



# École Centennial Park Elementary School

## Reminders for the week of: December 4 – December 8

Monday	
Tuesday	
Wednesday	
Thursday	Divisions 7,9,10 to <i>The Nutcracker</i>
Friday	1 <sup>st</sup> Learning Update (formerly called a report card) goes home
	Click on the link to our school website NewsHub for detailed information about our school: <a href="https://centennialpark.abbyschools.ca/hub">https://centennialpark.abbyschools.ca/hub</a>
Upcoming Dates to Note	<b>December 15 – CPark Concert!</b> <b>December 18-22 – Spirit Week</b> (Winter/Christmas socks, Red/Green day, Winter/Christmas hats/headbands, Winter/Christmas Sweaters, PJ Day) 😊 <b>December 22 – Last day of school before the winter break!</b> <b>January 8 – School reopens</b>

### Our Week!

It was another busy week! 😊 Our Lost and Found is still overflowing, so please come and have a look. What is left after December 22<sup>nd</sup> will be donated to a thrift store, so please come and claim your child's hats, hoodies, jackets, gloves, waterbottle, etc!

We have also had a lot of great activities happening in classes – winter art, singing in preparation for our concert, and pictures with our very own SANTA PAWS! Thank you to everyone who was able to bring a donation for the Food Bank! Every child who wanted one was able to get a picture with Santa Paws. 😊 Thank you so much to the PAC for organizing that, and of course, a big thank you to Santa Paws for bringing us all some joy!



## CPark Concert – December 15<sup>th</sup>

We are excited to share that we will be having a Christmas concert this year! On December 15<sup>th</sup> 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 15<sup>th</sup>!

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!

## 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 28<sup>th</sup> with A LOT of information about resources! (email was from

[Kari.Petzold@abbyschools.ca](mailto: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.

**ADHD - The Real Deal**

Join us as we listen to Dr. Don Duncan dispel the many myths surrounding ADHD by presenting up to date scientific facts about cause, prevalence, diagnosis and treatment. He will explain how and why the ADHD brain works the way it does.

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

Cost: Free of Charge

Date(s):  
Tuesday, December 5, 2023, 6:30pm (PST)  
Wednesday, December 6, 2023, 6:00pm (PST)  
Thursday, December 7, 2023, 12:00pm (PST)  
Tuesday, December 12, 2023, 6:30pm (PST)  
Thursday, December 14, 2023, 6:00pm (PST)

Registration required:  
[www.familysmart.ca/events](http://www.familysmart.ca/events)

**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.



## 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!