



Christ Church Cathedral School Newsletter

December 12, 2018

Dear CCCS Parents & Guardians,

As we approach the Christmas season, along with joy and excitement there can be stressors and triggers as well. This year we are coming up to the first anniversary of the loss of two innocent children in our community. In anticipation of this anniversary, I reached out to Jenny Williams, Director of Educational Support Services at the Society of Christian Schools of BC. Jenny, in turn, reached out to Cheri Lovre and Kevin Cameron, both internationally renowned experts on crisis response. I learned a lot from those collaborative conversations and I want to pass some of it along to you.

- 1) All of us, including the children, will begin to feel 'something is different' this year as Christmas approaches. Even if the adults and children are not thinking of those dear little girls, our bodies have the memory and we *will* be affected.
- 2) It is very important that we, as adults, model healthy ways to process our own grief. Our children will take their cues from us.
- 3) Healthy grieving in the Christian context could look like, "The girls are in heaven now, and they are safe there. Let's send them some good thoughts and wishes through our prayers".
- 4) No one has a monopoly on grief. In other words, it does not matter if you believe you 'deserve' to be grieving or not, it can come upon any one of us at any time.
- 5) Grief does not just go away with time. It needs to be processed and understood at many levels. When adults model healthy ways to carry on, the children learn that grief is a normal part of life and they can learn to deal with it in healthy ways.

I spoke with our teachers last week about this and asked them to watch for signs that they or their students are under stress. Loss of sleep, irritability, mood swings, friendship issues, and anxiety could all be signs of unprocessed or resurfacing grief. We talked about how important it is to acknowledge this, to support each other, and to seek out professional or pastoral support as needed. It is also important to plan some joyful things to do in the coming weeks and we are certainly blessed with a plethora of wonderful choices:

- The Cathedral Nativity service this Sunday at 9:15 am.
- Our own Christmas concerts next Wednesday,
- Walking on our beautiful B.C. beaches just to mention a few.

Or you can reach out to help someone else, which brings me to Mlle. Josie Gair's wonderful initiative to support the Oak Bay first responders that you can read about at the end of this newsletter.

Christmas is a time to come together as a community and next week we will do exactly that at the Christmas performances. Monday is the dress rehearsal for our Christmas production. Please check the costume list in this newsletter and ensure your child is ready to go. We are looking forward to the BIG SHOWS on Wednesday, with a matinee performance at 10:30am and an evening performance at 6:00pm. I hope to see you all there.

Today you will receive your child's report card. The teachers have put a lot of care and thought into them in order to convey the important learning milestones their students have met as well as any areas where students may need more time and/or support to achieve what we know they can achieve. The report cards are primarily a communication tool that is meant to inform and so if anything is unclear, it is best to rectify that situation as soon as possible by contacting your child's teacher.

Stuart Hall

News & Upcoming Events:

Thursday, Dec. 13	Promotional video filming Christmas Spirit Week: Winter themed activities at lunch Drop & Go MOVIE NIGHT 6:00 - 8:30pm \$10/child
Friday, Dec. 14	Costume Check Christmas Mufti Day & Sock Hop (dance) in the gym at lunch
Monday, Dec 17	Band Rehearsal for Christmas Concert 9:30 - 11:30 Dress Rehearsal K - gr 5: 1:00 - 3:00pm
Tuesday, Dec 18	Last day to order lunch for the next term Promotional video filming
Wednesday, Dec 19	Two Christmas performances: 10:30am and 6:00pm
Thursday, Dec 20	1/2 day. Dismissal at noon. Happy Holidays!
Friday, Dec 21	No school for students. Lux Mundi available for those registered

Purdy's Chocolates & Poinsettia Orders: If you placed a Purdy's order, your chocolates are in the foyer in front of the school office. If you ordered a poinsettia plant, they are quickly drying out! ***Please collect your orders as soon as possible.*** Thank you.

Lux Mundi Christmas Update: Lux Mundi will be operating on the following days ONLY:

Friday, Dec. 21, Wednesday, Jan. 2, Thursday, Jan. 3, Friday, Jan. 4, Monday, Jan. 7. It is now too late to register. If you have pre-paid for any days that are now cancelled you may leave the credit on your account or request a refund. If you require a refund, please contact Liisa: office@cathedralschool.ca



Christmas Spirit Week Continues . . .

Thursday, December 13: Winter activities at lunch.

Friday, December 14: Lunchtime Christmas sock-hop & Christmas Mufti day too! Be sure to wear **Christmas** colours!

Don't forget the "Drop & Go Movie Party" tomorrow, Thursday, December 13. Cost is \$10 per child or \$20 for more than 2 children in one family. Drop off your kid(s) and take some time for yourselves!

Christmas Concert Band & Dress Rehearsal—Monday, December 17: The band will rehearse from 9:30 - 11:30am. A dress rehearsal for Kindergarten to grade 5 will be from 1:00 - 3:00pm. Please ensure that your child has his/her costume!

Christmas Performances: 10:30am & 6:00pm on Wednesday, December 19th

In order to welcome more audience members to our performance, we are encouraging Parishioners, grandparents, neighbours, and friends or family with young children to watch on **Wednesday, Dec. 19th at 10:30am** in the Cathedral.

