



École Centennial Park Elementary School

Reminders for the week of: April 8 – April 12

Monday	Métis cultural presentation
Tuesday	Métis cultural presentation
Wednesday	
Thursday	School-wide field trip to see <i>Aladdin</i> at Abby Arts
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	April 17th – pizza hot lunch (order through munchalunch) April 26th – Professional Development Day (no school for students) May 8th – Class photos May 17th – Professional Development Day (no school for students) May 20th – Victoria Day (no school)

Our Week!

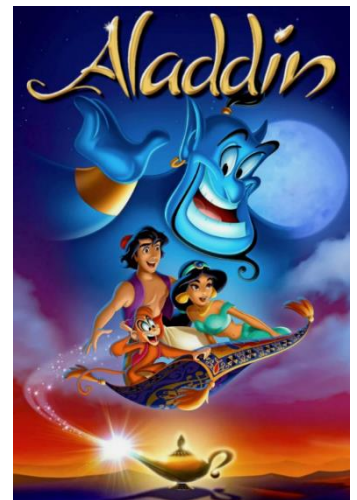
It was so wonderful to be back together this week, after our two weeks of spring break. I know from chatting with children, families, and staff that many people had fun together with family and friends, and came back feeling rested and ready for the rest of the school year. I hope that's the case for you, as well! 😊

School-wide Field Trip – Aladdin!

On Thursday, April 11th we are going on a school-wide field trip! We will be walking to the Abby Arts Centre to see a play put on by the students at Chief Dan George Middle School. 😊

Details:

- There is **no cost**, but you'll need to **go on School Cash Online** and give permission for your child to go!
- Leaving the school at around 11:00am
- Play starts at 12:00pm
- Returning to school around 2:00pm
- We have limited spaces for parent volunteers, so if you are interested in volunteering to go with your child's class, please speak to their classroom teacher about if there is space. 😊



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, ereaghh@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>

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.marr@abbotschools.ca



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! 😊



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 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




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 elevators are a part of normal development for our teens, but 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 about it? If you are a caregiver and feel lost about how to best support your teen struggling with Depression, you are not alone. Join Victoria Adams, a parent who lived depression and Marie-Pierre, a mental health therapist who supports children, teens and families, for a discussion about understanding how depression shows up in teens and ways of partnering with them through it.

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

Cost: Free of Charge

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

Registration required:
www.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 - 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!

