



ÉCS

JANUARY  
2025

NEWSLETTER



## **DATES TO REMEMBER:**

Jan. 6th - First day back from Christmas break  
Jan. 10th - Time to Shine  
Jan. 30th - Report Cards printed and sent home  
Jan. 31st - No School, Report Cards posted to MSS

Feb 3rd - Grade 9 Registration Meeting  
Feb. 7th - Time to Shine  
Feb. 12th - Early Dismissal  
Feb. 17th - 21st - February Break  
Feb. 25th - Grade 8 Immunizations

March 7th - Time to Shine  
March 21 - No School, Admin Day

April 4th - Time to Shine  
April 18th - 25th - No School, Easter Break  
April 30th - Early Dismissal

May 2nd - Time to Shine  
May 19th - No School, Victoria Day

June 4th - Early Dismissal  
June 6th - Time to Shine  
June 26th - Last day of school

HAPPY  
NEW YEAR



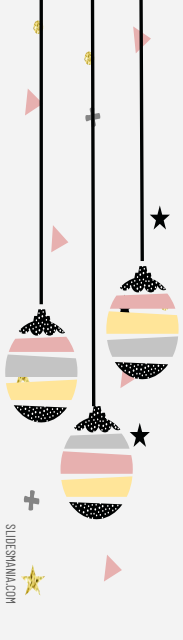
## ADMIN MESSAGE FROM MR. REITER

As we step into 2025, I want to take a moment to celebrate the joy that fills our school community. Whether it's laughter in our classrooms, excitement on the playground, or pride in learning something new, joy is at the heart of everything we do.

The first half of the year has been filled with wonderful moments of connection, achievement, and growth. I am so proud of the hard work and positive attitudes displayed by students, staff, and families. Together, we've created an environment where learning is not only meaningful but *fun*.

As we begin the new year, let's focus on the goals that bring us joy—whether that's discovering a new passion, reaching a personal milestone, or spreading kindness to others. By encouraging our students to find happiness in their learning and relationships, we're helping them build a foundation for success and well-being.

★ Here's to a joyful and inspiring year ahead! Thank you for being such an incredible part of our school family.



As we continue to encourage walking to school for its many benefits, we want to emphasize the importance of safety, especially when crossing the street. Please take a moment to talk to your child about the following key safety practices:

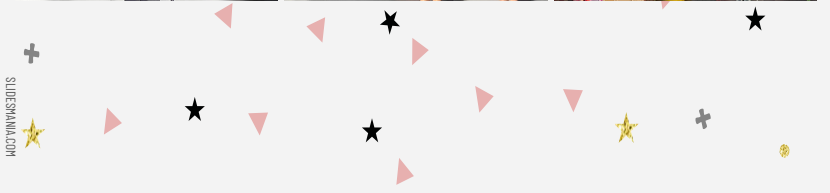
- 1 Always Use the Crosswalk:** Remind your child to only cross at designated crosswalks where they are most visible to drivers.
- 2 Press the Button to Activate Lights:** If the crosswalk has flashing lights, make sure your child knows to press the button and wait for the lights to activate before stepping into the street.
- 3 Look Both Ways – Twice:** Stress the importance of double-checking for oncoming traffic, even if the lights are flashing. Unfortunately, not all drivers may be paying attention.
- 4 Stay Alert:** Encourage your child to avoid distractions like phones or earbuds while crossing the street.

Your conversations at home play a vital role in keeping our students safe. Thank you for helping us reinforce these habits and ensuring a safe journey to school for everyone.

# Christmas JOY at ÉCS







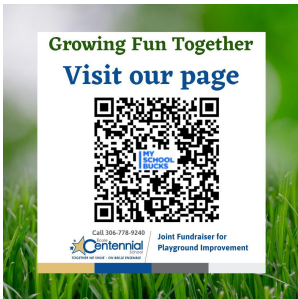




ÉCS and All Saints continue working together to fundraise for playground improvements. Please click on the link for full details.

Information Letter: <https://bit.ly/3znARtW>

Grow Fun Together My School Bucks Donation Page:  
<https://bit.ly/3Zs7iC9>



# UPDATE STUDENT INFO:

Please email us if you need to change/update your child's info since the beginning of the year.

- a) moved to a new address
- b) changed phone #'s (home and/or cell)
- c) changed workplace (location and #)
- d) email address changed
- e) family living arrangements are different (ie. custody)
- f) emergency contact info needs to be updated

*Let us know! Call the school office (306) 778-9240,  
or email [centennial\\_school@chinooksd.ca](mailto:centennial_school@chinooksd.ca)*





# Report Card Reminders:

As we near report cards, we wanted to highlight a few reminders:

**Report cards will PRINTED and sent home with your child on Thursday, January 30th.** They will also be posted to MSS. You will receive an email on **January 31st**, letting you know that your child's report card is ready to view.

For Grades 6-8, open mark books in MSS are available to parents and students throughout the year to communicate learning.

Progress will also be communicated through Parent/Teacher Conferences in March. As always, please don't hesitate to connect with your child's teacher at any time to check in or ask questions.

