



# École Centennial Park Elementary School

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

|                        |                                                                                                                                                                                                                                                                                 |
|------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Monday                 |                                                                                                                                                                                                                                                                                 |
| Tuesday                |                                                                                                                                                                                                                                                                                 |
| Wednesday              | Pizza hot lunch day – order through munchalunch!                                                                                                                                                                                                                                |
| Thursday               |                                                                                                                                                                                                                                                                                 |
| Friday                 |                                                                                                                                                                                                                                                                                 |
|                        | 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>April 26<sup>th</sup> – Professional Development Day (no school for students)</b><br><b>May 8<sup>th</sup> – Class photos</b><br><b>May 17<sup>th</sup> – Professional Development Day (no school for students)</b><br><b>May 20<sup>th</sup> – Victoria Day (no school)</b> |

### Our Week!

It was a fun and busy week, with Metis Jigging on Monday and Tuesday, and our Aladdin field trip on Thursday! On Friday we celebrated Vaisakhi, and so many of our students and staff dressed beautifully for the occasion. 😊



## Math Mania on May 15<sup>th</sup>

What is Math Mania?

Math Mania is an evening of mathematical demonstrations, puzzles, and hands-on activities for elementary or middle school children. It's been designed by members of the University of the Fraser Valley's Department of Mathematics & Statistics to show children – and their parents – how much fun you can have playing with mathematical concepts.

Math Mania is held in a school gymnasium and lasts about ninety minutes. About 20 volunteers (students and faculty) from UFV run tables with a wide variety of activities. We have games and puzzles to intrigue people of all ages.

We will also have a special math gift for all of our students! 😊

## Summer Explorers

Reminder that registration for **Summer Explorers 2024 (K-8)** is now open! This exciting three-week program offers inquiry-based exploration, skill-building, and deeper learning experiences for students.

### Key Details:

- **Registration Dates:** April 8th to April 26th, 2024
- **Program Dates:** July 2nd to July 18th, 2024
- **Time:** 8:15 am - 12:00 pm (Grades K-4) / 8:45 am - 12:30 pm (Grades 5-8)
- **Locations:** Clearbrook Elementary, Godson Elementary, and Chief Dan George Middle School

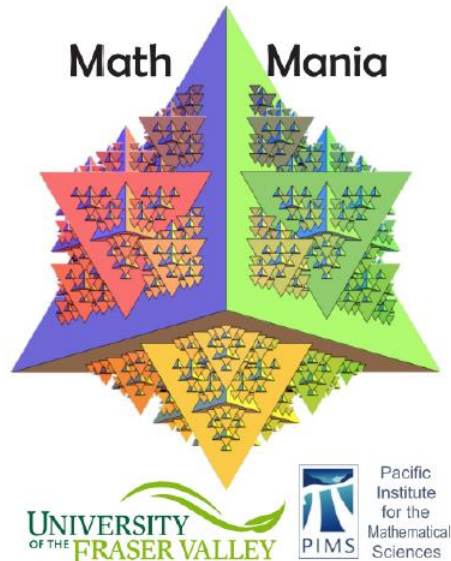
### Program Highlights:

- Focused literacy and/or numeracy instruction
- Meaningful exploration of students' passions from the provincial curriculum
- Integration of recreational physical activity and Indigenous principles of learning
- A celebration or demonstration of learning for parents on July 18th

**How to Register:** Visit the [Summer School Registration Page](#) to secure your child's spot.

Assistance in Arabic: إذا كنت بحاجة إلى مساعدة في إكمال هذا النموذج، يرجى الاتصال برينا شوهميليان على [rena.shohmelian@abbyschools.ca](mailto:rena.shohmelian@abbyschools.ca) or 604.226.0810

Assistance in Punjabi: ਜੇ ਤੁਹਾਨੂੰ ਇਸ ਰਜਿਸਟ੍ਰੇਸ਼ਨ ਫਾਰਮ ਨੂੰ ਪੂਰਾ ਕਰਨ ਵਿੱਚ ਮਦਦ ਚਾਹੀਦੀ ਹੈ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਮਨੂ ਵਰਮਾ ਨਾਲ ਸੰਪਰਕ ਕਰੋ [manu.verma@abbyschools.ca](mailto:manu.verma@abbyschools.ca) or 604.614.2390



## École Centennial Park Elementary

May 15, 2024

6:00 p.m. to 7:30 p.m., in the gym

Join us for an evening of mathematical play, with games, puzzles, and more!

