



# Cedar Grove Monthly Newsletter

November, 2024

Dear Cedar Grove Families,

October was a busy and joyful month of learning for Cedar Grove. We had Family Math on the 24th, which was an opportunity for families to walk around different classrooms and the library to play math games with their child after school. We bought various math games that can be borrowed from the library - stop by and check them out!

Cedar Grove had a spook-takular Halloween! A big thank you to PAC for hosting our whole school dance on Oct 30th, it was well attended. On the 31st we had a Halloween assembly hosted by the Student Council that went over safety tips for trick-or-treating, and then we had a costume parade. It was a delight to see the many creative costumes of our students.

Volleyball has been running in full force, and there is a team for grades 4/5 and 6/7 - Thank you to Mr. Brampton and Mr. Emerson for coaching, as well - a HUGE thank you to our parent volunteers, and we even have high school students helping with practices in the morning. We are proud of the athleticism of our Cedar Grove students.

We will have our Remembrance Day assembly on the 8th. It is the day that, as a school, we will honour the women and men who served and continue to serve our country in times of war, conflict, and peace. Given events across the globe, we are reminded every day that we must never take our collective peace for granted. Around the world, Canada is recognized as a leader when it comes to democracy, safety, diversity, tolerance, health, freedom and peace. This didn't just happen - we got here on the backs of those who sacrificed greatly, as well as those who continue to serve Canada. Parents are invited to join us on Nov. 8 for our assembly at 10:40 am in the gym.

We look forward to a strong finish to our first term, Communicating Student Learning (CSL) Learning Updates will be going home on Nov. 29.

With gratitude,  
Lia Cuccurullo, Principal

## Nov. 5 - K Hearing Screener **Key Dates**



- Nov. 8 - Remembrance Day Assembly
- Nov. 8 - Connection Classroom Time
- Nov. 11 - Remembrance Day - No School
- Nov. 13 - PAC Meeting @ 7 pm in the library
- Nov. 18 - Pro-D Day
- Nov. 26 - Grade 4/5 Tripleball Jamboree
- Nov. 27 - Div. 4 - Britannia Mine
- Nov. 29 - Grade 6/7 Volleyball Playday
- Nov. 29 - Learning Updates go Home



Theatre club is 2:30-4:00 on Wednesday in the gym, there are still spots available for Grades 3-6, come to the office if you're interested!





# Key Information & Updates

## Pokemon Cards



As a staff, we are asking that pokemon cards (and all trading cards) be kept at home. It is negatively impacting more children than bringing joy (i.e. losing cards, feeling upset about a trade, etc). Thank you in advance for your support of the school.

## Water Bottles

Students are encouraged to bring a refillable waterbottle to school.



## Wheelie Shoes



Wheelie shoes are also being asked to stay at home - we are encouraging our students to walk in the hall, the temptation to zoom is proving to be too much!

## Gum

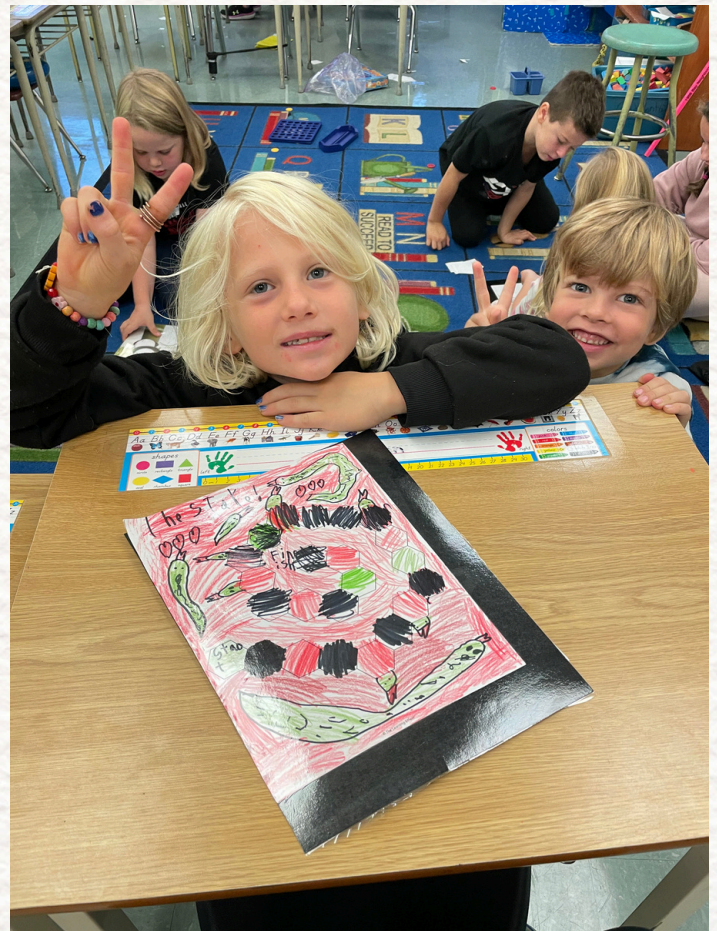
Cedar Grove is a gum-free school - when it is brought to school it finds it way stuck to everything and makes life challenging for our custodians.



