



This Week at CCS



September 14 - 20, 2026

THIS WEEK

Every day: We had a great first week at CCS! Now that we are settling into routines, we would remind you that 'kiss and drop' takes place in the front hall and all students walk themselves to their classrooms in the morning. As part of our safety protocols, any visitors at any time of the school day must report to the office. Thank you!

Thursday: 6:30 - 7:30 Home & School Committee meets in library. All welcome!

Friday: Provincial School Improvement Planning Day - **No school for students**

REMINDERS

- Microwaves are for reheating, not preparing/cooking. Think 30 seconds = ready to eat. Do not send any uncooked foods (KD cups, Mr. Noodles, frozen dinners)
- "We've Got Your Back" food program starts soon. Please return letters ASAP to be included.
- Student fees can be paid through SchoolCashOnline.

COMING UP

Friday, September 25:

Professional Practice Day (Calendar Pilot schools) - No school for students.

Tuesday, September 29: Orange Shirt Day at CCS, in recognition of

Wednesday, September 30:

National Day of Truth and Reconciliation. No school.

Thursday, October 1:

Kindergarten registration opens.

STAY IN TOUCH

Please ensure you update contact information on the data sheet that was sent home as well as anytime through the year that contact numbers change. It is important that we can reach you quickly when needed.

COUGAR TRAIT FOCUS



LUNCH PROGRAM

Here are details to note about lunch orders:

- **Order Deadline:** The official deadline for orders is 8:00 AM the day before; the deadline for Monday orders is Sunday at 8:00 AM. Once the deadline passes and the meal is no longer available, it will either be greyed out or disappear completely from the system.
- **Absences:** If a child is absent and a meal was ordered, parents must message the provider in the app as soon as possible, and no later than the start of the school day. This allows them to cancel the meal from production and issue a refund.
- **In-App Messaging:** Parents can use the messaging feature directly within the app to reach the provider for any urgent updates like absences.

To ensure **orders** are processed correctly, parents must follow these steps **for each child**:

1. Create student profiles for each of their children.
2. Select ONE student profile, add all meals for that student for the week, and complete the checkout process.
3. To place an order for another student, build a new cart, select the correct student profile, add all meals for that student for the week, and complete checkout again.

We have been grateful to offer free Wednesday lunches over the past few years. With changes to the funding that supported the program, along with families now having access to daily lunch ordering at school, we will no longer be offering free Wednesday lunches this year.

We know this will be disappointing for some students and families. Our free breakfast program will continue, and we hope to expand the variety of breakfast options available this year with the time and energy previously dedicated to the lunch program.

If the cost of participating in the provincial school lunch program is a barrier for your family, please contact Mrs. K. ; all requests are held in confidence.

HOME & SCHOOL



Join CCS Home & School



Our first meeting is
September 17 @ 6:30 pm
at Centreville Community
School!

Everyone is welcome!

CCS Home & School
Third Annual

Bottle Drive

Drop your bottles in the trailer in the
school parking lot!

Or drop them off at Grain's Bottle Depot
& ask to donate to CCS Home & School!

Get your Garages,
Sheds, & Yards cleaned out
from the hot summer!

September 15
thru
September 30
2026

Funds raised will
go towards support for
Home & School projects!



September 2026

ASD-W

Volume 3 Issue 1

HEALTH PROMOTING SCHOOLS

Ready, Set, Breakfast!

Adapted from an APPLE Schools resource

HEALTH NOTE FACTS:

The best part of waking up is breakfast! Children who eat breakfast are more likely to be focused and have better attitudes toward school and learning. This leads to increased academic performance and positive interactions with peers and adults.

As families get back into school "routines", it's important to include the "routine" of starting your day with a healthy well-balanced breakfast. Incorporate a variety of fruits and vegetables, protein and whole grains. This will provide energy for both learning and being active.

Ideas for Breakfast options:

1. Whole grain waffle/pancake topped with your favourite fruit and yogurt
2. Oatmeal muffin, yogurt, and apple slices/banana
3. Whole-wheat crackers, cheese, and a piece of fruit
4. Breakfast burrito: Whole grain tortilla with scrambled eggs/veggies, salsa, and cheese
5. Whole grain cereal bar and fruit smoothie (have fun trying different ingredients like leafy greens)
6. Unsalted nuts, fruit and milk
7. Whole grain hot or cold cereal with fruit of your choice

Make sure you and your child know about the breakfast program offered at their school. There are many reasons why children access breakfast programs: a long bus ride, don't feel like eating when they get up or not having enough time to eat at home. Perhaps they just look forward to eating with their friends and classmates at school. Whatever the reason, it is important that all children start their day with a full belly and be ready to learn.

RESOURCE LINKS:

- Food guide snapshot - Canada.ca
- Recipes - Canada.ca
- Healthy eating for parents and children - Canada.ca
- Adjusting recipes to meet your needs - Canada.ca
- Cooking/criticism

BREAKFAST

Additional Tips:

Tips in preparing breakfast ahead of time to avoid the morning rush:

- Make porridge ahead of time and refrigerate portions. Reheat and add fruit, seeds, and yogurt in the morning.
- Bake and freeze whole grain muffins and pancakes.
- Stock up on grab and go items such as fruit, containers of yogurt, individual portions of trail mix, and cheese.
- Make hard boiled eggs and keep in refrigerator for up to one week. Add a slice of whole grain toast and cheese with eggs to make a grab and go breakfast sandwich.

Remember children build food skills by helping with age-appropriate tasks in the kitchen. Involvement in food preparation fosters independence, builds a healthy relationship with food, plus makes them feel good about themselves.

Check these recipes out:

- Apple pie breakfast bowl - Canada.ca
- Simple breakfast soup - Canada.ca
- Egg wrap with vegetables - Canada.ca



ASD-W HEALTHY LEARNER IN SCHOOL PROGRAM

MONTHLY HEALTH NOTE

The Healthy Learner in School Team will be sending out monthly Health Promoting School resources again this year to help support the promotion of health related topics in our school community. These will be attached in School Messenger emails so that you can read, save, and print for your household.

September's, Topic is, "Ready, Set, Breakfast".