



# École Centennial Park Elementary School

## Reminders for the week of: September 26 – September 30

<b>Monday</b>	
<b>Tuesday</b>	Hot Lunch day!
<b>Wednesday</b>	Orange Shirt day at Centennial Park Meet the Teacher – 3-4pm
<b>Thursday</b>	Staff at Professional Development Day – no school for kids!
<b>Friday</b>	National Day for Truth and Reconciliation Day – no school
	<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>October 5 – Individual Photo Day</b> <b>October 10 – Thanksgiving Day (no school)</b> <b>October 11 – PAC meeting (7pm at the school)</b> <b>October 19-20 Parent/Teacher Conferences (early dismissal days)</b>

### Highlights of the Week!

Terry Fox Run! Today we had our Terry Fox Run in the afternoon. Thank you to all of you who donated a “Tooney for Terry” throughout the week – we collected over \$275 for cancer research! Our classes all learned about Terry and his legacy (it was 42 years ago that he began his Marathon of Hope!), and we had a great time on our run today. 😊



### Meet the Teacher evening

Our Meet the Teacher time will be Wednesday, September 28<sup>th</sup> 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 (sponsored by the CPark PAC!)

*Our first meet is fast approaching. Board Game Club will run on October 6, 13, 27, and November 3, 17, 24. A permission form was sent home today with any children in grades 3-5 who expressed interest. Parents/caregivers, please email Lara Sas ([caseyandlara@shaw.ca](mailto:caseyandlara@shaw.ca)) to sign-up your kids. Permission waivers will need to be signed and returned to your child's teacher. This is a drop in club, however, we are curious about interest so asking you to email us if your child wishes to participate in order to get a tally. Board Game Club will run in the library after school until 3:20 pm sharp. A nut free snack will be provided (by Sevenoaks Church) each week. Please pick up your children promptly at 3:20 pm outside the school library (near the playground). If you would like to support this club by donating a board game or volunteering to play games with us, please email Lara. Thanks!*



## 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.



'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)

