



Christ Church Cathedral School

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November 12, 2015

Dear CCCS Families,

Last Monday we held our Remembrance Day assembly and I was very impressed with the beautiful and fitting tribute to our veterans made by our students and guest. Thank you to everyone who contributed to this special ceremony.

As noted in last week's newsletter, this coming Monday, November 16th will be another special assembly, this time to honour our beloved Mrs. Anke Rohleder, who is leaving in early December for Germany with her family. Prior to the assembly, the PSG will be providing coffee, tea, fruit & muffins for parents in the gymnasium between 8 and 8:30am. This will be an opportunity to say farewell and thank Mrs. Anke for all she has done for the school community. The assembly will follow at 8:35am. Parents are welcome to join us for the refreshments and the assembly, or just one or the other, as schedules allow. If you are not able to attend, consider joining us for our final chapel with Mrs. Anke on Wednesday, November 25th in the Cathedral.

Weekly Calendar For up to date listings, including sports practices, see the website:

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

Upcoming Events, News & Information:

A farewell to Mrs. Anke ~ Refreshments & Assembly: Monday, November 16th 8:00 - 8:30am Coffee & muffins in the gymnasium (parents only). Following this will be a special assembly at 8:35am to acknowledge the family's contribution to our school.

Swim Club — If your child is participating in Swim Club and you have not yet made payment, please do so as soon as possible. Thank you.

~ *Judy Hodges and Linda Trevena*

Mufti Day — Friday, November 20th. No uniform required.

Christ Church Cathedral's Christmas Bazaar — 11:00am - 3:00pm Saturday, November 21st

Scholastic Book Fair — Wednesday, November 25th to Friday, November 27th

Shop Till You Drop — PSG babysitting fundraiser: Friday, December 4th

Christmas Potluck Dinner — Friday, December 11th (see attachments with today's newsletter)

Waste-Free Wednesdays — A reminder from the Green Team to bring a waste-free lunch on Wednesdays. Bring reusable containers for your food and drinks.

Tupperware — Brochures for the new Tupperware fundraiser are available from the office.



Rain Coats! — The rainy season is upon us and we will be sending students outside in all but the most severe downpours. Please ensure that your child has appropriate outdoor clothing for the weather, including a waterproof rain jacket (ideally with a hood). Even if it is not raining when your child arrives at school, the weather may change by recess or lunchtime and we want to ensure that all the children are comfortable outdoors. Thank you!

The Travelling Crèche — Are you getting ready for Christmas? Wondering how to bring the real meaning of Christmas back into this busy time of the year? Sign up for the travelling crèche and take time to play and reflect with your whole family.

The signup sheet is on the board just outside the Auditorium and you can sign up for a convenient time for your family. There are limited spaces so please sign up as soon as possible to avoid disappointment.

Each family is responsible to pass on the travelling crèche to the next family. You will receive all necessary information ahead of time to do so. Please contact me with any questions: faith@cathedralschool.ca

Thank you for being part of the fun and exciting Advent activity.

Blessings,
Mrs. Anke



For the weekly e-newsletter from Christ Church Cathedral, click the link:
<http://eepurl.com/bE8Twj>



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