## 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.



**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!



APRIL  
5 & 19  
\$2

**FREEZIE  
FRIDAYS**

OUTSIDE  
THE  
LIBRARY  
AFTER  
SCHOOL

## PAC



We need you!

your help means a lot!

# Volunteers Needed

In order to make our Year End BBQ happen we need volunteers! We will have some Grade 8 Leadership students from Chief Dan George Middle School but some of our attractions must have an adult with them!

<https://volunteersignup.org/EFQ3M>

## 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! 😊



## Host an International Student! See below for details.



**Expand Your World  
Host an International Student**



*"Our family loves hosting because it keeps us active!"*

Are you a family that lives near a secondary school within a 3km walk?  
Would you like to experience the benefits that other families have enjoyed  
by being international student hosts? Contact us today!

- An enriching and cultural experience for host families
- Provide a teen a home away from home.
- Make lifelong friendships.
- Receive financial compensation.
- Follow provincial Covid guidelines.

Contact our International Program Homestay Coordinator:  
[rose.mann@abbschools.ca](mailto:rose.mann@abbschools.ca)



## 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:

# COME & LEARN WITH US!





**DIGITAL WELL-BEING AND MENTAL HEALTH**

As parents, we struggle with balancing our children's time spent in the digital world and what we consider the real world. It's not easy to know how much time on technology is too much and how to set boundaries that don't create conflict. Join us to listen to a video conversation featuring Dr. Kristy Goodwin, Digital Wellbeing and Productivity Researcher, Speaker, Author and Consultant to learn some practical solutions to our everyday concerns and challenges around our kids' use of screens and their mental health.

This video presentation will be followed by a facilitated discussion by Monica Thimer, Family Peer Support Worker, Mission ICY Team and Corinna Landsberger, Family Peer Support Worker, Mission Community

Questions? - [monica.thimer@familysmart.ca](mailto:monica.thimer@familysmart.ca) or call (604) 607-9557

DATE: Thursday, April 4th  
 TIME: 6:30pm - 8:00pm  
 LOCATION: Ecole Heritage Park Middle School - Cafeteria, Mission  
 COST: Free  
 REGISTER AT: [Familysmart.ca/Events](https://familysmart.ca/Events)




[familysmart.ca](https://familysmart.ca)

**'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.

**Supporting, Understanding and Connecting with a Teen With a Depression**

Mood elevations are a part of normal development for our teens. For sometimes something more is going on with their mental health. How can we tell the difference? At what point should we intervene, and how can we get ahead of it? How as a caregiver and how best about how to best support your teen struggling with Depression, you are not alone. Join Victoria Health, a parent with lived experience and Kateri Patten, a mental health therapist who researches children, teens and families, for a discussion about understanding the experience. Show up in person and enjoy of journeying with them through it.

Come together with other families to watch the video presentation followed by a facilitated discussion by a FamilySmart Parent Peer Support Worker.

**Cost: Free of Charge**

**Dates:**

Wednesday, April 3, 2024, 12:00pm (PST)  
 Thursday, April 4, 2024, 6:00pm (PST)  
 Thursday, April 11, 2024, 6:30pm (PST)  
 Tuesday, April 23, 2024, 6:00pm (PST)  
 Thursday, April 25, 2024, 6:30pm (PST)

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






**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.



[familysmart.ca/workshops](https://familysmart.ca/workshops)



## 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!

