



École Centennial Park Elementary School

Reminders for the week of: October 10 – October 14

Monday	Thanksgiving – no school
Tuesday	PAC meeting – 7pm in the library – All welcome!
Wednesday	
Thursday	Boardgame Club (for those with permission forms) - 2:40-3:20pm
Friday	
	Click on the link to our school website NewsHub for detailed information about our school: https://centennialpark.abbysschools.ca/hub
Upcoming Dates to Note	October 19-20 Parent/Teacher Conferences (dismissal at 12:05 both days)

Highlights of the Week!

This week we had Will's Jams come and perform for us, in both English and French! It was a wonderful concert, and I was so very proud of how well our students listened and participated (we're still getting back in the "assembly" groove, so that's a big deal!). If you're interested in checking out their music, have a look at their website:

www.willsjams.com.



And in other exciting news, our playground is finally finished! We've had a few hiccups this week making sure that everyone had a chance to play on and explore it, but we're so thrilled to have the addition to our school. If you haven't already, we hope you come by before or after school (or on the long weekend!) to check it out. 😊

Parent-Teacher Conferences

On October 19th and 20th 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

As we have done in the past, booking your meeting time will happen online (don't worry...we can help if you need it! 😊) so keep an eye out for information coming soon.

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
 - 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



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. 😊



Fire Prevention Week

October 9-15, and the Abby Fire Department is hosting a family event!

See their flyer (pictured here) for more information!



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

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.

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

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

  