



École Centennial Park Elementary School

Reminders for the week of: February 19 – February 23

Monday	Family Day (no school)
Tuesday	
Wednesday	Last day to order Krispy Kreme Donuts on munchalunch (see below)
Thursday	Skating day for Divisions 1-11
Friday	
	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 26 – last day to order Purdy’s (see below) February 27 – Wild Education (aka “reptile guy”)! March 8 – 2nd Learning Update goes home March 15 – last day of school before Spring Break!

Our Week!

What a great and busy week, with so many things going on! Our kids had the chance to try out judo in physical education, and they did such a great job! I’m grateful to Abbotsford Judo for coming and teaching us, and to Mr. Bhambra for organizing it. 😊 We also had Carnival this week, and what an excitement that was! Mme Lafresnaye and her grade 4s and 5s did such a tremendous job of leading us all through some wonderful Carnival stations on Tuesday, and then the Maple Man and Bonhomme finished off the celebrations on Wednesday and Thursday! And to top it all off, we had Valentine’s Day this week, too! Whew...so much great fun and learning going on! 😊





Thankyou to the parents who came out to help with the Maple Man!



Parking Reminder!

Update: I can tell that so many of you are trying hard to help us out by keeping our parking spaces clear and our parking lot safe for all of us. THANK YOU! We really appreciate your help with this!! 😊

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! 😊



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.

Shop early for your Easter treats or something special over Spring Break while supporting our Grade 5's with their Legacy Fund. Their goal is to purchase a new Buddy Bench.

<https://fundraising.purdys.com/1220591-115555>

or find it on the Centennial Park Elementary PAC Facebook Page

Deadline to order is February 26.

Delivery March 11/12 to the school for pick-up. You'll have your order before Spring Break.



Krispy Kreme DOUGHNUTS Grade 5 Legacy

One Dozen Krispy Kreme Donuts for \$16

Order on Munch-a-lunch by Wednesday, February 21

Donuts to go home with students on Wednesday, February 28

IF we reach our minimum sales, the class who sold the most will get donuts for their class.

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. 😊

Current 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.

For Families: A Conversation about Eating Disorders

Families do not cause eating disorders but they can be one of the most effective influences in their child's recovery. Listen to a young person, a parent and an Eating Disorders Therapist share their perspective and knowledge as they talk about the continuum of disordered eating, what to be aware of, the importance of connection, and strategies that help support recovery. Come together with other families to watch this 40 minute video presentation followed by a facilitated discussion by a FamilySmart Parent Peer Support Worker

Cost: Free of Charge

Date(s):

Tuesday, February 6, 2024, 6:00pm (PST)
 Wednesday, February 7, 2024, 12:00pm (PST)
 Thursday, February 15, 2024, 6:30 pm (PST)
 Tuesday, February 20, 2024, 6:30pm (PST)
 Wednesday February 28, 2024, 6:00pm (PST)

Registration required:

www.familysmart.ca/events



FamilySmart
Help for the Hard Times
WORKSHOP

SUPPORT FOR PARENTS AND CAREGIVERS

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 - 7pm (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!

