



Christ Church Cathedral School Newsletter

January 18, 2018

News & Upcoming Events:

Friday, January 19	Middle School Ski Trip to Mt. Washington
Monday, January 22	Gr. 6 - 8 Boys Volleyball Practice @ Lunch
Tuesday, January 23	Gr. 5 Basketball Jamboree @ SMUS All Day Gr. 6 - 8 Girls Volleyball Practice After School
Wednesday, January 24	Gr. 6 - 8 Boys Volleyball Practice After School
Thursday, January 25	Eli Pasquale Basketball Program 3:00 - 4:15pm



Bottle Drive: Friday, January 26. Thank you for supporting this ongoing fundraiser by bringing your empty bottles and cans to the playground bin. The funds are really adding up!

Speech Festival: The registration deadline is Friday, Jan. 26th (next week!) so there is still some time if students want to participate in duologues or dramatic speaking. The syllabus is all online. <http://www.gvpaf.org/docs/Syllabus/Syllabus%20-%20F18%20Speech%20and%20School%20Speech.pdf>

HOT LUNCH ORDERS

Please remember to order lunches for your child by the deadline. Go to cccs.hotlunches.net THERE ARE **6 DAYS left** to order for FEBRUARY. You are welcome to order to the end of the year.

FEBRUARY: deadline to order: **January 24**

MARCH/APRIL: deadline to order: **February 22**

MAY/JUNE: deadline to order: **April 23**

If you have any questions please contact me. Thank you. (office@cathedralschool.ca or phone 250-383-5125)

Yoga for Children

Therapeutic Benefits of Yoga for Children: Flexibility / Strength / Body Awareness / Balance / Coordination / Attention and Behavioural Regulation / Cognitive and Social Skills

Yoga for children is approached differently than it is for adults, so there will be lots of movement, stories and fun this term.

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

K, 1, 2, 3: January 11 - March 8 ~ 12:20 - 12:50 / 8 classes: \$25.00

All Grades: Thursdays, January 11 - March 8 ~ 3:10 - 4:10 / 8 classes: \$60.00

***PLEASE NOTE: NO CLASS JANUARY 25 - VICKI ABSENT THAT DAY!**

Please see Educational Assistant - Vicki **REGISTER:** [250-882-2325](tel:250-882-2325) // Email: omshanti89@gmail.com
<https://www.facebook.com/SanjanaYogaAndWellness>

Check out The Top 5 Reasons Yoga Helps Children: <http://karmaspot.wordpress.com/the-top-5-reasons-yoga-helps-children/>



Click the link to read Christ Church Cathedral's weekly e-newsletter:
[CCC E-Newsletter January 17, 2018](#)



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](#)
- ◆ [24-Hour Movement Guidelines for Children and Youth](#)
- ◆ [Public Health Agency of Canada](#)
- ◆ [ParticipACTION](#)
- ◆ [HealthLinkBC and Physical Activity Services](#) or dial 8-1-1 (a free call)

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