

CEDAR ELEMENTARY NEWSLETTER

February 2026

Principal's Message

We got right to work in January and started the New Year with our Recognition assembly for Orca and then turned our focus to Beaver, being hard working and working together. Classes have been in full learning mode.

The salmon eggs that we welcomed in January have begun to hatch into alevin and students love peeking in the window to observe their growth. We look forward to learning about the stages of the salmon lifecycle and the importance of salmon to our ecosystems around Campbell River.

Our entire school district came together on January 16th for an Indigenous Focused Learning Day. In the afternoon our staff explored the theme of identity and connection to place. We are grateful to deepen our understanding of our connection to this beautiful territory.

Our PAC is doing our first ever photo fundraiser on February 13th. Please see the following page for all the info.

Have a wonderful month and as the Groundhogs predicted on Monday, an early spring.

Bell Schedule

8:45 School Starts
10:15 Outside Play (Recess)
12-12:15 Eat
12:15-12:45 Outside Play (Recess)
2:30 Dismissal

Upcoming Events

- February 2nd - Kindergarten Registration Begins.
- February 12th - PAC meeting 7pm
- February 13 - PAC photo fundraiser
See next page in our newsletter for more info
- February 16th - No School (Family Day)
- February 17th - No School (Pro-d Day)
- February 25th - Pink Shirt Day
- March 5th - Music Showcase at Timberline 6:30 pm



Valentines photo booth

By Donation

Feb 13th 8:00am to 8:45am

Outside the Kindergarten entrance



YOU ARE LOVED

Come solo or bring your bestie and have a photo taken celebrating friendship, love, and kindness. Prints will be sent home at the end of the school day.



2026-2027 KINDERGARTEN REGISTRATION

OPENS FEBRUARY 2, 2026

Register online! www.sd72.bc.ca

What you'll need:

- Child's birth certificate (Canada) or proof of citizenship;
- Child's Care Card;
- Proof of current residence (hydro bill, purchase/rental agreement or property tax notice); and
- Custody agreement, if applicable.



Scan or visit
www.sd72.bc.ca for
more information on
how to register.

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Learning at Home

Choose eBlend when
registering online or visit
Sandowne Elementary
for our elementary
eBlend program.

Liq'wala/Kwak'wala K

Register online with your
neighbourhood school and
upload the expression of
interest form with your
online registration.



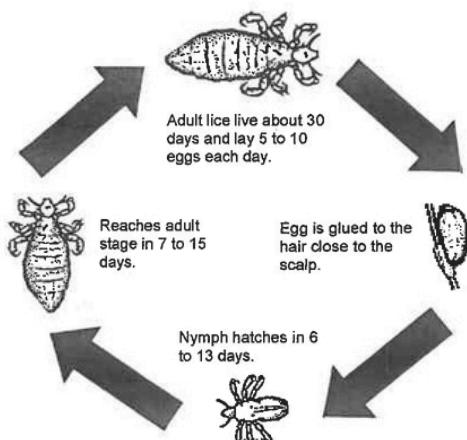
CAMPBELL RIVER
School District 72



Headlice

HOW TO GET RID OF HEAD LICE WET COMBING

LIFECYCLE OF THE HEAD LOUSE



HEAD LICE FACTS

- ◆ Lice are tiny insects about the size of a sesame seed.
- ◆ Anyone with hair can get head lice.
- ◆ Lice do not have wings and cannot fly or jump.
- ◆ Lice move quickly in dry hair and this makes them hard to see.

Lice do not live long once they are off the head. They only lay eggs close to the scalp.

- ◆ Having head lice does not always make the scalp itchy.
- ◆ Lice commonly move to other heads when heads touch and rarely by sharing hairbrushes and combs.

- ◆ Lice are common where children play or work closely together.
- ◆ Once a lice egg has hatched, the empty eggshell stays stuck to the hair.
- ◆ If you find an eggshell more than half an inch away from the scalp, it is most likely empty.
- ◆ The eggshells are white and look like dandruff but cannot be brushed or blown away.

