
APRIL NEWSLETTER 2023



CENTENNIAL SCHOOL

PRINCIPAL'S PAGE

It's hard to believe we are in the middle of April! We have had a busy year and we will continue to be busy for the next three months, a great deal of learning and activities still remain. With the sun finally out and the weather getting warmer please do not forget the importance of nightly reading with your children. Research shows that children who read regularly have a better vocabulary, critical thinking skills as well as more proficient writing skills. Enjoy your deck and being outdoors while you read with your child! Our teachers are busy planning year end field trips! Teachers will be sharing field trip information in the coming weeks. Congratulations to our Sharks basketball team who went undefeated at the WRPS Divisional Hoopfest. As I prepare for retirement, I am very happy to announce that Mary Lynn Kary has been announced as principal at Centennial school for next year. Thank you to all Centennial school families for all your support. I will take away many great memories from my time here! I know that Centennial school will continue to take great care of your children because of the amazing staff that we have in our building. Mrs. Kary is excited to return to the Centennial team after spending much of her career here. I am also pleased to announce that Mrs. Gusdal will be joining Mrs. Kary in the vice-principal role next year. On behalf of the Centennial staff I would like to invite all parents to attend parent teacher interviews on April 19 from 4:30 to 7:00 p.m. At this point of the year, your involvement in your child's progress helps us to communicate learning goals for the remainder of the year. As always, we appreciate your support.

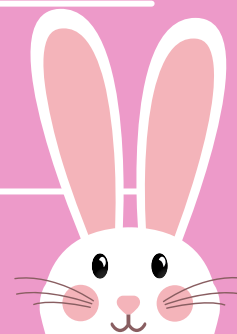
Darren DeMone,
Principal





Mrs. Jane Gusdal

Inclusion Coach



Screen time and children: How to guide your child Part 2

Last newsletter talked about the problems with screens. Too much screen time or regular exposure to poor quality programming has been linked to **obesity, sleep problems, delays in language and social skill development, attention problems, behaviour problems** and **violence**.

Although monitoring screen time can be challenging, here are a few tips for *how* to guide children's screen time.

For young children, limit screen time to under 1 hour a day.

Setting limits for older children

Establish clear rules and set reasonable limits for your child's use of digital media. Consider these tips:

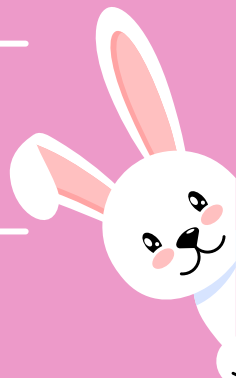
- Encourage unplugged, unstructured playtime.
- Create tech-free times, such as during mealtime or 1 night a week.
- Discourage use of media entertainment during homework.
- Set and enforce daily or weekly screen time limits and curfews, such as no exposure to devices or screens 1 hour before bedtime.
- Consider using apps that control the length of time a child can use a device.
- Keep screens out of your child's bedroom and consider requiring your children to charge their devices outside of their bedrooms at night.
- Eliminate background TV.

Information from: www.mayoclinic.org



Mrs. Gloria Rogers

Indigenous Support Worker



Ayhiy/Hello

Spring is finally here!

In Indigenous culture, spring is thought of as a time of rebirth and renewal. Not only is this true in nature, but it's also true for the cycle of our lives. As winter comes to an end, we find ourselves wanting to refresh or cleanse ourselves and move into a new chapter.

Take time to notice the rebirth of animals, flowers, plants and the days getting longer. Pow wow's will begin again shortly. The Sun Dance Ceremony renews our commitments and acknowledges the commitment we have to the land.

Practise kind gestures, like thank you to a stranger, thank you for each day for it is not promised. Always feel grateful from within. A word of praise to pick someone up. Slowly our world will change to a place of love.

Love is the most important teaching to share!

Ay hiy/thank you creator, grandmothers and grandfathers, all our relations.

Gloria Rogers

ISW





Ms. Kandice Wynia

Family School Liaison Worker



It's a stressful world! In some ways, today's families are under more stress than ever before and that includes kids. If children can learn to respond to stress in a healthy and constructive way early on, they will be more resilient and better able to cope with whatever life sends their way. **Resilience** is the capacity to withstand or recover quickly from difficulties and challenges. It's important to note that being resilient requires a skill set that needs to be worked on and grows over time. Building resilience takes time, strength, and help from other people.

10 tips for building resilience in children

1. ***Make connections***

Teach your child the importance of engaging and connecting with their peers, including the skill of empathy and listening to others. Connecting with others provides social support and strengthens resilience.

2. ***Help your child by having them help others***

Children who may feel helpless can feel empowered by helping others.

3. ***Maintain a daily routine***

Work with your child to develop a routine, and highlight times that are for school work and play.

4. ***Take a break***

When frustration, overwhelm or anxious feelings set in, teach your child to take a break, focus on what they can control, practice deep breathing or other calming techniques.

5. ***Teach your child self-care***

Caring for oneself and even having fun will help children stay balanced and better deal with stressful times.

