



École Centennial Park Elementary School

Reminders for the week of: November 27 – December 1

Monday	
Tuesday	
Wednesday	
Thursday	
Friday	It's December!! 😊 December 1 – PAC movie night
	Click on the link to our school website NewsHub for detailed information about our school: https://centennialpark.abbysschools.ca/hub
Upcoming Dates to Note	December 8 – first report card comes out (now called Learning Update) December 15 – CPark Concert! December 22 – Last day of school before the winter break!

Our Week!

It was another busy week! 😊 It was lovely and sunny, but very chilly...please remember to send your child with warm weather gear (warm coats, hats, mittens) so that they can play comfortably. Speaking of which, though, on those nice afternoons we tend to get a lot of that gear left outside – so our Lost and Found is very full again! Please have a peek at this picture (or come by the school!) to see if any of our Lost and Found treasures belong in your house.



And, a reminder that coming up we also have a wonderful opportunity provided by our school counselor: “How can I make sense of my child’s challenging behaviours?” This is such a difficult question for all of us in a parenting role, and I’m looking forward to this discussion. Please have a peek at the brochure below for more info. 😊

Coffee with the Counsellors

How can I make sense of my child's challenging behaviour?

Come join us for a chat about those behaviors, and how we can understand and respond to them in a way that will eliminate some of the stress for both us and our children!

Presented by Bonnie Lovett, Mental Health Clinician and Chelsea Scott, School Counsellor

Coffee, snacks and childcare provided!

School parking is limited. Additional parking is available at the church (next door) and mall parking lot (across the street).

When: November 29th
Where: Centennial Park Elementary
Time: 2:45 pm

Please register with chelsea.scott@abbysschools.ca by Monday, Nov. 24

CPark Concert – December 15th

We are excited to share that we will be having a Christmas concert this year! On December 15th at 1pm we will be having our concert at the church next door (Sevenoaks Alliance Church). We are so thrilled to be able to show off your children's abilities, and so grateful to Mme Algard for taking the lead on our musical. 😊 We will have more information to share about rehearsals, etc. as the time comes closer...but in the meantime, save the date (if you can) and we'll have a show for you on December 15th!

If cold weather makes you shiver to and fro, you'll love our COOL show about friendship and SNOW! Hep 2 3 4! Hep 2 3 4! Here come the Shovelers, ready to go where shovels have never gone before. And now – a BIG round of applause for the stars of our show – those friendly, furry monsters – the Abominable Snowman, and his buddies Bigfoot and Sasquatch with their high-kicking dance moves! Don't judge a monster by its fur! Learn how real warmth starts from within and can spread like a blizzard when shared with a song!

PAC News!

Panago Pizza Fundraiser



It's back!! One of our most popular fundraisers :

Panago Pizza Coupons!

Each coupon is \$14 and is good for **ANY** medium pizza! You can choose from one off of the menu or create your own. Gluten Free and Dairy Free options included!

The coupons expire 90 days from the time we receive them. They can be used at any Panago across Canada!

We only have 250 to sell, do not wait to order as these sell out quickly!

All orders must be placed on Munchalunch by November 5th or until we sell out.

www.munchalunch.com

Old News, But Still Relevant!

Parking

Parking at most schools is an ongoing issue! 😊 As you may have noticed, we have been working hard lately to remind families that the parking lot of the school is only for staff. **We have grown by over 20% since last year, and we need all the parking spots for our staff!** Even if they appear to be empty when you drop off, please know that most of our support staff arrives right at the bell, as that is when their shift starts. That's why we ask that you please not park in any spaces in the school parking lot.



We are fortunate that we have the church parking lot next door that we can use, as it's just a quick walk from there to our school grounds. We also now have access (usually!) to the mall parking across the street, and a wonderful crosswalk you can use.

Thank you for keeping our parking lot safe and available for staff! 😊

Outside Playtime

The rain and cold have come! **Please remember to send your child with a warm coat, 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!



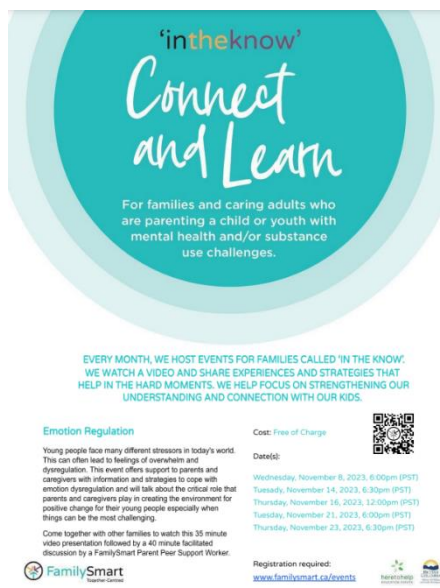
Forms to be signed on School Cash Online – Thank you to everyone who has done it already!

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!

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. Please see the email I sent out on Thursday, September 28th with A LOT of information about resources! (email was from

Kari.Petzold@abbyschools.ca). 😊 **More FamilySmart information:**



'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.

Emotion Regulation

Young people face many different stressors in today's world. This can often lead to feelings of overwhelm and dysregulation. This event offers support to parents and caregivers with information and strategies to cope with emotion dysregulation and will talk about the critical role that parents and caregivers play in creating the environment for positive change for their young people especially when things can be the most challenging.

Come together with other families to watch this 35 minute video presentation followed by a 40 minute facilitated discussion by a FamilySmart Parent Peer Support Worker.

Cost: Free of Charge

Date(s):
Wednesday, November 8, 2023, 6:00pm (PST)
Tuesday, November 14, 2023, 6:30pm (PST)
Thursday, November 16, 2023, 12:00pm (PST)
Tuesday, November 21, 2023, 6:00pm (PST)
Thursday, November 23, 2023, 6:30pm (PST)

Registration required:
www.familysmart.ca/events

FamilySmart
FOUNDATION



FamilySmart
Help for the Hard Times
WORKSHOP
SUPPORT FOR PARENTS AND CARERS

Supporting Your Family After a Mental Health Crisis

"Really filled the gap where it was most needed by way of information and moral support. I feel this workshop nailed the exact questions and concerns I as a parent was having."

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

THE WORKSHOP IS OFFERED FOUR TIMES EACH MONTH FOR B.C. FAMILIES:
Wednesdays: 9:30am - 11am (2 weeks)
Tuesdays and Wednesdays: 12pm - 1pm (2 weeks)
Thursdays: 12pm - 1pm (4 weeks)
Thursdays: 6pm - 8pm (2 weeks)

The workshop is free and offered online. Registration required.

Foundation
familysmart.ca/workshops