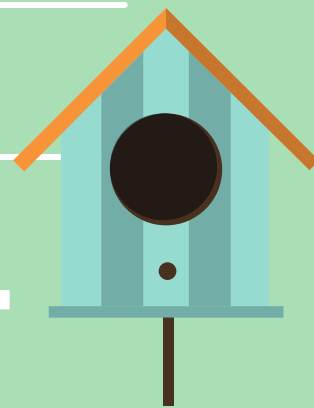




JUNE NEWSLETTER 2023

CENTENNIAL SCHOOL



5310 55 Avenue, Wetaskiwin, AB T9A 1A5 780.352.5088 Website: centennialschool.ca Email: ce@wrps11.ca

PRINCIPAL'S PAGE

It is hard to believe that June is here and we only have few weeks left in our School year! This year has gone by far too quickly! I would like to take this opportunity to thank the staff of Centennial School for all their hard work with our students. I would also like to thank all of the parents and guardians for your assistance throughout the year. You are an integral part of your child's learning, please continue to develop this partnership with Centennial School.

Students are getting excited about the year-end and their summer holiday time. As we strive to wrap up curriculum we continue to emphasize students social emotional learning as well. Throughout the year we endeavored to teach character traits that will create lifelong success. With this goal in mind, we were pleased to welcome the NED show to Centennial School. Ned is an acronym for Never Give up, Encourage Others, and Do Your Best. This character education group has performed for millions of students worldwide and even performed at the White House! Our students really enjoyed the assembly and the message of having a growth mindset is very important for this age group.

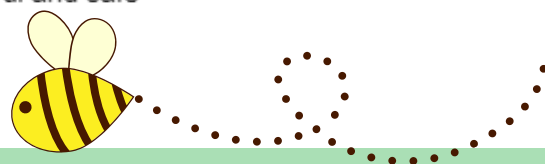
Some important calendar dates include our Kindergarten Celebration of Learning on June 22th at 1:30 pm. Additionally, our year end recognition assembly will occur on the last day of classes June 27 at 1:00 pm. We would love to see everyone at our assembly as we say our goodbyes. As we close out this year, we also plan for the next. Sadly, we must say goodbye and thank you to Mrs. Urano, Mr. Friesen, Ms. Clarke and Mrs. Whenham. We also extend our best wishes to Mrs. Bushell who will be taking next year off to start a family. So exciting!!

Change brings fresh faces and new opportunities; we would like to welcome Mrs. Candice Elliot, Ms. Holly Portas, and Mrs. Mary Lynn Kary who will join the Centennial staff in the fall. Mrs. Elliot joins us from Sacred Heart School in Wetaskiwin and will be teaching grade 2 next year. Mrs. Portas joins us from Saskatchewan and will be teaching grade 3. We extend a warm welcome to Mrs. Kary, who will be taking over as Principal of Centennial School next fall. Mrs. Kary brings a wealth of experience to Centennial and I am certain she will be a great leader moving forward.

Lastly, I wanted to take a moment to let parents, staff and students know how much I have thoroughly enjoyed and appreciated my time at Centennial School. I have been extremely fortunate to work with great kids, exemplary staff and a wonderful group of parents. Centennial School will always hold a special place in my heart as a great school filled with such great people!

On behalf of everyone at Centennial School, we wish you a wonderful and safe Summer holiday!

All the best,
Darren DeMone





Mrs. Jane Gusdal

Inclusion Coach



Screen time and children: How to guide your child Part 3

Last few newsletters 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**.

Here are a few more tips for **how** to guide children's screen time.

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

For **older children**, *set daily limits such as under 2 hours a day, keep screens out of bedrooms, charge devices outside of bedrooms, and stop all digital activity 1 hour before bedtime*.

Encouraging digital literacy

Talk to your child about the situations that could occur if they come across inappropriate content online and the behavior you expect.

Encourage your child to think critically about what they see on their screens. Ask your child to consider:

- Is everything on the internet accurate?
- Do you know how to tell if a website is trustworthy?

Help your child understand that media are made by humans with points of view. Explain that many types of technology collect data to send users ads or to make money.

Information from: www.mayoclinic.org





Mrs. Gloria Rogers

Indigenous Support Worker



Tansi/Hello

April showers bring May flowers!

The Seven Teachings

According to an oral traditional story, the Seven Teachings were given to the Anishinaabe early in their history. When the Seven Grandfathers sent their Messenger to learn about the current state of the Anishinaabe people, they were told that the people were not living in harmony with each other, nor with the rest of creation. In a vision quest, the Messenger found a child worthy of the teachings, and the Seven Grandfathers tutored the child in the "good way of life". Each Grandfather instructed the child with one teaching, which collectively became known as the Seven Teachings.

Eagle represents **Love** which means to be caring, kind and good to all that is around us. To know love is to find peace.

Buffalo represents **Respect** which is an attitude. To honor and listen to your Elders, parents and teachers.

Sabe represents **Honesty** which means to not cheat, lie or steal. Living your life in an honest way keeps things simple and peaceful.

Bear represents **Courage** which is being brave in the face of life's problems. Never give in, never give up.

Beaver represents **Wisdom** which is gained through experience and knowledge. To have wisdom is to know the difference between right and wrong.

