



# École Centennial Park Elementary School

## Reminders for the week of: October 24 – October 28

Monday	<b>Happy Diwali!</b> Dress colourfully for the Festival of Lights!
Tuesday	PAC sponsored Halloween Dance Party! - 5-8pm in the school gym
Wednesday	
Thursday	
Friday	
	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	<b>October 31 – dress up day and Halloween activities!</b> <b>November 1 – picture retakes</b> <b>November 10 – professional development day (no school for students)</b> <b>November 11 – Remembrance Day – no school</b>

### Highlights of the Week!

This week it was so great to see all the families that were able to make it in for our family-teacher conferences! We know not everyone was able to come, so teachers will be touching base with you if they haven't already. We are a team, and this critical and amazing work of teaching our kids takes all of us working and loving together. Thank you for being such a fabulous part of our team, families!!

### Riding the Waves – parenting support!

#### - There's still lots of 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@abbysschools.ca).

## PAC Info



\* **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/HDHRQ>

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.

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!

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

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

**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.

Foundation

**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

here to help