



Christ Church Cathedral School Newsletter

September 14, 2017

Dear CCCS Families,

I think it is safe to say that the school year is off to a great start. We are quickly getting to know our new students and their families and our established students have done a wonderful job welcoming the newcomers. I have also seen many of our students, including those new to our school, demonstrate many acts of kindness in the past week: showing a new student how to find the office for a bandage, going out of their way to include someone in a game of tag, and teaching other students how to log on to the Chromebooks, just to highlight a few. Our new teachers have also noticed how lovely, kind, and courteous our students are. What a wonderful affirmation of our community!

It is already busy around the school and Cross-country, boys soccer, Camp Thunderbird and the Terry Fox Run are first up on the calendar. I am also looking forward to the Afghan Memorial unveiling and dedication on September 30th, when our grade three to five students will sing during the ceremony. I hope you can join us then.

I want to say "Thank you!" to the handful of parents and friends of the school who have volunteered to help out with the Library. I will be in touch with you very soon to arrange a short meeting.

Sincerely yours,

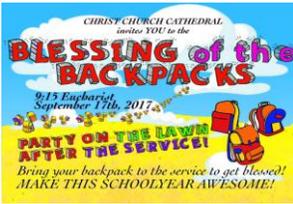
Stuart Hall

Weekly Calendar

Monday, Sep 18	New Curriculum Implementation Day. No school. Lux Mundi available VISAA Cross Country Meet #1 at Windsor Park 3:00pm
Tuesday, Sep 19	Boys Soccer practice @ Heywood Park 3:15 - 4:15pm (bus transportation)
Wednesday, Sep 20	Cross Country Practice at Lunch
Thursday, Sep 21	PSG Meeting 6:30 - 7:00pm Curriculum Evening 7:00 - 8:30pm
Friday, Sep 22	Cross Country Practice at Lunch

CONSTRUCTION NOTICE: We were notified this afternoon that the City will be repairing the sidewalk and the roadside curb in front of our school beginning tomorrow at 9:00 AM. They will do their best to avoid blocking the pathway in front of the school, but you will not be able to park in the 3 minute zone out front. Also, you will have to be extra careful when turning into the driveway beginning Monday as they will be working on the curb there. They may have to actually block the drive at one point during the day next Tuesday or Wednesday. We will try to keep you informed as we receive updates. The work should be completed by Wednesday.

UPCOMING ACTIVITIES & EVENTS:



Sunday, September 17: Blessing of the Backpacks: All students are welcome to attend the service at the Cathedral featuring a "blessing of the backpacks". The service begins at 9:15 am. Party on the lawn following the service.

Monday, September 18: No School. New Curriculum Implementation Day. Lux Mundi will be available for \$37.00 per day. For parents paying the monthly Lux Mundi fee the charge for the full day is \$20.00.

Monday, September 18: VISAA Cross Country Meet #1 at Windsor Park. Please arrive at the school at 2:45 pm for a ride in the bus or meet at the park for 3:30 pm

Thursday, September 21: 6:30 - 8:30pm: PSG Meeting, followed by the Curriculum Evening for parents.

Monday, September 25: Karate - Fall session begins for those registered. To register, or for more information about this program, please visit www.vrkarate.com. There is a link for classes at Cathedral School. info@vrkarate.com

Camp Thunderbird: Grade 4 & 5 students will attend Camp Thunderbird for the day on Monday, September 25. Middle School students will attend Camp Thunderbird September 27 - 29.

Afghanistan Memorial Ceremony - Saturday, September 30: More information has been sent to parents of students in grades 3 - 5 who will be singing at the ceremony. Everyone is welcome to attend.

OTHER NEWS & IMPORTANT INFORMATION:

Student Information: Most parents have returned the *Student Verification Sheets* and *Emergency Preparedness Forms*, thank you. We are still missing a few. For those who have not yet completed them, please ensure that this important paperwork is returned to the office as soon as possible.

