



École Centennial Park Elementary School

Reminders for the week of: September 18– September 22

Monday	Kindergarten students start full days!
Tuesday	PAC meeting – 7pm in the school library – ALL FAMILIES WELCOME! 😊
Wednesday	
Thursday	Hot lunch orders need to be in today through Munchalunch!
Friday	Terry Fox Run – 1:30-2pm around our 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) October 2 – National Day for Truth and Reconciliation (in lieu - no school) October 6 – Individual school photos October 9 – Thanksgiving Day (no school) October 18-19 Parent/Teacher Conferences (early dismissal days)

Our Week!

It has been such an incredibly busy week, and it is so wonderful to see students beginning to settle in with their teachers and peers. This time of year is usually a bit stressful with all the changes, but this year has been more than usual! I'm so proud of the way our students have shown flexibility and resilience in handling the changes, and I'm grateful to the adults in their world – you (their families), and our staff – who have helped them navigate this tough time.

Our classes are now set (finally!) though we are still waiting to fill three English teaching positions. It can take a bit of time, and I'll keep you posted as soon as we have "their" teacher hired! 😊

Forms to be signed on School Cash Online

At this time of year there are always a variety of permission forms that need to be filled out and signed by families. To try and reduce some of our paper use, this year we have put a number of those forms online! **All you need to do is log in to your School Cash Online account, and sign the forms.** There is no cost at all – just a read and click process! Our hope is this makes your lives easier because you **only need to send back one piece of paper – just the pink verification form that will come home today (Friday).** Please check with us at the office if you have any questions!

Meet the Teacher evening

Our Meet the Teacher event is planned for **Wednesday, September 27th**! As we did last year, we will hold this right after school, so that all of our families who pick up are able to come on in at that time to meet with their child's teacher and see the school. However, if you are unable to make it at that time, please connect with your child's teacher to find another time to come in and meet them! We believe so strongly that we are a team with our families...working together is the best way to support our amazing kids!



Garbage on the Playground

Please have a look around you after using the playground or field before/after school and on the weekends, to pick up any juice boxes, wrappers, or other items that may have fallen to the ground while your kidlets are playing. 😊 Before school started we had an amazing group of kids and families who helped clean up our school grounds, and we want to keep it clean and tidy! We work on that as well with our students – together we can keep our CPark school grounds looking amazing!



PAC News!

Papa John's Hot Lunch - Thursday, September 28th



Our first hot lunch of the school year will be PIZZA!! There will be 2 options to choose from, 1 slice or 2 slices. Please choose carefully.

All orders must be submitted and paid for by Thursday, September 21st at 9 pm on <https://munchalunch.com/schools/centennialpark>
No late orders will be accepted!

The Great Little Coupon Book Fundraiser

Once again the PAC will be selling coupon books. They are \$15 each with the PAC profiting just over \$6 a book! We will have both the Abbotsford/Mission book and the Chilliwack book. Flyers will be sent home with coupon details Monday. You can check on our Facebook page <https://www.facebook.com/groups/2352601521621104/>
All orders are due by 9 pm on Sunday, September 24th. All orders must be placed online via <https://munchalunch.com/schools/centennialpark>

Please do NOT send cash to the school for either the hot lunch or the coupon books.

As always, all fundraisers are voluntary and your support is appreciated!

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!



FamilySmart
Together-Centred

FamilySmart
Help for the Hard Times
WORKSHOP

SUPPORT FOR PARENTS AND CARERS

Supporting Families After a Mental Health Crisis

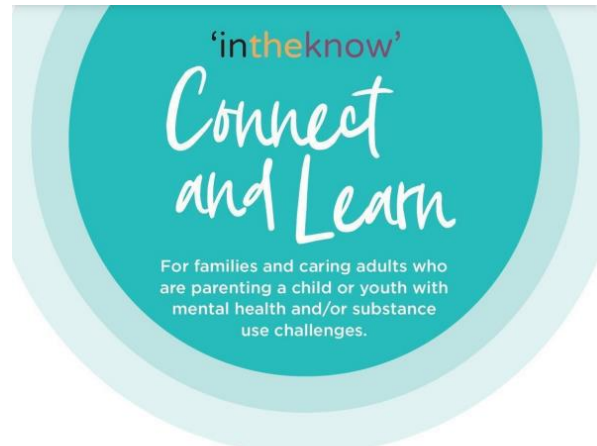
"Hearing from other parents who have navigated these challenges themselves, was a real gift. The information was practical, but it also seemed more believable because it came from experienced parents. I wanted to BELIEVE that things would be OK, and that I will find a way to support my daughter. The workshop gave me this belief."

TOPICS INCLUDE:

- How to support a safety plan at home
- How to take care of yourself and family after a crisis
- How to find the resources you need

Offered monthly for B.C. families. Free but registration required.

Foundation familysmart.ca/workshops

'intheknow'
Connect and Learn

For families and caring adults who are parenting a child or youth with mental health and/or substance use challenges.

EVERY MONTH, WE HOST EVENTS FOR FAMILIES CALLED 'IN THE KNOW'. WE WATCH A VIDEO AND SHARE EXPERIENCES AND STRATEGIES THAT HELP IN THE HARD MOMENTS. WE HELP FOCUS ON STRENGTHENING OUR UNDERSTANDING AND CONNECTION WITH OUR KIDS.

Mental Health and Preparing for the Transition to Post Secondary

It can be an exciting time for our kids when they are deciding how and when to pursue post secondary opportunities after high school. When our young people have had challenges to their mental health this transition can sometimes be met with additional concerns. What can be put in place before school starts? Is it okay to take fewer courses?


Come together with other families to watch this 30 minute video presentation followed by a 45 minute facilitated discussion by a FamilySmart Parent Peer Support Worker.

Cost: Free of Charge

Date(s):

- Tuesday, September 12, 2023, 6:00pm (PST)
- Wednesday, September 13, 2023, 6:30pm (PST)
- Tuesday, September 19, 2023, 6:30pm (PST)
- Thursday, September 21, 2023, 12:00pm (PST)
- Thursday, September 28, 2023, 6:00pm (PST)

Registration required:
www.familysmart.ca/events



FamilySmart
Together-Centred

