

2024-2025

CENTENNIAL SCHOOL

Centennial School Happenings

- Feb 4 - McMan "WIN" after school program in gym 3:30 - 5:00. Registration is required each month
- Feb 5 - Swimming lessons for Gr 3 and 1/2
- Feb 5 - Printed report cards will be sent home with your student. Parents/Guardians will also be able to see the reports in PowerSchool
- Feb 5 - Elder Esther Wildcat visit to classrooms
- Feb 6 & 7 - No School - Teacher's Convention



Upcoming Events

- Feb 12 - Swimming lessons for Kindergarten/Gr 1, Grade 1/2 and Grade 3
- Feb 13 - Grade 3 fundraiser - popcorn ball sale - \$2.00 each
- Feb 14 - Valentine's Day
- Feb 18 - McMan "WIN" after school program in gym 3:30 - 5:00. Registration is required each month.
- Feb 19 - Swimming lessons for Kindergarten/Gr 1, Grade 1/2 and Grade 3



After school programming opportunity!

McMan is hosting free after school programming at Centennial School on February 4th & 18th.

Guardians must register their student for each individual WIN session.

Please register by email or text at:
adrienne.perry@mcmancentral.ca
780-360-4124



McMan

Alberta Provincial Family Resource Networks

Centennial

WIN TIME

Whatever. I. Need **Formerly GLOW**

FEBRUARY 4 & 18

REGISTRATION IS REQUIRED EACH MONTH

3:30 - 5:00

Ages 6-12

FOR MORE INFORMATION OR TO REGISTER, EMAIL OR TEXT ADRIENNE
adrienne.perry@mcmancentral.ca
780.360.4124

“ W.I.N Time will provide a safe environment focused on connection, fun, and **whatever your child needs that day.** Activities, games, and snacks are provided. ”

Wellness & Community Resources

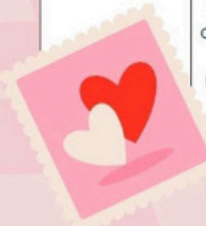


February 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Alberta Provincial Family Resource Networks			McMan	1
2	3 MILLET L&P FINE MOTOR FUN WETASKIWIN BABY ON BOARD MILLET WIN	4 STROLLER-CIZE FAMILY PLAY BABY AND YOU CENTENNIAL WIN COPE	5 WINFIELD L&P RIMBEY L&P	6 BABY AND YOU COOKING CLASS B.Y.O.P	7 WETASKIWIN L&P D.E.A.R. TEEN ANTI-VALENTINE	8 DAD-UR-DAY MEDICINE WHEEL TEACHING
9	10 PONOKA L&P ONCE UPON A TIME PONOKA BABY ON BOARD LAKEDELL WIN	11 STROLLER-CIZE SUPPORT & PLAY BABY AND YOU PARK'N'PLAY COPE	12 WINFIELD L&P LAKEDELL L&P STORYTIME FRIENDS MOMS MATTER	13 WETASKIWIN WIN	14 WETASKIWIN L&P	15 SATUR-PLAY
16	17 NO PROGRAMS	18 STROLLER-CIZE FAMILY PLAY BABY AND YOU PARK'N'PLAY CENTENNIAL WIN COPE	19 RIMBEY L&P STORYTIME FRIENDS	20 BABY AND YOU	21 WETASKIWIN L&P	22
23	24 PONOKA L&P ONCE UPON A TIME PONOKA BABY ON BOARD LAKEDELL WIN	25 STROLLER-CIZE SUPPORT & PLAY BABY AND YOU COPE	26 WINFIELD L&P	27 BABY AND YOU WETASKIWIN WIN	28 NO PROGRAMS	

