



Centennial Public School - December Newsletter



Principal's Message



Dear Centennial Community,

November was a great month, we celebrated Remembrance Day with an in person assembly featuring wonderful student performances, we enjoyed a fun filled spirit week and our junior students attended the Ottawa 67's game.

In December we look forward to our annual holiday sing-a-long , skating at McNabb arena, Math and Science Clubs as well as intramural sports such as borden ball and pickleball.

As a special initiative Ms. Rebecca has placed outside of the office a 24 days of kindness challenge. The ideas put forward in this challenge have been generated directly from Centennial PS students. We encourage all staff and students to continue to spread kindness this month and all year long!

With 2023 coming to a close I would like to take a moment to thank you all for your continued support and wish you and your families a wonderful winter break.

Take care and thank you,

Jenny Dewan

Principal of Centennial Public School

Upcoming December Dates:

- 1st** Nunatsiavut Day
- 3rd** International Day of Persons with Disabilities
- 5th** International Volunteer Day
- 7-15** Hanukkah
- 20** Pizza Day
- 21** Winter Solstice
- 25** Christmas
- 26-Jan. 1** Kwanzaa
- 22-Jan 8** No school for students/staff Winter Break





Centennial Public School at the Canadian Tire Centre

On November 15th, our Junior students had the opportunity to watch an Ottawa 67's hockey game at the Canadian Tire Centre. This event was supported by the 67's hockey team. Many memories were formed and students came back full of interesting observations and stories to share. The students can be proud of how many staff and even other schools were very impressed by their good citizenship and responsible behaviour. Centennial students demonstrated great respect for each other and those around them throughout the field trip. Well done Juniors!



Remembrance Day

On November 10th we honoured Canadians who have served or continue to serve for Canada. I would like to thank our MC's as well as all the classes who came together to make the assembly such a memorable one. The music, poems, art work, personal stories and wreaths made it truly a special assembly. An extra special thank you to Ms. Allison Prowse, who took the lead, organizing, planning and spending many additional hours to make this event meaningful and memorable.



School Council and Pizza Day

Thank you to the School Council, Parent Volunteers and Ms. Nikki/her class for putting together our December Pizza Day. This Pizza Day event will take place on December 20th. Order forms will be sent out shortly!

As December is a short month we will have an informal Council meeting this month and return to open meetings, encouraging all to join in the New Year.

If you have any questions/concerns about the council please do not hesitate to reach out to Kendra MacLean, your new School Council President.

Athletic Update



Centennial Public School is sending two co-ed teams to Glashan Public School on December 5 to participate in a Borden Ball tournament. We are bringing 30 students who have earned their spot by demonstrating positive sportsmanship, teamwork and respect. Congratulations to all those who made the team and tried out. We wish you the best of luck on December 5th!

Snowsuits and Winter Outerwear

A huge thank you to Ms. Kelly and Ms. Thua who took the lead in organizing our winter gear giveaway this year. Through the efforts of many school staff and Mutchmor School Council we were able to fill approximately 15 tables of winter gear which were successfully donated.

If you or your family is still in need of snow jackets, pants, boots, hats, mittens, gloves etc. please do not hesitate to reach out to your child's homeroom teacher.



Centennial Breakfast/Lunch Program

We continue to have bagged breakfasts ready at the parking lot doors each morning at 8:40 for any student in need.

Thank you to PSP staff and students for their support in organizing our lunch program. Due to their efforts all homeroom classes are provided with a bag of healthy lunch food each lunch for those who need it. If, due to circumstance (without judgment), your child requires either of these please connect with your homeroom teacher and we will be sure to accommodate.



Skating for Centennial Junior Students is back!!!



Starting December and running until March, Centennial Junior students will be doing weekly skating sessions at McNabb community skating rink.

We are looking for support to help outfit our students for their weekly skating sessions. If you have a child in grades 4-6, please consider starting to look for a pair of skates, helmet and a sturdy cloth bag for your child.

Often used skates and helmets can be found in used sports equipment stores or from online used goods sites.

Here are some places to try:

Facebook Marketplace Ottawa (<https://www.facebook.com/marketplace>)

Ottawa/Gatineau Kijiji (<https://www.kijiji.ca/b-buy-sell/ottawa-gatineau-area/c1011700184>)

In Person at Play it again Sports (<https://www.playitagainsports.com/locations/ottawa-on-barrhaven>)

In Person or Online at Canadian Tire (<https://www.canadiantire.ca/en/store-details/on/ottawa-south-on-210.html>)

Helpful Additional Resources:

CHEO Access: <https://211ontario.ca/service/71449262/cheo-access-team/>

Services referral may included:

- social work
- autism diagnosis
- care and respite
- physiotherapy
- occupational therapy
- recreation therapy
- behaviour services
- First Words Preschool Speech and Language Program

1Call1Click- <https://www.kidscomefirst.ca/en/index.aspx>

Hub -for all supports community for mental health

PLEO- <https://www.pleo.on.ca/>

Parent lifeline of eastern Ontario- has all languages

Parents' Helpline for support and guidance navigating the mental health system, finding resources in your community, and for when you just need someone to talk to.

Parent Support Groups for parents to share information and learn from one another, and come together as a community.

Mobile One-on-One Support for more intensive support and guidance through particularly challenging times, in-person and in your community.

Centretown Community Health Center- <https://www.centretownchc.org/>

Crossroads <https://crossroadschildren.ca/> Crossroads Children's Mental Health Centre is

Ottawa's community leader in developing and delivering a range of individualized mental health services solely for children under the age of 12 and their families.