



Christ Church Cathedral School Newsletter

November 10, 2016

Dear CCCS Parents & Guardians,

This morning we held a Remembrance Day Ceremony. Lieutenant Commander Ellen Mariano, Callan's (grade 1) mother, spoke on behalf of the Canadian Armed Forces. Our bands and choirs played and sang wonderfully and Mrs. Borzoni's grade 5s delivered a beautiful rendition of *In Flanders Fields*. A very special addition to this year's ceremony was a slide show with photos of Cathedral School family members who served in the Forces. The students really seem to understand what that minute of silence is for – and they can actually remain silent for one full minute – so if you have the opportunity tomorrow, ask your children to join you in a moment of silence in remembrance of those who have served. Lest we forget.

What began as a curricular connection in grade two has expanded to a project that will grab the attention of all our students. Mrs. Meissner has reached out to the local Salmon Enhancement group and we are now on track to raise salmon from eggs here at the school! A tank, compressor, pump and eggs will be installed in January and the young salmon will be released into a stream in the spring. What a great learning opportunity for all our students. I'd like to thank the PSG for making this possible by pledging to raise the necessary funds. This is the kind of active learning that children just don't forget.

Yours,
Stuart Hall

Weekly Calendar: For up to date calendar information, including sports practices, see the school's website: <http://cathedralschool.ca/school-calendar/>

Friday, November 11: Remembrance Day. School is closed. Lux Mundi is not available.

Sports Practice Schedule for Next Week:

Tuesday, November 15th - Girls Basketball Practice @ Lunch
Wednesday, November 16th - Girls Basketball Practice @ Lunch (*NEW time*)
- Boys Basketball Practice After School
Thursday, November 17th - Boys Basketball Practice @ Lunch

News & Upcoming Events:

Our Donations for Haiti: Here is a link to an article in Victoria News about the community in Haiti where our donations have been sent: <http://www.vicnews.com/news/400624101.html?mobile=true>



Poinsettia Orders: Reminder: Orders are due by November 16th and poinsettias will be delivered on December 1st.



Movember: Five of our male staff members (Todd, Matt, Cody, Patricio & James) will be growing their moustaches to help raise awareness for male health issues. Find out more about the Movember fundraising and awareness campaign here: <https://ca.movember.com/>

Christ Church Cathedral's Christmas Bazaar – Saturday, November 19th at CCCS from 11am to 3pm. There will be a luncheon, silent auction, homemade baking, books, jewelry, crafts, Christmas decorations & Attic Treasures.

Scholastic Book Fair – Wednesday, November 23 – Friday, November 25. Flyers were sent home with students today. (Psst: great Christmas gifts)

Ready, Set, Learn – a Special Open House: On Friday, December 1 from 4:00 - 5:00pm we will be hosting an Open House for parents and their children 4 years old and younger. It's a community event open to everyone. There will be hands-on activities for the little ones and a take-home "goody bag" with resources for parents and fun learning materials for children. If you know of anyone with children 4 or younger, please let them know about this event. An advertising postcard with all the details will be available in the office next week.



Lux Mundi Christmas – Registration forms for Lux Mundi child care during the Christmas Break are available from the office or [online on our website](#). Forms are due back by December 4th. PLEASE get your forms in on time so we can make arrangements for staffing.



Click the link to read Christ Church Cathedral's weekly e-newsletter: <http://eepurl.com/cnkPAT>

Halloween Band Concert

Last Thursday the grade 6, 7, and 8 concert bands treated the rest of the school to a Halloween concert. It was filled with spooky pieces of music like, 'Welcome to my nightmare', 'Werewolves of London', and everyone's favourite, 'Ghostbusters'!

Grade 5 students, Luka and Jude, agreed that the concert was the highlight of their day, but 'Ghostbusters', played by the grade 8 band, was definitely their preferred piece. It also inspired many students to begin thinking about an instrument that they would like to play when they reach grade 6. Among the students, the saxophone was a popular choice, but close behind was percussion.

The Halloween concert has definitely inspired future band members, and they are looking forward to their own opportunity to perform.

By Lauren and Ryan



One of our new lunch suppliers, Oregano's Pizza, has a great way for our school to raise funds while enjoying their delicious food. (Pizza, Pasta, Shepherd's Pie + more). We will be selling \$25 Oregano's Gift Certificates with \$10 per card going to the school as a fundraiser. Thank you, Oregano's! Gift Certificates are now available in the office. Our basketball teams are also selling them.



Another favourite at this time of year, In Dey Go Cookie Dough order forms will be sent home with students early next week.

Another great fundraiser we want to remind parents about is [mypharmacyonline](#). See the next page for all the details or visit our [fundraising page on the school's website](#) to find out more and see all the ways you can support the school.