Lunch & Milk Orders: The NEW online ordering system is ready to use. Please refer to the information emailed to you yesterday. Reminder: October lunch ordering deadline is Sept. 25th

Homework Club: For grades 4 and up from 3:15 - 4:00pm Tuesday to Thursday.

Thrifty Foods Smile Cards: The JK and the main campus Thrifty's Smile Card fundraising programs are back! Please come to the office to pick up your card if you don't already have one from last year. Thrifty's donates 5% of your regular shopping purchases back to the school when you use your card to pay for groceries. Funds raised go toward outdoor education (main campus) and JK activities, reducing the cost of these programs for parents.

Swim Club: Information about this year's swim club is not yet available. Thank you for your patience. We will let you know as soon as it is finalized.

Yoga for children: ½ hr. lunch time or 1 hr. after school sessions

K , 1, 2: Thursdays, October 5 to December 7 ~ 12:10 – 12:40 / 10 classes: \$30.00

All Grades: Thursdays, October 5 to December 7 ~ 3:10 – 4:10 / 10 classes: \$75.00

Contact Vicki to register: 250-882-2325 / Email: omshanti89@gmail.com

<https://www.facebook.com/SanjanaYogaAndWellness>

Check out this article about the benefits of Yoga for Children: <http://karmaspot.wordpress.com/the-top-5-reasons-yoga-helps-children/>

“Kids yoga is not just giggling through downward dog or a way for the younger generation to hop on an ongoing adult fitness passion. More and more educators and yoga instructors now see yoga as a tool to help kids learn, focus and manage stress and emotions.” KARA YORIO

Volunteers Welcome!

NEW: Under consideration – Chess Club: If there is sufficient interest and adult volunteers, we will create a CCCS Chess Club. It will meet at lunchtime, days TBA. We will also need donations of chess sets.

Bottle Drive Sorting: The enthusiastic support of our ongoing bottle drive has created a need for more assistance with sorting on collection days. Gloves provided.

Sports: We are also looking for parent volunteers to help out with various extra-curricular activities and our team sports. Over the year we need people to help coach or to just be an extra adult supervisor. The following activities will require volunteers throughout the year:

Swimming: we need parents (including at least one male) to help and swimming begins very soon. Call us!

Cross-Country Running practices Wed and Fri during lunch; meets on Sept. 18, 25, Oct. 2, 11, 16

Soccer: Sept. 15th - Oct 28th; practices every Tuesday; games - Boys: Monday or Wednesday

Boys Basketball (Gr. 6-8): Oct. 30th - Dec. 15th; two practices per week; games once a week

Track and Field: Apr – June. Two practices per week; meets vary through the season



Click the link to read Christ Church Cathedral's weekly e-newsletter:
[CCC e-newsletter September 13, 2017](#)

Parent Support Group



As per tradition, the first PSG meeting of the year, with the first order of business being election of this year's PSG executive, will be taking place 30 minutes before the curriculum meeting. Please also note that if anyone is interested in putting their name forward either on the executive or as class rep to email their intention asap to psg@cathedralschool.ca.

WHAT EXACTLY IS THE PARENT SUPPORT GROUP?

The Parent Support Group (“PSG”) performs two vital functions for Cathedral School, which are both summed up in the word ‘support’. Firstly, they support the School and each other by uniting the parents as a body, providing channels of communication, welcoming new parents, holding social events, and encouraging volunteerism. Secondly, they support the School by raising funds in a variety of ways, which are then used to enhance the education offered by the School. They elect an executive and meet on a regular basis through the year. The Head of School works closely with the PSG. All parents are automatically members of the PSG and are encouraged to attend meetings and get involved in the activities of the group.

The PSG is a vital part of the community of CCCS. A successful and vibrant group can make all the difference to the School, helping morale, increasing the sense of community, enhancing the educational opportunities and thereby helping to make the education of all the children more positive and rewarding.

We are looking for volunteers for this school year and for all the new parents, no experience is necessary!