



Centennial School

January 2022



Greetings,

Happy New Year and welcome back to all of our Sharks and Shark families! We hope that you had a peaceful, restful and healthy Christmas break. We are happy to be back at school and super excited that the weather has warmed up. Everyone has been enjoying the fresh air and fresh snow at recess!

As we know, Covid, specifically the Omnicron variant, is impacting all of us. You received an email from Superintendent Barron earlier this month with information from Wetaskiwin Regional Public Schools. The [2021-2022 WRPS School Year Plan](#) on the WRPS website will remain our source for any updated school protocols. With this new highly contagious variant, the importance of all students and staff following all Covid protocols continues to be paramount. Thank you for monitoring your child's health daily before they come to school. Staff and students are required to stay home if experiencing any of the symptoms in the checklist. Students who exhibit symptoms at school will need to be picked up immediately.

Thank you to our parents who were able to schedule a parent teacher interview this past week. Quarter 2 report cards will be available for viewing Monday, January 31, 2022. Our next PAC meeting will be Wednesday, February 16 at 6:00 p.m. It will be a Google virtual meeting. All parents and guardians are invited to attend. Please email me if you are able to attend and would like the meeting link.

Thank you for supporting your child's education. We enjoy working with our students everyday and supporting them on their learning journey. Please contact us if you have any questions.

Darren DeMone, Principal Jane Gusdal, Vice-Principal





Parenting During COVID-19

Support and engage with your children

- Create opportunities for quality one-on-one time with each child. One-on-one time makes children feel loved and secure, and shows them that they are important.
- Help your child stay connected with their friends, neighbours and extended family members through email, phone calls, video chats and social media platforms.
- Create a flexible but consistent daily routine, and involve your children. Ask for their input and allow them to make decisions which helps to build up their self-confidence.
- Play and engage with your children. Spend time with your children by taking part in their preferred activities.

Be kind, calm and patient with your children's behaviors

- Listen to your child's concerns. Acknowledge and validate their thoughts and feelings. Be honest, open and supportive. Provide clear, factual information in a reassuring and age-appropriate way.
- Encourage positive behaviors. Give positive instructions and praise for their efforts.
- Be a positive role model. Model healthy and positive behaviors as children learn almost everything by watching what other people do.
- Take steps to calm down before you react. Children may respond to stress and anxiety by acting out. They need you the most when they are misbehaving.
 - Before you respond, take three deep breaths or count to ten (staying calm helps you stay in charge).
 - Take a step back from the situation to calm down, and reassure your child that you will be back.
 - Respond in a calm and thoughtful way, and redirect your child's attention to good behavior.

Take care of yourself as an adult/caregiver

- Self-care is important. Eat well, get enough rest, take breaks, and do something fun or relaxing.
- Connect with others. Find support and relieve stress by talking about your feelings and concerns with your friends and family.
- Recompose yourself. Practice a one-minute mindfulness activity. Notice your thoughts. Notice how you feel emotionally. Notice if your feelings are happy or not. Notice how your body feels. This will help you to relax and feel grounded.

Submitted by Eva Rasmussen, Family School Liaison Worker



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February Important Dates

- Monday, January 31st - Second quarter student report cards ready - check out PowerSchool for student marks/assignments/teacher comments
- Monday, January 31st - No school for students - PD Day
- February 10 & 11 - Teacher's Convention - No School
- Monday, February 21st - Family Day Holiday - No School
- Monday, February 28th - No school for students - PD Day



Winter



Let it snow