WHEN TO CHECK

- ◆ Regularly ONCE A WEEK after shampooing
- ◆ If your child's playmates have head lice
- ◆ When a family member has head lice
- ◆ When a person is scratching his or her head more than usual

WHAT YOU NEED

- ◆ Shampoo and white-coloured conditioner (low-priced is fine)
- ◆ Wide-tooth comb to untangle hair
- ◆ Towels and paper towels
- ◆ Lice comb - we recommend a narrow comb with fine teeth and slanted tips, such as a "Bug Busting" comb, that makes it easier to remove lice.
- ◆ Lice combs are available at many Public Health Units and pharmacies.

HOW TO CHECK FOR LICE

1. Wash and rinse hair.
2. Put enough conditioner on the hair to cover the whole scalp (usually about 2 handfuls).
3. Use a wide-toothed comb to get tangles out.
4. Begin combing the head carefully with the lice comb. While you are combing over the head, **keep the teeth of the comb touching the scalp at all times.**
5. Checking can be done with the head forward over the sink, combing from the back of the head to the front, or from a sitting position going from the front of the head to the back.
6. Pull the comb through the hair in one stroke. If the comb tugs, add more conditioner.
7. After each stroke, wipe the comb on a paper towel and look for lice.
8. Make sure to comb the entire head, checking for lice after each stroke.

If you find any lice, move onto the treatment process.



IF YOU FIND LICE

- ◆ Hats, pillowcases, combs and hairbrushes that have had contact with the head in the previous 2 days could be considered for cleaning in hot soapy water.
- ◆ Clean the supplies that you used for checking for lice in hot soapy water.
- ◆ You **DO NOT** need to spend time cleaning the house.

Use this chart to keep track of the days (shaded areas) that you need to comb and condition.

2	3	4	5	6	7	8	9	10	11	12	13	14
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TREATMENT (IF YOU FIND LICE)

1. With the conditioner still on, pull the comb through the hair in one stroke from the front to the back of the head. Keep the teeth in contact with the scalp for the entire stroke.
2. After each stroke, rinse the comb in warm water. Check the comb for lice before you pull it through the hair again to make sure you do not put lice back onto the head.
3. Keep combing over the entire head until you find no more lice.
4. Rinse the hair to remove conditioner. Leave the hair wet.
5. Untangle the hair with a wide-tooth comb to take out the knots.
6. Comb the whole head again with a lice comb, rinsing the comb after each stroke to make sure there are no more lice.
7. Keep repeating the steps **every 4 days** for a full two weeks to make sure that new lice are removed as the eggs hatch.

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8. If lice are found on the fourth combing, add one more combing in 4 days.

For more information, contact your local Health Unit:

