

Central Park Elementary School

Phone: (306) 862-5303



September, 2020 News

Website: <http://cpes.nesd.ca/>



Upcoming Events



Sept. 25 - Spirit Day: Most Colorful Mask Day

Sept 28 - Lifetouch Photos-Rm 2, Rm 25, Rm 26, Rm 27, Rm 4 form 1, Rm 16pm, Rm 17pm

Sept 29 - Lifetouch Photos-Rm 22, Rm 16am, Rm 17am, Rm 4 Form2, Rm 8 form 2, Rm 3, Rm 18, Rm 24, Rm 28, Rm 52

Sept. 30 - Orange Shirt Day -Every Child Matters!

Parking Lot Reminder!

Thank you so much, parents for following our parking routines.

Parents park on the street for drop off and pick up. Our alternate Safe Routes to school drop off/pick up spot is the rink parking lot. Please don't drive past the signage. (This area is not on school grounds so is not supervised by school staff.)

Parking lot is for staff.

Bus loop is for buses.

Thank you!

Central Park Elementary School

Phone:306-862-5303 Text:306-812-6640

Please call us or text us if your child is absent from school for illness, etc. You are welcome to contact your child's teacher, if they have made this plan with their families. Also please make sure your child knows their afterschool plan.



Nipawin and Area Early Years Family Resource Centre

Nipawin & Area Early Years Resource Centre. 220 1st Ave East Nipawin SK.

Follow our Facebook page Nipawin & Earley Years Family Resource Centre for details for opening day and dates of programs.

From the beginning of life, families nurture the capacities that children need to be successful in life. All families with children prenatal to age 5 are welcome every day in every way in a safe, accessible sensitive environment at no cost to families. Some programming we are planning are: Mom and Me yoga classes, family cooking classes, cultrual nights, music time and so much more. Let us know what you are interested in by emailing Lias at lisa.vavra@saskhealthauthority.ca or call 306-862-7290 or facebook message us at the Centre's page!



Family Update from Mrs. Pierlot

Hello, families! Thank you so much helping your children and our staff with a very smooth start to the school year.

Thank you for rolling with all the new school-safety routines this fall. It has been different for us to limit public access to our school, and we miss seeing our families and building connections with our community. We are simply learning to connect in new ways! We are very happy to be back at school, to learn with our students. 😊 We wish you a great school year and want you to know how much we care for and value your kids. Love, Mrs. Pierlot

Alternate Parent Drop-Off...Safe Routes to School....

We have a great sign on the edge of the rink parking lot. It shows where parents can meet their kids for a safe drop-off/ pick up spot. Please park in the rink parking lot if you choose to use this meeting location with your kids. Thank you for not driving into the park. This spot gives kids a great walk and some extra exercise in their day! Our school street is also less busy after school.

Sshhh.....Hallowe'en is coming! We will be dressing up for Hallowe'en at CPES, students at staff, but we need to do this in a new way....

- We will have some fun Hallowe'en class parties and celebrating on Friday, Oct. 30 in the afternoon.
- We will not be having our usual costume parade for the families to attend. Students will do a costume parade for each other in a virtual way, through their classroom computers/ projectors for each other.
- Children can bring their costumes to school with them in the morning and will put them on after lunch time with their teachers. Parents will not be allowed into the school to help with costumes/ make-up. Costumes need to be something kids can manage.
- Families may not send class snacks to school. The school will provide a fun Hallowe'en treat for each student (cookie/ juice box).
- This will be a fun day of let-pretend and make-believe.





Central Park Elementary

- 8:55 am. - First Bell
- 9:00 am. - Classes Begin
- 10:00 am - Lion Snack
- 10:15 am - Lion Snack done
- 10:20 am - Lion Recess
- 10:35 - Lion Recess Done
- 12:05 - Noon Lunch Period /Lions eat
- 12:25 - Lions clean up
- 12:30 - Lions play
- 12:50 - Lions come inside
- 2:25 - Lion Recess
- 2:40 - Lion Recess done
- 3:25 - Dismissal for Lions

Lions:

- K - Room 8
- 1 - Room 2, 3
- 2 - Room 24
- 3 - Room 22, 25



Central Park Elementary

- 8:55 am. - First Bell
- 9:00 am. - Classes Begin
- 10:00 am - Tiger Recess
- 10:15 am - Tiger Recess Done
- 10:20 am - Tiger Snack
- 10:35 - Tiger Snack done
- 12:05 - Noon Lunch Period /Tigers play
- 12:25 - Tigers come inside
- 12:30 - Tigers eat
- 12:50 - Tigers clean-up
- 2:05 - Tiger Recess
- 2:20 - Tiger Recess done
- 3:20 - Dismissal for Tigers

Tigers:

- K - Room 4 (both Forms)
- 1 - Room 18
- 2 - Room 28, 52
- 3 - Room 26, 27

*We have divided our students into two separate groups to lower numbers on the playground for Covid-Safety.

Orange Shirt Day 2020



Orange Shirt Day is a legacy of St. Joseph Mission Residential School Commemoration Project which took place in May, 2013. Former student, Phyllis Webstad told her story of her first day at Residential School when her shiny new orange shirt, bought by her Grandmother, was taken from her as a 6-year-old girl. The date was chosen because this is the time of year that children were taken from their families and placed in Residential Schools and also because it is an opportunity to set the stage for anti-racism and anti-bullying policies for the coming year. It is an opportunity to create meaningful discussion about Residential Schools and the legacy they have left behind. It is an opportunity for communities to come together in the spirit of reconciliation and to show that EVERY CHILD MATTERS.

