



# Centennial Public School - May News



(Image Courtesy of Ms. Carley's class)

## **Message From the Principal**

Dear Centennial Community,

It is May! Hard to believe that there are only 2 more months left of the 2023/24 Academic Year. April was such a wonderful month, and has set the tone for a great spring! We celebrated Autism Acceptance month, students enjoyed a fun filled spirit week, we opened up the play structure, and celebrated Earth Day. We continue to solidify what we've been learning thus far and creatively explore new concepts and skills.

We anticipate that May will offer a beautiful balance between learning and fun. This month junior students will get to participate in the Ottawa Titans game, promoting anti-bullying, and primary students will explore Mer Bleue for Forest School. Students engage in a variety of inquiry based learning activities linked to the Ontario Curriculum. Most classes will also be attending the Ottawa Children's Festival, celebrating the best in live performing arts for children.

I hope that this May you find space to enjoy the outdoors, our beautiful city and spend time with those you love.

Keep well,

Jenny Dewan

Principal, Centennial P.S.

Current contact: [jenny.dewan@ocdsb.ca](mailto:jenny.dewan@ocdsb.ca)

## **Important Dates & Religious Holidays:**

*May is Asian/SouthEast Asian Heritage Month , Jewish Heritage Month and Mental Health Awareness Month*

*May 5th- Orthodox Easter*

*May 6th-10th is Education Week*

*May 5th- Cinco de Mayo*

*May 5th-the National Day of Awareness for Missing and Murdered Indigenous Women and Girls and Two-Spirit People (MMIWG2S)*

*May 8th- Valuing Voices Survey Due*

*May 9th- Ascension Day (Christian)*

*May 9th- Junior Basketball Competition (Glashan PS)*

*May 10-14 Children's Festival*

*May 12th is Mother's Day*

*May 14-16- Primaries Forest School*

*May 17th is the International Day Against Homophobia, Transphobia, and Biphobia*

*May 20th- Victoria Day (No school for staff and students)*

*May 23rd- School Council Meeting*

*May 23rd- Titans Baseball Game*

*May 26th- Birthday of the Buddha*

*May 27th- Ultimate frisbee camp at Centennial PS*

*May 27th-May 31- Track and Field Week*

*May 28th- Kindergarten Open House*

## **Mer Bleue and Nature Club**

Centennial Public School students will have the opportunity to explore science and nature in our own backyard. Mer Bleue conservation area is a 3500 hectare area only approximately a 20 minutes drive from our school. It provides a unique opportunity to see a northern boreal landscape, explore animals in their natural habitat and test our knowledge and understanding of life cycles.

Within our own backyard, we also have our Centennial garden. Here, in our butterfly garden, students can experience first hand the wonders of nature.

