



École Centennial Park Elementary School

Reminders for the week of: December 18–December 22

Monday	Spirit day – Winter/Christmas socks
Tuesday	Spirit Day – Red/Green day
Wednesday	Spirit Day – Winter/Christmas hats and headbands
Thursday	Spirit Day – Winter/Christmas sweaters
Friday	Spirit Day – PJ Day Last day of school before our winter break!
	Click on the link to our school website NewsHub for detailed information about our school: <u>https://centennialpark.abbyschools.ca/hub</u>
Upcoming Dates to Note	January 8 – School reopens January 9 – PAC meeting (7pm) February 7-8 – Early dismissal for family/teacher conferences February 16 – Professional Development Day (no school for students) February 19 – Family Day (no school) March 8 – 2nd Learning Update goes home

Our Week!

It was another busy week! 😊 Although there were some helmet hiccups to start with, many of our classes had a wonderful time skating on Thursday. Also, our school looks decorated for winter and Christmas.

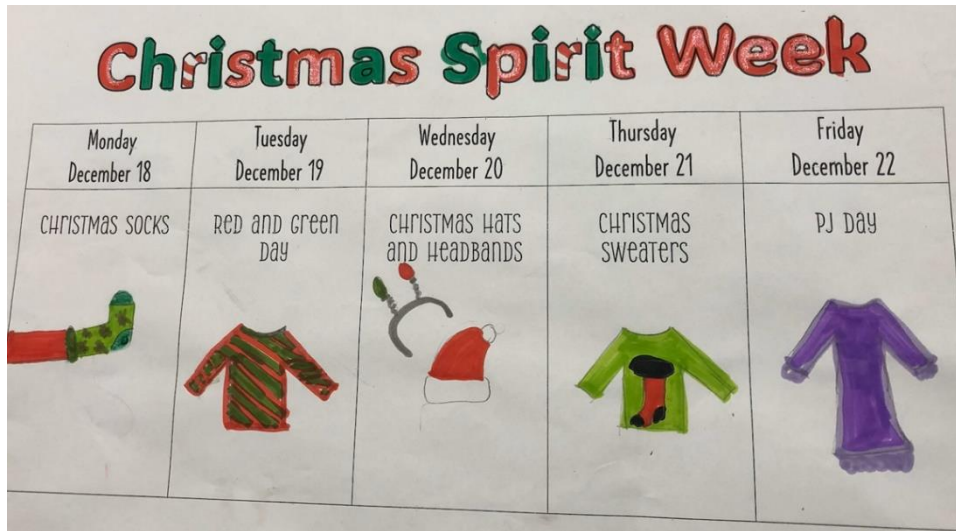


And we have been working so hard for weeks on our concert, and it was so exciting to be able to present for you all today!



Spirit Week


Next week we are having some Spirt Days...see below and join in with your kids!



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:**



MONTHLY ONLINE EVENTS FOR PARENTS & CAREGIVERS WINTER 2024



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."

JANUARY
Supporting a Crisis at Home
Speaker: Lu Ripley, BC Crisis Centre and Tammy Music, Parent Peer Support Worker, Surrey Memorial's CAPSU

FEBRUARY
For Families: A Conversation about Eating Disorders
Speakers: Carmen Kauffman, Eating Disorders Therapist & Educator with Jessie's Legacy, Rylee McKinlay, Young Adult with Lived Experience, Terri McKinlay, Parent with Lived Experience

MARCH
Beyond Behaviours: When Is It More? What it Looks Like in Ages 13-18
Speaker: Karen Peters, RCC ThriveLife Counselling and Wellness

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


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 THREE TIMES EACH MONTH FOR B.C. FAMILIES:

- Wednesdays: 5:30pm - 7:30pm (2 weeks)
- Tuesdays and Wednesdays: 12pm - 1pm (2 weeks)
- Thursdays 6pm - 8pm (2 weeks)

The workshop is free and offered online. Registration required.



familysmart.ca/workshops



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!

