

# CHARGERS MONTHLY

## Sharing Centennial's Pride



January 2025



"One learns from books and example only that certain things can be done. Actual learning requires that you do those things."  
-Frank Herbert

## Midterm Exams & How To Beat the Study Blues!

With the end of Term 2 fast approaching and midterms for Term 3 coming in March, it's important to prepare for those study sessions!



### Here are the best tips from experts:

- **Avoid Distractions:** Studying around devices, chatty friends, or noisy hallways is challenging.
- **Interval Studying:** Never cram! Try to study in cycles of 20-40 minutes, and take breaks.
- **Sleep Well:** Teens should be getting over 9 hours of sleep per night.
- **Manage Time:** Don't let things pile up, look at a 14-day calendar and asses.
- **Have Fun:** Quiz yourself and turn studying into a game where you earn points.

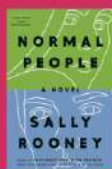
### Here are some CRHS specific tips!:

- **Use our Resources:** Power Hour, SOS and Lunchtime Resource are always an option!
- **Talk to your Teacher:** Make an effort to touch base and express concerns.
- **Send a Message:** Use TEAMS to message a teacher if you are absent, it makes a difference!
- **Avoid Absences:** Being in class is the #1 indicator for success in school

Tech Tips for Parents: Did you know that you can monitor and control your child's phone usage? There are a variety of screen time apps that help parents know how much time their child is spending on their device, and on which apps.

## SHARING OUR PRIDE: BOOKS BOOKS AND MORE BOOKS

Centennial is proud to have one of the most diverse selection of Books for classroom's to engage with. Here are a few titles, from classics to contemporary literature!



# CRHS in January

Burgundy in our Blood, Gold in our Bones



2025

## A New Year

With a New Year comes new resolutions. CRHS is hoping that students come back to Centennial recharged, refreshed and hopeful that they can succeed in the classroom! The teachers and staff of Centennial believes in all of you!

## Junior Play Rehearsals Begin!

After the smash success of Senior Play, there's even more to look forward to! Junior Play rehearsals are underway, with the students in grades 7, 8 and 9 taking the stage in preparation for the show in March.



## Follies 2025: Sugar Crash

Singing, Dancing, Acting, and so much more!

Follies 2025: Sugar Crash is around the corner! Get your tickets ASAP, as this variety show is bound to impress the CRHS community.



## VOLLEYBALL BEGINS

The Volleyball season is underway, with a flurry of tournaments ushering in the New Year. Students from all grades are breaking out their knee pads for what surely will be an intense few months on the court.



## TIPS FOR OUR COMMUNITY

Mental Health is always a priority. Need to talk to someone, but don't know where to begin?

Montreal Therapy Centre is an efficient resource when looking for counseling. Appointments can be online or in person, and payment is scaled to patient salary, if not covered by insurance.

