



Christ Church Cathedral School Newsletter

September 19, 2018

Dear Parents,

The first weeks of school require an adjustment for teachers, students and families alike as we get used to the routines and expectations of school life. It appears to us that most students (and their families) are settling in very well, and I hope your perception is the same. I do caution everyone to keep in mind that this change of pace is very demanding and you can expect tired children toward the end of each school week – perhaps Friday after school is not the best time to do your weekly shopping with a young child in tow. ☺

Late tomorrow afternoon (5:00 PM) we'll kick off our annual Terry Fox Run fundraising by serving everyone pizza and drinks for a small price or a larger donation. This will be followed by the Parent Support Group's (PSG) first meeting of the year where you will meet your class reps. Following this is our Meet the Teacher evening. This is the perfect opportunity to get to know your children's teachers and to ask questions about what to expect throughout the year. We are changing our format this year and are including the option to bring your child(ren) with you into the classroom. We will certainly provide valuable information to you but mostly we are hoping to get to know all of our parents a little better.

Be sure to read the rest of the newsletter for important events and deadlines. We wouldn't want you to miss anything!

Sincerely yours,

Stuart Hall

Weekly Calendar

Thursday, Sep 20	Meet the Teacher Open House + PSG Meeting: 5:00 – 7:15pm
Friday, Sep 21	Cross Country Practice @ Lunch
Monday, Sep 24	Grade 4/5 at Camp Thunderbird Cross Country Meet #1 @ Windsor Park After School Gr. 6 - 8 Boys Soccer Games @ Central Middle School after school
Tuesday, Sep 25	Boys and Girls Soccer Practice After School @ Heywood Field
Wednesday, Sep 26	Middle School Camp Thunderbird-day 1 Cross Country Practice at Lunch
Thursday, Sep 27	Middle School Camp Thunderbird-day 2
Friday, Sep 28	Middle School Camp Thunderbird-day 3

UPCOMING ACTIVITIES & EVENTS:

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

Karate begins Monday, September 24: 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.



Orange Shirt Day-Monday, October 1st:

We will be participating in "Orange Shirt Day" to honour Residential School survivors. Students may wear something orange with their uniform.

OTHER NEWS & IMPORTANT INFORMATION:

Lunch & Milk Orders: Go to cccs.hotlunches.net. **Reminder:** The ordering deadline is Monday, September 24th for OCTOBER/NOVEMBER/DECEMBER lunches and milk. The issue with incorrect credit balances showing on your accounts from last year has now been corrected. A colour calendar with all milk and lunch days for the year, along with an instruction sheet, is coming home with your child today.

Gym Shirts & Track Suits: The first shipment of gym t-shirts will be arriving today! They will be distributed as soon as they are sorted. If you want to order a gym shirt for the next order, or you want to order a CCCS track jacket or pants, please have your order in to Todd or the office no later than Monday, September 24th.

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.

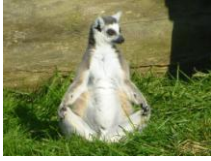
REMINDER: Name Labels in Clothing: Parents, please ensure that all your child's clothing items are clearly labeled. It is our goal this school year to reduce the number of items that end up in the Lost & Found, most of which are never returned to their rightful owner because they are not labeled. Thank you.

SWIM CLUB: We are still working out details for swim club and are not able to provide confirmed details at this time. As soon as we have information we will share it with you.



Click the link to read Christ Church Cathedral's weekly e-newsletter:
[CCC E-Newsletter September 19, 2018](#)

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

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



Last Friday's Bottle Drive was another success, bringing in funds for the French trips. Thank you to parents and staff who brought in empties, and thank you to our volunteers!