*Dear Mother Earth,*

*we gather for the honouring of all our children*

*the stone people*

*the plant people*

*the four legged*

*the two legged*

*the creepy crawlers*

*the finned*

*the furred*

*the winged ones*

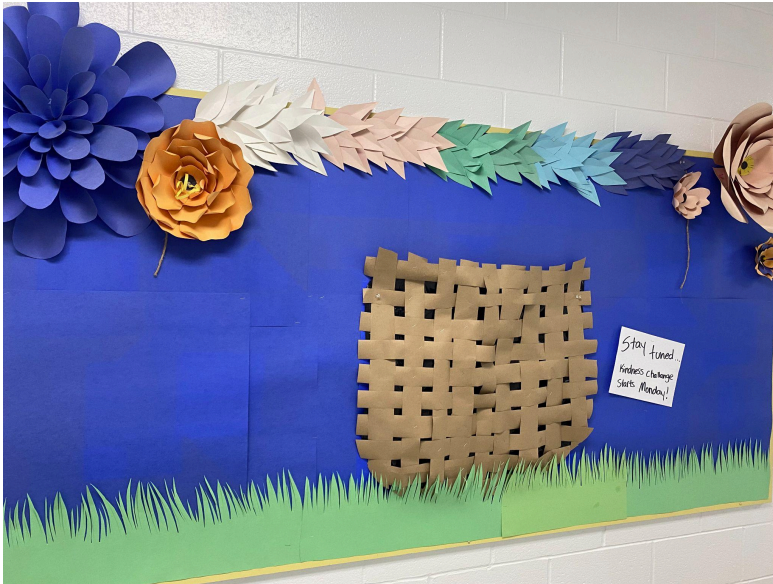
*all are related*

*with thanks*

*with thanks*

*with thanks*





## Centennial Good Deeds

This month the entire school will be working towards collecting good deeds in this basket located in our front hallway, by the main office. When staff/students see acts of kindness they will write it down, with the name of the person, and add it to our basket. Let's work together to ensure the basket is overflowing by the end of the month. Spontaneous draws will happen to celebrate all the wonderful deeds we are able to accomplish together!

## Earth Day at Centennial PS

April was Earth month, so many classes immersed themselves in a variety of cross curricular activities to engage students in learning such poetry units, reading, science projects and experiments. The halls of the school are filled with the learning that has taken place.

A special thank you to Mme. Stephanie and her class who put together a wonderful Earth Day video, which was shared with all staff/students. Another thank you to Mrs. Vicky's class who have created a beautiful Earth Day display in our front hallways. Thank you as well to Ms. Schadt's classes for their amazing tiny homes display! We welcome our Centennial families to ask their children what they have been learning at school and to engage in the learning at home.



## Centennial Leadership Change 2024/25



It is so hard to believe that we have nearly had 5 fabulous years together. We have been through COVID, the Truck Rally, school renovations, a boom in our school population and lots of wonderful celebratory events. Centennial PS will forever be embedded in my heart. I will always be a chameleon! It is with much emotion that I share that my time at Centennial will be ending at the end of this school year and I will be moving on to Broadview PS as principal next year. Replacing me will be a dynamic team of Julie Derbyshire (Principal) and Ingrid Bauer (VP). Yes, you will have two administrators next year! I have included a photo of myself with my children when I began at Centennial (above right) and now (above left). I will cherish forever all the memories made in between. I feel truly blessed to have been a part of our Centennial family.

### Centennial Sport Updates



We are thrilled to share that Centennial PS junior classes will participate in the Ottawa Titans Baseball Anti-Bullying event on May 23rd. Centennial PS students will have an opportunity to watch a live Titans baseball game where proceeds go to support anti-bullying in schools.

Centennial Basketball teams have been hard at work preparing for their tournament play at Glashan PS. This event will take place on May 9th, we will be sure to cheer on our Chameleons!

May 27th we will be hosting an Ultimate Frisbee Camp at Centennial PS for all Junior Students. This will provide students with the opportunity to learn how to play Ultimate Frisbee by accredited Ultimate Frisbee coaches. This fun game is something that is a great outdoor family summer activity too.

At the end of May we will be capping off our sport events by hosting a week of Track and Field activities for all to enjoy. Students interested may also work towards qualifying for the Track and Field meet at the end of the month.

## **Centennial Public School - School Council**

We are nearing the end of the year and your School Council has been busy at work.

Between Pizza Days, and working towards supporting our leaving ceremony there are always ways to help our School Council.

June 1st your School Council is looking to host the first ever garden party. This party will take place at Centennial PS from 10-12 on **Saturday June 1st** rain or shine. Please bring any garden items you may have on hand (diggers, gloves, plants and soil etc.) We will provide some beverages for all the volunteers. The objective of the day is to clean up the butterfly garden, and front of the school. Any/all help welcome! Parents/Guardians and students are encouraged to come out and enjoy the event together.



Our next School Council meeting will take place on May 23rd (Starting at 7pm). To participate please join us through the following Google Meet Link ([meet.google.com/ihf-yant-whk](https://meet.google.com/ihf-yant-whk))

Hope to see you there! All are welcome!



### **Centennial Pizza Day!**

Huge thank you to Panago Pizza who have been supporting Centennial PS with our Pizza Days! Stay tuned for the next Pizza Day in June.

**Next Year:** We are reviewing class lists for next year. This is a thoughtful process with many considerations. If you would like to add your input/personal request please do so by email to [jenny.dewan@ocdsb.ca](mailto:jenny.dewan@ocdsb.ca) by May 31st for consideration for the 2024/25 academic year.

