



Christ Church Cathedral School

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April 23, 2015

Dear Parents and Guardians,

Our students have been shining lights at the Speech Festival this week with their monologues and duologues. Tomorrow, grades one to five will be performing with their whole class. The schedule is on the school calendar and the children love an audience, if you can make it. The location is the St. Matthias Church Hall at the corner of Richmond and Richardson Streets – just down the block from our new Junior Kindergarten!

Parents, staff and parishioners are getting organized for the upcoming Spring Fair. This is our major fund raising event and helps fund a major school improvement initiative each year. It is also our largest community building event. This year we are going all out with new activities, including a middle school choir performance, bumper balls, and a foam pit! Back by popular demand are the hamster balls, bouncy obstacle course, and the ever popular sucker pull – it always surprises me how much delight that simple sucker pull generates. Look for the new postcard from our PSG, inviting you and your friends to this fun-filled event.

Stuart Hall

Weekly Calendar For detailed listings, see: <http://cathedralschool.ca/about-cccs/school-calendar/>

Thursday, April 23	<ul style="list-style-type: none"> ▪ Track practice 7 - 8 am ▪ Jazz Band practice 7:30 - 8:30 am ▪ Grade 6 badminton practice 12:30 - 1:00 pm ▪ Grade 6 badminton city semi-finals @ Gordon Head Middle School 3:00 - 6:00 pm ▪ Grade 4/5 badminton tournament @ Maria Montessori 3:30 - 5:00 pm
Friday, April 24	<ul style="list-style-type: none"> ▪ Speech Festival
Tuesday, April 28	<ul style="list-style-type: none"> ▪ Track Practice 7 - 8 am ▪ Grade 8 badminton practice 12:30 - 1:00 pm ▪ Grade 6 badminton practice 3:15 - 4:30 pm
Wednesday, April 29 Chapel Day	<ul style="list-style-type: none"> ▪ Middle School choir rehearsal 7:30 - 8:30 am ▪ Grade 6,7,8 badminton city finals @ SMUS 3:30 - 7:00 pm
Thursday, April 30	<ul style="list-style-type: none"> ▪ Track Practice 7 - 8 am ▪ Grade 7 & 8 Jazz Band practice 7:30 - 8:30 am ▪ Grade 6 badminton practice 12:30 - 1:00 pm ▪ Intermediate drop-in volleyball 3:15 - 4:15 pm in the gym ▪ Grade 4/5 badminton tournament @ Maria Montessori 3:30 - 5:00 pm ▪ Middle School Dance 6:30 - 8:00 pm

Upcoming Events & Important Information:

Planning your holidays:

2015/16 Christmas Break — Friday, December 18, 2015 – Monday, January 4, 2016 (Classes resume Jan. 5)

2015/16 Spring Break — March 14 – 25, 2016

2015/16 Easter Break — March 24 – 28, 2016

2015/16 Last Day of School — June 23, 2016

2016/17 Christmas Break — Friday, December 16, 2016 – Monday, January 2, 2017 (Classes resume Jan. 3)

2016/17 Spring Break — March 13 – 24, 2017

2016/17 Easter Break — April 13 – 17, 2017

2016/17 Last Day of School — June 22, 2017

Lost and Found: Please have a look in the Lost & Found area to see if there are any clothing items or food containers belonging to your family. Items not collected will be donated or disposed of by May 8th.

Yearbook: Last Chance for Yearbooks! Get them now before they are gone! We have around 30 yearbooks left so get your orders in ASAP to guarantee your child has an album of amazing memories for this school year.

Books are \$35, so please submit your order forms with cash or a cheque made out the school. Alternatively you can order online at: www.ybpay.lifetouch.com using the yearbook code: 11633415.

If you have misplaced your order form please check in at the office for an extra copy. If you are unable to do so, a cheque labeled yearbook order with your child's name on it will suffice. We are looking forward to sharing our final product with you soon!

Thank-you so much for your support,
The Yearbook Team

Summer Program Registration: Registration forms for the Lux Mundi Summer Program are available in the office or from the school website. **Please note the registration deadline of Monday, May 5th.** Advance notice is required to arrange for adequate staffing and field trip planning for the summer program.

Summer Technology Camps: This summer CCCS will be offering 3 varieties of technology camps: *Lego Mindstorms*, *Minecraft* and *Scratch Programming*. Week-long camps run throughout the summer. To register, check with the office to see if there is space available, then you may pay by cheque at the office (it may be post-dated) or by credit card online. Registration is confirmed upon receipt of payment.

Fruit & Veggie Donations: The grade 8 class would like to thank you for your generous support yesterday to provide fruit and veggies to Victorians who are struggling. We collected 85 kilograms of donations and our total collection for the year is now 465 kilograms. Wow! Thank you! **Our final drop-off dates are Tuesday and Wednesday May 19th and 20th.** Please mark these dates on your calendar. Your support is appreciated.

Vanuatu Fundraising: Thank you to everyone who donated to help the country of Vanuatu rebuild after Cyclone Pam. The hot chocolate sale raised \$350. The money will be used to purchase soccer balls. Sports Traders has given us a reduced rate for the sports equipment. **Children in Vanuatu need school supplies and we want to help.** Donation bins are now available in the school. These supplies, along with the soccer balls, and other emergency aid, will be sent to Vanuatu.

Spring Fling Middle School Dance: Thursday, April 30th 6:30 - 8:00 pm
-Tickets \$4 in advance \$6 at the door - will be on sale starting Monday, April 27th.
-pop and chips will be sold, but eat dinner before you come
-dress code: semi-formal, no jeans
-no technology - cell phones will be collected at the door and given back at the end of the dance!

