



Centennial Public School

March Newsletter



Message From the Principal

Dear Centennial Community,

Last month we had much to celebrate from Black History Month, Valentines Day, and Pink Shirt Day. Junior classes visited the rink of dreams, while others enjoyed our winter play day. This time of year students have solidified many of their skills as well as their friendships. We continue to welcome many new families only adding to the wonderful diversity that is Centennial PS. As I walk through the hallways and within the classrooms I am inspired by all the new learning. I see students engaged in interactive activities and proudly displaying their most recent piece of work. With spring break around the corner I know there may be some mixed emotions. I hope this break allows you to take a pause, find time for yourselves and enjoy special time with those you love.

Wishing you all a lovely March.

Sincerely,
Your proud principal
Jenny Dewan

Important Dates

March is Irish Heritage Month
March 2nd: Black Mental Health Day
March 8th: International Women's Day
March 11th - 15th: March Break 2023
March 17th: St.Patrick's Day
March 19-20th: Naw-Rúz
March 21st: Centennial PS Staff Meeting (3:45pm)
March 21st: International Day for the Elimination of Racial Discrimination
March 29th: Good Friday (No school for staff or students)
March 31st: International Transgender Day of Visibility

Black History Month

Walking through our hallways you can see evidence of all the fantastic learning done in February for Black History Month. This includes bringing in the community into the school to share Black Leader Presentations, as well as enjoy the Art and Novel displays throughout the school.

Ask your children about all the learning that has been taking place this month. This important learning is not just done at the end of the month but extends throughout the entire year!



CENTENNIAL MINI CARNAVAL WEEK A GIGANTIC SUCCESS!

Centennial students from kindergarten to grade eight showed their school spirit each day by coming to school wearing their theme day inspired outfits. Students in Mme Hunter and Mr. H classes took the lead in organizing the big event! The winter play day sessions were great fun for students in grades 1-8. A big thank you to Mme H's and Mr. H's grade six students for hosting the games and showing fantastic leadership. One thing we learned for sure was that Centennial students sure do have spirit even in the winter!



Special Visitors!



In February both the Director of the OCDSB Mr. Pino Buffone as well as our trustee Ms. Justine Bell came for a visit to our amazing school. I was proud of them to see how wonderful our staff and students are as well as see all the amazing things happening at Centennial. Both commented on the vibe of the school. How engaging and polite our students are as well as how welcoming, Centennial truly is a special place. Mr. Buffone also generously donated to our school Breakfast Program! Thank you:)

We hope that they will come back soon and appreciate the visit!

Manie musicale is back!

Manie musicale is back!

Listen to the playlist here: <https://bit.ly/manie-musicale-2024>

Every year in March, our school participates in a French music tournament called Manie Musicale. 16 songs are chosen by a committee of French teachers, and students from all over the world vote to decide which one is the best new French song. The artists are from many different francophone countries, and a variety of themes and genres are represented. This year, our Junior and Intermediate classes will be voting along with over 600,000 other students around the world! Which song will win? Visit <https://www.maniemusicale.info/> for more information.



Thank you Ms. Judy!

Ms. Judy put together a great front display for Black History Month. There is always fun happening in our library! Students are welcome to borrow books to take home when visiting the library with their classes. Please remember that these books are being borrowed and must be returned.



Thank you for taking care of our books and making the time to visit and say hello to our amazing library tech Judy!

Sports at Centennial Public School

Basketball

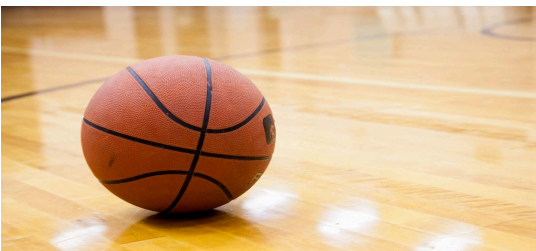
Intramural Basketball is starting! Students will play weekly games and practice their skills like dribbling and passing with Mr.H. Centennial P.S. will bring two teams to the board tournament in late March or early April.

Ultimate

Centennial P.S. is pleased to announce a partnership with Ultimate Frisbee Ottawa. An ultimate coach will visit Centennial PS in late May to teach each Junior class the sport of Ultimate. Centennial will receive 10 Ultimate disks along with coaching material.

Track and Field

Our school Track and Field meet will be May followed by the board meet; stay tuned for upcoming dates!



Winter Clothing



The weather is constantly changing from colder winter temperatures to warmer ones. Please ensure you send your child[ren] to school dressed for the climate. If you do not have appropriate winter clothing for your child[ren] please let us know and we will support you in any way that we can. We are finding that some children are wanting to take off their jackets in warmer temperatures. Our policy is that if children are sent to school with a jacket then they will be wearing it when they go outside. Your support with this messaging is greatly appreciated.

We also welcome donations of mittens, it seems that most of our other winter gear remains in stock but we could use some additional mittens/gloves for when students need them. Thank you for your kind support.

INDIVIDUAL EDUCATION PLANS



If your child has had an existing IEP (Individual Education Plan) our Learning Support Teacher (Maria Michalopoulos) will be sending you the updated term 2 IEP for parent input/review by email. For all new IEP's you will be receiving a draft version of the IEP for your input by the end of the month.

The IEP is a working document, if ever you have questions/concerns pertaining to your child's IEP please do not hesitate to reach out to Maria or myself. If you need a hard copy please connect with Maria @ maria.michalopoulos@ocdsb.ca Thank you for your continued support.

Black Mental Health Day, recognized each year on the first Monday of March, is an opportunity to confront the impacts of anti-Black racism on the physical and mental health of Black Canadians.