## **School Bus Planning for 2024/2025 School Year...**

Are you new to our school? Please check to see if your child is eligible for a school bus to Centennial Public School with the link below:

<https://ostabusplanner.ottawaschoolbus.ca/TransportationEligibility>

If you have any questions/concerns please do not hesitate to check the OSTA website or contact our main office for support.



## **Kindergarten Night!**

Tuesday May 28th from 3:30-4:30pm, we invite new incoming Kindergarten parents.

During this one hour event, you and your child will have the opportunity to:

- See one of our kindergarten classrooms and our school yard
- Meet the kindergarten teachers
- Participate in some simple activities
- Ask questions
- Learn about how the kindergarten program is structured
- Get information about what you can do to prepare your child for kindergarten



Hope to see you there! Remember Registration is ongoing. If you have any questions/concerns about registration please do not hesitate to reach out to the office directly.

## **2022/23 LEAVING CEREMONY**

The planning has begun for our 2024/25 leaving ceremony to celebrate our grade 6 and 8 students.



Please note that the ceremony will take place in person this year, families will be invited. We ask families to save the date as the ceremony is planned to take place in the morning of Wednesday June 26th.

More information will follow in our June Newsletter.

If you are a parent/guardian of a student who is leaving us at the end of the year and would like to become more involved please feel free to join us at our next School Council meeting where more information regarding preparations will be discussed.

If you are unable to attend this upcoming meeting please feel free to reach out to School Council directly: [sc-centennialps@ocdsb.ca](mailto:sc-centennialps@ocdsb.ca)

## **Individual Education Plans (IEP) and Identification Placement Review Committee (IPRC)**

Staff continue to support and review the development of IEPs. If there is something that you feel your child needs in relation to their IEP, please discuss this with your child's teacher.

You may also reach out to our Learning Support Teacher (LST) Maria Michalopoulos ([maria.michalopoulos@ocdsb.ca](mailto:maria.michalopoulos@ocdsb.ca)).

As per Ontario Regulation 191/98 we are to hold IPRC meetings on an annual basis.



## **EQAO - Education Quality and Accountability Office**

### **Education Quality and Accountability Office**



Between May 8th and June 12th, Centennial PS grade 3 and 6 students will be taking part in the provincial Assessment of Reading, Writing and Mathematics.

This assessment is administered to all Grade 3 and 6 students in Ontario's publicly funded school system by the Education Quality and Accountability Office (EQAO), an independent agency of the Government of Ontario.

This assessment includes a language and mathematics component, along with a student questionnaire and an introductory session that includes a sample test for students. The purpose of the introductory session is to familiarize students with the e-assessment platform and the types of assessment questions.

During the assessment, students will complete four language sessions that range from 15 to 35 minutes each, and four mathematics stages that each take about 30 minutes to complete. The administration of the stages and sessions may be spread out within the assessment window.

EQAO assessment questions are directly based on the expectations set out in *The Ontario Curriculum*, which is what teachers teach in the classroom every day. Students are simply encouraged to do their best and show what they know. If you have any questions/concerns about this assessment please feel free to explore the parent portal of the EQAO website: <https://www.eqao.com/>

## **May is Asian and South Asian Heritage Month**

May is Asian Heritage Month and South Asian Heritage Month in Canada, and May 5th is South Asian Arrival Day. These dates provide opportunities to acknowledge the long and rich history of Asian and South Asian Canadians and the positive impacts they have within our communities.

The month of May provides an opportunity for staff, students and community members to remember, celebrate and educate future generations about Asian Canadians and the importance of their role in communities across our District, and across Canada.

In honoring Asian heritage month, we must also acknowledge the historic hardships Asian Canadians endured and the current day discrimination that they continue to face. It is important to integrate the lived experiences and perspectives of Asian Canadians into learning not just during this month, but all year round.

