



# École Centennial Park Elementary School

## Reminders for the week of: January 15 – January 19

|                        |   |
|------------------------|---|
| <b>Monday</b>          |   |
| <b>Tuesday</b>         |   |
| <b>Wednesday</b>       | Ocean Wise presentation for all students! (see below)   |
| <b>Thursday</b>        | Skating for divisions 1-11 😊  |
| <b>Friday</b>          | Popcorn day!  |
|                        | 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>January 29 – Subway Hot lunch (orders due Jan.21)</b><br><b>February 2 – French movie night (all families welcome...see below!)</b><br><b>February 7-8 – Early dismissal for family/teacher conferences</b><br><b>February 12-15 – Carnaval week at CPark!</b><br><b>February 16 – Professional Development Day (no school for students)</b><br><b>February 19 – Family Day (no school)</b><br><b>March 8 – 2<sup>nd</sup> Learning Update goes home</b> |

### Our Week!

It was wonderful first school week of 2024! 😊 We started off with some great fun in a wee bit of snow, and ended it with some very cold days! BRRR...!!! We have lots of fun events coming up in the next few weeks, so keep an eye out for information from teachers and the office. As well, with wintery weather becoming more of a reality this month, remember that the Abbotsford School District shares out information regarding school closures etc. on their website and through school messenger. Have a look at this link for more information: <https://www.abbyschools.ca/announcements/winter-weather-procedures-abbotsford-school-district>



## Ocean Wise Presentation

We have an exciting opportunity coming up for our students! The Ocean Wise Mobile Education program will be bringing their Sea Dome to our school on Wednesday, January 17<sup>th</sup>.

### What is the Ocean Wise Education Mobile?

The Ocean wise education programs feature marine artifacts and hands-on interactive activities designed to encourage passion and care of our oceans and waterways. Our educators deliver expert level, multi-sensory aquatic programs, based on the Ocean Literacy Framework. We strive to create a lasting connection to our oceans and aquatic habitats by encouraging direct conservation action.

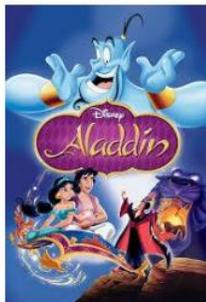


The Ocean Wise Sea Dome is a new immersive ocean adventure that brings marine magic to communities everywhere. The portable, inflatable six-metre dome projects 360-degree 4K cinematic footage showing connections between ocean health, climate change, and daily life. Youth will see the Arctic to view changes in sea ice, to tropical reefs to assess impacts of ocean acidification, and to BC's rivers to learn how salmon habitats can be preserved.

## PAC News

### French movie night!

Join us as we celebrate le Carnaval de Québec with a French Family Movie Night featuring



When: Friday, February 2nd  
Movie starts at 6 pm  
Doors open at 5:30 pm  
Admission is FREE

All students must have an adult present!  
*This movie will be played en français.*

We will have a raffle for a chance to win 1 of 2 prize packages.

#### Prize 1

Premium seating - couches  
4 Bags of Popcorn  
4 Juice Boxes or Waters

#### Prize 2

Premium seating - couches

There will be whole pizzas available to order online until Friday, January 26th.

To purchase raffle tickets and to pre-order your whole pizzas visit [www.munchalunch.com](http://www.munchalunch.com)

We will have a concession with pizza by the slice, popcorn, candy bags and drinks!

### Subway Hot Lunch!

Subway Hot Lunch - Monday, January 29th



Our January hot lunch is open! All orders must be placed online via [www.munchalunch.com](http://www.munchalunch.com) by Sunday, January 21st.

There are several varieties available, please read the items carefully as there are 2 options (fully loaded or plain) for each sub.

No late orders can be accepted. Please ensure prompt payment as unpaid orders will be cancelled.

## Grade 5 Legacy fundraising

Every year our grade 5 students raise money to leave a legacy gift for the school. This year, our grade 5s have decided to raise money for a new Buddy Bench for our playground! We are so excited about this, and hope you can help them fundraise. This bottle drive is one way! Personally, I've got lots of bottles and cans saved up from over the holidays, so I'm happy to help out (and clear out my garage at the same time 😊).



### Grade 5 Legacy

Support Centennial Park Elementary's Grade 5 Legacy project and year end activities.

1. Collect returnable drink containers and place them in a clear plastic bag (no sorting needed).
2. Bring them to the Regional Recycling Depot at 750 Riverside Road.
3. Drop off the bags for “**Centennial Park Elementary School**”
4. **ASK** for a **RECEIPT** at Drop-off

If you have bottles and would like assistance to drop them off, please contact Erica Reagh,  
[ereagh@hotmail.ca](mailto:ereagh@hotmail.ca)



*THANK YOU!*



## 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:**



**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](http://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.



## 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!

