



Christ Church Cathedral School Newsletter

September 26, 2018

Dear Cathedral School Families,

I have seen some photos and videos from the grade 4/5 day trip to Camp Thunderbird and it looks like a fantastic time was had by all. The middle school headed out this morning for their three day adventure in perfect weather conditions. This outdoor educational experience is always rewarding for our students and helps them to develop many skills as they push their boundaries—whether it's rappelling down the side of a mountain, trusting their peers to support them in team building exercises, swimming in an ice cold lake first thing in the morning, or even trying new foods and sleeping away from home for the first time. Each student will be learning, growing and taking away memories that will stay with him or her forever. I'd also like to acknowledge the dedication of our staff members who are taking time away from their own families to support our students. Thank you!

This Sunday, there is a fun family event you might like to check out at Ogden Point. Lieutenant Commander Jeff Chura, parent of Eden and Callan, has shared information with us about "Defence on the Dock". There will be ship tours and activities for everyone. See details below.

On Monday, October 1st, we will be honouring Residential School survivors by asking students to wear something orange with their school uniforms. We will discuss this topic with students in age appropriate ways.

Monday is also the start of "Walk & Wheel to School" week. Please plan ahead for alternative means of transportation, and consider making these changes part of your regular routine. For those families who need to drive, consider parking a 5 minute walk away. It's better for our environment, and your physical fitness!

We end next week with the annual Terry Fox Run. Parents, we always love to see you out there running along with us or cheering on the students. Please join us if you can.

Sincerely yours,

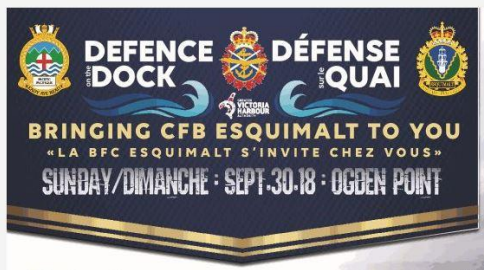
Weekly Calendar

Wednesday, Sep 26	Middle School @ Camp Thunderbird
Thursday, Sep 27	Middle School @ Camp Thunderbird
Friday, Sep 28	Middle School @ Camp Thunderbird returning at 2:00pm Grade 4/5 Soccer Jamboree: gr. 4- a.m. gr. 5- p.m. Carnarvon Park
Monday, Oct 1	Walk & Wheel to School Week Begins Orange Shirt Day (see details below) Cross Country Meet #2 @ St. Margaret's School Gr. 6 - 8 Boys Soccer Games @ Glanford Middle School. Back at 5:45
Tuesday, Oct 2	Gr. 6 - 8 Soccer Practice @ Heywood Field
Wednesday, Oct 3	Cross Country Practice @ Lunch Gr. 6 - 8 Girls Soccer Games @ Lansdowne Middle School. Back at 5:15 Evensong for Choristers + grade 5 choristers receive surplices

GYM T-shirts: The first order has arrived and will be distributed on Friday. Thank you for your patience! For those who have ordered more than one shirt, you will receive one to start with and the second one with our next shipment. This will allow all of our new families to receive a gym shirt.

UPCOMING ACTIVITIES & EVENTS:

Grade 4/5 Soccer Jamboree – Friday, September 28: At Carnarvon Park. Grade 4s are scheduled for the morning and grade 5s for the afternoon. Please make sure your child is dressed appropriately.



Defence on the Dock - Sunday, September 30 from 10-5 at Ogden Point Cruise Ship Terminal

Defence on the Dock is an interactive and family friendly event that allows local families to get to know their neighbours at CFB Esquimalt. Commanded by Lieutenant Commander Jeff Chura, father of Eden and Callan (grades 1 and 3), Her Majesty's Canadian Ship WHITEHORSE will be there and will be open for tours. There

will also be: Submarine and frigate tours, hands-on displays, RHIB rides, SAR demos, helo display, military vehicles, military bands, food trucks, and so much more!