Learn more:

- [Resources and Events from Ottawa Asian Heritage Month Society](#)
- [Selection of films from the National Film Board](#)
- [Government of Canada - Addressing anti-Asian racism](#)
- [Asian Canadian Perspectives](#)
- [South Asian Canadians -The Canadian Encyclopedia](#)
- [The Groups of People who Live in Asia - CBC Kids](#)



## **Mental Health Month**



This week is Mental Health Week in Canada. Mental health is an important part of our health. Positive mental health is the core for a person's well-being. Good mental health allows a person to reach their potential and deal with normal stresses of life.

Mental health is often confused with mental illness or disorders, like depression, or schizophrenia, but in fact, mental health is the opposite. To be mentally healthy means we feel happy, safe, cared for – we are resilient and flourishing. The World Health Organization defines mental health as a “state of well-being in which every individual realizes his or her potential, can cope with the normal stresses of life, can

work productively and fruitfully, and is able to make a contribution to his or her community (World Health Organization).

The Ottawa-Carleton District School Boards current strategic plan promotes staff and student wellbeing and engagement as priorities within the district because we believe this is critical to the wellbeing of staff and the success of our students.

At school, feeling welcome, included, safe and engaged contribute to having a positive sense of well being. Research tells us that well-being is linked to academic achievement. There are many resources available for staff, students, parents and the community on our website. The District also offers support and health promotion resources through our Employee and Family Assistance provider for regular staff and their family members through Shepell. Learn more here or by calling 1-800-387-4765.

You can learn more about Mental Health Week 2018 on the CMHA website.

Additional Resources:

ABCs of Mental Health: [www.hincksdellcrest.org/ABC/Parent-Resource/Welcome](http://www.hincksdellcrest.org/ABC/Parent-Resource/Welcome)

Parents Lifeline of Eastern Ontario: [www.pleo.on.ca](http://www.pleo.on.ca),

Local mental health resources: [www.ementalhealth.ca](http://www.ementalhealth.ca),

Ottawa Public Health [www.ottawapublichealth.ca/en/public-health-topics/mental-health.aspx](http://www.ottawapublichealth.ca/en/public-health-topics/mental-health.aspx)

## **OCDSB Valuing Voices Survey**

We want to hear from you! We sent home hard copies to each family yesterday of the Valuing Voices Survey. We spent time translating the document into your home language because we want to hear from you! We value what you have to say. If you would please complete the survey and return it to your child's homeroom teacher by **May 8th** we greatly appreciate it. Thank you for all your continued support!



## **May is Jewish Heritage Month**



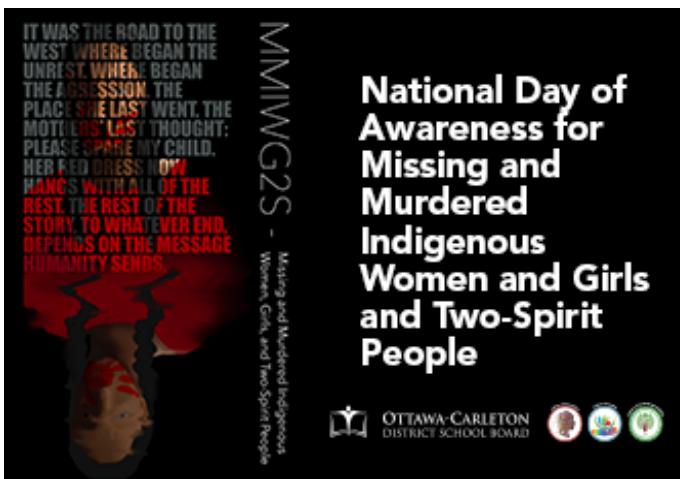
May is Jewish Heritage Month in Ontario, an opportunity to learn about the history and culture of Ontarians of Jewish heritage who have made an impact in communities across the province. It is also a time to appreciate and learn more about the significant contributions made by the Jewish community in the fields of medicine, law, politics, arts, business, and philanthropy.

Teaching about Jewish culture, Holocaust remembrance, and combating contemporary antisemitism are important actions we must take not just during this month, but all year around.

