

September 19th, 2024

Follow us on Instagram! @ecolecedardale

Hawks Highlights

Sept	20th	Professional Development Day - School not in session
	23rd	Elementary Band Demo @ Sentinel 3:45-4:45 pm Spirit Wear Order Deadline
	24th	#2 Cross Country Meet Grades 3-7
	25th	Curriculum Night 5:00 pm
	27th	Orange Shirt Day
	30th	National Day of Truth and Reconciliation - School not in session
Oct	1st	#3 Cross Country Meet Grades 3-7
	7th & 10th	Grade 4/5 Learn2Ride
	14th	Thanksgiving - School not in session
	18th	Gr. K & 6 Immunizations
	21st	Photo Retakes
	23rd - 24th	Learning Conferences - Early Dismissal 11:30/11:50
	25th	Professional Development Day - School not in session

Curriculum Night - Wednesday, September 25 @5:00pm

We invite all parents/caregivers to come and learn about Cedardale, visit each of their child's classrooms, meet the teachers, and see what is in store for the year ahead.

The evening starts at 5:00 pm in the gym. After, parents/caregivers are invited to join their child(ren)'s classroom teacher in the class. Teachers will host two identical sessions at 5:20 pm and 5:40 pm to

Please note that this event is for grown-ups, however we understand that it can often be difficult to find childcare. A small number of Grade Sevens will be on site to supervise any younger HAWKS should families be unable to arrange for care.

Lunchtime and Hallway Expectations

We continue to appreciate your support and partnership when it comes to reinforcing school expectations, particularly for lunchtime and when moving through the different learning spaces in the school. It would be so helpful if you could please review the following expectations at home:

When eating lunch:

- Stay in your seat
- Eat your lunch
- Recycle and pack-it-in, pack-it-out
- B.Y.O.Cutlery
- Clean up when lunchtime is over
- Chat at "restaurant" volume with your neighbours

When going to and from gym, music, library, or outside:

- Listen to the teacher
- Calm body
- Quiet voice (no talking)
- Hands to self
- Follow the line-up order
- Respect the learners in other learning spaces

Caribou Math is Back...

Kindergarten to Grade 7!



Cedardale will be providing the opportunity for learners in **Grades K - 7** to participate in a series of **Online Mathematics Contests** called the Caribou Cup. The Caribou Mathematics Competition is a world wide online contest that is held six times throughout the school year. The Caribou Cup is the series of all Caribou Contests in one school year. Each student's ranking in the Caribou Cup is determined by their performance in their best 5 of 6 contests through the school year.

All of previous contests are available for free online as [previous tests](#) so students can prepare. Students can access and practice using this site and its resources throughout the year.

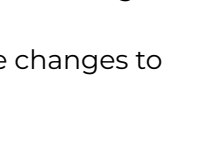
Permission forms will be sent home with students. If your copy was lost, please click [here](#). Duplicates cannot be made in the office.

National Day for Truth and Reconciliation

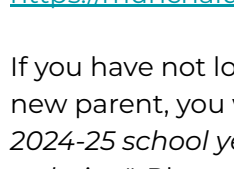
Friday, September 27th

We invite you to wear orange for **Orange Shirt Day**

We will be recognizing Orange Shirt Day with learning engagements in the classroom and with a primary and intermediate assembly on Friday, September 27th.

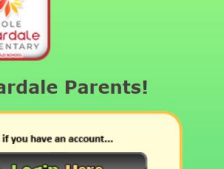


Learn more about National Day for Truth and Reconciliation by clicking here



No Furry Friends on the Playground Please!

Although we love your pets, dogs are **NOT permitted on school grounds**. Please keep furry friends in the car or off school property.

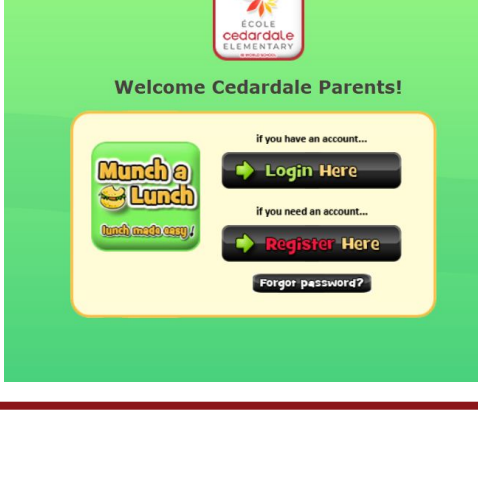


Fun Lunch is back!

