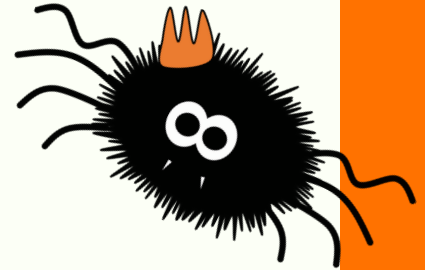




Centennial School

October 2022



Happy Thanksgiving! Wishing you and your loved ones a wonderful holiday weekend. We are thankful that we are able to work with your children everyday. Working with children is truly a blessing and we thank you for sending your children to Centennial School. It has been wonderful getting reacquainted with students, their families and witnessing the growth that has occurred over the summer. Centennial students have settled in nicely and now remember that the learning curve continues for a lifetime. We are very proud of our new students who have fit in quickly and are now members of the Centennial family. Thank you to all of the parents who attended Meet the Teacher Night and our first parent council meeting. From this meeting we were able to form this year's parent council consisting of:

**Tara Jones / Robyn Staffen – co–chairs
Chantel Saddleback – Secretary
Brad Remillard – Treasurer**

Our next meeting will be on Wednesday, October 19th at 6:00 p.m. and all parents are welcome to attend. This involvement and partnership makes the education process at Centennial School understandable, productive and enjoyable. As we progress through the fall and into winter, we will continue to emphasize excellence in academic, social, and behavioral development. As a school staff, we demonstrate daily that we care about your child and their personal development. We hope your child understands that everything we do - whether positive or corrective - is meant to help them reach their full potential.

**Darren DeMone,
Principal**





Wow, September flew by! I hope that it went by smoothly and the students have settled into their classroom routines and are enjoying their new learning.

I'd like to focus this month's information on self-talk.

"Self-Talk" are the things you say to yourself. The way you talk to yourself has a huge impact on how you feel about yourself, affecting your behavior and ability to cope with daily life stressors.

Positive self-talk is kind, supportive and affirming. It boosts confidence, helps you succeed in school, creates strong and healthy friendships, helps to achieve goals and gets you through challenging times.

Negative self-talk is unkind, critical and upsetting. It can sound like "I am not good enough" or "I can't do this." Negative self-talk lowers self-esteem, stops you from trying new things, can interfere with friendships and increase stress.

If you have negative self-talk, the good news is that, with awareness and practice, you can change your thoughts to be more positive.

Here are some examples of positive thoughts and affirmations that you can say to yourself everyday.

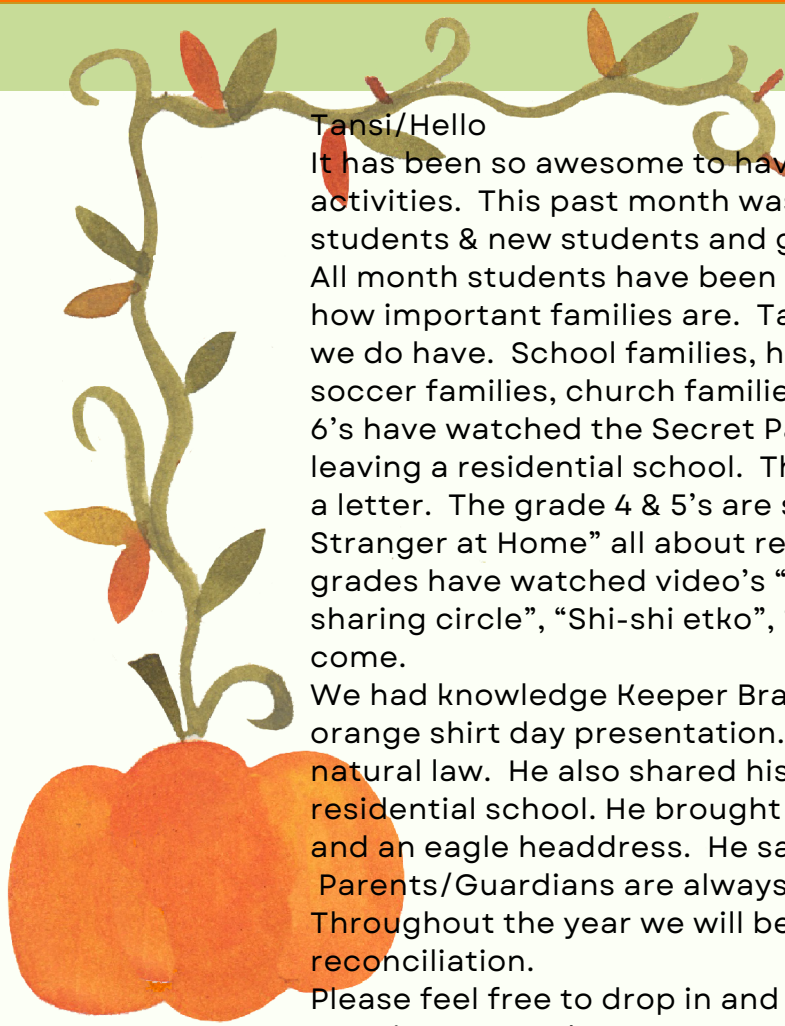
- "I am enough"**
- "I get better every single day."**
- "My challenges help me grow"**
- "My mistakes help me learn and grow."**
- "It's okay to not know everything"**
- "Today I choose to think positive"**
- "I believe in myself and my abilities"**
- "I am open and ready to learn"**
- "Every day is a fresh start"**
- "I am proud of myself"**
- "I choose to be happy"**



