



# École Centennial Park Elementary School

## Reminders for the week of: November 7 – November 11

Monday	
Tuesday	
Wednesday	<i>Riding the Waves</i> parenting support sessions start – 9am in the library Remembrance Day assembly - 9am
Thursday	Professional Development Day (no school for students)
Friday	Remembrance Day (no school for students or staff)
	<a href="https://centennialpark.abbyschools.ca/hub">Click on the link to our school website NewsHub for detailed information about our school: https://centennialpark.abbyschools.ca/hub</a>
Upcoming Dates to Note	<b>December 2 – report card #2</b> <b>December 16 – last day of school before the holidays!</b>

### Highlights of the Week!

This week we had some Halloween fun on Monday, and it was so wonderful to see the beautiful, creative, fun, silly, and spooktacular costumes on our kids and staff. 😊 And it was awesome for classes to have game time in the gym (thank you PAC!) and glow in the dark adventure time in the LLC (thank you, Mme. Petrie!).



## Riding the Waves – parenting support!

**- There's still time to sign up!!** Parenting is the toughest job! Since it's not always easy to access supports in the evening (when your wee ones are home), we are going to be offering the Riding the Waves parenting support program HERE at Centennial Park! Colleen McCutcheon is our school district liaison with Child and Youth Mental Health, so she's a great resource for information and suggestions on how we parent through the tricky situations. You are most welcome, and we hope you'll join us! **Sessions will be held Wednesday mornings in our Library Learning Commons from 9-10am** (or so...you can always stay longer with questions!). We'll have coffee and snacks...because that makes everything better 😊 and we want you to come!! **If you want to register, or just have questions, please email me and I'll help you out.** 😊 ([kari.petzold@abbyschools.ca](mailto:kari.petzold@abbyschools.ca)).

ABBOTSFORD  
CHILD & YOUTH MENTAL HEALTH SERVICES

Ministry of Children and Family Development

### RIDING THE WAVES

**What You Can Expect to Learn**

The Riding the Waves of Parenting Program is a six-session program designed to give parents and caregivers a better understanding of the meaning behind their children's behaviours. We hope to provide you with information about your child's struggles including anger, acting out, impulsivity, hyperactivity, and anxiety.

The program includes the most recent research on the needs of young children's brains and how this can add to your existing tool box of parenting strategies. We will talk about ways to preserve the parent-child relationship and focus on suggestions for coaching children through their struggles rather than managing their behaviour.

**What You Need to Know**

- Wednesday mornings at 9 am for 6 weeks
- November 9 – December 14, 2022
- Caregiver(s) of children ages 0-11
- Coffee/Tea and Snack provided
- Parking provided
- Centennial Elementary

**RESOURCES**

**Online resources:**

- Brain Story—[AlbertaFamilyWellness.org](http://AlbertaFamilyWellness.org)
- [teach-through-love.com](http://teach-through-love.com)
- Anxiety BC website

**Book recommendations:**

- The Whole Brain Child
- No Drama Discipline
- Emotion Coaching by Gottman

**Feedback from Others**

- "I have noticed that me and my son have become closer in our relationship."
- "I have a different perspective on my child's behavior. I'm more focused on finding the meaning behind it."

In Partnership with the Abbotsford School District

## 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. 😊 The city has let me know that construction will start some time in November, so...any time! The crosswalk will go on the North side of the school, where our property joins that of the church next door. I'm not sure how long the process will take, but I'm excited to watch it begin!

## 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**.

### 1 Create Account

1. To create an ordering account, visit [abby.ahotlunch.ca/login](http://abby.ahotlunch.ca/login)
2. Select 'Click Here' to create an account
3. Fill in parent information
4. On the left panel, select 'Children'
5. Located at the top right corner, click 'Add Child'
6. Enter your child's full name, grade, and class division
7. Campus code is listed on the home page.
8. Save your child's profile

### 2 Place Order

1. Sign into your account and click 'Order'
2. Select the child you are ordering for
3. Select the month you are ordering for
4. Select your order from the calendar
5. Submit order and click 'Pay Invoice' (A confirmation email is sent automatically. If you did not receive an email, log in to ensure your order has been paid for.)
6. If you've deposited credit to your account, click 'Pay Invoice' and select 'Use Available Credit' to confirm payment. (A order confirmation will be automatically emailed)

### FAQs

Q: When is the deadline to order/cancel?  
A: All orders must be submitted two days before delivery at noon. For example, Monday's order must be placed by Saturday at noon. It is the same deadline for cancellations.

Q: My child is unwell, can I cancel the day of delivery?  
A: We accept email cancellations up to 8am on the day of delivery. Please email us at [fuelup@simplyfoods.ca](mailto:fuelup@simplyfoods.ca). If passed deadline, please notify the school on your child's absence and arrange to pick up your child's lunch before the end of the day.

Q: How do I know my order was confirmed?  
A: If the order is successfully placed, there will be a green bar at the top stating "Payment Successful" and an email confirmation will be sent. Occasionally, orders are left unpaid and pending in the shopping cart and the order will not be delivered.

Please email [fuelup@simplyfoods.ca](mailto:fuelup@simplyfoods.ca) or call us at 604-620-5474 if you have any questions- We'd be happy to help!

## Outside Playtime

The rain has come! Please remember to send your child with a 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. 😊



## PAC Info

\* **Fresh To You Fundraiser** - Support local farmers and our school with this delicious and healthy fundraiser.

Our Christmas Market is on **Tuesday, November 15th from 5 - 8 pm**. We have 30 vendors, including a local food truck (Helm's Mobile Kitchen), a photographer who will be taking holiday photos, a table supporting our Grade 5 students and much more! Feel free to share the event!

<https://fb.me/e/2fFkKugY3>

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

---

## Old News (but still relevant! 😊)

### 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!

## 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](http://www.familysmart.ca/workshops)

Equilibrium

**'in the know'**  
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."

**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)

**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

**FamilySmart**  
parenting

heretohelp  
parenting