



## Centennial School

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October 1, 2021

Greetings Centennial Parents and Guardians,

I hope that this letter finds you and your family safe and in good spirits. Firstly, I would like to take a moment to introduce myself as the new principal of Centennial school. I am very pleased to welcome Charlene Saunders and Jane Gusdal as new learning team members to Centennial this year. Ms Saunders will be our new vice-principal and Mrs. Gusdal will teach music and work as our inclusion coach. I would like to thank all of our students for their efforts this past month. The feedback I am receiving is that our students are engaging in their studies and doing a terrific job! Please keep up the good work! I look forward to working with parents and guardians to provide our students with a successful school experience. We recognize the challenges posed by Covid over the last twenty months, but we are optimistic about the opportunities this year will offer. We know that academic success is strongly correlated to regular attendance and we are hopeful for a return to "Near Normal" conditions moving forward. Please continue to be vigilant in checking for Covid symptoms before sending your child to school each day. We appreciate your efforts in keeping our Centennial School family safe. Please make sure to check our school website regularly for school updates and a reminder to let us know if your personal information changes. If you have questions, please do not hesitate to contact the school as we are here to help.

Darren DeMone



## **Tips to help your student be successful at School.**

### **Make healthy food choices-healthy eating**

Centennial School provides a healthy breakfast and lunch program for all students. We know that it can be difficult to get the students out of bed, dressed and fed before it is time to leave for school. Sometimes the lunch is eaten on the long bus ride to school. Students are more open and engaged in learning when their nutritional needs are met.

### **Encourage meaningful screen use**

Focus on what your child is doing on their screens. Just be aware of what they are doing and the video games being played. Monitor for signs of a problem-is the child becoming irritable and moody.

Make offline time a priority-go screen free for most meals.

Model healthy screen use-turn off your devices when your child(ren) are around, especially if they are interacting with you. Give them your full attention.

### **Ensure that your child is getting enough sleep. Be consistent in bedtimes**

Establish a bed and wake up time. The amount of sleep your child gets can affect their mood, behavior and ability to learn at school.

Do not encourage electronic devices to be used before bedtime and try to keep them out of the sleeping area to discourage use once the child has gone to bed.

### **Practice being active and spending time outdoors.**

Being active and being outdoors boosts mental health. Right now the colors of Fall are so beautiful. Together, rake the fallen leaves and spend time taking turns jumping and playing in the pile of leaves(it is also a way of getting a job done). Some other fun ways to have unstructured play outside include: build a fort, camp out or picnic in the backyard or park, go on a sensory walk, puddle jump(after a rain), search for insects or just play board games and read books outside together.

These are just a few suggestions.

My role at Centennial as Family School Liaison is to support students and families to encourage the success of students. I work with students and families individually for support and crisis intervention, or to provide referrals to outside agencies. Most importantly is my role to advocate for students and families.

If community support is needed either here in Wetaskiwin or Mackwacis, contact me at the school and we will work together to access the supports. And there are many to access. So please give me a call. In future newsletters I will attempt to provide a list.

Submitted by Eva Rasmussen - FamilySchool Liaison Worker-Centennial and Norwood Schools

## Why Can't I Skip My 20 Minutes of Reading Tonight?

Student "A"  
reads **20 minutes**  
each day

3600 minutes in  
a school year

**1,800,000 words**



*90<sup>th</sup> percentile*

Student "B"  
reads **5 minutes**  
each day

900 minutes in  
a school year

**282,000 words**



*50<sup>th</sup> percentile*

Student "C"  
reads **1 minute**  
each day

180 minutes in  
a school year

**8,000 words**



*10<sup>th</sup> percentile*

By the end of 6<sup>th</sup> grade Student "A" will have read the equivalent of 60 whole school days. Student "B" will have read only 12 school days. Which student would you expect to have a better vocabulary? Which student would you expect to be more successful in school...and in life?

(Nagy & Herman, 1987)

Some items to bring to your attention:

- Powerschool Parent Portal Account
  - Student marks, teacher feedback/comments, report cards and attendance will all be available online at the Powerschool Parent Login. This link is located on the right-hand side of our website (<http://www.centennialschool.ca>). To create an account, you will require a Web ID and Password Letter from the school. This letter contains step-by-step instructions and the individual access code for each of your children. This letter has been sent home but if you require another copy, please contact the school. If you have multiple children at WRPS, just one parent account needs to be set up. You can “link” all your children on your account.
  - When your account has been set up, the following items need to be filled out electronically:
    - Technology Responsible Use Agreement Form
    - Locker Use Agreement Notification Form
    - The above forms are required to be filled out every year for each student
    - If you are using a phone and not a computer, please go to <https://www.studentquickpay.com/wrps/> - in order to fill out the forms and/or pay school fees

**October Important Dates:**

- Tuesday, October 5th - ECS school pictures
- Wednesday, October 6th - Grades 1 - 6 school pictures
- Friday, October 8th - PD Day - No school for students
- Monday, October 11th - Thanksgiving Day Holiday - No school for students