

2024-2025

CENTENNIAL SCHOOL

Centennial School Happenings

- Dec 2 - Kids In Action - 3:20 - 5:00 pm
- Dec 3 - Under the Tree Spirit Day - Dress like under the tree with bows, ribbons, ornaments - wear it all!
- Dec 3 - Health nurses doing catch up shots with missed Gr 6 students
- Dec 5 - Pizza Day - 1 Slice \$3/2 slices \$5. Order only on Thursday until 9:15 am
- Dec 6 - PD Day - No School for students



Upcoming Events

- Dec 9 - Kids In Action - 3:20 - 5:00 pm
- Dec 16 - Parent Council Meeting @ 6:30 pm
- Dec 17 - Centennial School Christmas Concert - 7:00 pm
- Dec 18 - Wear Red & Green Day Spirit Day
- Dec 19 - Singing at Madyson Mansor and Wetaskiwin Meadows
- Dec 20 - Christmas Activity Day in the morning
- Dec 20 - Student Assembly & Sharp Shark Draw @ 1:00 pm followed by classroom parties and locker/desk clean up



Choice of:
 Cheese
 Pepperoni
 Hawaiian

Order only on Thursday until 9:15 am

**1 slice - \$3
2 slices - \$5**

PIZZA DAY

Dec 5



WINTER FUN!!



BEADING WITH MRS. DICKAU



Leadership Group - making posters for Spirit Days



December

Gr. 5 and 6 WRPS Divisional Choir Opportunity

WRPS would like to give all Gr. 5 and 6 students who love to sing an opportunity to sing in a divisional choir.

When: Every Day 2 from 10-12 pm (similar to the hockey academy)

Where: all students interested will be bussed to Clear Vista's band room every Day 2

Commitment: This choir will learn singing technique and prepare for performances at the Music Festival in April, a Divisional Gr. 1-6 Gala Concert on May 5, and a small tour of performances at the in town schools to showcase our work in the final week of May

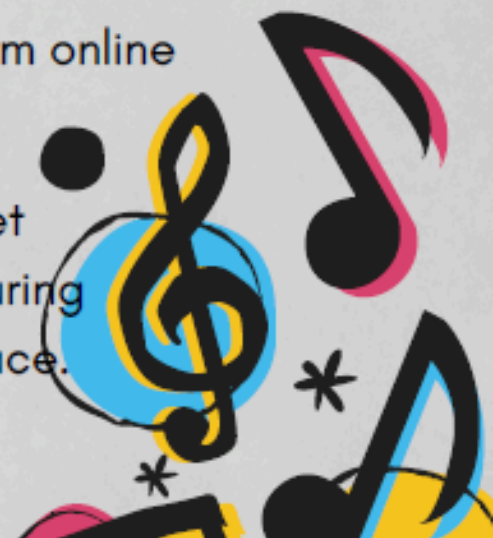
This choir would run from **Jan 15-May 31 every Day 2**. With bussing set up for the number of students who register, this commitment would need to last the duration of this choir season until May.

Cost: any costs for this opportunity will be covered by WRPS

How: Parents need to fill out the permission form online through PowerSchool

Note: Gr. 5 and 6 classes have already been set up to only miss options and non core classes during this time for the hockey academy already in place.

Contact: jane.gusdale@wrps11.ca



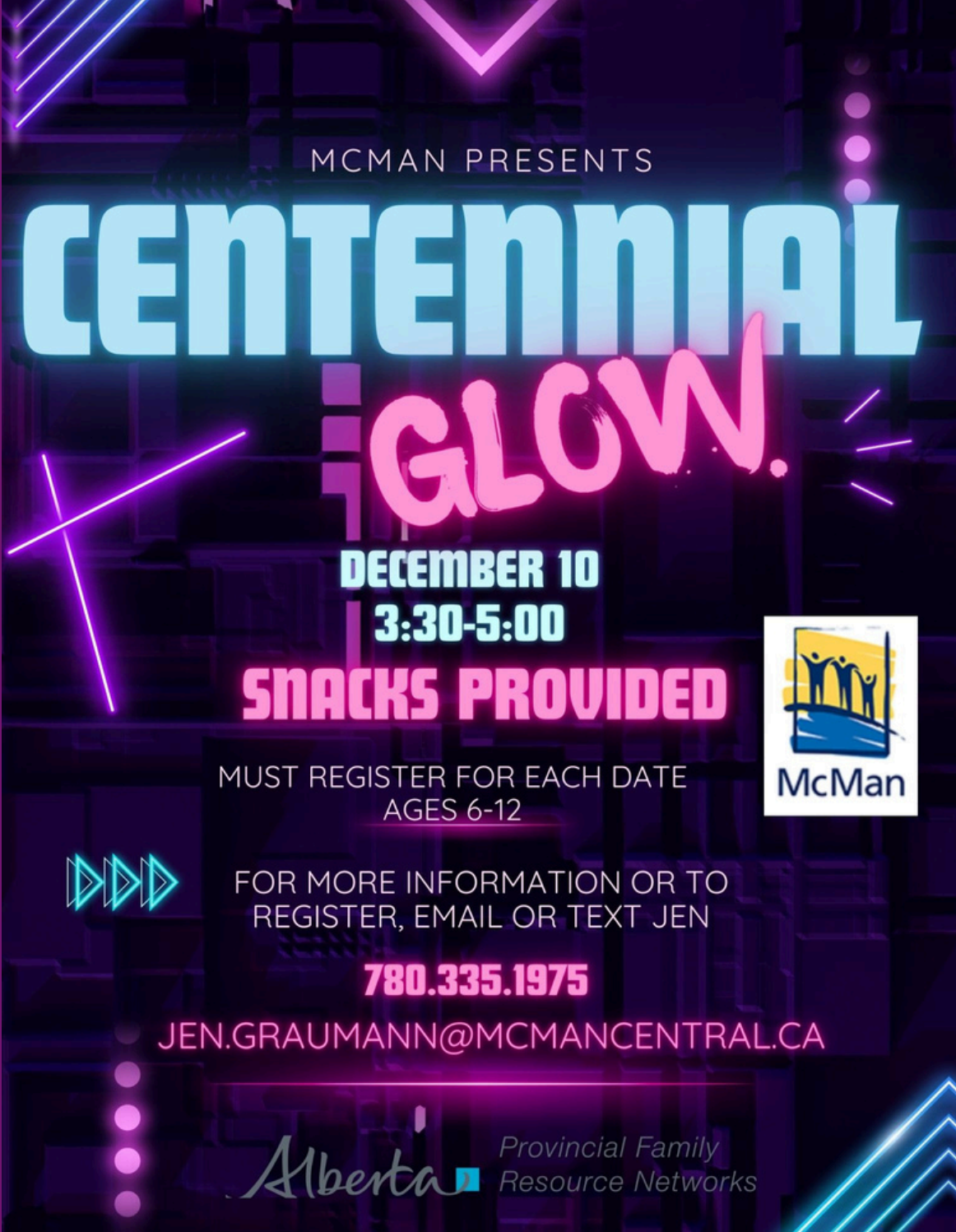
Centennial School is excited to announce a partnership with McMan to bring GLOW after-school programming to our community!

