



Christ Church Cathedral School Newsletter

September 12, 2018

Dear CCCS Families,

I learned this morning that Cathedral School has the largest enrollment in the Bays United Football Club school outreach program. That bodes well for our soccer teams in the future. The energy and enthusiasm to compete that our students display is truly inspirational. Our parents too are to be admired for committing to these extra-curricular programs for their children. A busy child is usually a happy one. Be sure to encourage your grade 3 – 7 children to join up for cross-country (we will practice twice each week at lunch time) or the middle school soccer teams.

Next week is our ‘meet the teacher’ night. We are shaking things up a bit this year with the hope that more parents will be able to attend. First off, we are starting the evening earlier in order to accommodate families with young children. Our teachers are going to work the serving line for pizza and drinks and will happily load up a plate or two for you and your children. Proceeds will go to the Terry Fox Run Foundation. After dinner, the Parent Support Group (PSG) will hold its annual general meeting and we will confirm our parent reps. Then I will quickly introduce all the teachers and usher you off to the classrooms for a casual open house for you *and your children*. We are hoping this will allow parents with younger children to attend. Of course, our teachers will still have handouts and overviews for you, but we want to encourage everyone to get to know the new teachers and each other. We should be all wrapped up by 7:15 pm. I would love to hear your feedback on this new format afterward.

The rest of this newsletter is packed with timely information. At this time of year we are rolling out many things and changing up a few, so have your calendar ready.

Have a wonderful week.

Yours,

Stuart Hall

Weekly Calendar

Friday, Sep 14	BOTTLE DRIVE Gr. 3 - 7 Cross Country Practice @ Lunch
Monday, Sep 17	New Curriculum Implementation Day. No school. Lux Mundi available
Tuesday, Sep 18	Girls and Boys Soccer Practice After School @ Heywood Field (Beacon Hill Park)
Wednesday, Sep 19	Gr. 3 - 7 Cross Country Practice @ Lunch
Thursday, Sep 20	Meet the Teacher Open House (with Pizza!) + PSG meeting 5 - 7:15pm

UPCOMING ACTIVITIES & EVENTS:

Friday, September 14: Bottle drive! Help us raise funds for the French trips. Bring your empties to the big blue bin before school starts. If you can help sort, we can use the extra hands (we have gloves).

Monday, September 17: No School. New Curriculum Implementation Day. Lux Mundi will be available for \$38.00 per day. For parents paying the monthly Lux Mundi fee the charge for the full day is \$20.00.

Meet the Teacher - Open House + PSG Meeting: Thursday, September 20: 5:00 - 7:15pm:

We are doing things differently this year. The teachers will be organizing a Pizza dinner for all our families!

5:00 - 5:30pm: Pizza dinner for everyone. We will have several options from Oreganos plus pop & juice. This will be a fundraiser for Terry Fox. We are asking for \$4 for a pizza slice and drink combo. Additional donations are welcome!

5:30 - 6:00: PSG Meeting and confirmation of Class Reps.

6:00 - 6:20: Meet the Teachers in the gym

6:20 - 7:15: Open House. Parents and students visit classrooms

Monday, September 24: 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 24. Middle School students will attend Camp Thunderbird September 26 - 28.

Walk & Wheel to School Week: October 1 - 5.

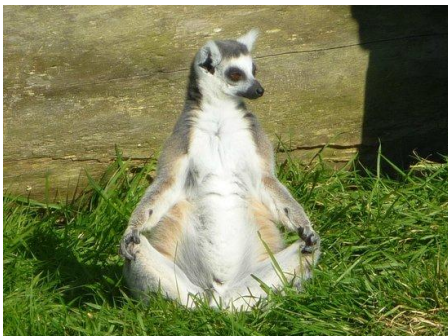
Bays Soccer Program for Kindergarten to grade 2. Fall session:

Dates: September 21 - October 26, 2018 (Fridays - 6 sessions)

Time: 3:10 p.m. to 4:00 p.m.

Fee: \$30 - [REGISTER HERE](#)

NEW PROGRAM! Yoga, Mindfulness, and Meditation Class for grades 3 - 5 with Vicki



Tuesdays: Sep 25 - Nov 27 from 12:25 - 12:55 in the library. \$30.00

There is an increasing interest in helping children develop methods to help them relax, de-stress and learn how to connect to their own inner source of calm. This class will be a blend of yoga, mindfulness and meditation, learning how to: let go, use the breath as anchor, practice patience - inspire kindness to others and connect to themselves. But mostly, a place to "just be" for ½ an hour. For more information about Meditation for Children check out: <https://mindworks.org/meditation-knowledge/meditation-for-children/> or, this website: <http://www.sarahwood.com/> This where I received my certification ~ Mindfulness Instruction for Children Training.

Yoga for Children Class with Vicki

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: Thursdays, Sep 27 – Nov 29 / 10 classes: \$30.00

All Grades: Thursdays, Sep 27 – Nov 29 | 3:10 – 4:10 / 10 classes: \$75.00

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

Check out this article about the benefits of Yoga for Children from Next Generation Yoga:

<http://www.positivelypositive.com/2012/09/24/giving-kids-the-gift-of-yoga-top-10-benefits-of-yoga-for-children/>

"Today was good. Today was fun. Tomorrow is another one." – *Dr. Seuss*

OTHER NEWS & IMPORTANT INFORMATION:

Allergy Policy: CCCS continues to be a NUT FREE SCHOOL. Please remember not to send items with nuts in your child's lunch. Thank you.

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.

Gym T-shirts & Gym Shorts: Last call for gym t-shirt orders! If you have not yet filled out an order form, please submit that with payment of \$25 per shirt to the office as soon as possible. We are expecting the first shipment this week. Please note that the supplier is no longer making size XS or Women's sizes. The sizing kit for our new gym shorts will be arriving soon and order forms will follow.

CCCS Track Suit Orders: We will continue with our CCCS Sportswear Fridays for those who would like to wear their gym strip. During the cooler weather, the CCCS track suit is ideal. If you would like to place an order, please use the order form attached. We need a minimum of 8 orders for the supplier.

Lunch & Milk Orders: The online lunch ordering system is being configured for the new school year. An email will be sent to all parents as soon as you can access the system. Lunches will begin in October. Thank you for your patience. If you have any lunch fees outstanding from last year, these will need to be paid before you can order for this year.

Locks for Lockers: Students in grades 5 - 8 are asked to submit a deposit of \$8.00 to their home room teacher for a combination lock. Locks are to be returned to school at the end of June and will be given back to returning students each September. Students graduating or leaving CCCS will receive the \$8.00 deposit back at that time. Thank you.

Comfort Kits: We keep a comfort kit for each student in case of emergency, such as an earthquake. There is a one-time charge of \$10 per student. Many of you have already paid last year. Teachers will have a list of students who have not paid for their kit. Please submit \$10 to your child's teacher or the office if you have not already done so. Thank you.

Swim Club: Details about swim club are not yet available. An update will be provided next week.



Click the link to read Christ Church Cathedral's weekly e-newsletter:
[CCC E-Newsletter September 12, 2018](#)