



October 1, 2026

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 16th for Meet the Teacher, it was great to see you.

The participation in Terry Fox was tremendous and students put forth a great effort. As a school we raised over \$3200.

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. The BBQ was a great success, raising around \$450. 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.

We also had le Flo Franco concert. It was loud and sweaty and students had a great time. We extended an invite to Alexandra PS and Queen Victoria PS intermediate divisions. It was nice to come together as a community and enjoy music.

Our French Reading Program will continue this year with the help of Fresh FueLL. It is so important to read daily in one or both of our languages. Students receive a free small smoothie at Fresh FueLL when they read 25 books.

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

ATTENDANCE AWARD WINNER

Thank you to 241 Pizza sponsoring our attendance award for the month of September. This month's winner is Juliette and her family. We also have individual winners that get a free burrito. Thank you to BarBurrito for their support of our award. This month's winners are Tommy, Miles, Callie and Kalleigh. All winners were called to the office directly to receive their prize.



Upcoming Important Dates to Remember in October:

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

Wed Oct 7th - Skills Ontario AM presentation for intermediate classes

Wed Oct 7th - Coffee and Connect for parents 5:30-6:30

Monday Oct 12 - Holiday (Thanksgiving)



Thurs Oct 15th - Cross Country

Mon Oct 19th - Jr Soccer and Girl's Soccer

Fri Oct 23rd - Boy's Soccer



Monday Oct 26th to 29th - Book Fair



Friday Oct 30th - Halloween

Hot Lunch

Orders can be processed on School CashOnline. Dates are as follows:
241 Pizza - October 7, 14, 21, 28
BarBurrito - October 8, 15, 22, 29
The Loaded Spud - One day toward the end of the month, more details to come

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 1:30 to 2:00. 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.

OCTOBER SPIRIT DAYS

Our leadership team has been working hard to choose spirit days for the school year. Here are this month's choices

- 2- Hat day
- 9- Wild hair day
- 16- Dress for your Favourite Holiday
- 23- Patterns Day
- 30- Halloween - Black and Orange or Costumes

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](#)