



# École Centennial Park Elementary School

## Reminders for the week of: December 5 – December 9

Monday	
Tuesday	
Wednesday	Crazy Christmas Hat day!
Thursday	
Friday	Red and Green Day!
	<a href="https://centennialpark.abbschools.ca/hub">Click on the link to our school website NewsHub for detailed information about our school: https://centennialpark.abbschools.ca/hub</a>
Upcoming Dates to Note	<b>December 14 – Family Christmas Gathering and Sing-Along (1:15-2:30pm) – see below for more information!</b> <b>December 16 – last day of school before the holidays!</b>

### Highlights of the Week!

This week the snow was definitely a highlight! We hope you had fun playing in the snow on Wednesday. We sure had fun playing in it here on Thursday and Friday! 😊



We also received so many fabulous masks for our *Sometimes I Feel Like a Fox* mask creation contest! Thank you to all of you for reading with your children. We hope you enjoyed (and continue to enjoy!) reading the story as much as we do. We'll do a draw for a prize on Monday. 😊

## Family Christmas Gathering and Sing-a-long!

We have been thinking about ways that we can celebrate the season, and also include our families! We have decided to have an open house on Wednesday, December 14<sup>th</sup>, from 1:15-2:38. All of our families will be invited to come in to the school for some holiday flashlight reading – anywhere in the school! Then we'll gather together in the gym for a Christmas sing-a-long. We know that not all parents are able to come – we are working parents ourselves, so we completely understand! – but we're hopeful that other family members will be able to come if you are not able to. We will also have lots of staff to keep our students company and do some special flashlight reading and singing with them! Having our families together is such a joy, and we are so looking forward to having us all together to celebrate an amazing first term of this year – and the (almost) beginning of holidays!



## Food Bank Box!



This year we again have our Food Bank Box in the front lobby of the school. We would love to fill it up to support our amazing Abbotsford community families! If you are able to donate some food, we would be so grateful! Food bank priorities: peanut butter, canned soups, beans, pasta and sauce, canned meats. Or whatever non-perishable items you have to donate. Thank you!

(and thank you to Mrs. Klemets and Olivia for checking out how we're doing so far! 😊).

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# Old News (but still relevant! 😊)

## Exciting news – a CROSSWALK!!

After many years of wishing and asking the city, **we are getting a crosswalk put in in front of the school!** Hooray! This will be such a wonderful help to classes going on field trips to Mill Lake, and children/families crossing the road to walk to school. 😊 Hopefully the project will be finished by the holidays!

## A reminder – Volunteering at the School

We are so grateful whenever parents/guardians/grandparents want to volunteer to help out at the school or on field trips! Something that I've recently discovered is that **all volunteers need to have a criminal record check done by the district.**

The process is quite simple – you only need to bring 2 pieces of ID to the school board office (2790 Tims Street). You can fill out the paperwork there, and the criminal record check will be done. Once you have it done, it's good for the whole district for 5 years.

If you think you might be interested in volunteering, either in our classes or on field trips this year, I encourage you to go and get this done ASAP so you're ready to go! 😊

## Parking and Pick-up Reminders

One of the very wonderful things about our school is that we have access to the church parking lot next door, with lots of parking! Please park there when dropping off or picking up your children, so that our parking lot at the school stays safe and free of traffic for our kids.

Sometimes you'll need to pick up your children during the school day for appointments, etc. If possible, it's really helpful if you can send a note or email to the teacher in the morning to let them know this is happening (sometimes at the office we have no clue, and we don't want to waste your time while we track down your kidlets! 😊). **When you pick up during the day, please come to the office, and not to the classroom door.** We need to make sure we sign them out and don't want to interrupt the classroom learning that is going on. Thank you!

## Outside Playtime

The rain and cold has come! **Please remember to send your child with a warm rain jacket, rain footwear (boots, shoes that can get wet, etc), and warm enough clothing.** We will be going outside every recess unless the weather is *really* bad...we know that it is so important for our students – and ourselves! – to get fresh air and exercise, even if it is wet and cold outside. It would also be really helpful for you to send an extra change of clothes in their backpacks, in case they get wet! That might save you a trip to the school to come to the rescue if they fall in a puddle. 😊

## Lunch Program

Last year we tried out a lunch program where families are able to order lunch for their children and have it delivered to the school. We will again be offering that program starting next week. 😊 Please know that this is completely voluntary, and is handled through a company outside of the school. If you are interested, please see their website for details! The website is: <https://abby.ahotlunch.ca/login>. When you sign in, it asks for a “campus code” – ours is **Centennial**.

## Family Supports and Workshops

Being a parent or caregiver is the toughest job out there! Sometimes we need extra supports so that we can better help our struggling little ones (or not so little ones!). Whenever I get information about parent groups that are offered in our community, I’ll be sure to pass them along to you – both in the newsletter, and on our school website in the News Hub. Below are two flyers outlining some of the workshops that are available over the next few months. Please check them out if you are interested!

**FamilySmart**  
Help for the Hard Times  
FAMILIES HELPING FAMILIES

It's really tough to be going through hard stuff with a child or youth who is struggling with their mental health and they end up in crisis - and we want to help you. We know what it's like because we've been there.

**TOPICS**

**Session 1 & 2:**  
How to Support a Safety Plan at Home

**Session 3:**  
How to Take Care of Yourself and Family After a Crisis

**Session 4:**  
How to Find the Resources You Need

**Region: FRASER**

**Dates:** September 19, 21, 26 and 28, 2022  
**Times:** Time: 12:00-1:00 pm

**Dates:** September 6, 8, 13 and 15, 2022  
**Times:** Time: 5:00-7:00 pm

**Dates:** October 17, 19, 24 and 26, 2022  
**Times:** Time: 12:00-1:00 pm

**Dates:** October 13, 13, 18 and 20, 2022  
**Times:** Time: 5:00-6:00 pm

Help for the Hard Times workshops are facilitated by parents with lived experience. The workshops are hosted online and include a one-on-one video conference or phone call with a Facilitator.

There is no cost to families. Registration is required: [www.familysmart.ca/workshops](http://www.familysmart.ca/workshops)

Foundation

**intheknow**  
Connect and Learn

**MONTHLY ONLINE EVENTS FOR PARENTS & CAREGIVERS**

Every month, we host events for parents & caregivers who are parenting a child or youth with a mental health and/ or substance use challenge called “in the know.”

**SEPTEMBER**  
Parenting When Anxiety Shows Up As Anger  
Speaker: Karen Peters, RCC

**OCTOBER**  
Building Connection With Our Kids When It Feels Impossible  
Speakers: Diane Evans & Tammy Music, Parent Peer Support Workers

**NOVEMBER**  
It's Never Too Late: Healing Parent-Child Relational Stress Using Emotion-Focused Family Therapy  
Speaker: Dr. Adele Lafrance

**DECEMBER**  
ADHD - The Real Deal  
Speaker: Dr. Adele Lafrance

Join us to watch a video and talk with other families about what helps. Online events are facilitated by FamilySmart Parent Peer Support Workers.

[familysmart.ca/events](http://familysmart.ca/events)

**FamilySmart**  
FAMILIES HELPING FAMILIES

**HeretoHelp**  
MENTAL HEALTH SUPPORT