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MARCH NEWSLETTER 2023

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# CENTENNIAL SCHOOL



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## PRINCIPAL'S PAGE

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“If a child cannot learn in the way we teach – we must teach in a way the child can learn”.

I offer this quote as a reminder of Centennial School’s commitment to your child. At Centennial School, we use a collaborative response model to provide learning strategies for each learner. The underlying premise is that we provide timely, targeted, and systematic interventions for all students who demonstrate need. Our approach is to provide the needed support and interventions at a level that allows for student success.

For interventions to be successful, our learning team members collaborate ensuring that all students are receiving instruction that best meets their learning needs.

Staff at Centennial School work hard to evaluate and adjust their teaching to better meet the needs of these students. Our Student Support Team and outstanding Educational Assistants provide additional support to individualize instruction and bridge the gaps in student learning. On a weekly basis, we discuss student learning needs and focus our conversations around finding strategies that lead to better learning for each student. Collaborative Response is about the learning team working together to ensure we are doing everything we can to help students meet the learning outcomes. The next valuable step is working closely with parents to prescribe home learning which will support learning. Thank you for your role in helping us meet our goal of helping students be the best that they can be. I have included this link

(<https://www.learnalberta.ca/content/mychildslearning/>) to grade specific information about what your child is learning and what resources are available to help them be successful. As always, if you have any questions about your child's learning or progress please do not hesitate to contact us here at the school.

All the best,  
D. DeMone





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# Mrs. Jane Gusdal

Inclusion Coach

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## Screen time and children: How to guide your child

Screens are everywhere! Monitoring a child's screen time can be challenging. When some screen time can be educational, it can be tricky to navigate what and how much. Here's a primer on guiding your child's use of screens and media.

### The problems with screens

Too much screen time and regular exposure to poor-quality programming has been linked to:

- Obesity
- Inadequate sleep schedules and insufficient sleep
- Behavior problems
- Delays in language and social skills development
- Violence
- Attention problems
- Less time learning

Keep in mind that unstructured playtime is more valuable for a young child's developing brain than is electronic media.

- 1) For children ages 2 to 5, limit screen time to no more than one hour a day of high-quality programming.
- 2) For child aged 6 and older, limit it to 2 hours a day
- 3) The quality of the media your child is exposed to is more important than the type of technology or amount of time spent.
- 4) Keep your child close by to supervise their activities and content online.

More details coming in the next newsletter on **how** to guide children's screen time.

Information from: [www.mayoclinic.org](http://www.mayoclinic.org)





# Mrs. Gloria Rogers

Indigenous Support Worker



Tansi/Hello

Today is a new day, be thankful and have gratitude for everything good or bad in our lives.

I recently facilitated the moss bag teachings. The moss bag is one of the most important opportunities we can give our children. The moss bags teaches us traditional parenting, how deep our connection with mother earth can be. When our babies are first born we are wrapped in the love & light of the creator. It is then we have that true connection with the creator. Babies are in spirit at the time of conception until 7 years old. The soft spot on the baby is a portal to the creator and other spirits. I recently was told by Elder Betty Simon that when babies start to form they housed in a tipi shape in their mother's womb. When we are born we are baptized and blessed already with the water from the creator. Late Janet Fox shared with me how important the moss for the babies were, how it was filled with bacteria killing substance and how babies never had diaper rashes. The moss bag it was to have 7 eyelets to tie it up with laces. The 7 eyelets reminds us to raise this child with the seven teachings, love, truth, humility, courage, respect, wisdom and honesty. These teachings are to be used all our lives. The lace that is used to tie the moss bag together is the symbol of the umbilical cord and how we are connected to mother earth. The umbilical cord when it dries up is to be given to the grandmother to put someplace so the child is blessed with special qualities. Example in an ant hill, to be a hard worker and support your community. Babies didn't leave their mothers, they were with them in the moss bag until they were strong enough to continue into their next stage of life. The moss bag enhanced their 5 senses and strengthened their muscles through resistance.

Mostly they were warm, safe, secure, and confident and were loved deeply just as they are in their mother's womb.

Each of our children are gifts from the creator, they chose you to be their family!

Ayhiy/Thank you

Ekosi

Gloria Rogers

Indigenous Support Worker





# Ms. Kandice Wynia

Family School Liaison Worker



## Self- Care Matters!!!!

Self-care means taking care of yourself so that you can be healthy, you can be well, you can do your job, you can help and care for others, and you can do all the things you need to and want to accomplish in a day.

Self-care is important for everyone, including children. Daily self-care practices can lead to an increase in happiness, optimism, energy, physical health, concentration, curiosity and exploration, and positive mental health.

Types of self care include:

Physical - exercise, sleep, eating healthy foods, drinking enough water, deep breathing, personal hygiene practices, stretching,

Mental - learning a new skill, reading, art & crafts, hobbies, listening to music, organizing something, games

Emotional - writing about your thoughts and feelings, meditating/prayer, talking to a trusted person, affirmations, doing something relaxing

Social - spending time with friends and family, participating in social activities, saying "no" to something, setting and protecting boundaries, asking for help

Play is one of the best ways to incorporate all the types of self-care. Play is also a fantastic regulation activity and is what children do best.

Try to incorporate one activity from each type of self-care into your day. Even 5 minutes a couple of times a day can have a huge impact on one's ability to cope and manage with daily life.

For more information about self-care and managing stress please email me or contact me at the school.



# MARCH IMPORTANT DATES

**HAPPY**  
*Shamrock*  
**DAY!**

## March 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15 Parent Council Meeting 6:00 pm	16	17 PD Day - No School	18
19	20	21	22	23	24 Spring Break - No School	25 
26	27 Spring Break - No School	28 Spring Break - No School	29 Spring Break - No School	30 Spring Break - No School	31 Spring Break - No School	

