

Centre School – Family Newsletter – April 2022

Dear Parents and Guardians of Centre School Students,

As the month of March finally comes to an end, we welcome in April with the hope of warmer weather and many days filled with sunshine! Trimester 3 has begun and we are now operating “back to normal”. The biggest change is we can now fully utilize all common areas like the cafeteria. Students have really enjoyed eating in the cafeteria! Also, with COVID restrictions easing up over the past month, we were able to meet as grade levels this past week in the gym for a whole grade level “Story Time with the Principal” opportunity. It was so much fun!

Our Spring Parent/Teacher conferences just wrapped up. If you have not met with the teacher or have a scheduled appointment, please reach out to the school for assistance. Also, trimester 2 report cards are now available for viewing on PowerSchool.

Kindergarten registration for the 2022/23 school year is currently under way. Registration packets are available at the main office. You can stop in every day between 8 AM and 3:30 PM to pick up a registration packet and sign up for a May registration appointment / student screening appointment. Please help us by letting your friends, neighbors, and relatives know that children who are 5 years old by September 30, 2022 and live in Hampton are eligible for our full day Kindergarten program.

Please note that Wednesday, April 6th is an *Early Release Day* for students. Teachers will be participating in a Professional Development opportunity. It will be a 12:00 PM dismissal for Centre students.

Nurse News

As we officially move into Spring, the days seem longer and the weather is variable! Please plan to always have a spare set of clothing available at school should clothing become wet or the weather calls for more layers. Thankfully, there is more daylight to get outside on the warm days! I encourage families to take walks together or try to find some time to get fresh air and bodies in motion!

Many may also notice more seasonal/environmental allergy symptoms as well! Please communicate with the school nurse if your student is exhibiting and/or being treated for seasonal allergy symptoms. Also please remember we are still asking for students to remain home with new/ unexplained symptoms of illness, even if mild and in the absence of fever, and to follow up with a covid-19 test to return to school.

Lastly, the last week of April is World Immunization week. We are fortunate to live in a place where preventative care is readily available. Be sure to talk with your providers to be sure your students are up to date on all their recommended vaccinations. If you need any assistance seeking medical support or resources, please do not hesitate to reach out to your school nurse.

Amy Pietras
School Nurse

Counselor News

At Centre School we are always reminding students to follow the “golden rule”. This is an important rule for us all to follow not only with others, but also with ourselves. It is so important that we treat ourselves with compassion and kindness, this begins with positive self-talk.

Teaching positive self-talk can help children to encourage themselves and help create strong mental health. Positive self-talk promotes self love, builds confidence, reduces anxiety and improves motivation.

Helping children recognize what they say inside their heads and sharing their thoughts with you can be a great way to promote positive self-talk and a way that you can encourage them to rethink any negative ideas or negative self-talk.

Ask your child to tell you one positive thing they did each day and be sure to model positive self-talk. Talking to yourself out loud can be a great way to model positivity and reinforce positive self-talk.

Let kids know that using positive-self talk takes practice. Here are some examples of positive self-talk:

I like me
I am a good friend
I can do hard things
I am brave
I have a kind heart
I will give it another try

Book suggestion:

Stand Tall, Molly Lou Melon by Patty Lovell

All Are Welcome by Alexandra Penfold

I Like Myself by Karen Beaumont

“Talk to yourself like you would someone you love” ~Brené Brown

Samantha Connell
School Counselor

Upcoming Events:

April 4 – Class group photos

April 5, 12, 19 – Gr. 2 Minecraft with Mr. Dutton

April 6 – Early Release Day (12:00 Dismissal)

April 7 & 14 – Gr. 2 Art Club (Thursday group) with Mrs. Olson

April 12 – School Board Mtg. 6:00 PM

April 13 & 20 – Gr. 2 Art Club (Wednesday group) with Mrs. Olson

April 19 – Hampton PTA Mtg. 7:00 PM

April 25-29 – School Vacation Week



APRIL 2022

Hampton School District - Mary Borg Food Service Director

mborg@sau90.org or 926-9826

**ALL SCHOOL MEALS ARE
FREE UNTIL THE END OF
THIS SCHOOL YEAR**

Monday

Tuesday

Wednesday

Thursday

Friday

**MY
SCHOOL
BUCKS**

PAY FOR MEALS ONLINE
1 MyschoolBucks.com

Crispy Chicken Patti on a W/G Bun

Creamy Buttery Sweet Corn
Red Delicious Apple
Milk

Hamburger or Cheeseburger
On a WW Bun

Sweet Potato Fries
Pickles
Cucumber Rounds
Sliced Peaches, Milk

Hot Dog

Carrot Sticks W Dip
Red Delicious Apple
Milk
EARLY RELEASE DAY!!!

Grilled Cheese

Tomato Soup
Tater Tots
Creamy Cole Slaw
Fresh Pear
Milk

SAL'S PIZZA IS BACK!!!

Spinach & Mandarin Salad
Mixed Berry Ice Juicy
Diced Pears
Milk

Egg Patti & Pancakes

Hash Brown Potato
Steamed Broccoli
Chilled Fruit
Milk

Chicken & Waffles

Honey Wheat Roll
Carrot Coins
Mixed Fruit
Milk

Domino's Smart Slice Pizza

Carrot Sticks W Dip
Red Delicious Apple
Milk

Meatball Sub

Steamed Green Beans
Applesauce Cup
Milk

Crispy Crunchy Fish Sandwich

Lemon Wedges
Garden Salad
Milk

Chicken Nuggets

Potato Smiles
Sweet Steamed Corn
Fruit Cocktail
Milk

Soft Taco Tuesday

Salsa, Shredded Cheddar
Lettuce and Tomato
Mandarin Oranges
Milk

Domino's Smart Slice Pizza

Carrot Sticks W Dip
Red Delicious Apple
Milk

French Toast Sticks

Hash Brown
Sausage Links
Diced Carrots
Orange Smiles
Milk

Double Mini Hot Dogs

Baked Beans, Chips
Pickles
Steamed Green Beans
Peaches and Milk

25

SPRING BREAK APRIL 25 - 29

28

29

**MOTHERS HOURS, NO NIGHTS, NO WEEKENDS, NO HOLIDAYS, IF INTERESTED
PLEASE CONTACT, Mary Borg FOOD SERVICE DIRECTOR**

ASSORTED SANDWICHES ARE SERVED DAILY - TURKEY, HAM, TUNA, ITALIAN, BOLOGNA, CHEESE & SUNBUTTER AND JELLY

"THIS IS AN EQUAL OPPORTUNITY EMPLOYER"