6. ***Move toward your goals***

Teach your child to set reasonable goals and help them to move toward them one step at a time.

7. ***Nurture a positive self-view***

Help your child remember ways they have successfully handled hardships in the past and help them understand that these past challenges help build the strength to handle future challenges. Help your child learn to trust themselves to solve problems and make appropriate decisions.

8. ***Keep things in perspective and maintain a hopeful outlook***

Help them see that there is a future beyond the current situation and that the future can be good. An optimistic and positive outlook can enable children to see the good things in life and keep going even in the hardest times.



Ms. Kandice Wynia

Family School Liaison Worker



9. **Look for opportunities for self-discovery**

Help your child take a look at how whatever they're facing can teach them "what am I made of."

10. **Accept change**

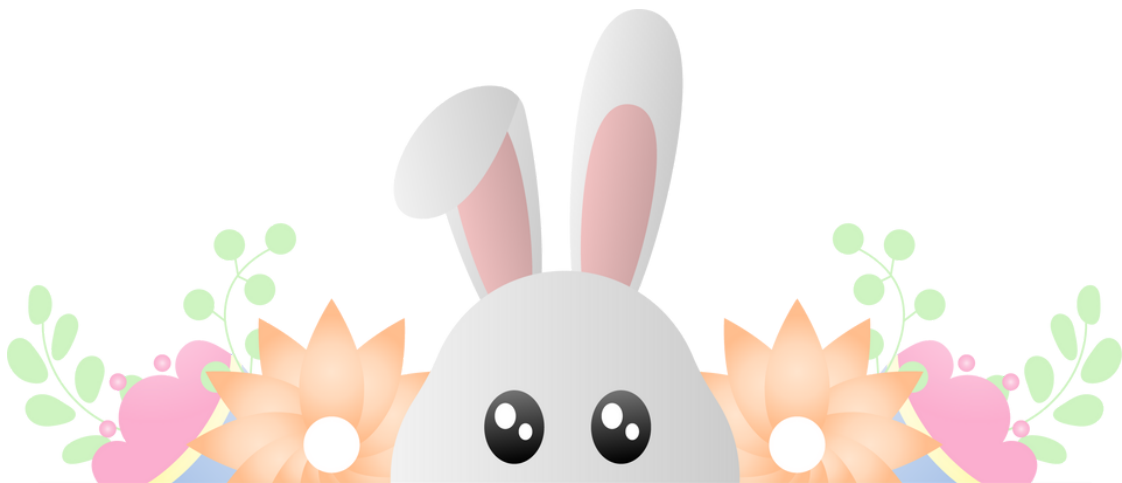
Help your child see that change is part of life and new goals can replace goals that have become unattainable. It is important to examine what is going well, and to have a plan of action for what is not going well.

(information taken from <https://www.apa.org/topics/resilience/guide-parents-teachers>)

If you would like more information about helping children develop resilience, please contact me at the school or through my email, kandice.wynia@wrps11.ca.

Kandice Wynia

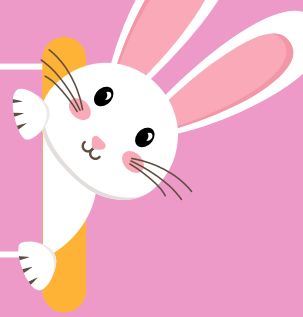
FSL, RPC/CT





Ms. Katie Coyne

Wellness Coach



Hi everyone!

I am the Wellness Coach for Centennial School, working for the Mental Health Capacity Building initiative at Wetaskiwin Regional Public Schools. I facilitate conversations in all grades at Centennial about mental health through Social Emotional Learning tools such as reading stories with stuffed animals and games, to name a few. Our program offers summer programming that is **FREE**, integrative, and fun for kids of all ages. More information will be shared in upcoming newsletters.

Further, the Wetaskiwin Community Collaborative Network (CCN) is hosting a Mental Health & Wellness Networking Event on April 21, 2023, from 9:30-3:00 pm. There is an opportunity to learn about support and services in the Wetaskiwin area with fun wellness workshops! To sign up, please follow this link!

<https://www.county.wetaskiwin.ab.ca/FormCenter/FCSS-13/FCSS-Wetaskiwin-Area-Mental-Health-and-W-146>

I will be at Parent Teacher Interviews on April 19—come say hi! I would love to connect with you and share resources.

Take care!

