



École Centennial Park Elementary School

Reminders for the week of: May 20 – May 24

Monday	Victoria Day – NO SCHOOL
Tuesday	School-wide running club (each morning for 20 minutes, walking/running around the field)
Wednesday	Ready Set Learn event (for incoming Kindergarten families) 4-5pm
Thursday	
Friday	
	Click on the link to our school website NewsHub for detailed information about our school: https://centennialpark.abbysschools.ca/hub
Upcoming Dates to Note	May 27th – hot lunch May 31st – PAC year end BBQ! June 26th – Grade 5 assembly June 27th – Year end assembly (and grade 5s to Cultus Lake Waterslides)

Our Week!

It was a busy week, even though it was only four days with our kidlets! This week we had our Math Mania evening (thank you so much to Mme Deehoo for arranging that with the UFV students!). The staff also had an amazing treat, as the PAC put on a beautiful Staff Appreciation lunch for us. THANK YOU!! And thank you to all of you who donated such delicious food and drinks for us. We feel appreciated. 😊



It was also the day for some birthday celebrations, as both Ms. Wood and Mme Longpre have birthdays this weekend!



Grade 5 Legacy fundraising

Our Buddy Bench has arrived! We are so grateful to Mrs. Ranne and the grade 5 team for working hard to earn the money to buy their legacy project...our new, cool, Buddy Bench. 😊 We unveiled it on Wednesday, and since then it has been getting a lot of use already!





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.mann@abbyschools.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:



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.



familymart.ca/workshops



COME & LEARN WITH US!



TEENS AND SCHOOLS

Secondary School is an important time in a teen's life, and for teen's struggling with mental health and/or substance use challenges, it can be a tough time. This video conversation brings together a principal and a parent to discuss what they have done as adults to support things going well for teens in secondary schools. Speakers: Colleen Ellis, Parent with Lived Experience and Jeremy Church, Principal, Mountainside Secondary School

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, Abbotsford and Fraser Cascade ICY Team

Questions? - monica.thimer@familymart.ca or call (604) 607-9557



Familymart.ca



NATIONAL CHILD & YOUTH MENTAL HEALTH DAY

Online Event for Parents and Caring Adults

with Kim Barthel

CONNECTING WITH KIDS: We know that having caring, connected conversations can significantly impact the mental health of children and youth. Join us to listen to Kim Barthel talk about having more self-compassion, self-awareness and knowledge about the art and science of relationships. Our kids mean so much to us, and yet disconnection, dissociation and even the potential for self-harm is very real. A holistic and engaging story-teller, Kim will introduce the basics of attunement, attachment theory, trauma-sensitive practice, sustainable self-care and above all the power of connection and inclusion.

Kim Barthel is a Canadian occupational therapist, speaker, multi-disciplinary teacher, mentor and best-selling author who is active in supporting people in many contexts globally. Kim is passionate about understanding mental health, complex behaviour, neurobiology, movement, trauma-sensitive practice, attachment, sensory processing and learning. KimBarthel.ca

DATE: Tuesday, May 7, 2024

TIME: 6:00pm - 8:00pm (PST)

REGISTRATION REQUIRED: familymart.ca/events

This event is part of FamilySmart's National Child & Youth Mental Health Day celebrations. For more info and resources go to: may7icare.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! 😊



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!