Please note that we do not allow advance reservation of seats by leaving items, such as coats, unattended on seats. Coats left on seats will be removed and kept safely in the Chapter Room. Although it is essentially, "first come, first seated", we appreciate the graciousness of our families to allow elderly guests and those with mobility, visual or hearing challenges to be given consideration when selecting your seats. The Cathedral will open for seating at 5:30pm.*

* Some seats are reserved for the highest bidders from the Spring Fair auction or other special circumstances.

Christmas Performance Logistics: On the night of the performance, students will need to meet teachers in their classrooms by 5:30 pm to get organized. Kindergarten and Grade One students will put on their costumes when they arrive in the evening, while the rest of students in grades 2-8 will come dressed in their costumes.

Reception to Follow Evening Christmas Performance

After the evening performance, we invite you to join us in the gym for a short reception. Hot chocolate and cookies will be provided courtesy of the PSG. Please be aware that parents are responsible for their own children during this time.



In the Media:

The Cathedral Choristers were featured on the CBC radio program *North by Northwest* last weekend. Click the link to listen to the performance and interviews with Zinaeah and Jude.

<https://www.cbc.ca/listen/shows/north-by-northwest/episode/15647830> The interview starts at 1:44:14.

HOT LUNCH ORDERS

Please remember to order lunches by the deadline of **December 18**. Go to cccs.hotlunches.net THERE ARE **6 DAYS left** to order for the next term: JANUARY/FEBRUARY/MARCH. **TIP: Ordering for the remainder of the school year over the Christmas break would be a great idea!** If you are not sure if you have ordered, PLEASE check with me before the ordering deadlines. Thank you. (office@cathedralschool.ca or phone 250-383-5125) ~ Liisa

Thrifty Foods Smile Cards Fundraising: Please stop by the office to pick up a Thrifty's Smile Card. Load it up and use it to do your holiday shopping. 5% of your purchases go back to the school. We use these funds to provide the outdoor education experience at Camp Thunderbird. Thank you!

Cubby Cleanout: Please help us keep the school clean and tidy by ensuring that all items from your child's cubby are removed before the Christmas break. Thank you!

Shoebox Donations

The Community Club is collecting donations for shoeboxes to benefit women and men on our streets who are in need this Christmas. Each class is being asked to contribute the following items:

- Kindergarten-** Gloves (adult size)
- Grade 1-** Pens (*no pencils*) & notepads/puzzle book + sweet treat
- Grade 2-** Toothpaste & toothbrushes
- Grade 3-** Hats/toques (adult size)
- Grade 4-** Hair products - including brushes/combs
- Grade 5-** Socks (warm, adult size)
- Grade 6-** Lip balms, small tissue packs + sweet treat
- Grade 7-** Socks (warm, adult size)
- Grade 8-** Deodorant, Soaps & Lotions (e.g. hand lotion) + sweet treat



Gift cards in small denominations for restaurants like Tim Horton's or McDonald's would also be appreciated.

All donations must be in by Monday, December 17th.

*** If you have any spare SHOEBOXES please send them to your child's classroom. (No Boot Boxes please)**

Thank you for bringing a smile to someone in need! And Merry Christmas from the Community Club.

Annual Fund: To donate to the school's Annual Fund, we gratefully accept cheques, cash, securities or e-transfers. *Our online payment link is currently not working properly.* If paying by e-transfer, please send to: accounts@cathedralschool.ca. Our fundraising focus for this year includes:

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|---|---------------------------------|
| · Emergency supplies storage box. | \$5,000(updated quote) |
| · Makeover for a classroom to be repeated yearly | \$10,000 - \$20,000+ (estimate) |
| · Various speaker/workshop sessions for parents: | \$3,200 (estimate) |
| · Replace the Jacob's Ladder with a spider web climber. | \$12,000 (estimate) |

Thank you for supporting Cathedral School!

Christmas Care Package for Oak Bay First Responders: Fire, Police & Paramedics



In recognition of the efforts, bravery, and emotional impact of this time of year for the First Responders in Oak Bay, CCCS is sending a Care Package to Oak Bay First Responders (fire, police and paramedics) as a "Thank You" for all of the incredible work they do 365 days a year!

Please see the attachment for more information and to learn how you can participate or contact Mlle Gair (josie.gair@cathedralschool.ca)

Christmas Magic - Christmas presentation at the Cathedral Wednesday December 19

DRESS REHEARSAL Monday, December 17 starting at 9:30am

Please begin assembling your child's costume requirements in preparation for our Costume Check on Friday December 14 when you will need to send the costume to your child's class in a bag clearly marked with your child's name.

Kindergarten, Grade 1 and Grade 2 Costume requirements:

(Students can choose to be either a Christmas doll OR a Christmas toy soldier (nutcracker style))

Christmas Doll:

Girl - Party dress in Christmas colours: silver, gold, red, black, white or green. Optional: hair bows, sashes

Boy - Dress pants with dress shirt in Christmas colours: silver, gold, red, black, white or green.

Optional: vest

Christmas Toy Soldier:

Boy or Girl - (Nutcracker style) - red shirt, grey dress pants/skirt or grey school pants/skirt. School will supply ribbon and hats.

Grades 3 & 5 Costume requirements:

All - White school shirt, grey pants/skirt - school will supply red scarf/bow ties

Grade 4:

Grade 4's have been assigned their costume requirements individually.

Grades 6 - 8

Girls: Red blouse/top (not a t-shirt) and black skirt or pants

Boys: Red shirt (not a t-shirt), black pants



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