



École Centennial Park Elementary School

Reminders for the week of: September 19 – September 23

Monday	No School – Provincial holiday marking the funeral of Queen Elizabeth
Tuesday	Kindergarten gradual entry
Wednesday	Kindergarten full day!
Thursday	
Friday	CPark Terry Fox Run – 2pm on the field
	Click on the link to our school website NewsHub for detailed information about our school: https://centennialpark.abbyschools.ca/hub
Upcoming Dates to Note	September 28 – Hot Lunch (see upcoming PAC emails and Facebook page for more information) September 29 – Professional Development Day (no school for students) September 30 – National Day for Truth and Reconciliation (no school) October 10 – Thanksgiving Day (no school) October 11 – PAC meeting (7pm at the school) October 19-20 Parent/Teacher Conferences (early dismissal days)

Highlights of the Week!

This week we had our first set of emergency drills. We do this several times throughout the year so that students and staff are all familiar with what we should do in the event that we have an earthquake, a fire alarm, or an unsafe situation in the school. The students did a fabulous job following instructions and leaving the building safely when we had our fire drill. I am so proud of them!

Meet the Teacher evening

Our Meet the Teacher time will be Wednesday, September 28th from 3-4pm. Families are welcome to visit the school, meet their child's teacher, and see the classroom where they spend much of their day! We understand that some families might not be able to come that early, and I encourage you to reach out to your child's teacher to arrange a different time to visit if you are interested.

Boardgame Club

Calling all board game nerds! We will be running an after school board game club in the library on Thursdays from 2:45-3:30 from October 6 - November 24 for all Grade 3-5 students. Flyers and permission forms will be sent out to families soon. **As a parent or caregiver, if you would like to help support this club by volunteering or donating a board game, please email Lara Sas at caseyandlara@shaw.ca.** 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."

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