



Christ Church Cathedral School Newsletter

May 24, 2018

Dear Parents & Guardians,

What beautiful weather we've been having for our recent track meets and field trips. I hope the reports are accurate and this sunshine will continue for the CCCS Annual Spring Fair! This Saturday we will once again call on our expansive community to celebrate together and raise some funds for a variety of targeted improvements at Cathedral School and our Junior Kindergarten. We continue to focus on the acquisition of STEM resources at the main school, while the PSG has its eye on a GAGA Ball court for outdoor play. At our JK, we want to pave over the dirty gravel that keeps ending up in children's hands and knees. We paved over the gravel here at the school several years ago and everyone was very pleased with the improved play surface, not to mention the added longevity to shoes and pants! So bring your children, your neighbour's children, your neighbours, and anyone else looking for some fun this weekend. There will be games and activities for children of all ages and silent auction for parents of all ages too.

On Friday, June 1st, we will host our annual Track & Field meet at UVic stadium. This is for every student at CCCS along with another 800 or 900 students from other schools. It is a fun-filled day and we always appreciate a good cheering section, so please come join us.

Stuart Hall

Weekly Calendar: For up to date calendar information, see the school's website:

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

Friday, May 25	Grade 5 returns from Bike Trip 3:00pm
Saturday, May 26	SPRING FAIR (Read through the attachment)
Monday, May 28	ABC Week Begins Middle School Track and Field Meet #4 @ Uvic - 3:30 - 6:30
Tuesday, May 29	Track and Field Practice @ Oak Bay Track at 7:10am
Thursday, May 31	Track and Field Practice @ Oak Bay Track at 7:10am Green Parade. Meet at Government House at 8am to walk to school
Friday, June 1	CIS Track and Field Meet @ UVic WHOLE SCHOOL ATTENDANCE Arrive at 8 am at UVic

News & Upcoming Events:

Youth Substance Abuse: The Provincial Health Officer has written a [letter](#) to parents and guardians regarding BC's unprecedented illegal drug overdose crisis. It details what you need to do to keep your kids safe, what you can do to help save a life, and how to get help. For more information, please visit the StopoverdoseBC [webpage](#) or call HealthLinkBC at 811 to speak to a health navigator about what treatment options and services are available in your area.

Yearbook Orders- Limited Quantity Still Available!

Thanks so much to all those who have already submitted order forms. If you would still like to purchase a yearbook, we have a small number of copies available. Please return your form and \$35 (either a cheque made out to the school or cash) ASAP. If you require another order form, please pick one up from the office. Yearbooks will be delivered during the last week of school. We can't wait to share this exciting memento with our CCCS families! ~ The Yearbook Team

Chorister Program: Applications are now open for next year's grade 4 class. There are 2 places open. For information, please contact Donald Hunt, Director of Music: dhunt@christchurchcathedral.bc.ca

Capriccio Vocal Ensemble: FREE tickets are still available for the performance on Saturday, May 26th at 7:30pm in the Cathedral. Regular cost is \$25.00. Please come to the office to pick up a ticket if you are interested. First come, first serve.

Spring Fair May 26: The Spring Fair is THIS SATURDAY! Invite your friends and neighbours! Please read through the Spring Fair Information attachment for everything you need to know.



ABC (Anything But Cars) week: May 28th to May 31st. We challenge you to get to school in a "green" way! This includes busing, carpooling, walking, biking, parking and walking, etc. We will also have a GREEN PARADE again this year.

We will meet at Government House at 8:00am on Thursday, May 31st to walk to school.



Bottle Drive - Monday, May 28: Please continue to bring in your empty bottles and cans for our French trip fundraiser. We also appreciate if parents bring them in consistently, rather than waiting for "official" bottle drive days. If you are concerned about glass breaking by dropping bottles into the large bin, you can just leave them beside the big bin and Todd can open it up and put them in gently. THANK YOU!

