



October 2025

Dear Central Senior Families,

Well that sure went by fast! It has been great getting to know students, parents and our Central Senior Community. We have had a busy month, packed with learning and excitement. Students and staff are settling in to our new normal here at Central and we are finding our stride. Thank you to the many families who were able to join us on September 9th for Meet the Teacher, it was great to see you.

On September 25th, the school travelled to the Midland area to celebrate Franco-Ontarian Day. The students participated in either Indigenous learning at Ste Marie among the Hurons or science activities at the Wye Marsh. Students and staff were incredibly flexible and accepted that our plans needed to change due to the weather. Fun was had by all students and staff in celebration of this day.

The participation in Terry Fox was tremendous and students put forth a great effort. As a school we raised over \$3000. Two different groups of students held bake sales to raise money for this and were extremely successful. We thank them for going above and beyond and the community that supported them.

Students and staff walked the track for an hour in the sunshine, stories were shared and memories made.

We ended the month by recognizing National Day for Truth and Reconciliation. Many students wore orange shirts in recognition of this day and participated in a variety of activities in their classrooms.

Before we know it the first long weekend will be upon us. I hope that families find time to relax and enjoy the beautiful colours of fall.

Thank you for a wonderful start to the year.

Charlene Chapman
Principal

School Screening Tool

Wondering if you should send your child to school based on their symptoms or diagnosis? We know this keeps changing and it is hard for families to keep up. The best and easiest way is to go through the daily School Screening Tool. This is what we use in the office. Click here to access:



**CENTRAL
SENIOR
SCHOOL**

Upcoming Important Dates to Remember in October:

(Keep up-to-date by checking out our school calendar on our website)

Tuesday Oct. 7th - Cross Country



Monday Oct 13 - Holiday (Thanksgiving)



Tuesday Oct 14th - IEPs go home

Friday Oct 17th - Clothing Orders Due

Tuesday Oct 21st - Jr Soccer

Wednesday Oct 22 - Girl's Soccer

Thursday Oct 23 - Boy's Soccer



Friday Oct 24 - PA Day

Monday Oct 27th to 30th - Book Fair



Friday Oct 31 - Halloween

Hot Lunch

Hot lunches will be beginning in October. Orders can be processed on School CashOnline. Dates are as follows:
241 Pizza - October 8, 15, 22, 29
BarBurrito - October 9, 16, 23, 30

Executive Functions - Sustained Attention

There are several aspects of the executive function skill of attention that are important to understand: sustained attention and refocusing attention. Sustained attention is when we focus on something and keep our attention there as long as we need to. This is important, but perhaps not as important as you might think. Refocusing attention is a skill we learn to put our own minds back on track with what matters in the moment. Refocusing attention is actually the more useful skill and the one you should help your child develop.

You can help your child by asking reflexive questions. Some examples:

- Where are your thoughts right now?
(Helps raise child's self-awareness)
- Is that important right now?(Helps connect self-awareness to situational awareness)

Office Closed Daily

The office will be closed daily from 1:00 to 1:30. Please make sure that you have notified your child's teacher about any pick ups or changes to your schedules during this time frame asked of time.

My Bus To School

Sign up for bus updates before the snow flies!

Talking with your child about mental health

Mental health refers to the way we think, feel and act. Good mental health allows us to feel, think and act in ways that help us enjoy life and cope with its challenges.

As your child's first and most important support, you play a key role in their growth and mental wellbeing. By nurturing their resilience, independence, and emotional health, you help set the foundation for lifelong success. Talking openly about emotions and mental health - regularly, not just during tough times - builds trust, supports their wellbeing, and shows your child they can always turn to you. These everyday conversations help them learn to care for their own mental health and feel safe sharing their feelings.

Consider these conversation starters:

- How are you?/ How are you feeling?
- What was the best part of your day today? How did it make you feel?
- What was the worst part of your day?
- What did you do today that made you proud?
- What would you like to talk about?

If your child is having a hard time, try asking gentle questions:

- Do you want to talk about what's going on?
- Is there anything you need from me? Space, time to talk, time to do something fun?
- If your child isn't ready to talk, reassure them by saying: You can talk to me any time; I am always here for you.
- If you need to speak to someone else, that's okay too.
- If you tell me what's worrying you, I'll do my best to help.
- Even if I don't understand, please know that I want to.
- We'll get through this together.

For more information or to learn how to access support please refer to the link here or contact the school. We are here to support.

<https://smho-smso.ca/wp-content/uploads/2025/01/Help-me-understand.pdf>

Links to stay informed:

- [TLDSB Handbook for Parents/Guardians and Students](#)
- [School to Home Communication](#)