Ordering for the Fall/Winter Session is **open** (order by Sept 16th 9:00am for the week of Sept 23rd)

Things to remember:

- Fun lunch will be available Monday to Friday
- Ordering will remain open after that but please be mindful of your first delivery date as it will likely be 10 + days from the date you ordered.
- You do not have to order for the whole school at once, ordering is always open.
- You can remove dates that you will be away and make changes to upcoming orders up to 10 days in advance.
- Please make sure you pack **cutlery** for you child
- If you do not receive a reminder, please log in to the site to make sure you have an order for the upcoming day.



Here is the link to the ordering site Munchalunch for Cedardale: <https://munchalunch.com/schools/Cedardale>

If you have not logged into your Munchalunch account this year or are a new parent, you will see this message upon doing so: "Welcome to the 2024-25 school year, please, update your child's grade/teacher/div BEFORE ordering". Please, do not skip this step as it is very important to place your child in the correct division.

The team is looking for **volunteers** to help with Fun Lunch distribution, please contact cedardalehotlunch@gmail.com if you are able to help out!

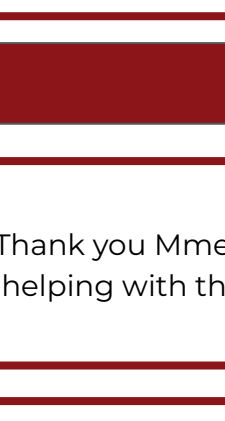


DEADLINE FOR SPIRIT WEAR: Monday, September 23rd

Ecole Cedardale Spiritwear

You can now purchase your items online in 3 easy steps:

- Scan the QR code or go online to <https://ecolecedardalestore.itemorder.com/>
- Choose your items and add them to your cart
- Securely checkout with your credit card



Online Store Deadline: **Monday September 23rd, 2024 (11:59pm PDT)**

YOUTH - Red Hawks T-shirt AVAILABLE IN 2 COLOURS \$25.00	ADULT - Red Hawks T-shirt AVAILABLE IN 2 COLOURS \$25.00	YOUTH - Red Hawks Hoodie AVAILABLE IN 2 COLOURS \$45.00	ADULT - Red Hawks Hoodie AVAILABLE IN 2 COLOURS \$45.00	YOUTH - C Logo Crewneck AVAILABLE IN 2 COLOURS \$40.00	YOUTH - C Logo Hat AVAILABLE IN 2 COLOURS \$25.00
ADULT - C Logo Hat AVAILABLE IN 2 COLOURS \$25.00	YOUTH - NO POCKET - Sweatpants AVAILABLE IN 2 COLOURS \$45.00	ADULT - NO POCKET - Sweatpants AVAILABLE IN 2 COLOURS \$45.00	ADULT - C Logo Crewneck AVAILABLE IN 2 COLOURS \$40.00		

Click below for the store:



Hawks Athletics

Cross Country Meet 1 Recap and Meet 2

Our first cross country meet this past Tuesday was a great success! Way to go Hawks! Thank you Mme Valerie, Mme Stephanie, M. Hugo, and Mme Brigitte who dedicated their afternoon to helping with the meet. We can't wait for practice on Monday at 8:00am and our next meet on Tuesday!

Terry Fox Run

Thank you to Mme Brigitte and Division 1 for their leadership in hosting the Terry Fox Run today. Cedardale raised upwards of \$1400 for the Terry Fox Foundation and the sense of community was felt by all as we ran together this afternoon. Thank you to parents who were able to participate, cheer us on, and help with supervision!

Before and After School Programs & Community Connections

User Pay Opportunities:

Hoops Basketball Academy

Basketball and Fitness After School Program (KG - Gr3)

Learn the fundamental skills of basketball in a fun and encouraging environment. Fun and movement is the focus!!

