



## Important January Dates:

January 1st	New Year's Day/Kwanzaa Ends
January 2nd-7th	NO SCHOOL FOR STUDENTS (Winter Break)
January 7th	Orthodox Christmas Day
January 14th	Orthodox New Year
January 18th	School Council January Meeting (7PM) <a href="https://meet.google.com/qsa-awrg-mcc">meet.google.com/qsa-awrg-mcc</a>
January 22nd	Centennial PS (4:30pm)
January 26th	PA Day (no school for students)
January 27th	International Holocaust Remembrance Day

## Upcoming Events:

February 15th	Term 1 Report Cards Go Home
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## SCHOOL NEWS

### Winter Brings Fun!

With the ever changing weather we are bringing the outdoors in. Many classes engage in studying the climate, looking at weather patterns and predicting what the forecast may look like the next day.

Feel free to engage with your children in these types of conversations as they learn to be independent problem solvers. Something you may choose to ask your child are questions such as, *it is -14 degrees out today, what should you wear?* Or *If it is colder today than yesterday what could the temperature be today?*



### The Kindness Cane/La Canne de Gentillesse

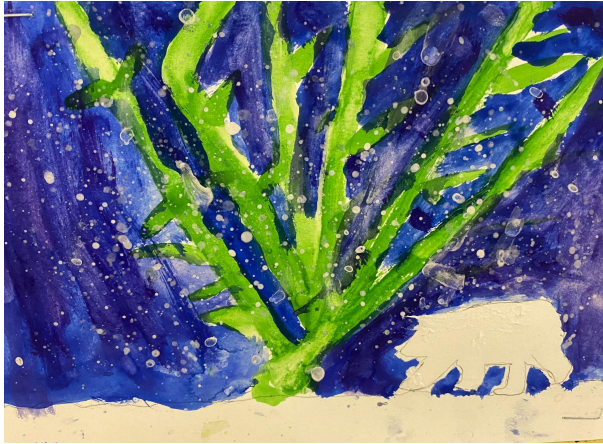
Before the winter break Centennial students worked hard to spread kindness throughout the school, their homes, and the community.

We would like to start 2024 off right! Therefore we are encouraging all students and community members to display an act of kindness this month.

Because...together we can make a difference!



## Centennial Winter Expression



Winter is not only a time for outdoor magic, creativity and fun. At Centennial we also look for creative ways to bring the outdoors in. Whether through our art activities, learning about mixing colours, or playing with dimension, we enjoy expressing the outside world in a variety of ways. Writing about winter can be fun too. We encourage all students to continue to find creative ways to express their feelings about the outside world!



## At Centennial We Celebrate All Cultures/Traditions

Centennial Public School is proud of the many cultures and traditions that we celebrate. Sharing our own experiences and celebrating our differences is what helps to make Centennial such a special place. Accepting our differences does not mean we negate our own beliefs but rather helps to enrich our understanding of the world around us. If you are celebrating a special occasion, special tradition, please do not hesitate to reach out to your child's homeroom teacher to share. We value our rich diversity and appreciate learning more!

## School Council January Meeting

We invite all Centennial parents/guardians to come join the School Council virtually on Thursday January 18th, 2023 at 7pm.

If you wish to join us please use the following link: [meet.google.com/qsa-awrg-mcc](https://meet.google.com/qsa-awrg-mcc)



We welcome new members at any time, please know that coming does not mean you have to commit to future meetings. As a friendly reminder the meetings are virtual so muting your microphones when not speaking is helpful to ensure the speaker can be heard. Hope to see you there!

## Kindergarten Information Night

On January 22nd at 4:30 p.m., we will host an in-person parent Information Night in our school library, where you can learn about our full-day, fully-bilingual Kindergarten program.

Come see what we have to offer!



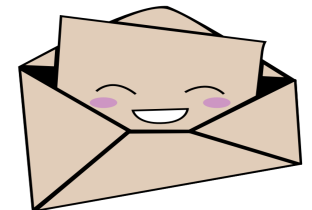
## Letter of Intent

Letters of intent will be sent out to families of SK, Grade 3 and Grade 6 students. Within the letter you will have to make a decision about your child's program choice for September 2024.

--> *If your child is currently in SK you will be able to choose between English and Early French Immersion.* Unfortunately we do not have Early Immersion at Centennial but the option will be available for any family wishing to pursue this option at a nearby site based on your home location.

--> *If your child is currently in grade 3, you will have a choice between English and Middle French Immersion,* both available at Centennial PS.

--> *If your child is currently in grade 6, you will have the choice between French Immersion and English at your designated Middle School site. The school is based on your home address.*



If you have any questions/concerns please contact the main office.

## Support Available- A January Message from our School Board Mental Health Team



For many families, 2023 was yet another challenging year. Many parents might look to 2024 as a fresh start, bringing hopeful goals of what they would like to accomplish as parents in the year ahead. Unfortunately, many of the goals we set for ourselves and our children can fall short, cause us to set unrealistic expectations for ourselves and others, and even become a source of discouragement or self judgment.

