Squire and the four hands of Elizabeth and Marcel Bergmann. This exciting performance features works from Bernstein's West Side Story and Gustav Holst's The Planets.

Featuring over 30 percussion instruments and a two Steinway grand pianos, Percussiano 3 delivers all of the excitement of a percussion ensemble with a classical touch, presenting great masterpieces and unique transcriptions for percussion and piano. The Kay Meek Theatre is offering \$10 tickets for West Vancouver Schools' students on March 10 at 3pm. Tickets can be booked [online](#) or by calling our box office at 604-981-6335, using the promo code PERCIO

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 Camps – Music, Spanish or Korean Immersion, LEQ, 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_params=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>

BC Family French Camp

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 campsites. Activities at each location are designed to take advantage of the local geography, flora, and fauna.

- Okanagan (Summertime)**
July 6 - 13, 2024
- Gwiliam Lake (between Chewney and Tumbler Ridge)**
July 20-27, 2024
- Vancouver Island (Wintertime)**
Week 1: August 10-17, 2024
Week 2: August 17-24, 2024

CPF Membership

CANADIAN PARENTS FOR FRENCH (B.C. & 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

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: Hartwell Elementary
Ages: 6-11
Cost: \$375 + GST (weekly)

Registration Link: <https://privatecoachingco.uliferinc.com/programs/summer-camps/>
For help, please email 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>

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/rock musical score. An Axis Theatre Production, featuring a musical adaptation from the book by Timothy Bass Ering.

Offer Valid Fri, Feb 16 to Tue, Feb 20, 2024

Use Code **FAMIS**

1700 Mathers Ave, West Vancouver