

École secondaire régionale Centennial

Centennial Regional High School

**Directrice
Principal
Mme Sophie Compagna B.Ed.**

**Adjointe Administrative
Administrative Assistant
Ms. M. Sealey**



**Directeurs adjoints
Vice-Principals
Ms. Amber Coones, B.A., B.Ed.
Mr. Steven Chan, B.Ed. M.Ed.**

March 27, 2024

Dear Parents/Guardians,

Spring is finally upon us; the days are getting longer which means the end of the school year is approaching faster than we can imagine.

Kindly note the items mentioned below, remember to consult our school's website at www.crhs.rsb.qc.ca often for current and daily news.

Graduation 2024

A reminder that the graduation ceremony and reception will take place Sunday, June 23, at 4:00 PM at Le Centre Sheraton Montreal Hotel.

- **Graduation Information Session** will take place in April; information will follow.
- **Graduation Information Booklet** will be sent via email to all parents and graduates in the coming weeks. This detailed booklet contains important graduation information; please read it thoroughly and often, to ensure the deadlines are recognized.

Should parents have questions about the graduation booklet, please contact Jessy Herron at JHerron@rsb.qc.ca.

Littering

Littering, in and around school property has become an issue of late. While there are garbage bins located in and outside the school, students are not being as conscious about their personal garbage as we would like them to be.

I would like to take this opportunity to ask that you speak with your child about the importance of keeping our surroundings clean.

School Fees - Payment of Materials

A reminder to parents/guardians that school fees can be paid online. Should you have questions regarding your child's account, please contact Marcella Sealey at 450-656-6100 local 7279.

In the event a child's statement of accounts is not paid by May 31, 2024, information will be sent to a collection agency.

Solar Eclipse

A reminder that a solar eclipse will occur on April 8, 2024, which is now a ped day. This once in a lifetime celestial event is the perfect opportunity to research and explore the websites available on the subject. We ask that you be especially careful with regards to appropriate protection for your eyes; looking directly at the sun can lead to serious eyesight problems.

Important Dates to Remember

- March 29 – Holiday – Good Friday
- April 1 – Holiday – Easter Monday
- April 8 – Ped Day – Solar Eclipse ***new**
- April 15 - Governing Board Meeting
- April 25 – Regular School Day – **Day 3** (*Conditional Ped Day cancelled*)
- April 26 – Conditional Ped Day ***new**

The following message is from Joanne Poirier, School Health Nurse Clinician.

Info-Nurse

- A vaccination against meningitis will take place at school on May 30 and 31, for grade 10 and 11 students.

<https://www.quebec.ca/en/health/advice-and-revention/vaccination/meningococcal-vaccines>

Vaccination is voluntary but strongly recommended for these students, as we are seeing an increase in cases of meningitis throughout Quebec. Information about consent will follow by early May.

- The nurse will meet with grade 8 and 9 students in science as part of sexuality education. The nurse supports teachers in meeting the Ministry of Education's program and remains available to answer your questions.
- Measles remains the hot topic of the day. If your child is showing symptoms, or should you have any doubts about their health, we invite you to call 811, who will direct you to the right resource. If in doubt, please do not send your child to school until you have contacted a professional. You can also consult the government website for more information.
<https://www.quebec.ca/en/health/health-issues/a-z/measles>

In April, the nurse will be present at school 2 or 3 days a week to meet students' needs.

The nurse can prescribe contraception, test, and treat STBBIs, discuss about healthy lifestyle habits, screen for mental health problems such as eating disorders, depression, or anxiety, and prevent drug, alcohol, and tobacco use.

Should you have a concern about your child, you can refer you to the various CLSC services, do not hesitate to contact via e-mail.

Joanne Poirier School Health Nurse Clinician

Joanne.poirier.cisssmc16@ssss.gouv.qc.ca

Mot de l'infirmière

- Une vaccination contre la méningite aura lieu à l'école le 30 et 31 mai prochain, pour les élèves de sec 4 et 5.

<https://www.quebec.ca/sante/conseils-et-prevention/vaccination/vaccins-meningocoques>

La vaccination est volontaire mais fortement recommandé pour ces élèves car nous constatons une augmentation de cas de méningite partout au Québec. Les informations et le consentement vous seront remis au plus tard au début mai.

- L'infirmière rencontrera les élèves de sec 2 et sec 3 en science dans le cadre de l'éducation à la sexualité. L'infirmière apporte son soutien aux enseignants dans le cadre du programme du ministère de l'éducation et demeure disponible pour répondre à vos questions.
- La rougeole demeure le sujet de l'heure. Si votre enfant présente des symptômes ou si vous avez un doute sur son état de santé, nous vous invitons à contacter le 811 qui pourra vous diriger vers la bonne ressource. SVP en cas de doute, ne pas l'envoyer à l'école avant d'avoir rejoint un professionnel. Vous pouvez aussi consulter le site du gouvernement afin d'avoir plus d'information.
<https://www.quebec.ca/sante/problemes-de-sante/a-z/rougeole>

Pour le mois d'avril, l'infirmière sera présente à l'école 2 à 3 jours par semaine afin de répondre aux besoins des élèves.

L'infirmière peut prescrire la contraception, dépister et traiter les ITSS, évaluer les saines habitudes de vie, dépister les problèmes de santé mental tel que les troubles alimentaires, les symptômes de dépression ou d'anxiété et faire de la prévention en consommation de drogue, alcool et tabac.

De plus, si vous avez une préoccupation pour votre enfant, elle peut vous référer aux divers services de CLSC. N'hésitez pas à la contacter par courriel

Joanne Poirier infirmière clinicienne en santé scolaire

Joanne.poirier.cisssmc16@sss.gouv.qc.ca

Thank you,



Sophie Compagna

Principal