



École Centennial Park Elementary School

Reminders for the week of: January 29 – February 2

Monday	Subway hot lunch
Tuesday	
Wednesday	
Thursday	It's February already!
Friday	French movie night – all welcome (see below for info)
	Click on the link to our school website NewsHub for detailed information about our school: https://centennialpark.abbyschools.ca/hub
Upcoming Dates to Note	February 7-8 – Early dismissal for family/teacher conferences February 12-15 – Carnaval week at CPark! February 16 – Professional Development Day (no school for students) February 19 – Family Day (no school) March 8 – 2nd Learning Update goes home March 15 – last day of school before Spring Break!

Our Week!

What a pleasure it was to be back together for the whole week! We had to have a couple of inside days due to the rain and slush (it was impressive how much water our field and blacktop can hold!), but we found lots of fun activities to keep us busy. Our staff and students have been working so hard on our two school goals (literacy and self-regulation) and it is impressive to see the great gains that students are making in these areas! Our teachers are using new research on literacy to help all of our students improve in both reading and writing, using a variety of tools and techniques (like these baking pans and magnets...such a creative way to practice spelling!).



And when frustrations arise – which they always do! - students are working on ways to help themselves regulate their big emotions. I'm so proud of their efforts – especially because these are lifelong skills that will benefit them long after they leave our school. 😊



all

Student Led Conferences

Coming up in February we have our next set of family-teacher conferences. As we often do during the second term, these conferences will be student-led. That means that more than one family can sign up to come in at the same time, and teachers will help students prepare some activities and work to show off to you when you come in...they get to be the leaders, showing off their learning! It is a wonderful experience, and one of our favourite times.

☺ Each teacher will have sent home an invitation to book a spot for your visit, and I encourage you to come if you can. However, we know that life is busy, so if you aren't able to make it during our conference times, please touch base with your child's teacher to plan another time to visit and chat!

- **Wednesday, February 7th – Conferences in the afternoon, until 2:30pm**
- **Thursday, February 8th – Conferences in the afternoon and evening, until 7:00pm**



Parking Reminder!

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.



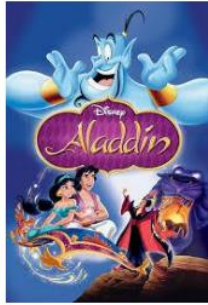
We are fortunate that we have the church parking lot next door that we can use, as it's just a quick walk from there to our school grounds. We also now have access (usually!) to the mall parking across the street, and a wonderful crosswalk you can use.

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

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

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 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!




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, ereaghh@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 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.



Old News, But Still Relevant!

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!

