



École Centennial Park Elementary School

Reminders for the week of: September 25– September 29

Monday	Meet the PAC – come on in to the LLC at 9am to meet the PAC!
Tuesday	
Wednesday	Meet the Teacher! 3-4pm – come and see your child’s classroom and teacher!
Thursday	ORANGE SHIRT DAY! Hot lunch day (for those who ordered on Munchalunch)!
Friday	September 29 – Professional Development Day (no school for students)
	Click on the link to our school website NewsHub for detailed information about our school: https://centennialpark.abbyschools.ca/hub
Upcoming Dates to Note	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 another busy week, and it is so wonderful to see classes settling into their routines. We are still working hard to hire full time teachers for three classes, and I’m hoping that will be soon! Today (Friday) was our Terry Fox Run, and it was so wonderful to see all the kids, staff, and families outside!



Lost and Found

See anything that looks familiar?! The Lost and Found is located right by the office, so feel free to come in and have a peek regularly. In our experience, our kidlets don’t always recognize their own clothing or water bottles. 😊



Forms to be signed on School Cash Online – Thank you to everyone who has done it already!

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!



Outside Playtime

We have had a lovely September so far, but we know the rain is coming! 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. 😊



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/2352901521621104/> 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!

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.



familysmart.ca/workshops



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

Dates:

- 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