# Snapshot of Learning at Cedar Grove



Div. 1 and Div. 9 had buddy time and carved pumpkins!



Div. 7 made their own board games in Math!





# Snapshot of Learning at Cedar Grove

## Family Math

Some snaps of Family math. One of our School Goals is focused on 'Experiential hands-on learning' - numeracy. It was wonderful to see families coming to school and experience the hands-on learning of math through play.



## Volleyball game time! Grade 6/7 team!



## Book Fair - Thank you Ms. Brooks!



## Thanksgiving Assembly



Thank you for supporting the Book Fair - we raised a lot of money!

Mr. Emmerson, Ms. Friesen, and Ms. Favro hosted our annual Thanksgiving assembly. Students can win all the fixings that go with a Thanksgiving feast - there were cheers heard throughout the school. After we did our whole school 'turkey trot' down Hough rd!







# Snapshot of Learning at Cedar Grove

## Field trips to Mt. Daniel and Gibson's Farm



Div. 3 went hiking with Mr. Guzek (Indigenous Education Teacher), and Ms. Kate. Later in the month they visited the Gibsons Farm. It was a fun month for field trips!

### Woodworking in Div. 6



In A.D.S.T (Applied Design, Skills and Technologies) Div. 6 is exploring a woodworking unit and every student is completing a project.

### Pumpkin carving fun with Div. 9



Halloween day in Div. 10 Kindergarten was excited to see all the different costumes!







# Cedar Grove, Nov 2024 Pac Corner



Welcome to November Cedar Grove Families,

First and foremost I would like to say a very special Thank you to the following individuals because without all of you, our Monster Mash Halloween dance would not have happened!

Thank you to our CGES Staff and an extra round of applause to our custodians!  
Thank you to our student leaders for your helping hands, you were involved in every step and a key part of our success!  
Parent, SD46 teacher, & in-house DJ Hally (David Hallstead) for keeping the dance floor jumping!  
The Williams Family for the amazing decorations and photo booth!  
Thank you to the Fischer Family for lighting our gym up with Glowsticks!  
And our PAC photographer Dan Tsuji for capturing our students' photos at our photo booth!

Our next PAC meeting is being held on Wed, Nov 13th at 7 pm in our school's library, everyone is welcome! Watch your email for our previous month's minutes to catch up on before the meeting.

We have two current PAC Holiday fundraisers that wrap in November.  
Information for Growing Smiles is:

<https://cedargrove.growingsmilesfundraising.com/home>

Information for Purdy's Chocolates is:

<https://fundraising.purdys.com/1370771-120151>

Order deadline and order pickup information are provided within both links.  
Our students appreciate all of your continued support.

Our Oct active transportation weeks were successful! CGE also participated in collaboration with TraC to collect vehicle and pedestrian data in hopes for further infrastructure placement at Pratt and Chaster, we have heard that the data is being processed and we hope to hear about a decision shortly. Keep your fingers crossed Cedar Grove community!

On Nov 16th there is a DPAC event hosted at Roberts Creek Elementary - Understanding Dopamine - Exploring Problematic Screen Use in Dopamine Saturated Society with Matty Devenish, sponsored by SD46 DPAC see poster below and Matty's info attached.

