



Central Community School Newsletter



Chilliwack
School District

October 2020

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PRINCIPAL'S MESSAGE

October 12th is Thanksgiving Day in Canada.

Even in these trying times, it's an opportunity to reflect on the blessing of living in such a great country. We can easily look around and be thankful for many things: a beautiful environment, safety, family and friends...and a great school! A lot of work has happened in the first month to prepare us for a successful year ahead, and there are many people to thank:

Thanks to Mr. Rurka and Mr. Mills, our custodians, for a consistently clean, functional and safe facility.

Thanks to Mrs. Gudjonson for organizing student information and always being ready to help with the many urgent matters that come to her window (with a smile!).

Thanks to our noon hour supervisors that watch over students and make sure they have a good and safe lunch time.

Thanks to the classroom teachers, support teachers and educational assistants who have established the plans and patterns that will ensure that each child will experience success this year.

Thanks to the kids, our **Central Sockeyes**, for a good start and a positive feeling around the school.

Thanks to all our parents for your support and cooperation as we got settled and joined together for our common purpose – student success. A *special thanks* to the many volunteers whose contributions often go unnoticed, but **we know who you are and we appreciate you.**

A special thank you to PAC who has given each student a Central bookbag and water bottle that will stay at school with them.

And a huge shout out of thanks to our many community partners who donate so generously to our school. This month we especially want to **thank** the Steller's J Lions Club who once again provide food for us and to Rotary and Bowls of Hope for our breakfast and lunch programs. Also **thank you**, to Murray Honda and Staples for their school supply supplements and to the Bookman who generously

October Dates to Remember:

October 5	Lockdown drill
October 6	PAC meeting virtually at 5:00pm
October 12	Thanksgiving Holiday—NO SCHOOL
October 15	Earthquake drill
October 20	Photo Retakes
October 23	Pro-D day—NO SCHOOL
October 27	Parent Meetings 2:30-5:30 pm
October 29	Early Dismissal 11:27 am
October 30	Spirit Day—Black and Orange Day Hot Lunch Day

November Dates to Remember

November 3	PAC meeting
November 11	Remembrance Day—NO SCHOOL

matched our money for classroom books again this year. Finally, **thank you** to Mrs. Mann for her time and effort in putting together a grant for our new outdoor learning tables for students. **So, you can see we are a school that has so much to be thankful for.**

Due to the circumstances, we were unable to have our annual Meet & Greet BBQ. This is the video that we shared with our students to introduce them to our staff - and we wanted you to have a chance as well!

<https://www.youtube.com/watch?v=ZUm3nQivT3k&feature=youtu.be>

Although we are unable to meet in the same ways, we are looking forward to saying hello from a distance before and after school!



"Is your glass half empty or half full?"
asked the mole.
"I think I'm grateful to have a glass,"
said the boy

FIELD TRIPS AND STUDENTS IN GOOD STANDING

As our teachers begin organizing many wonderful off campus experiences for their classes, it is important to remember that students attending must be in good standing. That means it is expected that in order for students to participate they must have demonstrated that they can follow the Sockeye code of conduct and can S.W.I.M. That is be Safe, Warm Hearted, have Integrity and be Mindful. Students who have not demonstrated this during the regular school days will be reviewed by their teacher to determine whether they will be able to participate. We need to know that students taking part will follow the directions and expectations of the teacher so they can be safe and respectful when leaving the school property.

Students not participating will be provided with an alternative setting at the school while their class is on a fieldtrip.

FOCUS OF THE MONTH

I can keep my hands and feet to myself. (SAFE)
See back page for our positive behaviour support (PBS)message.

ATTENDANCE / ABSENT

If you know that your child is absent on any given day, please be sure to call 604-792-8537 and let us know as early as possible. This is essential to help us ensure your child's safety. Thank you.