To learn more:

- Read the [Canadian Jewish Heritage Month act](#)
- View resources from [Friends of Simon Wiesenthal Centre](#)
- [Jewish Youth Library of Ottawa](#)
- [Canadian Society for Yad Vashem](#) (Holocaust Education and Commemoration)
- [The Canadian Jewish Heritage Network](#)
- [Jewish Family Services](#) in Ottawa
- [Canadian Holocaust resources](#)
- [8 Canadian books to read for Jewish Heritage Month](#)
- [Montreal Holocaust Museum - Teaching the History of the Holocaust in Ontario](#)
- [Films to Support Jewish Heritage Month](#)
- [Canadian Jewish Experiences](#)

## **National Day of Awareness for Missing and Murdered Indigenous Women, Girls and Two-Spirit People (MMIWG2S)**



May 5th is the National Day of Awareness for Missing and Murdered Indigenous Women, Girls and Two-Spirit People, also known as Red Dress Day. On this day, we wear red or display red clothing to honour and remember missing and murdered Indigenous women, girls and Two-Spirit people, and to encourage one another to take action for change.

The OCDSB acknowledges the many families affected by the loss of their daughters, sisters, mothers, aunts, grandmothers and two-spirit family and friends.

The OCDSB reinforces its commitment to implement the Calls for Justice and engage in education and awareness that will help keep First Nations, Métis and Inuit children safe.

All Indigenous women, girls, and Two-Spirit people have the right to be safe and to feel safe, no matter where they are. Please join us today in learning, remembering, and taking action.

The following resources have been compiled by the OCDSB Indigenous Education Team, to share information and offer support in learning, reflection, and action. Please note these are not intended to be used as classroom resources.

We understand that the information in these resources may be triggering for some, and that some students, staff and families may wish to have additional support today. If you are affected, are in distress, and require immediate emotional assistance you can call the National 24/7 MMIWG2S crisis line at 1-844-413-6649.

You can also reach out to MMIWG2S Health Support Services. If you have questions about how to access counseling services, please contact Health Benefits' toll free number at 1-877-477-0775. The team is available from Monday to Friday, 8 am to 4 pm.

### Learning Resources

- Video: [The REDress Project](#), an art installation by Métis artist Jaime Black
- [If I Go Missing](#) (book purchase link)
- Article: [How Red Dresses Became a Symbol for Missing and Murdered Indigenous Women](#)
- MMIWG2S [Their Voices Will Guide Us: Youth and Student Engagement Guide](#)
- Reclaiming Power and Place: [The Final Report of the National Inquiry into Missing and Murdered Indigenous Women and Girls](#)
- MMIWG2S [Calls for Justice](#)
- MMIWG2S [Gallery of Artistic Expressions](#)
- [Missing & Murdered Indigenous Women & Girls \(MMIWG\) | ONWA](#)

The artwork in this article was created by Juliana A. Strickland, a 17 year old Mohawk (First Nations) artist with roots in Tyendinaga. See more of Juliana's art below, and on Instagram at [@jastrickland.art](#).

### **Recommended Websites**

Learning (general):

<https://www.ontario.ca/page/learn-at-home#section-0>

[www.pearsoncanada.ca/athome](http://www.pearsoncanada.ca/athome)

<https://www.uniteforliteracy.com/> (Fun site for reading in other languages)

Yoga and Meditation

- [New Horizon Kids Meditation](#)
- [Yogatown \(online classes\)](#)
- [Cosmic Kids Yoga](#)

Entertainment with a Learning Focus

- [Audible Stories for Children](#)
- [Fast Company - Drawing from Home](#)
- [Cincinnati Zoo & Botanical Garden - An Online Safari Adventure!](#)
- [npr Virtual concerts](#)
- [Good Housekeeping Virtual Tours - Zoos, Museums, Theme Parks](#)
- [Collider Free Streaming Options - Movies and More!](#)
- [GNAG - Online Activities, Podcasts & Much More!](#)

Community Exercise Classes

- [GNAG - Online Activities, Podcasts & Much More!](#)
- [YMCA Health and Wellness Videos across Platforms](#)
- [GoNoodle - Games & Activities for Children](#)

Direct Learning Resources for Children

- [Learning Resources K-12](#)
- [The Canadian Homeschooler - Teaching Tools and Resources K - 12](#)

