



École Centennial Park Elementary School

Reminders for the week of: September 12 – September 16

Monday	Kindergarten gradual entry
Tuesday	Kindergarten gradual entry
Wednesday	Kindergarten gradual entry
Thursday	Kindergarten gradual entry
Friday	Kindergarten gradual entry
	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 19-20 Parent/Teacher Conferences (early dismissal days)

Our First Week Back!

It has been such a wonderful start to the school year! 😊 Your children have been busy getting to know their teachers, new friends, and their classrooms. It has been so amazing to see the smiles, and to see how each one has grown so much, even just since June! We are slowly welcoming our new Kindergarten students into our school community, and every year it reminds me so much of when my own son started Kindergarten (he's 20 now, but I still remember the anxiety and excitement!). I am so honoured to be a part of this incredible community, and I look forward to the adventures this year will bring us!

Meet the Teacher evening

Sometime in the next few weeks we will be having a Meet the Teacher evening, to give you an opportunity to come and see the school, meet your child's teacher, and perhaps say hello to previous teachers. 😊 I'll send more information as we confirm when that will be.

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!



Lost and Found

Look how empty our Lost and Found is right now! We will do our best to reunite our students with their belongings, but please feel free to check out the Lost and Found if you know your child has misplaced something. I'll send out pictures every month or so to help items find their "home". 😊



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.



'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