Katie

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Katie Coyne, BA (she/her)

Wellness Coach | *Centennial School & Parkdale School*

Wetaskiwin Regional Public Schools

Treaty 6 Territory

(780) 312-4937

WRPS Wellness Support Team

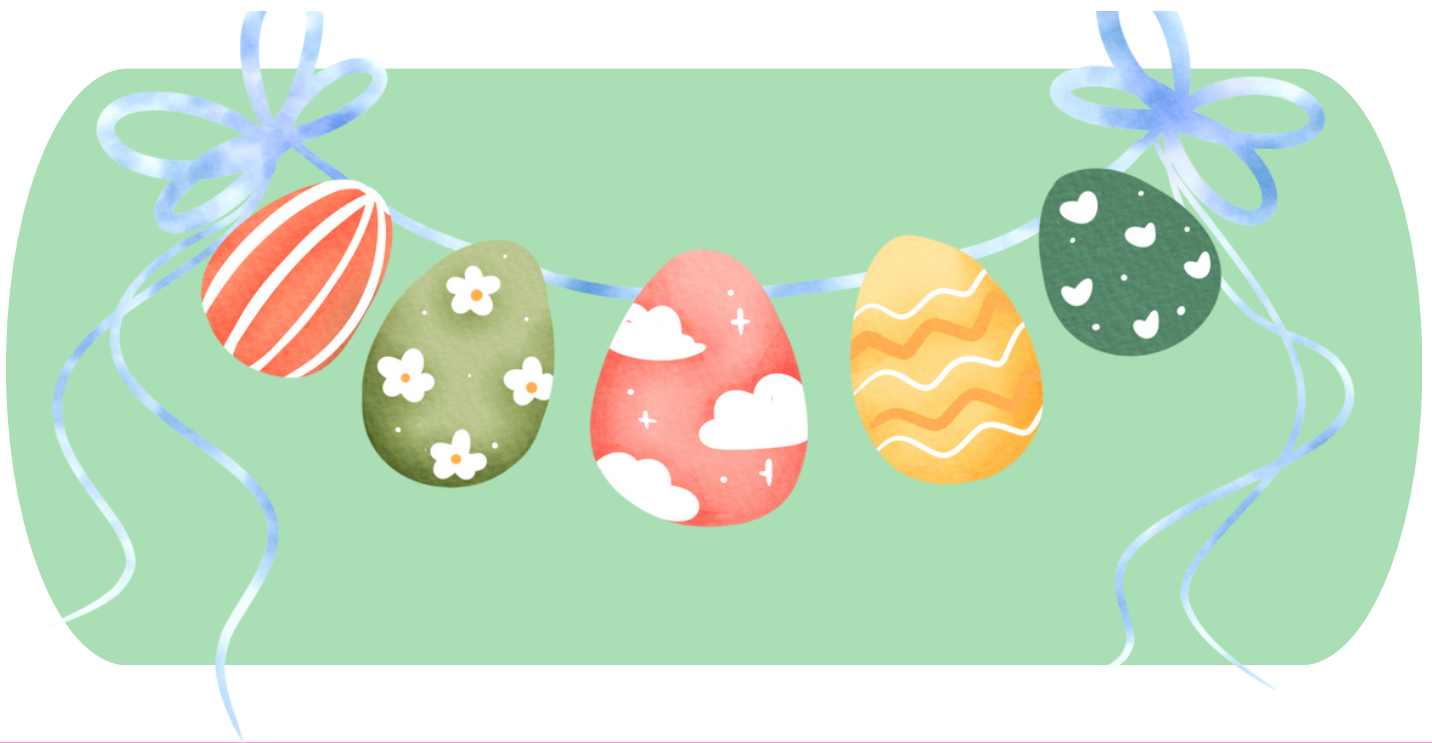


APRIL IMPORTANT DATES



April 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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2	3 Mary Lambert Performance 1:30 pm	4	5	6	7 Good Friday Holiday - No School	8
9	10 Easter Monday - No School	11 Pajama Day	12	13	14	15 
16	17	18 Parent Council Meeting 6:00 pm	19 Parent/Teacher Interviews 4:30 pm	20 Backwards Day - Wear your clothes backwards!	21	22 
23	24	25	26	27 Student Recognition Assembly 2:00 pm	28 PD Day - No School	29 
30						





kids & teen summer programming

july & august 2023

WHY YOU'LL LOVE IT

- ✓ Social emotional learning
- ✓ Fantastic staff
- ✓ No cost - FREE!
- ✓ Wide range of activities
- ✓ Programs for ages 3 to 18

LOCATIONS

- Wetaskiwin
- Millet
- Pigeon Lake & Area
- Buck Lake
- Winfield
- Alder Flats

EXAMPLE TOPICS

- Growth Mindset Music Day Camp
- Slumberkins Day Camp
- Family Event Nights
- Move Your Mood
- Play in the Park
- Teen Leadership Program
- LEGO Kids Club

Check out our website for
details coming May 2023
or sign up for our summer newsletter!



FREE



WETASKIWIN & AREA

Mental Health & Wellness Networking Event

Come and learn about supports and services in your area, meet your service providers, and participate in some fun wellness workshops!

April 21, 2023
Wetaskiwin Agricultural Society Hall
9:30AM to 3:00PM

LUNCH IS
PROVIDED!

GREAT
SPEAKERS!

9:30 am	Welcome
10:15 am	Wellness Session
11:00 am	Wellness Session
12:10 pm	Lunch & Learn
1:00 pm	Wellness Session
2:00 pm	Service Provider Networking Opportunity



Register at county.wetaskiwin.ab.ca or call the County of Wetaskiwin's FCSS at 780-352-3321