



École Centennial Park Elementary School

Reminders for the week of: November 28 – December 2

Monday	
Tuesday	
Wednesday	
Thursday	How is it DECEMBER already?! PAC sponsored Santa Paws photos for students (\$2 donation for a picture is appreciated!)
Friday	Report Card #1 comes out today PAC sponsored movie night
	Click on the link to our school website NewsHub for detailed information about our school: https://centennialpark.abbyschools.ca/hub
Upcoming Dates to Note	December 14 – Family Christmas Gathering and Sing-Along (1:15-2:30pm) December 16 – last day of school before the holidays!

Highlights of the Week!

This week it was so exciting to see all the learning that was happening! Mrs. Ledger and her Kindergarten kidlets were busy on the playground and in the garden, magnifying the world around them to see how things looked different. It was great that the rain let up so that we could enjoy our time outside!





We also had our second handball game of the year, and our grade 5s (along with coach Mme. Lafresnaye) did a great job together as a team. Their next (and last) game is Wednesday, November 30th at Sema:th Elementary. 😊

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 14th, 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!



PAC Info

We will be hosting a **FREE Holiday Family Movie Night on Friday, December 2nd**. We will have a concession where you can purchase snacks and drinks!

Join us for a Family Movie Night featuring:



Friday, December 2nd
6 pm in the GYM.
Doors open at 5:30 pm

There will be a concession with popcorn, drinks, candy bags, as well as a limited amount of pizza by the slice.
Whole pizzas can be pre-ordered online via www.munchalunch.com. Orders are due no later than **November 27th**.

We will be raffling off some **comfier chairs for families** to sit on for the event! We have a few couches that will be moved into the gym. We will have enough for 2 families. To enter, you can purchase your raffle tickets on MunchaLunch. The draw will happen right before the movie. **Tickets are \$2 for one or \$5 for 3 or \$10 for 10.**

Bring your blankets to lay on, wear your cozy pajamas and come watch a movie with us!

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: 6:00-7:00 pm

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

Dates: October 11, 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

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

FamilySmart
Helping Families Thrive

Parental Mental Health
Support Group

QR code