Reconciliation Nipawin invites you to show your support & commitment that EVERY CHILD MATTERS by wearing orange on SEPTEMBER 30, 2020

TO GET INVOLVED:

- ✓ Encourage your whole family to wear orange – post to your social media *#everychildmatters*
- ✓ Together with your co-workers wear orange and take a photo & post to your social media *#everychildmatters*
- ✓ Connect with other businesses and organizations to wear orange
- ✓ Learn about residential schools by pointing your smartphone camera on this qr code:



Phyllis Webstad Orange Shirt Day Presentation

Ultimate List of Lunch Box Ideas

Main Item (contains grain & protein) + Veggie + Fruit

MAIN ITEM

- ⇒ Salad with veggies/beans/chicken
- ⇒ Chicken salad sandwich
- ⇒ Wow butter & jam sandwich
- ⇒ Tuna salad sandwich
- ⇒ Taco salad with black beans and corn
- ⇒ Pasta salad with ham and cheese
- ⇒ Quinoa salad with veggies
- ⇒ Veggie/Chicken rice wraps
- ⇒ Pizza
- ⇒ Broccoli salad with chickpeas
- ⇒ BLT pasta salad
- ⇒ Buffalo chicken wrap
- ⇒ Egg salad sandwich
- ⇒ Chicken focaccia bread sandwich
- ⇒ Lunch kabobs (ham/cheese/pickles)



- ⇒ Potato salad with hard boiled eggs
- ⇒ Roasted chickpeas with cheese and crackers
- ⇒ Pita with hummus
- ⇒ Waffle sandwich with wow butter/jam
- ⇒ Hummus rolls
- ⇒ Chicken Caesar wraps or salad
- ⇒ Hummus/veggie Naan bread wrap
- ⇒ Chicken/veggie stuffed pita
- ⇒ Corn dog muffins
- ⇒ Taco wraps
- ⇒ Quiche
- ⇒ Turkey club wraps
- ⇒ Banana muffin/hard boiled eggs



VEGGIES

- * Carrots
- * Cherry tomatoes
- * Edamame beans
- * Celery sticks
- * Pepper strips
- * Broccoli
- * Cauliflower
- * Cucumber slices
- * Pickles
- * mushrooms
- * green beans
- * peas
- * radishes



FRUIT

- * Applesauce
- * Apple slices
- * Avocado
- * Banana
- * Blueberries
- * Cantaloupe
- * Cherries
- * Grapes/raisins
- * Honeydew melon
- * kiwi
- * mango slices
- * orange wedges
- * peaches/pears
- * pineapple
- * plums/pomegranate
- * raspberries
- * strawberries
- * watermelon

We do not have microwaves in our classrooms this year. Thank you, families, for your lunch creativity. All lunches must be sent to school with children in the morning with their backpacks and clean water bottles. No mid-day drop offs are permitted.

Healthy Snacks!

A daily snack is served daily to PreK – Grade 3 students.
NESD sponsors this program.

Emergency Lunches are available in the servery for families unable to provide a lunch for their child. Please call Janine at the school for more information.

Breakfast!

Nipawin Nutrition for Kids sponsors a breakfast program in our school, for any child who is hungry, who does not have food at home.
8:30 am. – 8:55 am. daily

Welcome New Staff @ CPES



Mrs. Gillian Smith Grade 2 Room 24.

I am so happy to be at Central Park Elementary School.

My husband, Kevin also teaches at CPES in grade 3. We have 4 wonderful children. Camren is 18 and attending York University in Toronto this year. Dominic is 15 and in grade 10 at L.P. Miller. Allison is 13 and in grade 8, also at L.P. Miller. Our youngest daughter, Felicity attends grade 2 here at CPES. In my spare time I enjoy reading, gardening, and spending time with my family. Mr. Smith and I love to travel and look forward to doing that again soon.

I am so excited to be teaching grade 2 in Room 24! CPES is a fantastic place to work, thanks to the wonderful staff and great students!



Miss Kalicia Chorney Grade 3 Room 22

I am very excited to be back at Central Park this year! I attended university in Saskatoon and this is my second year of teaching. I grew up here in Nipawin and my family still lives here as well. I enjoy teaching Ukrainian dance, camping and golfing! This summer I got engaged, my fiancé and I plan to get married in 2022. It is so great to see the kids smiling faces again!



Miss Shawna Schellenberg Grade 2 intern Room 28

I am so excited to start my internship with a great class of grade 2 children. I am a fourth-year Education student through the University of Regina, which I am completing at Cumberland College in Melfort. After some years of traveling and living both out of the province and the country, I moved back to the North East where I was raised to attain my bachelor's degree. I currently live in Melfort, but Gronlid is originally home for me. I am so excited to be at CPES this fall and winter and to be a part of this amazing team!



Miss Tedi Cherepuschak Grade 1 intern Room 2

I am currently completing my fourth year of a Bachelor of Education degree through the University of Saskatchewan. Many of our students already know me from the Pool @ Central Park where I lifeguard and teach swimming lessons or from the skating rink where I teach figure skating. I look forward to my time here at Central Park and to hopefully return to the NESD to work someday soon.

in a world
where you can
be anything,
BE KIND.

be
KIND
TO OTHERS.

Kindness
begins
with me.