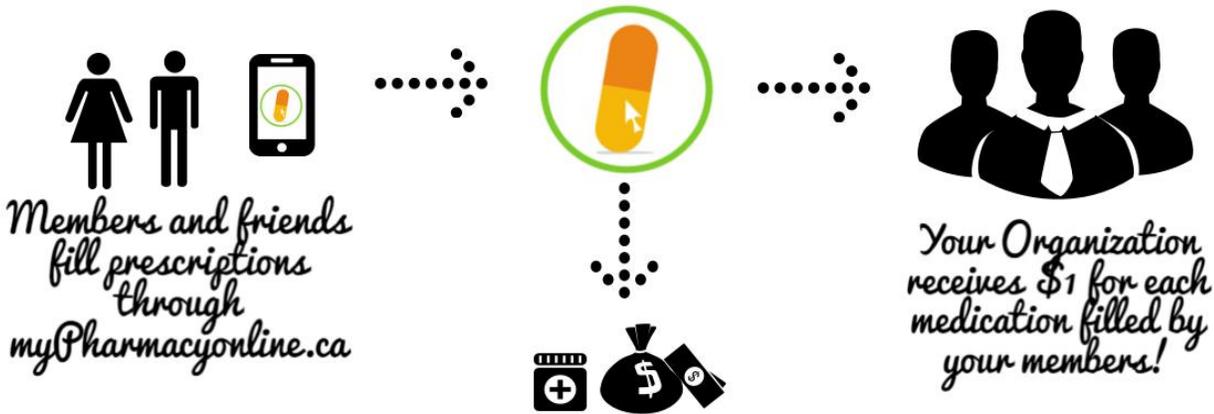
mypharmacyonline.ca

Fundraising Program

★ STARRING: ★

Christ Church Cathedral School

How It Works:



GUARANTEED SAVINGS!

Some patients have saved up to thousands of dollars annually (they paid 55+ % less when compared to their regular pharmacy.)!



The Benefits Up Close



...for members:

- Save on average 30% compared to national leading pharmacy chains! We bill all major insurance plans!
- Better care through our focused advanced Professional Services!
- Save time by not having to wait in the doctor's office or at the pharmacy!
- FREE delivery!
- Guaranteed reduced drug costs! Costco's pricing, with a lower fee!

*retail pharmacies include: Shoppers Drugs Mart, Pharmasave, London Drugs, Rexall, etc...



...for the Organization:

- Your organization receives \$1 per medication!
- Creates an additional UNCAPPED revenue stream!
- Have your friends and family support your organization!
- Happier members due to value-added service!
- Offer a NEW service to your members!

How to Sign Up?

Simply Visit:



mypharmacyonline.ca

or or ...or call/text 778-679-9279

NOTE!

Turn on your support by using AFFILIATE CODE:

CCCSV

when filling out the New Patient Form!



PREVENTING COLDS AND INFLUENZA (FLU)

Cold and influenza season is here. As the weather gets cooler and we move indoors, so do germs. Children need reminders to decrease the risk of colds and flu in your house by:

- ♦ Washing hands often
- ♦ Coughing and sneezing into their elbow
- ♦ Not sharing facecloths or towels
- ♦ Keeping hands away from nose and mouth
- ♦ Not sharing food or drink with others

To help limit the spread of germs, please keep your child at home if he or she is feverish, coughing a lot, has a thick yellow or green discharge from the nose, or is otherwise obviously unwell.

Viruses cause colds and influenza. The most effective treatment for a cold is rest and fluids. The influenza vaccine will protect against specific types of influenza. Antibiotics will not make a cold or other virus go away faster. However, more serious infections can start out as a cold. Call your doctor if your child has an earache, fever higher than 39° C (102° F), rash, is very sleepy, very cranky or fussy, has trouble breathing or a cough that will not go away.

Handwashing is the most effective way to stop the spread of germs that cause colds, influenza, diarrhea, and other illnesses. To wash hands properly:

- ♦ **Wet** hands under warm running water
- ♦ **Scrub** with plain soap for a count of **20**, all over hands and between fingers
- ♦ **Rinse** under running water for a count of **10**
- ♦ **Dry** hands with a clean paper towel
- ♦ **Turn** off taps with a paper towel

Remember to wash hands:

- ♦ Before and after eating or handling food
- ♦ After using the toilet, handling pets, coughing, sneezing, or wiping noses

For more information contact:

- ♦ HealthLinkBC at 8-1-1 (a free call) or www.healthlinkbc.ca
- ♦ Your doctor

Health Units:

Esquimalt	250-519-5311	Salt Spring Island	250-538-4880
Outer Gulf Islands	250-539-3099	Sooke	250-642-5464
Peninsula	250-544-2400	Victoria	250-388-2200
Saanich	250-519-5100	West Shore	250-519-3490