To learn more visit the Facebook page: <https://m.facebook.com/EsquimaltBase/>, or go to: <https://www.cafconnection.ca/Esquimalt/Special-Events/2018-Defence-on-the-Dock.aspx>



Walk & Wheel to School Week October 1 – 5: Our school is participating in the 2018 Walk & Wheel to School Week from October 1-5. We will be celebrating active travel all week! Students who walk or wheel (bus, bike, scoot or skate) all or part way to/from school, will get a sticker to put on our school trip tracking poster. At the end of the week, we will send a picture of our poster to the Capital Regional District (CRD) to show off our active travelling and a chance to win prizes. Here are some ways you can get involved:

- Participate in a walking school bus or bike train
- 'Drive to Five'- look for a convenient parking location with a safe 5 minute walking route to the school (it's good exercise and helps reduce traffic congestion)
- Help us promote walking and wheeling through social media #CRDWalkWheel

For more information about the program, please visit www.crd.bc.ca/walkwheel



Orange Shirt Day - Monday, October 1: We will be participating in "Orange Shirt Day" to honour Residential School survivors. Students may wear something orange with their uniform.

Chorister Evensong & Grade 5 Installation - Wednesday, October 3 at 4:30pm: The upcoming Evensong will be sung by the boy and girl choristers as well as a team of altos, tenors, and basses. The grade 5 choristers will be installed at this service with surplices.

Terry Fox Run: Friday, October 5th: See details below.

Thanksgiving Day - Monday, October 8th: School is closed. Lux Mundi is not available.

Individual Photo Day: Thursday, October 11th: You will receive proofs after photo day with a Picture Day ID to place your order online. Remember to wear your full uniform with sweater and tie.

Yoga & Mindfulness: There are a few spots left in yoga classes and the new Mindfulness & yoga class. Contact Vicki to register: 250-882-2325 / Email: omshanti89@gmail.com



Terry Fox Run - Theme: *Courage* Friday, October 5th | Time: 1:15 pm – 3:00 p.m.

On Friday, October 5th at 1:15 pm, students in grades K – 8 will walk to Heywood Field at Beacon Hill Park for a Fun Run. Kindergarten – grade 3 students will run in one area of the field and the grade 4-8 students will follow a route on the chip trail. Parents are encouraged to join us to run/walk too!

Last year we raised \$3,292.00 (WOW!) and our goal this year is \$3,250.00. Tax receipts will be issued for **cheques** of \$20 and over made payable to the Terry Fox Foundation. Tax receipts are not issued for cash donations or t-shirt purchases.

IMPORTANT INFORMATION FOR T-SHIRT ORDERS: In order for your shirt to arrive on time, it will need to be part of the school's group order. Please order your shirt from the office. We will submit your order for you. You simply need to tell us the size and make payment to the office. 75% of the price of every t-shirt sold benefits cancer research and our t-shirt sales are added to CCCS's total fundraising amount. T-shirt orders **MUST BE IN BY TOMORROW, (THURSDAY, SEPTEMBER 27) AT NOON.** We will be placing the order in the afternoon. Please note: Terry Fox t-shirts are optional. Students may wear their CCCS gym t-shirts for the run.

Please visit the Terry Fox Foundation website at www.terryfox.org for more information and to learn the Terry Fox song that your children have become familiar with. Thank you for keeping Terry's dream alive.

Online Fundraising

In addition to funds received within the school, online fundraising is a great and easy way to help our school reach its goal. **Christ Church Cathedral School** is already set up at terryfox.org to receive online donations. Our school fundraising page link is: <http://www.terryfox.ca/ChristChurchCathedralSchool>

"Even if I don't finish, we need others to continue. It's got to keep going without me."

Terry Fox, Canadian Hero

Halloween Dance - Friday, October 26th: The PSG is looking for volunteers to make this event as "Spooktacular" as ever. Please email: psg@cathedralschool.ca if you are able to help out. Costumes welcome!



Click the link to read Christ Church Cathedral's weekly e-newsletter:
[CCC e-newsletter September 26, 2018](#)