



# École Centennial Park Elementary School

## Reminders for the week of: October 17 – October 21

Monday	
Tuesday	
Wednesday	Early dismissal – 12:05pm – book your conference time between 1pm and 7pm
Thursday	Early dismissal – 12:05pm – book your conference time between 1pm and 3pm
Friday	Professional Development Day – no school for students *Last day to order hot lunch for Oct.31! Go to <a href="http://www.munchalunch.com">www.munchalunch.com</a> to order – late orders will not be accepted.
	Click on the link to our school website NewsHub for detailed information about our school: <a href="https://centennialpark.abbysschools.ca/hub">https://centennialpark.abbysschools.ca/hub</a>
Upcoming Dates to Note	October 25 – evening Halloween Dance (PAC sponsored) - 5-8pm! October 31 – dress up day and Halloween activities and Hot Lunch November 1 – picture retakes November 10 – professional development day (no school for students) November 11 – Remembrance Day – no school

### Highlights of the Week!

This week classes have been focusing on what we are thankful for, and like these grade 2 and 3 French Immersion students, many of us are thankful for our friends and family. 😊 And of course nature, pets, books, school, good food...and parties! 😊



### Lost and Found

Does anything here look familiar? Come have a peek at our lost and found if your child has misplaced a hoodie, umbrella, water bottle, or mittens. We might have them! 😊

## Parent-Teacher Conferences

On October 19<sup>th</sup> and 20<sup>th</sup> we will be having our first parent-teacher conferences of the year! There will be a number of opportunities for families to book a time to meet the teacher.

- Wednesday, October 19 – students dismissed at 12:05pm
  - Meetings for families – 1:00-3:30; 4:00-7:00
- Thursday, October 20 – students dismissed at 12:05pm
  - Meetings for families – 1:00-3:00pm

Book your meeting time online! Go to <https://centennialpark.schoolappointments.com/>

Instructions were mailed out with School Messenger, but please reach out to the office if you need help. 😊

## Riding the Waves – parenting support!

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).

**ABBOTSFORD**  
CHILD & YOUTH MENTAL HEALTH SERVICES

BRITISH COLUMBIA  
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

## PAC Info



The Fresh to You Fundraiser is a great way to fundraise with healthy food choices while making a 40% profit for your school.

**Here's What's in the Bundles**

**Bundle 1 - \$25**  
3 lb Onions  
3 lb Carrots  
5 lb Gala Apples  
5 lb Pacific Sunset Potatoes

**Bundle 2 - \$30**  
5 lb Carrots  
0.5 lb Shallots  
1 lb Parsnips  
5 lb Pacific Sunset Potatoes  
5 lb Red Beets

**We are fundraising for:**


Place your fundraising details here...

Support BC farmers and get fresh, healthy, local veggies for your family, while supporting the Centennial Park Elementary PAC as we raise funds to host special school events and activities. Orders must be placed on [www.munchalunch.com](http://www.munchalunch.com) before October 24, 2022. Vegetable bundles will be delivered between November 7-25, exact dates will be communicated once orders are placed.

**Fundraising Dates:** October 11-24, 2022

**Fundraising Coordinator:** Nichole Marples, CPARK PAC

Revised June 2022



JOIN US FOR A FAMILY FRIENDLY  
**HALLOWEEN DANCE**

TUESDAY, OCTOBER 25TH  
6PM - 8PM

ADMISSION: \$5 PER FAMILY IF ORDERED VIA  
[WWW.MUNCHALUNCH.COM](http://WWW.MUNCHALUNCH.COM) BEFORE FRIDAY, OCTOBER 21ST  
\$6 AT THE DOOR

COME JOIN OUR PARTY. WEAR A FAMILY FRIENDLY COSTUME!  
NO MASKS OR WEAPONS!

WE WILL HAVE DRINKS AND SNACKS FOR SALE. PLEASE BRING CHANGE!

THE GRADE 5 STUDENTS WILL ALSO BE SELLING GLOWSTICK ITEMS.

\* **Panago Coupons** - only 54 left, ordering will close when they sell out OR October 19th.

\* **Halloween Dance Tues. Oct 25th** - Tickets are \$5 per family if purchased in advance, \$6 at the door. We will have some great music, fun lights and decorations as well as some treats to purchase at the concession. The Grade 5 students will be selling glow sticks as well. If you can help out, please sign up through this link : <https://volunteersignup.org/HDHRO>

Events like this take a group of people to help run it smoothly!

\* **Fresh To You Fundraiser** - Support local farmers and our school with this delicious and healthy fundraiser. The flyer is attached. There are 2 bundles and each is filled with local produce.

\* Grade 5 Legacy - Ice Cream Sandwiches for sale!!! Each sandwich is \$2 and all money goes to the Legacy Project. They will be delivered on Thursday, October 20th. All orders need to be placed by October 18th.

All of the above are available now to order on [www.munchalunch.com](http://www.munchalunch.com)

Our **Red Robin Hot Lunch** is still open! The hot lunch will be **October 31st**. Options include : cheeseburgers( veggie or beef patties), corn dogs, macaroni, chicken fingers with a variety of sides.

Ordering closes on **Saturday, October 22nd**. No late orders will be accepted.

Please make sure you are paying for your orders promptly as they will be cancelled. If you can, it would be great if items could be grouped together( each time a payment is processed, the PAC pays a fee!!!).



We are looking for about **40 tin cans for our Halloween Day event** in the gym for a bowling game. If you have any you can bring, please drop them off( rinsed out!!!) to the office.

**Mark your calendars for the following events:**

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!

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## Old News (but still relevant! 😊)

### Outside Playtime

We have had a long stretch of hot weather this Fall, but we know that eventually the rain will come again. **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. 😊



### 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)

FamilySmart is a registered charity

**'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**  
FamilySmart is a registered charity

here to help