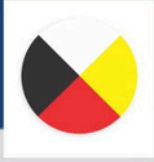
- *MUST PRE-REGISTER***
- LEARN AND PLAY**
10:00-12:00
- *WIN TIME***
- Wetaskiwin 3:30-5:00
- Lakedell 3:45-5:15
- Millet 3:45-5:15
- Centennial 3:15-4:45
- BABY & YOU**
- Wetaskiwin
- Tuesday's @ 1:30 - 3:00
- Thursday's @ 10:00-11:30
- FAMILY PLAY GROUP**
- Wetaskiwin 10:00-12:00
- SUPPORT & PLAY FOR FAMILIES WITH CHILDREN WITH DISABILITIES**
- Wetaskiwin 10:00-11:30
- *MOM'S MATTER***
- Wetaskiwin 5:30-7:30
- *COOKING CLASS***
- Wetaskiwin 1:00 - 2:30
- SATUR-PLAY**
- Wetaskiwin 10:00-12:00
- DAD-UR-DAY**
- Wetaskiwin 10:00-12:00
- STORYTIME FRIENDS**
- Ma-Me-O 1:30 - 3:00
- *COPE SESSION***
- Wetaskiwin 4:00 - 5:30
- BRING YOUR OWN PROJECT**
- Wetaskiwin 3:00-4:30
- PARK'N'PLAY**
- Wetaskiwin 1:30-3:00
- BABY ON BOARD**
- Wetaskiwin 12:30-1:30
- Ponoka 12:30-1:30
- *FINE MOTOR FUN***
- Wetaskiwin 10:00-11:30
- *ONCE UPON A TIME***
- Wetaskiwin 10:00-11:30
- STROLLER-CIZE**
- Wetaskiwin 9:30-10:30
- *MEDICINE WHEEL TEACHING***
- Wetaskiwin 1:30-3:00

For information or questions
please email, text, or call
jen.graumann@mcmcentral.ca
780.335.1975





The Medicine Wheel with Danielle Chamryk



MEDICINE WHEEL TEACHINGS

Parents, come learn about the Medicine Wheel and its impact on child development. Child care provided*

**SATURDAY FEBRUARY 8
1:30-3:00**

4415 49 Street Wetaskiwin | McMan

To register or inquire please reach out to Adrienne at adrienne.perry@mcmancentral.ca or 780-360-4124

Alberta Provincial Family Resource Networks

 **bgc** Wetaskiwin

Out of School Care Spaces Available

- before and after school care
- licensed programs
- transportation to and from schools
- government subsidies available
- daily snacks

~Register now to start January 2025~

tenille@bgcwetaskiwin.ca
(780) 352-4643
www.bgcwetaskiwin.ca



8 WEEK SESSIONS

Saturday afternoons from
1:00pm-3:00pm

February 22 - April 12, 2025

Location:
Wetaskiwin Heritage Museum
5007 50 Ave, Wetaskiwin

NAVIGATING THE RIVERS OF GRIEF

Navigating the Rivers of Grief consists of eight, two-hour sessions and is facilitated by a grief specialist. Participants receive support, self-care tools and a better understanding of their grief journey.

TOPICS EXPLORED:

- ✓ Self-compassion in the midst of grief
- ✓ Working with guilt, anger and other difficult emotions
- ✓ Remembering and mourning
- ✓ Sharing grief stories
- ✓ Exploring new thinking pathways
- ✓ Ways to nourish the continuing bond with our loved one

REGISTRATION REQUIRED (MAXIMUM 10 PARTICIPANTS)



Registration Fee

\$100.00

(\$12.50/per session)

* If required, cost can be discussed with the grief specialist.



Contact
rns_are_angels@outlook.com



Did you know that Centennial School has access to a direct referral for 211 services?

WHAT IS 211?

211 is an essential service that helps Albertans find the right resource or service for whatever issue they need help with, at the right time. 211 is available 24/7 by phone, text and chat. The service is free, confidential and available in over 170 languages over the phone.


On a national level, 211 connects people to the right information and services, strengthens Canada's health and human services, and helps Canadians to become more engaged with their communities.




Need Help?

Free. Confidential.

Live Answer 24/7

 **Call 2-1-1**

 **Text INFO to 211**

 **Chat with 211**

If you're having an emergency, call 9-1-1.

Please contact our Mental Health Practitioner, Brittany Fisher, for more information about the supports that 211 can provide.

Direct phone (call/text):
780-335-8050

Email:
brittany.fisher@wrps11.ca

Want to learn more? Please visit: <https://ab.211.ca/>