GLOW is an after-school program for kids ages 6-12 where students partake in snack, crafts, games, and gym play. It is a safe zone for kids to come and have fun afterschool.

This is a free extracurricular activity with more dates to come!

Our first GLOW date is December 10th.

Please see the details below to register!




MCMAN PRESENTS

CENTENNIAL

GLOW!

DECEMBER 10
3:30-5:00

SNACKS PROVIDED



MUST REGISTER FOR EACH DATE
AGES 6-12

▶▶▶▶ FOR MORE INFORMATION OR TO REGISTER, EMAIL OR TEXT JEN

780.335.1975

JEN.GRAUMANN@MCMANCENTRAL.CA

Alberta Provincial Family Resource Networks

Wellness & Community Resources



Do You Need Some



Christmas Assistance Applications
November 12 to December 12
Questions? Scan, Click or Call 780.352.2416



Free Christmas Toy Shop

UPcycle: like recycle, but this event gives used toys, new life... just in time for Christmas!

Donate, Volunteer, or "Shop" for free.

Collection week is November 25-29.

Shopping on Saturday, December 7. Families must sign up for a shopping spot using this link: <https://docs.google.com/forms/d/e/1FAIpQL5CrSE7OqSblcx-gEVN-SN8EtDDEnQw63jFX7-BPANmYBT6PDQ/viewform>



CityUniversity
EDMONTON  Counselling Clinic

Welcome to the journey



Now Accepting New Referrals

Offering Free Professional Counselling Sessions

The City University in Canada, Edmonton Counselling Clinic offers free, effective professional counselling (psychosocial interventions) to clients via in-person and secure video conferencing. Counseling is available to anyone in Alberta through secure video conferencing (telepsychology). In-person counseling is also available on a limited schedule. Services are provided by Master of Counselling Internship Students in the final year of their graduate degree, and are under the direction of a Registered Psychologist.

Hours of Operation: Appointments are available Monday through Saturday, 9:00 a.m. – 8:00 p.m.

Cost to Clients: Counselling Sessions are free

Clients Served: Adults, Youth, Children (6+), Couples, and Families

Problems Addressed: Mood (i.e. depression) and anxiety disorders, simple trauma, grief and loss, behavioral challenges, parenting issues, relationship/attachment issues, addictions, or education/career related concerns.

Intervention Modalities: The Intern Counsellors are trained to help clients through the use of many different types of intervention. Some of the interventions that may be used include: cognitive behavior therapy, interpersonal therapy, narrative therapy, solution focused therapy, acceptance and commitment therapy, psychodynamic approaches, psychoeducation, motivational interviewing, exposure based therapies, and trauma informed practices. Couples and family systems therapy may also be provided.

Technology Requirements: Clients engaging in telepsychology will need access to a private (passworded) and reliable internet connection and a laptop/smart phone/tablet that can facilitate video calls (like FaceTime or Skype, only more secure).

How to Request an Appointment: Self-referral. Clients are asked to please go to the Clinic website [Edmonton - CityU Counselling Clinic \(cityuniversity.ca\)](http://Edmonton - CityU Counselling Clinic (cityuniversity.ca)) and then click on the "Request an Appointment" button. Requests will be reviewed within 72 hours. The Clinical Director or your Intern Counsellor will contact you to review your request and/or book an appointment.

Clinic Contact Information:

Website: [Edmonton - CityU Counselling Clinic \(cityuniversity.ca\)](http://Edmonton - CityU Counselling Clinic (cityuniversity.ca))

Email: EdmontonClinic@cityu.edu

Phone: 587 328 6996



Visit the City University Link to sign up for free counselling here:
<https://clinics.cityuniversity.ca>