Fall Registration NOW OPEN

(KG - Gr1) ---- 2:40 pm - 4:00 pm (Mondays)

(Gr2 - Gr3) ---- 2:40 pm - 4:00 pm (Fridays)

After school sessions @ Ecole Cedardale Elementary

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

SING! DANCE! ACT!
LIGHTS UP!
OCT 3 - DEC 5
3-5PM THURSDAYS!
@ CEDARDALE ELEMENTARY
[HTTPS://LIGHTSUPTHEATRE.CA /AFTERSCHOOL/CEDARDALE/](https://lightsuptheatre.ca/afterschool/cedardale/)

LIGHTS UP MUSICAL THEATRE AFTERSCHOOL

Sing Dance Act Shine! At Lights Up Afterschool, your child can experience the joys and benefits of musical theatre by taking part in our afterschool programs led by our talented and experienced Lights Up Musical Theatre Schools staff. These classes are a unique introduction to our weekend musical theatre programs and provide students with an enriching, rewarding, and most of all, fun afterschool activity right at the bell!

FALL SHOW! SCOOBY DOO!

Scobby Doo, Where are You?! This Fall, we will be putting on a musical specially written for our afterschool students based on the "Scobby Doo" cartoons and series. Join The Mystery Inc. Gang and solve the mystery of the spooky theme park with us!

Students are supervised from the bell. No need to pick up your child until 5pm! Performance for parents on the last day of classes!

After School Thursdays
Oct 3 - Dec 5 (9 SESSIONS)
No class Oct 31
3-5pm (K-3 supervised from 2:40)
\$665: K to 7
Fee: \$365* (+15 GST)
<https://lightsuptheatre.ca/afterschool/cedardale/>

WEST COAST KUNG-FU KIDS
Afterschool Program @ Cedardale

REGISTER NOW: <https://forms.gle/1Np1x2CaV7cG8CYK7>

Dear Cedardale Parents,

Looking for an afterschool program that helps your child develop speed, power, balance and coordination—as well as gain practical skills in self-defence while having fun? Kung-Fu Kids is resuming sessions this fall!

NEW this year: Kung-Fu Kids mentorship chat group with online video lessons and tip sheets for both parents and students to watch and train at home, anytime.

We have 2 programs available on Thursdays after school in the Ridgeview gymnasium starting on September 19 and ending November 28 (11 classes):

Grades K-2 (Junior Dragons): 2:45pm-3:25pm (40 minutes)

Using music, games, storytelling, and essential kung-fu patterns (basic kicks, blocks and punches) to learn about balance, coordination, reaction, and timing to develop better focus, listening, and gross motor function skills. Kids will also learn about respect, communication & understanding among their peers. Certification and graduation will be held on the last day of class. Fee: \$15/class + GST.

Grades 3-7 (Intermediate Dragons): 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. Levels grade testing and certification will be conducted on the last day of class. Fee: \$20/class + GST.

WEST COAST KUNG-FU ACADEMY

Ready for Kung-Fu Kids? Please register here online (Deadline is Sept 17): <https://forms.gle/1Np1x2CaV7cG8CYK7>

I am passionate about sharing authentic, positive martial arts that not only focus on self-defence but on cultivating one's mind, body and spirit. For those that want to learn more about my philosophy on martial arts, my 37-year training background, and the current trend of martial arts -- I will be holding virtual Zoom Information Sessions at the following dates/times:

- Monday September 16 @ 11:00am
- Monday September 16 @ 7:00pm

Mixed Martial Arts
- 7-Star Preying Mantis
- Tai Chi
- Wing Chun
- Lion Dance

What we teach:
- Confidence
- Respect
- Coordination
- Structured Awareness

Physical Fitness:
- Speed
- Accuracy
- Reflexes
- Agility

James Chang, Chief Instructor
West Coast Kung-Fu Academy
james@westcoastkungfu.ca
westcoastkungfu.ca
"Encourage. Inspire. Grow."

West Van Rec Centre Activities

Indigenous Arts & Culture Workshop [this fall](#).

Small Group Music Classes: Ukulele, Acoustic Guitar and Singing Classes are starting in September.

Language Program for Various Ages:

Give yourself a gift of language skills in French, Spanish, Mandarin, Farsi, Korean, American Sign Language (ASL), Ukrainian and English as a Second/Third Language.

Click here for [PD Day Camps](#)

Browse all 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:

www.westvancouver.ca/newcomers

Memorial Library News

The WVML September/October e-newsletter for kids, families and educators is here! We have lots to offer after school, weekends and on School's Out days (including around the National Day for Truth and Reconciliation -- we're open September 30!) As usual, storytimes are all still drop-in (and we currently have French storytime running on Saturdays!)

[West Van Schools Update September + October 2024 \(patronpoint.com\)](#)