CCCS Spirit Week is May 4 – 8, brought to you by Student Council!

Spirit Week will include:

- Daily trivia about the staff at CCCS
- Crazy Socks/Hat/Hair Day on Tuesday
- School-wide Banner Decoration on Wednesday
- Popsicles and Sock Hop at lunch on Thursday
- Mufti Day on Friday!

Stay tuned for more details from Student Council :)

Class & Whole School Photos will take place on the morning of **Tuesday, May 12th**, weather permitting.

Talent Show: Keep practising! The annual CCCS talent show will be held on **Thursday, May 14th**.

Cambridge Uniforms Fitting Day: Tuesday, May 19th from 2:00 - 6:30 pm. Please sign-up at the office to arrange your specific timeslot.

Spring Fair: Mark your calendars! The Cathedral School & Parish Spring Fair will be held on **Saturday, May 30th**. *Postcards advertising the Spring Fair are available from the office.* Please come by to pick some up for distribution to family, friends and neighbours. Some features this year include:

- New Wii Video Theatre
- New Bumper Balls
- The return of the ever popular Dunk Tank

We are looking for sponsors for all activities (Hamster Balls, Dunk Tank, Bumper Balls, etc.). If anyone is able to help, please email or speak to Todd. Thank you!

Classroom reps will be communicating information about Theme Baskets, Silent Auction requests, and volunteers needed.

Victoria Youth Triathlon - Sunday, June 7: Some CCCS students have already signed up but we need many more runners and bikers to make up Junior (6-11yrs) and Senior (12-17yrs) teams. Please email Stephanie at 'stone121@shaw.ca' if you are interested. There will be at least 2 Saturdays in May to practice the bike around Ring Rd at UVIC. Please check out www.teamunify.com if you are interested in a Triathlon camp prior to the race.



For the latest news from Christ Church Cathedral, click the link below:
<http://eepurl.com/bkqnnf>



KEEPING ACTIVE CHILDREN HYDRATED

Active children often need to be encouraged to drink to prevent dehydration (not enough water in the body). Water is the best choice to keep children hydrated. Other good choices are milk and fortified soy, almond or rice beverages.

Sports drinks are over-used and are high in sugar and calories. Sports drinks are intended for rehydration for non-stop physical activity lasting longer than one hour. Energy drinks are not recommended for children.

Keep active children hydrated:

- ◆ Offer water often, especially during activity.
- ◆ Provide water or milk and watery snacks like watermelon, cucumber or smoothies after activity.
- ◆ Avoid or limit juice to 1/2 cup a day.

Is your child's water bottle safe?

Disposable plastic bottles that are filled with water, pop, sports drinks, etc., should not be reused. Use stainless steel bottles or bisphenol A-free (BPA-Free) plastic bottles that are designed for reuse.

Reusable water bottles:

Wash water bottles well by hand each day. Dishwasher water does not reach all parts of the inside of the bottle and may not be the best way to clean bottles. Recycle any bottles that show signs of wear such as scratches, dents, or a cloudy, cracked appearance.

For more information:

- ◆ Call HealthLinkBC at 8-1-1 and ask to speak to a Registered Dietitian or visit www.healthlinkbc.ca/healthyeating/.
- ◆ What's in a bottle? From Sports Drinks to Vitaminized Water: <http://coach.ca/sport-nutrition-s14783>
- ◆ Sip Smart!: www.bchealthyiving.ca/node/104

THE PSG POST

April 23rd, 2015



We have two events coming up in May and they both require the helping hand of a few parents.

- The first event is “Pizza Sale at the Talent Show”. The Talent Show is set for the evening of Thursday May 14th. We need volunteers to purchase the required supplies, (you will be reimbursed!!) setup, sell, serve and clean-up. (4 - 6 people)
- The second event is the Staff Appreciation Lunch. The lunch is set for Friday May 15th. This is the Pro-D Day at the beginning of the Victoria Day long weekend. Emory Haines is the lead on this event and he is looking for volunteers to help him serve the lunch and clean-up.
- Please email us at psg@cathedralschool.ca to volunteer for these two events.





All used uniform items are gratefully accepted by your PSG. You can drop the items off at the office with Bev or Liisa.

All donated items will be available for “sale” at our SPRING FAIR. Proceeds of this sale are returned to the school to support PSG funded programs and equipment requests.

We “Thank You” in advance for your generosity!

The Silent Auction is one of the biggest, if not the biggest contributor to the funds raised at the Spring Fair. We count on your help to make the Silent Auction the success we all need it to be. **Your class rep will be sending you a Request for Donation letter, which you can use to gather donations for the Silent Auction. A postcard advertising the fair should be included with the Request for Donation letter.** Postcards are available in the office. For more information, please see Todd or email us psg@cathedralschool.ca.

As an example on how we are doing so far, here is a list of some of the donations we have received to date:

- Prince of Whales Whale Watching for 2
- Dinner for 2 at Il Terrazzo
- Lunch for 2 at Clay Pigeon
- Keg GC for \$50
- \$25 GC for Milestones
- 2 Cineplex \$10 GC's



From Hotel Grand Pacific:

- One Night Stay with comp parking for 2015 with dinner and breakfast for two
 - Also Tea for two times TWO valid for regular afternoon tea as well as - THE MAN TEA - a Father's Day tea that features MANLY BITES week of June 21st
- Also valid for CHINESE MOON FESTIVAL TEA-mid September, a Chinese Moon Festival Tea featuring house made moon cakes

- GC for four to the SWINE and the VINE - an Appalachian Pig Roast w Bluegrass Music at the Hotel Grand Pacific

Don't forget all proceeds raised by PSG events go to support PSG projects!