Summer Programs - Lux Mundi and Minecraft: Spaces are filling up fast for the Lux Mundi Summer Program and for some weeks of the [Minecraft camps](#). Please register as soon as possible if you are interested. The early bird Minecraft rate of \$215/week ends May 31 and after that will be \$235.

WHOLE SCHOOL Track Meet: Friday, June 1: Details in permission form

Cambridge Uniforms Fitting Day: Wednesday, June 6 from 2:00 - 5:30pm. Sign up in the office.

Band Concert: Wednesday, June 6 at 7:00pm (gr. 5 - 8, Jazz Band, Sr. Choir) at Beacon Hill Bandshell

Junior Spring Concert: Thursday, June 7 at 6:30pm in Christ Church Cathedral

Final Assembly & Kindergarten Graduation: Monday, June 18

Beach Day: Monday, June 18 at Willows Beach

Final Whole School Chapel & JK Graduation: Wednesday, June 20

Closing Ceremony, Grade 8 Graduation, Last Day of School (1/2 day): Thursday, June 21



Click the link to read Christ Church Cathedral's weekly e-newsletter:
[CCC E-Newsletter May 23, 2018](#)



Treats for the Class: Please choose healthy options

Sometimes parents like to bring in treats for the whole class to celebrate a child's birthday or other special occasion. At Cathedral School, we ask that you do not bring in sugary snacks such as cake, cupcakes or cookies. We are encouraging healthy eating habits here at school and appreciate your support of that effort.

Here is an article from [parents.com](#) with suggestions about how to reduce the amount of sugar your child consumes, while still providing enjoyable treats:

To help you help your kids curb their added sugar intake, here are 6 tips from registered dietitian nutritionist Margaret Wertheim, author of *Breaking the Sugar Habit*:

- 1. Help them have healthy drinking habits.** Habits develop at a young age, so if you offer water, low fat milk and other nutrient-rich beverages instead of [soda](#) and other sweetened beverages at home or when they're on the go, they're more likely to enjoy such beverages when they're older.
- 2. Offer satisfying snacks.** It's pretty much guaranteed that if sweet [nutrient-poor snacks](#) lurk in your cupboards, they will be eaten. Instead, stock your cupboards with healthy snacks like unsweetened dried fruit or fruit leathers, nuts, natural peanut butter, whole grain tortilla chips, whole grain crackers and whole grain, high fiber, low sugar cereal. Some satisfying snack options include apple slices or whole grain crackers with natural peanut butter, fruit with plain yogurt, vegetables with hummus, whole grain tortilla chips or crackers with hummus or guacamole or homemade trail mix made with nuts, whole grain cereal and unsweetened dried fruit.
- 3. Sweeten foods yourself.** Look for yogurts, hot cereals and other foods in their lowest sugar form and sweeten them yourself. For example, you can add fresh or dried unsweetened dried fruit and/or honey or maple syrup to plain low fat or nonfat yogurt. Or add cinnamon and a touch of honey, maple syrup or brown sugar.
- 4. Make sweets special treats.** Instead of offering children desserts like cookies, pies, cakes, and chocolate daily, save them as special occasional treats. Offer fresh fruit or unsweetened dried fruit, a fruit smoothie, or unsweetened applesauce as sweet after-school or after-dinner treats.
- 5. Slash the sugar when you make dessert.** Make lower sugar desserts like homemade applesauce or apple or berry crisp, or homemade ice cream or sorbet using only a small amount of added sugar. Alternatively, offer kids dark chocolate with at least 70% cocoa content. (Higher cocoa content usually means there's less sugar in the chocolate.)
- 6. Use small plates and bowls for desserts.** A small amount of ice cream in a large bowl may feel less satisfying than the same amount served in a small bowl. When you offer dessert, offer a set portion (like a small bowl of ice cream or one cookie). Avoid letting kids eat desserts out of containers or packages, as this can make portions get out of control. Instead, encourage them to eat slowly and savor the portion they have.

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