As a District, we acknowledge the historic and contemporary role schools in Canada have had in perpetuating myths, doctrines, false science, and narratives about people of African descent, and that these have compromised how children of African descent feel, think, grow, and actualize their potential and purpose in the world. Though these are year-round problems, Black Mental Health Day provides an important opportunity to discuss these realities, share support and resources, and acknowledge the need for change.



This year, V-TraC (Vulnerability, Trauma, Resilience and Culture Lab) and the Interdisciplinary Centre for Black Health at the University of Ottawa have invited many students to participate in "My Mental Health, My Country and Me". This event is a conference for Black students that will feature speakers like the Right Honourable Michaëlle Jean, Jonathan David, and more.

Events hosted by the Ottawa Black Mental Health Coalition will also take place from March 1-7. [Visit their website](#) to learn more.

Vision Screening at Centennial PS

Huge thank you to the Eyes to the A program who came in last week and pre-screened all students for glasses.

Every student who was prescreened will be sent a form home March 1st. If your child had no vision concerns the letter will state that the recommendation is “no vision issues were detected” and no further action is needed. If there are some vision concerns the program asks you to book an optometry appointment as soon as possible (covered through OHIP) in order to get a lens prescription. Those with prescriptions will be fitted for glasses in approximately 6 weeks and will receive glasses absolutely free! If you have any questions/concerns please do not hesitate to contact the office.



Additional Resources:

- [Ottawa Black Mental Health Coalition](#)
- [How to Foster and Maintain Supportive Spaces for Black Youth](#)
- [5 Tips for Adult Allies](#)
- [Your Role as an Adult Ally](#)

Community Mental Health Resources for Black, Muslim, Somali and Arabic-Speaking Persons:

- Black Youth Helpline: 416-285-9944, blackyouth.ca/
- Jaku Konbit (Black youth support group): 613-567-0600, www.jakukonbit.com
- Somali Centre for Family Services: 613-526-2075, <https://scfsottawa.org/>
- Naseeha Mental Health: <https://naseeha.org/>. Call or text 7 days a week for mental health support at 1-866-627-3342.
- SAPACCY: Connecting Black youth with Black clinicians. www.upstreamottawa.ca/sapaccy/
- RiseUp powered by Kids Help Phone: Text RISE to 686868 or visit their website at kidshelpphone.ca/get-info/support-for-black-youth-riseup-powered-by-kids-help-phone



The OCDSB, in partnership with Parents for Diversity, is hosting Supporting Black Student Success: Parent Advocacy Conference on Saturday, March 25th, 2023, 9:00 a.m. - 4:00 p.m at [Brookfield High School](#) (824 Brookfield Road Ottawa, Ontario, K1V 6J3).

This in-person event will provide strategies for supporting and advocating for their children’s success in three key areas:

- Supporting multilingual learners;
- High school streaming/destreaming; and
- Responding to school discipline.

Parents and caregivers will also have the opportunity to share their own strategies and network with each

other and community partners.

[Click here to view the event poster.](#)

The sessions will be in English and French. Childminding (ages 4+) will be available on request. Lunch and refreshments will be provided.

Please use the link below to register for the event and to let us know if you require childminding and your dietary preferences.

[Click Here to Register Now](#)

International Women's Day

March 8th is International Women's Day.

This is a global day that recognizes and celebrates the women and girls who inspire us by demonstrating leadership in the choices they make in their day-to-day lives to contribute to the social, economic, cultural, and political spheres. It is also a time to raise awareness of the progress made towards achieving gender equality and acknowledging the work remaining to be done.



In Canada, unlike in many other countries, girls are free to study and be leaders in the field they choose, care and provide for their family, express who they are, and fight for their beliefs. At the OCDSB we believe in gender equality and the empowerment of girls. No one should be treated differently, or subjected to unrealistic body standards, sexist jokes, shaming language, sexual harassment or gender stereotypes, just because they are a girl. We all have a role to play in ensuring that our schools remain welcoming and safe for women and girls, so that we all can excel at school.

The OCDSB would like to take a moment to celebrate and wish a very happy International Women's Day to all the girls and women in our District.

SUMMER CAMPS & Camp; PROGRAMS FOR STUDENTS, City of Ottawa 2024

Financial Assistance:

1. City of Ottawa offers financial assistance for families who qualify through their Hand in Hand Program
2. Royal City Soccer Club (About Us/In the Community, then scroll down to Financial Assistance) offers Financial Assistance. There offer 4 Locations in Ottawa including Pinecrest Park Sports Field.

CITY OF OTTAWA: Mark your calendars with these dates for the City of Ottawa spring and summer programs:

- Spring activities and before and after school programs for the 2024/25

academic school year are online Tuesday, January 30

- Registration for spring aquatics opens Tuesday, February 13
- Registration for all other recreation, culture and before/after school activities opens Thursday, February 15

- Summer programs are online Tuesday, April 30
- Registration for summer aquatics opens Tuesday, May 14
- Registration for all other summer recreation and culture activities open Thursday, May 16

To avoid missing registration dates and to get the most up-to-date information on City recreation and culture programs, subscribe to DiscoverRec.

For more information on City programs and services, visit ottawa.ca, call 3-1-1 (TTY: 613-580-2401) or 613-580-2400 to contact the City using Canada Video Relay Service. You can also connect with us through [Facebook\(link is external\)](#), [X \(formerly Twitter\)\(link is external\)](#) and [Instagram\(link is external\)](#)

March Break and Summer Camps with the Boys and Girls Club of Ottawa

Boys and Girls Club Ottawa BGC Ottawa provides children and youth with a safe place between the realities of home life and the pressures of school — a place of positivity and belonging where they can play, create and learn what it takes to become their best selves.