Wolf represents **Humility** which is to live your life free from arrogance, to not be boastful, and to have a modest sense of your own worth. When you humble yourself, you open doors to see things you might have overlooked.

Turtle represents **Truth** which is to know all things.

Let's us never forget to use these teaching every day for the rest of our lives on Mother Earth.

Gloria Rogers

ISW-Indigenous Support Worker





Ms. Kandice Wynia

Family School Liaison Worker



Counting the days to summer break? The school year ending can bring about many feelings, not just excitement for the summer. Kids can feel sadness and anxiety as the transition to the next grade may mean saying goodbye to their favorite teacher, EA, classmates, or the school. There is also the adjustment to new routines, less structure and time apart from their friends, all which may increase stress in kids.

If your child has a hard time with transitions, try:

- Scheduling play dates with school friends or ways to meet new friends
- Maintaining some structure, even if it's looser than during the school year
- Enjoying quality time together as a family

Take time to look back on and celebrate the school year as it comes to an end. Attached is Big Life Journal's **"2023 End of School Year Interview"** to help your child reflect on their academic, social, and emotional growth in a fun and engaging way.

It includes questions and prompts for capturing the best memories of the school year. Take a look!

I will not be returning to Centennial School for the 2023/2024 school year. It has been my pleasure to be part of this wonderful school.

I wish you all a fantastic summer full of family time, fun activities and the creation of great memories.

Kandice Wynia - FSL, RPC, CT

Falun School, Mondays 780-352-2898

Centennial School, Tuesdays 780-352-5088

Lakedell School, Thursdays 780-586-2415



my END OF SCHOOL YEAR INTERVIEW

My name

Favorite song

I am

years old

Favorite subject

Favorite animal

Favorite color

What new skills or talents did you develop this year?

What did you practice and get better at this year?

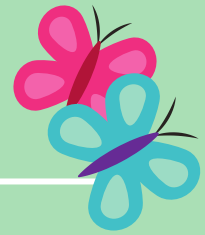
When did you feel proud of yourself this year?

What would you like to learn this summer?



School News

What's Happening At Centennial



Thank you, thank you, thank you!!! Our 'Summer Fun' book fair was a record success! Thanks to your generous support and patronage we will be able to purchase \$2000 worth of books for our library! Students will be able to foster their love of reading through incredible new graphic novels and adventure titles, and gain wisdom and knowledge through our non-fiction selections. We were privileged to open the doors to many families and community members this year and are looking forward to continuing to host another successful book fair in the coming year! Thank you again for supporting your child's literacy journey!

Sincerely,
Karen Mason/Book Fair Chairperson

THE NED SHOW ASSEMBLY - JUNE 7 @ 2:15 p.m.



Hey KIDS and families!

The NED Show is visiting our school! The assembly is filled with storytelling, humor, illusions and amazing yo-top tricks where our kids learn the hidden message in NED's name:

- N**ever give up
- E**ncourage others
- D**o your best®

Do you want to learn to yo? A yo-top is both a learning tool and a tangible reminder of NED's message. While learning to yo, children will make mistakes, try again and improve.

WILL BE
AVAILABLE
FOR
PURCHASE

CLASSIC YOS

Learn the basics of yo-yoing with assorted fixed axel yo-tops.

C\$12



SUPER SPINNERS

Great for basic and intermediate tricks. With a strong throw, these auto-return yo-tops 'sleep' at the end of the string & then come back to you automatically.

C\$14



SPECIALTY SELECTION

Assorted professional long spin yo-tops for next level tricks!

C\$18



REPLACEMENT STRING PACK

Ten assorted strings to change color or replace a worn out yo-top string.

C\$5



YO-TOP HOLSTER

Keep track of your yo and have it ready to go. Attach it to your belt loop or backpack (yo-top not included).

C\$8



BIKE SAFETY RODEO

**SATURDAY, JUNE 17 AT CANADIAN TIRE (3851 56 STREET)
FROM 1 P.M. TO 3 P.M.**

Wetaskiwin students (kindergarten to Grade 8) are invited to learn the ABCs of bike safety at the annual Bike Safety Rodeo. Each cyclist receives a treat bag and an entry for a grand prize draw.

Event sponsored by City of Wetaskiwin and Canadian Tire.





JUNE IMPORTANT DATES

HELLO SUMMER!



June 2023

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--------|--|---|---|--|----------|
| | | | | 1 | 2 Gr 5 Edmonton Power Foundation Field Trip | 3 |
| 4 | 5 | 6 Kindergarten Heritage Museum/Bowling Field Trip | 7 Throw Back Day - dress from another decade! Ned Program Assembly 2:15 pm | 8 Gr 1 Valley Zoo Field Trip Kindergarten Valley Zoo Field Trip | 9 Gr 2 & 3 Discovery Wildlife Park Field Trip | 10 |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| 18 | 19 | 20 Beach Day <i>Fun Day Afternoon</i> | 21 PD Day - No School | 22 Kindergarten Graduation | 23 Indigenous Day 1:00 pm | 24 |
| 25 | 26 | 27 Last Day of Classes for Students Final Student Assembly 1:00 pm | 28 Staff Organizational Day | 29 | 30 | |