Lest we forget, Nov 11th

Sincerely,

Your Cedar Grove PAC



P.S. Gibsons public engagement survey is now live and is open until 5 pm on Friday, November 15. Share your thoughts for our town plan. Here is a link: [Gibsons.ca/OCP](https://Gibsons.ca/OCP)



# Understanding Dopamine:



## Exploring Problematic Screen Use in a Dopamine Saturated Society

Hosted By:

Matty Devenish | RSW, MSW

WHERE: ROBERTS  
CREEK ELEMENTARY

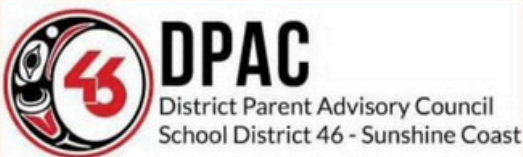
DAY: NOV 16 SAT


TIME: 5:30 PM - 8:30 PM

Refreshments and  
snacks provided.

RSVP  
RCCESPAC@GMAIL.COM

Sponsored by:



 Roberts Creek Elementary PAC

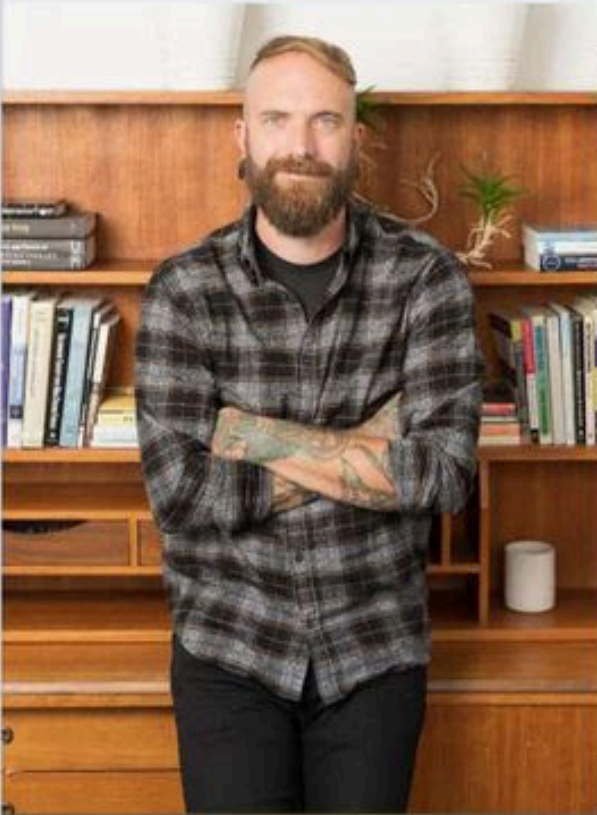




# Matty Devenish | RSW, MSW



## Understanding Dopamine: Exploring Problematic Screen Use in a Dopamine Saturated Society | Private Workshop



After almost 20 years of working in substance use, addictions, and family counselling, Matty has worked with countless families who are struggling with screen overuse and addiction.

Help is often sought out during the most challenging adolescent years. Many families have reported difficulties navigating power struggles, high levels of conflict, mental health concerns, mood swings, and general concern for the young people in their lives.

Matty's workshop explores the pervasive role of technology in our lives and its impact on young people, focusing on **how screen overuse and addiction can negatively affect our social and community involvement**. This workshop offers **practical strategies for creating healthier relationships with technology by exploring:**

- the influence of technology on the child/adolescent brain & mental health
- unpacking common family struggles
- the science of addiction and dopamine
- how to build family screen plans starting in early childhood
- how to change current screen usage and create healthy plans in adolescence

As a counsellor deeply invested in the well-being of our youth, Matty understands the challenges that come with managing screen time.

We encourage educators, parents, and those who support youth to reach out and consider this offering to support the health and well-being of students and families in our community.

[matty@mattydevenishtherapy.com](mailto:matty@mattydevenishtherapy.com) | (604)-779-9489  
[vancouvercounsellingandwellness.ca](http://vancouvercounsellingandwellness.ca)





REGISTRATION OPENS  
OCT 23 @ 7AM

@ THE GIBSONS  
& AREA  
COMMUNITY  
CENTRE

\$90

# HOLIDAY GYMNASTICS CAMP



5 & 6 Yrs  
9:00am - noon

Mon & Tue  
Dec 30 & 31

7 - 11 Yrs  
1:00 - 4:00pm

Join Coach Angela and her team in this camp full of gymnastics, crafts, and fun games! Participants will be introduced to a variety of foundational gymnastics skills that focus on balance, coordination, flexibility, and strength. No prior gymnastics experience necessary.