For more information about the Growth Mindset, please go to; Big Life Journal website or contact me at the school.

**Kandice Wynia
FSL**



A decorative illustration of a green vine with several leaves and two pumpkins. The vine starts at the top left, curves across the top, and then goes down the left side. The pumpkins are at the bottom left.

Tansi/Hello

It has been so awesome to have the school back to normal activities. This past month was very busy, supporting former students & new students and getting back to regular schedules. All month students have been learning about residential schools, how important families are. Taking a look at how many families we do have. School families, hockey families, dance families, soccer families, church families, cultural families etc. The grade 6's have watched the Secret Path which is about Chanie Wenjack leaving a residential school. They will be sending Chanie's sister a letter. The grade 4 & 5's are studying books "Fatty Legs" and "A Stranger at Home" all about residential schools. The younger grades have watched video's "Mama Do you still love me", "The sharing circle", "Shi-shi etko", "I feel like a fox" and many more to come.

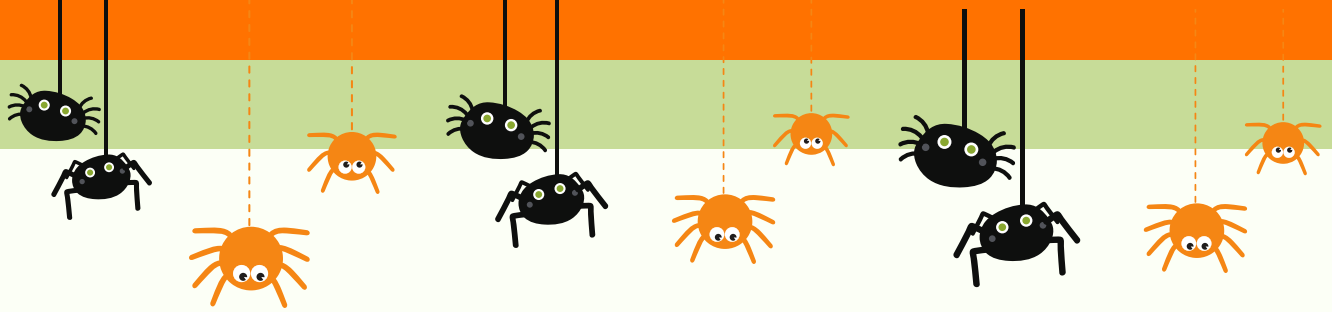
We had knowledge Keeper Brad Rabbit here at the school for an orange shirt day presentation. He spoke about resilience and natural law. He also shared his experiences of being in a residential school. He brought with him a bear, buffalo, wolf hides and an eagle headdress. He sang songs on his hand drum.

Parents/Guardians are always welcome to our assemblies. Throughout the year we will be continuing the journey of reconciliation.

Please feel free to drop in and share your ideas. I look forward to meeting you at the next parent council meeting.

We finally finished our HEART PROJECT which is displayed in the library.





October Important Dates

- Friday, Oct 7th - PD Day - NO SCHOOL
- Monday, Oct 10th - Thanksgiving Holiday - NO SCHOOL
- Tuesday, Oct 11th - School Bus Safety Program for ECS, Gr 1,3 & 5
- Monday, Oct 31st - Afternoon Halloween activities