# LIBRARY NEWS FROM MRS. DUECK

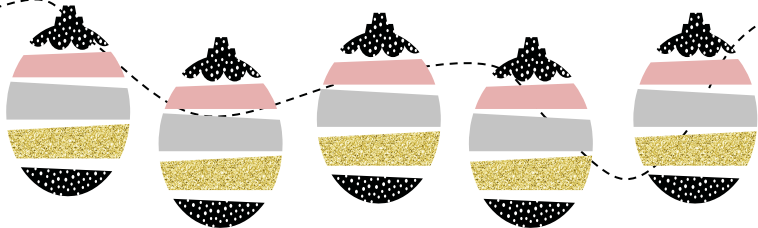
The beginning of the year is a great time to set some fresh reading goals.

Maybe you want to try one of these, or make up your own:

- Set a number of nonfiction books to read.
- Pick a new topic each month and read about it.
- Discover a new author.
- Read outside your usual choices; try a new genre, topic, or format.
- Set a daily or weekly reading goal.
- Most of all, read for fun!

Happy New Year and Happy Reading!

# COLD WEATHER POLICY @ ÉCS



## "Downstairs classrooms" Weather Policy at Noon Hour

- Eat first. Play Second.
- If it is - 25 or warmer: playing outside
- If it is between -26 and - 40: Run to the fence and back"
- If it is colder than - 40 with wind chill: indoor recess

## "Upstairs classrooms" Weather Policy at Noon Hour

- Recess first. Eat second.
- it's warmer than -25: outside for activities
- If it is between -26 and - 40: "Run to the fence and back"
- If it is colder than - 40 with wind chill: indoor recess

Cold winter weather requires children to be dressed in warm, outside gear (toques, mitts, scarves, ski pants, boots). Students should wear suitable winter jackets as well as hand and ear protection coming to and from school. This includes students who travel to and from school by bus.

*It is important that all items including toques and scarves are **labelled!***



## After School

### Student Plans

Please try and have student after school plans made before school. If a change needs to be made, please call before noon so we have time to get the message to your child and teacher. We do understand there are situations where this can not be helped. Thank you for helping us in this as we want to make sure our STARS are safe and know what their plan is to avoid stress and confusion.

# SEVERE WEATHER AND STUDENT TRANSPORTATION

In the event of severe winter conditions, Swift Current city bus runs will be cancelled pending consideration of the following factors:

- ❖ If the morning temperature is -40 degrees Celsius or the wind chill is -45 degrees Celsius or below
- ❖ Adverse road conditions
- ❖ Limited visibility because of fog or blowing snow

When a decision is made to cancel buses it will be made by 6:30 a.m. Information will be relayed to the public through social media and on all radio stations.

When buses are cancelled and you need to pick up your child BEFORE 3:05 pm please come in to the school and check into the office.





# GRADE 9 REGISTRATION MEETINGS

BE PART OF THE TRANSITION PROCESS

Addressing Grade 9 programming and course selection for the 2025/2026 school year followed by school tours.

## The Events Will Be Held On:

### MONDAY



February 3

École Centennial (both FI & Eng) & Central Schools

### TUESDAY



February 4

All Saints Catholic and all Rural schools  
(Stewart Valley, Success, Waldeck & Wymark)

### WEDNESDAY



February 5

O.M. Irwin and Fairview Schools

### EVENT START TIME



6:30 pm - CAFETERIA



**Mrs. Melanie Arntsen**

Grade 9 Vice Principal

Parents who can not make the assigned day are welcome to attend on another evening.

**SCCHS**

marntsen@chinooksd.ca

1-306-773-2801





# ÉCS FACEBOOK PAGE

Stay up to date with ÉCS!

We post our daily video announcements as well as any upcoming events or news.



# THE STRESS RESPONSE IN KIDS

## FIGHT

Yelling, Screaming,  
Using Mean Words

Hitting, Kicking, Biting,  
Throwing, Punching

Blaming, Deflecting  
Responsibility, Defensive

Demanding,  
Controlling

"Oppositional",  
"Defiant", "Noncompliant"

Moving Towards What  
Feels Threatening

Irritable, Angry,  
Furious, Offended  
Aggressive

## FLIGHT

Wanting to Escape,  
Running Away

Unfocused, Hard  
to Pay Attention

Fidgeting, Restlessness,  
Hyperactive

Preoccupied, Busy with  
Everything But the Thing

Procrastinating, Avoidant,  
Ignores the Situation

Moving Away From What  
Feel Threatening

Anxious, Panicked  
Scared, Worried,  
Overwhelmed

## FREEZE

Shutting Down,  
Mind Goes Blank

Urge to Hide,  
Isolates Self

Verbally Unresponsive,  
Says, "I don't know" a lot

Difficulty with  
Completing Tasks

Zoned Out,  
Daydreaming

Unable to Move,  
Feeling Stuck

Depressed, Numb,  
Bored/Apathetic,  
Helpless



# IN MOTION COMMOTION

With the New Year comes new beginnings, and often New Year's Resolutions! To help everyone in your family make healthy choices, why not join the 13th annual Wellness Challenge? This year's challenge runs from January 20 to February 16, with a chance to win prizes. For more information or to register, email [d.stevenson@swiftcurrent.ca](mailto:d.stevenson@swiftcurrent.ca)

Also, the Welcome to Recreation program continues in the New Year. Youth ages 7-14 will enjoy a variety of sports and recreation programs at no cost! Welcome to Recreation will have new clinics each month. PreRegister to get your spot by emailing [k.caswell@swiftcurrent.ca](mailto:k.caswell@swiftcurrent.ca). There are many great opportunities to be In Motion so grab life by the laces and make 2025 your best, active year ever!





**HAPPY**

**NEW**

**YEAR!**