This year, we encourage families to try something a little different. Instead of looking at what you want to change or what has happened in the past, try congratulating yourself and your family on what you have accomplished over the past year, and forgive yourself for the moments that were far from perfect - of which we have all had many. In addition, try to engage in hopefulness about the future through the power of gratitude.

Expressing gratitude is a simple concept that can have powerful effects. It can support both you and your child(ren) in maintaining a sense of hope and optimism. When we practice gratitude regularly, we start to intentionally notice the things in our lives that are working, and can take time to pause and to reflect on what is happening around us.

Simply put, gratitude is the expression of thankfulness and appreciation. This is a skill - with practice, it can allow us to be open and ready to show kindness, see hope, and authentically express ourselves. This makes gratitude an important skill and mindset to have for both children and adults. As we regularly practice gratitude, we may notice that our approach to difficult situations begins to shift, helping us stay open to new ideas and positive possibilities by noticing and naming the positive things around us.

### Practicing Gratitude at Home

There are a number of meaningful ways to practice gratitude alone or as a family. Take a moment to consider how you may already use gratitude in your everyday life. How do you show appreciation for others and the things around you? What family rituals or routines do you have that provide a space to show appreciation and express thankfulness? While this may look different for each family, below are some ways to practice expressing gratitude for the family and for your child(ren).

**Daily Expressions of Gratitude:** A daily expression of gratitude can be done individually or with your child(ren). Find a time that makes sense within your routine each day to contemplate and express gratitude. For example, set a time after school, at dinner time, or before bedtime to practice gratitude each day. This can be modeled to your child(ren) and practiced together with each person taking a moment to say one thing they are grateful for today. This does not have to be big to be meaningful - notice a moment where someone smiled at you, or the sun shone on your face. Remember that appreciation can be about others, ourselves, or our lives in general.

**Daily Acts of Kindness:** A daily act of kindness is a small gesture towards another person done out of kindness and appreciation. These can be fun, creative, and exciting for the whole family. These acts of kindness can be done for another family member, a friend, a neighbour, a teacher, or even a stranger. This can be as simple as a thank you note for helping out with a chore or task.

**Gratitude Journal:** Use a journal to keep track of the things you feel grateful for. You can use a prompt, or simply begin writing about the positive things on your mind for the day or the week. Some examples of a prompt could be:

- 3 things that I am grateful for this week are...
- 1 thing I am thankful for today is...
- Something positive from this week was...



Think about why this is meaningful for you, the more we make this a habit and engage in these reflections as a family, the more they become a natural part of our day-to-day practices.

Make kindness, self compassion, and gratitude the focus for 2023. These intentional practices will go a long way to help strengthen your own mental health, and the mental health of your child(ren).

The OCDSB mental health team has prepared resources to support students and parents to promote well-being.. Learn more about these and other resources:

- The OCDSB has compiled a list of mental health and community supports [on our resources page](#).
- For more information on taking care of our own mental health as well as that of our families, please visit the [Ottawa Public Health website](#).
- [1Call1Click](#) a simple way to access mental health supports for children, youth and families
- [Counselling Connect](#) free video or phone counseling sessions for children, youth and families
- [Parents Lifeline of Eastern Ontario](#) Family peer support services 613-321-3211
- [Distress Centre](#) Crisis line (24/7) 613-238-3311 in English and [Tel-Aide Outaouais](#) 613-741-6433 in French
- [YSB Crisis Line](#) 613-260-2360 or online chat at [chat.ysb.ca](#)
- [Hope for Wellness Helpline](#): Available for all Indigenous peoples across Canada, offers experienced and culturally competent counselors 1-855-242-3310 or chat <https://www.hopeforwellness.ca/>. Phone counseling is also available in Cree, Ojibway, and Inuktitut.
- [Kids Help Phone](#): Provides non-judgmental, inclusive services available to young people across Canada 24/7. 1-800-668-6868 or chat [www.kidshelpphone.ca/live-chat](http://www.kidshelpphone.ca/live-chat)
- [Black Youth Helpline](#) 1-833-294-8650



### Technical Assistance

Although we are now back to in person learning there are still many technology opportunities. The District has compiled a series of resources that provide step-by-step instructions on how to use our Learning Management System and Google Classroom. Here are the links to a few of these resources that we have to share:.

- [Parent and Student Guide To Google Meet](#)
- [Google Meet/Hangouts Etiquette](#)
- [Arabic - Google Meet/Hangouts Etiquette](#)
- [French - Google Meet/Hangouts Etiquette](#)
- [How Students can Join a Nicknamed Google Meet](#)
- [VLE for K-3: How to Log In](#)
- Watch this video - [Signing into Google and Getting into Google Classroom - For parents](#)

