



Christ Church Cathedral School

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Dear Parents and Guardians,

The past several weeks have been very challenging for everyone. Once again, I would like to express my deep appreciation for your passion and care for our School. The Board's decision to oppose Cool Aid's proposal for the redevelopment of Mount Edwards Court means that we have begun to actively lobby on behalf of current and future students, families and staff. We have contacted the people who oversee funding and land use decisions and let them know of our serious concerns. We will keep you posted of developments as we receive new information. On behalf of all staff at the school, I can assure you that we are praying and working hard to bring this chapter to a successful close.

Next week we hold our Kindergarten readiness assessments. On three separate mornings young potential students and their eager parents will join us in the Kindergarten classroom. I want to thank those of you who continue to refer families to our school. Your endorsements have made all the difference in the world and help to keep our enrollment and school strong.

Stuart Hall

Weekly Calendar For detailed listings, including sports practices, see the website:

<http://cathedralschool.ca/about-cccs/school-calendar/>

Thank you!



Thank you to all our families who donated fresh fruit and vegetables for our collection for St. Vincent de Paul. We brought in 193lbs of food! What an incredible result!
Our next collection dates are February 23rd and 24th.

Upcoming Events, News & Information:

PSG Meeting: TONIGHT, Thursday, January 21 6:30pm—Hotel Grand Pacific - Pender Island Ballroom
A regular PSG meeting will start at 6:30pm, followed by a meeting regarding the proposed housing project at Mount Edwards Court. The Hotel parking lot is not available. Please use street parking or nearby lots.
Also please note: If you are planning to attend the PSG meeting and/or the following meeting regarding the Mount Edwards Development, the organizers request that parents not bring or invite anyone from outside the school community. The ballroom has limited seating, and upon capacity, people will be turned away.

Early Dismissal: Wednesday, February 3 at 2:00pm (The first Wednesday of every month)

Professional Development (Pro-D) Day: Friday, February 5th. Lux Mundi is available.

BC Family Day—Monday, February 8: School is closed. Lux Mundi is NOT available.

Shrove Tuesday Pancake Breakfast: On **Tuesday, February 9th** our whole school and JK will gather in the gym for this annual tasty tradition. Thank you to the PSG and volunteer parents for all the hard work of serving hundreds of pancakes, along with syrup, fruit and whipped cream.

Valentine's Dance: The next school dance will be Thursday, February 11th. More details in upcoming newsletters.

OPEN HOUSE: Friday, February 12 from 9am - 12 noon: If you know of any families who may want to join us, please let them know about our open house. Students are to wear their full uniforms (as on Chapel Wednesdays) for Open House days.

Beacon Hill Little League Registration: Baseball season is right around the corner. To find out when, where, and how to register, see their website here: <http://beaconhilllittleleague.pointstreaksites.com/view/beaconhilllittleleague>



Click the link below to view the weekly e-newsletter from Christ Church Cathedral:

<http://eepurl.com/bMVcKr>



MOVE MORE, SIT LESS!

UNDERSTANDING THE PHYSICAL ACTIVITY RECOMMENDATIONS

Bodies are made to move and children and youth need to be moving more. How much more? At least 60 minutes every day!

What types of activity?

- ◆ Heart-pumping aerobic activity like running, basketball, soccer and biking at least 3 days each week
- ◆ Strengthening activities 3 days a week like climbing and swinging at the playground, push-ups, running, and jumping rope

Parents who are active tend to have children who enjoy being active.

Adults need at least 30 minutes of physical activity most days of the week. If you and your family are not meeting the recommendations, begin slowly and gradually increase the amount of time you spend being active. Find a few fun activities that the whole family can do together. If you need ideas, check your local recreation centre.

For more information:

- ◆ Your local [Public Health Unit](#)
- ◆ [Physical Activity and Sedentary Behaviour Guidelines](#)
- ◆ [Public Health Agency of Canada](#)
- ◆ [ParticipACTION](#)
- ◆ [Physical Activity Resources at HealthlinkBC](#)