COVID

Remember to complete the Daily Health Screen each morning before you send your child to school. If your child is showing any symptoms they are to stay home. **Once they are symptom free, they can return back to school.** We understand that this may be multiple days as we are entering cold and flu season. Please notify the office that your child will be away. If your child's symptoms worsen, you may wish to contact 811 for further assistance. If they get sick at school guardians will be contacted to pick up their child immediately. We appreciate your understanding with this protocol to ensure the health and safety of all.

STAFFING UPDATES

Sadly, we are saying goodbye to Mr. Petkau who was our part-time Fine Arts teacher this year as he has accepted a full time position at A.D. Rundle Middle school. We wish him all the best in his new position. We are currently in the process of hiring for this position.

SCHOOL HOURS

Please be reminded that the first morning bell rings at **8:15 am**. Classes begin at **8:20 am**. Children that arrive late miss important morning instruction and disrupt the teaching process. Please try to have your children at school on time. Dismissal is at **2:20 pm**. **Supervision** is provided 15 minutes before school begins and 15 minutes after. **Please note that students who arrive on the school grounds before or stay after these times are not supervised. Please do not drop off students before supervision begins in the morning.**

EMERGENCY DRILLS

Each year Central students participate in several emergency preparedness drills, such as fire, earthquake and lockdown. These drills help to prepare students in the event that a real disaster should occur. On Oct. 1st we held our first fire drill and on October 5th we will practice our lockdown procedures. On the 15th of October, students will participate in a BC wide earthquake drill.

BREAKFAST /LUNCH PROGRAM

If your child is needing the support of our breakfast and lunch program, please make sure you have filled out the form. If you require a form, please contact your child's teacher.

PARENT ADVISORY COMMITTEE

If you have a child at Central, you are a member of Central's PAC (Parent Advisory Council). That gives you the privilege of having influence over decisions made, purchases, fundraising, recommendations made to the Principal, and connecting with the rest of the parents. We encourage you to get involved as much as possible—one of the key indicators of success in school is the amount of attention the parents/guardians give to their child's education. If possible, join us for PAC meetings once a month on the first Tuesday (the next meeting is **October 6th from 5:00 – 6:00 pm virtually**). A link to the Zoom meeting will be sent out Monday October 5th via email.

BC FRUIT AND VEGETABLE PROGRAM

Once again, Central Elementary will be a recipient of the Nutritional Fruit and Vegetable program. Students will receive a fruit or vegetable snack in the classroom several times a month.

WEATHER AND WEAR

We are entering the beautiful season of fall with the typical BC rainy weather. Please make sure your child has an appropriate jacket and boots, as we will continue to play outside for recess and lunch if it is just drizzling/lightly raining.

SCHOOL SUPPLY MONEY

School supplies were ordered and ready for your children here at school when they arrived. We hope you have found this convenient. Payment is now due and should be made directly to your child's teacher. Students in grades 4 and 5 owe \$35.00 and students in K-3 owe \$30.00.

X-COUNTRY

Thank you to our coaches, Mrs. Graham and Mrs. Scott and Mr. McHale for coaching our x-country team. This Thursday they will have their first run where they will compete virtually with other schools

Please visit our school website for current events, announcements, calendar activities, newsletters and more at:

<http://central.sd33.bc.ca>

HAPPY OCTOBER!

Happy October to our Central Families,



Kindest Regards,
Mrs. L. Waddington, Principal
Mrs. D. Arnold, Vice Principal

ZONES OF REGULATION: KNOWING HOW I AM FEELING

You can tell others how you feel:

“It made me feel... when...”

You can own your actions by saying:

“I’m sorry for... It must have made you feel... Next time I will...”

At Central, we teach students to use **W.I.T.S.** when they are being bothered by someone.



We are also teaching them to use their words to communicate how they are feeling with others to help them understand their actions.

- **Walk away:** “I am **walking away** because I am in the _____ zone.”
- **Ignore:** “I am **ignoring** you because I am in the _____ zone.”
- **Talk it out:** “I am **feeling** in the _____ zone **because** _____ I need you to stop.”
- **Seek help:** “I am **seeking help** because I am in the _____ zone.”