

September 26th, 2024

Follow us on Instagram! [@ecolecedardale](#)

Hawks Highlights

Sept	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

National Day for Truth and Reconciliation

Lessons From Canoe Culture

We will strive to create an atmosphere that supports learning, but we must also allow each paddler to gain self-awareness by participating in the ongoing journey. Each paddler learns to deal with the person in front, the person behind, the water, the air, the energy and the blessing of the eagle.

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 an assembly on Friday, September 27th at 11:00am.

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

DEADLINE FOR SPIRIT WEAR: TOMORROW!

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	ADULT - Red Hawks T-shirt	YOUTH - Red Hawks Hoodie	ADULT - Red Hawks Hoodie	YOUTH - C Logo Crewneck	YOUTH - C Logo Hat
\$25.00	\$25.00	\$45.00	\$45.00	\$40.00	\$25.00

ADULT - C Logo Hat	YOUTH - NO POCKET Sweatpants	ADULT - NO POCKET Sweatpant	ADULT - C Logo Crewneck
\$25.00	\$45.00	\$45.00	\$40.00

Click below for the store:

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:

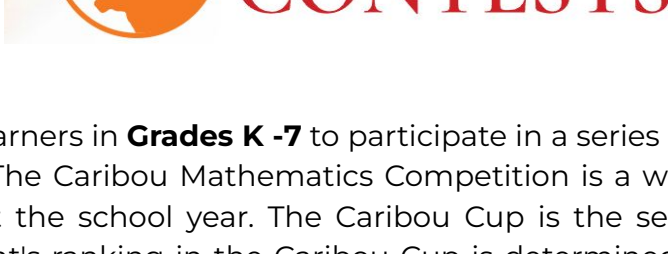
When eating lunch:

- 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

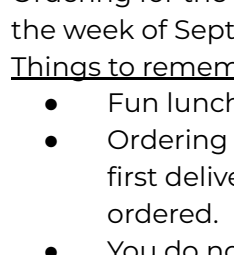
Caribou Math is Back... Kindergarten to Grade 7!



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.



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 session 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, do not skip this step as it is very important to place your ordering". Please, do not skip this step as it is very important to place your ordering 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!

Cedardale PAC

Fun Lunch is Open!

ORDER NOW!

order by September 16th at 9am for the week of September 23rd

Welcome Cedardale Parents!

If you have an account... [Login Here](#)

If you need an account... [Register Here](#)

Forgot password?

Parent Partners

Canadian Parents For French!

MEMBERSHIP DRIVE
TUTORING • RESOURCES • ADVOCACY & MORE

Membership Drive 2024

Every year between Sept. 1 and Oct. 31, CPF BC & Yukon hosts its **Membership Drive**.

New members that sign up during this membership drive will be entered into our gift card draw and help your community earn funds for sociocultural events.

[Join for FREE today! >>](#)

Parent Advisory Council

How to get involved:

Fun Lunch	Class Growth-up (Formerly class parent) Class communication Let your classroom teacher know!	Event Planning Movie Nights Fun Fete	Fundraising
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Email: bbasra.ecpac@gmail.com

Before and After School Programs & Community Connections

Dynamo Fencing is back!

WESTBAY MONDAYS October 21, 28 November 4, 18, 25 December 2, 9, 16 Grade 2-7 @ 7:45-8:35AM	CEDARDALE WEDNESDAYS October 9, 16, 30 November 6, 13, 20, 27 December 4 Grade 2-7 @ 7:45-8:35AM	CHARTWELL THURSDAYS October 10, 17, 24 November 7, 14, 21, 28 December 5 Grade 2-7 @ 7:45-8:35AM	WESTCOT FRIDAYS October 11, 18 November 1, 8, 15, 22, 29 December 6 Grade 2-7 @ 7:45-8:35AM
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COST: \$179 per child (all fencing equipment provided).
FREE brand new fencing mask and glove for new students only (value of \$145).
If you wish to purchase a full set of equipment, please contact the club or visit our pro shop.

New Students - Scan the QR code to register

- Create Account
- Drop in at 238 Fell Ave, North Vancouver to make a payment and
- Pick up fencing msk and glove (new students only)

Returning Students - Contact us directly

- Call 604.990.8889 to make a payment and
- Please bring your equipment from the previous term to classes.

LIGHTS UP!

SING! DANCE! ACT!

OCT 3 - DEC 5
3-5PM THURSDAYS!

@ CEDARDALE ELEMENTARY

<https://lightsuptheatre.ca/afterschool/cedardale/>

WEST COAST KUNG-FU ACADEMY

KUNG-FU KIDS
Afterschool Program @ Cedardale

REGISTER NOW: <https://forms.gle/1Np1XZCaV7zG8CYK7>

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-defense while having fun? Kung-Fu Kids is returning 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: \$18/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-defense techniques in kicking, striking, blocking, and stances/footwork. The main goal is to develop speed, accuracy, 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/1Np1XZCaV7zG8CYK7>

I am passionate about sharing authentic, positive martial arts that not only focus on self-defense 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

What we teach:

- Personal Safety
- Confidence
- Respect
- Communication
- Discipline
- Resilience

Physical Fitness:

- Speed
- Agility
- Balance

If interested please contact James Chang (james@westcoastkungfu.ca) for questions, or to register!

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 \(patronpoint.com\)](#)