www.islandhealth.ca/our-locations/health-unit-locations



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Learning
at Home

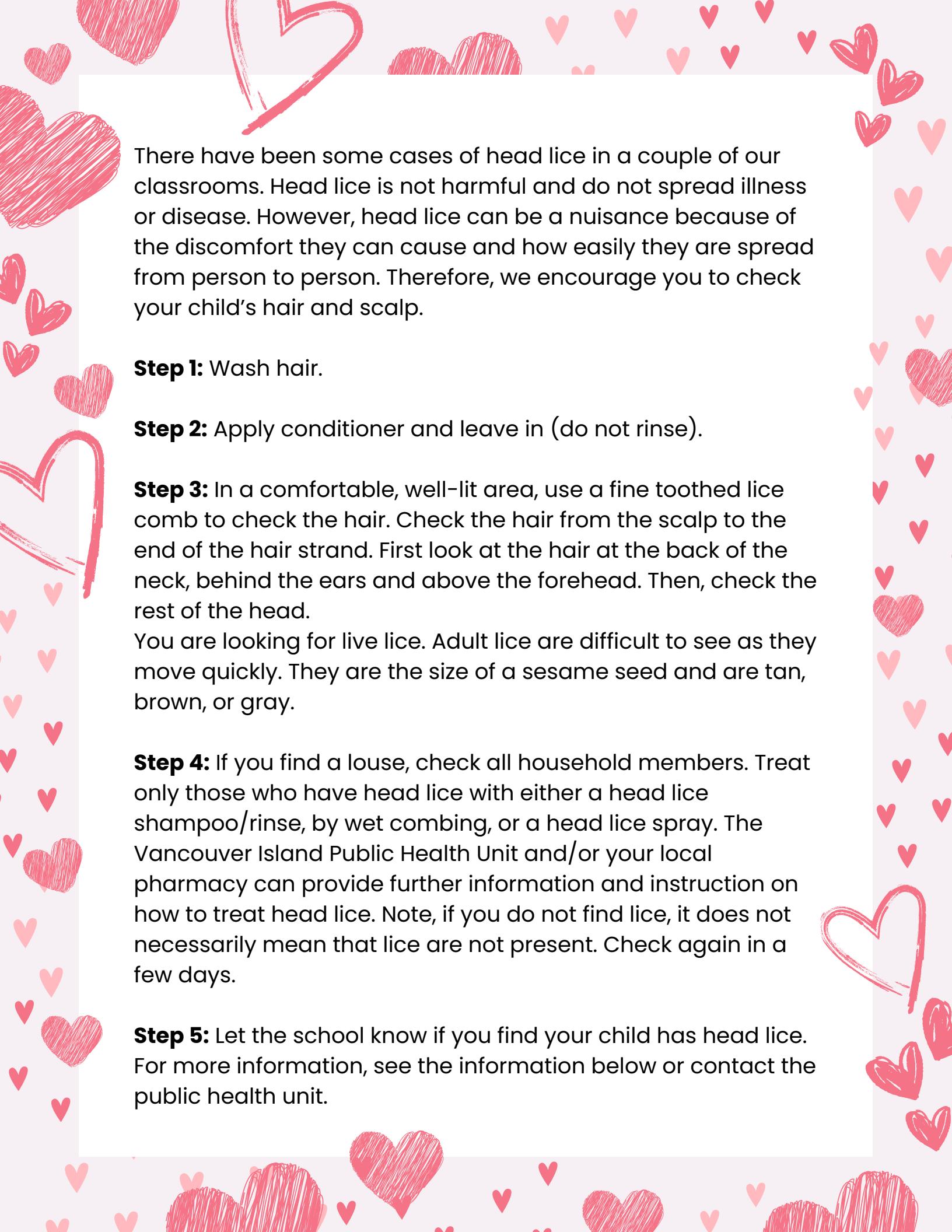
Choose eBlend when
registering online or visit
Sandowne Elementary
for our elementary
eBlend program.

Liq'wala/Kwak'wala K

Register online with your
neighbourhood school and
upload the expression of
interest form with your
online registration.



CAMPBELL RIVER
School District 72



There have been some cases of head lice in a couple of our classrooms. Head lice is not harmful and do not spread illness or disease. However, head lice can be a nuisance because of the discomfort they can cause and how easily they are spread from person to person. Therefore, we encourage you to check your child's hair and scalp.

Step 1: Wash hair.

Step 2: Apply conditioner and leave in (do not rinse).

Step 3: In a comfortable, well-lit area, use a fine toothed lice comb to check the hair. Check the hair from the scalp to the end of the hair strand. First look at the hair at the back of the neck, behind the ears and above the forehead. Then, check the rest of the head.

You are looking for live lice. Adult lice are difficult to see as they move quickly. They are the size of a sesame seed and are tan, brown, or gray.

Step 4: If you find a louse, check all household members. Treat only those who have head lice with either a head lice shampoo/rinse, by wet combing, or a head lice spray. The Vancouver Island Public Health Unit and/or your local pharmacy can provide further information and instruction on how to treat head lice. Note, if you do not find lice, it does not necessarily mean that lice are not present. Check again in a few days.

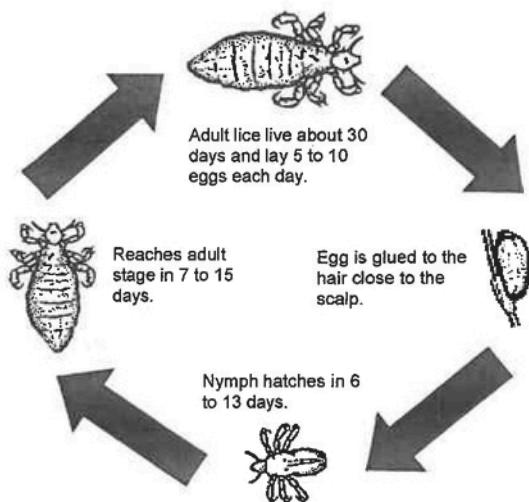
Step 5: Let the school know if you find your child has head lice. For more information, see the information below or contact the public health unit.



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