



# Christ Church Cathedral School

912 Vancouver Street  
Victoria, British Columbia  
V8V 3V7

Telephone (250) 383-5125  
Facsimile (250) 383-5128  
cathedralschool@cathedralschool.ca

April 9, 2015

Dear Parents and Guardians,

With the warmer weather comes another marker of Spring: track and field. Over 40 enthusiastic students showed up for early morning track and field practice today at the Oak Bay high school track. Thank you to Mr. Burt for organizing this and inspiring our athletes. Practice continues on Tuesday and Thursday mornings.

The Minecraft and Lego Robotics Clubs have wrapped up for the school year. Thank you to John McIntosh and Jacob Varro for running these popular weekly clubs. They will be back this summer to run Technology Camps here at the school. See the school website for a full schedule and registration information. [Technology Camps at CCCS](#)

I'd like to thank our parents for spreading the word about our wonderful school, as well as our Childcare & Jr. Kindergarten. We have had many tours and inquiries. A few spots remain at the main campus for the fall, but most grades are full with waiting lists. Our Jr. Kindergarten is almost full, even with the additional spaces made possible by the new location. A waitlist will be taken for the Fall once the final spots are filled. The official Grand Opening takes place today at 3:00.

Yours,

Stuart Hall

---

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

Thursday, April 9	<ul style="list-style-type: none"><li>JK Grand Opening 3:00 pm</li><li>Intermediate drop-in volleyball in the gym 3:15 - 4:15 pm</li></ul>
Friday, April 10	<ul style="list-style-type: none"><li>Grade 7 badminton practice 12:30 - 1:00 pm</li><li>Grade 8 badminton practice 3:15 - 4:15 pm</li></ul>
Tuesday, April 14	<ul style="list-style-type: none"><li>Grade 8 badminton practice 12:30 - 1:00 pm</li></ul>
Wednesday, April 15	<ul style="list-style-type: none"><li>Intermediate badminton tournament at Colquitz 3:00 - 5:30 pm</li></ul>
Thursday, April 16	<ul style="list-style-type: none"><li>Grade 6 badminton practice 12:30 - 1:00 pm</li></ul>

## ***Upcoming Events & Important Information:***

**Fruit & Veggie Collection Dates:** Tuesday, April 21 and Wednesday, April 22.

**Earth Day:** Wednesday, April 22 is Earth Day. The Green Team will be making skipping ropes from plastic bags.

**Speech Festival:** Friday, April 24. Please see the school calendar on the website for further details.

**Talent Show:** Thursday, May 14. Please bring your musical accompaniment to school for auditions and rehearsals.

**Spring Fair:** Mark your calendars! The Spring Fair will be held on **Saturday, May 30<sup>th</sup>**.

**Summer Program Registration:** Registration forms for the Lux Mundi Summer Program and Summer Technology Camps are available in the office or from the school website.

**Parent Education:** On Thursday, April 16<sup>th</sup> at 7:00 pm, Glenlyon Norfolk School presents a Parent Education Evening on the topic of Anxiety in children and teens with guest speaker Stephenie Gold. This is a free event and all parents who are interested are welcome to attend. Location is the Hall at GNS. See poster on the parent information board for further details.



For the latest news from Christ Church Cathedral, click the link for the weekly e-newsletter.  
<http://eepurl.com/biPvh5>

## *THE PSG POST - April 9<sup>th</sup>, 2015*



**The next PSG Meeting** is, Thursday April 16<sup>th</sup> at 7:00pm upstairs at the Penny Farthing Pub on Oak Bay Avenue. Everyone is welcome to attend.



Mark your calendars! Saturday, May 30<sup>th</sup> is the Christ Church Cathedral Parish & School Spring Fair. More details coming soon.

All questions & comments can be sent to us at [psg@cathedralschool.ca](mailto:psg@cathedralschool.ca)



## EASY IDEAS WITH VEGGIES AND FRUIT

Most children don't get enough vegetables and fruit each day. School-age children and youth need 5 to 8 servings of fruit and vegetables per day.

Try these ideas with salad dressing or yogurt for dipping, or include a slice of cheese:

- ◆ Sweet peppers, cucumber slices, carrot sticks, cherry tomatoes, celery, broccoli or cauliflower
- ◆ Oranges, berries or cut-up fruit
- ◆ Apple, pear or banana slices packed with a teaspoon of lemon juice to keep them from going brown
- ◆ Kiwi cut in half with a spoon for scooping
- ◆ Chunks of watermelon or cantaloupe

Encourage your child to eat more vegetables and fruit:

- ◆ Eat plenty of vegetables and fruit. Children learn by watching you. They will be more willing to eat vegetables and fruit if they see you eating them.
- ◆ Involve children in buying and preparing vegetables and fruit.
- ◆ Cut and serve them in many ways. For example, "ants on a log" – celery with hummus and raisins on top or celery and dip.
- ◆ Add dried or fresh fruit to breakfast cereals or yogurt, or make a fruit smoothie.
- ◆ Add extra vegetables to soups, casseroles and stews.
- ◆ Prepare vegetables in ways you have never tried before, e.g. use sweet potatoes and yams instead of potatoes to make great oven baked fries.
- ◆ Buy pre-cut vegetables and salads.
- ◆ Try vegetables and fruit cold, hot or right from the freezer. Frozen grapes or blueberries make a terrific snack. Serve vegetables with different dips and sauces.
- ◆ Offer vegetables and fruit at snack and meal times. It can take up to 20 times of offering the same food before a child will accept it. Never force children to eat. With time children will learn to eat what you eat.

Don't forget: a child's intake varies from day to day. Trust that a healthy child will meet their nutrient needs over time.

For more information:

- ◆ Your local Island Health Public Health Unit: [www.viha.ca/locations/health\\_units.htm](http://www.viha.ca/locations/health_units.htm)
- ◆ Call HealthLinkBC at 8-1-1 and ask to speak to a Registered Dietitian or visit [www.healthlinkbc.ca/healthyeating/](http://www.healthlinkbc.ca/healthyeating/)
- ◆ Dietitians of Canada: [www.dietitians.ca](http://www.dietitians.ca)
- ◆ Healthy Families BC: [www.healthyfamiliesbc.ca/](http://www.healthyfamiliesbc.ca/)