



# Christ Church Cathedral School

912 Vancouver Street  
Victoria, British Columbia  
V8V 3V7

Telephone (250) 383-5125  
Facsimile (250) 383-5128  
cathedralschool@cathedralschool.ca

January 22, 2015

Dear Parents and Guardians,

When our students set a goal to help improve the community they achieve it! They (and you, their supportive families) are making a world of difference for Victoria's less fortunate. This week's incredible response to the call for fresh fruit and veggies resulted in a real physical workout for our students as they carried 172 kg of produce over to the St. Vincent de Paul distribution centre. The generosity of our families and the heartfelt efforts of our students was recognized by the Social Concern Office in a Christmas card expressing their gratitude for the good work we are doing in the community.

This week I have met many charming four and five year olds who are eager to start kindergarten at CCCS next fall. I continue to hear about your positive testimonials from these new families when they visit the school. I only wish we had room for every child who wished to attend CCCS.

Stuart Hall

## ***Weekly Calendar*** For detailed listings, including sports practices, see the website:

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

Friday, January 23	Dance Club at lunchtime
Monday, January 26	Grade 7/8 girls volleyball practice at lunchtime
	Gymnastics for grade 2/3 from 2:00 - 3:10 pm
Tuesday, January 27	Grade 6/7 boys volleyball practice at lunchtime
	Minecraft Club 3:15 - 4:45 pm
	Grade 6/7 girls volleyball practice
Wednesday, January 28	Middle School choir rehearsal 7:30 - 8:30 am
	Grade 7/8 boys volleyball practice at lunchtime
	Lego Robotics Club 3:15 - 4:45 pm
	Grade 7/8 volleyball practice 3:15 - 4:15 pm
Thursday, January 29	Grade 7/8 Jazz Band rehearsal 7:30 - 8:30 am
	Grade 6/7 girls volleyball practice at lunchtime
	Gymnastics for Kindergarten/grade 1 from 2:00 - 3:10 pm
	Grade 6/7 boys volleyball practice 3:15 - 4:15 pm
	Middle School Dance 7:00 - 8:30 pm (see newsletter for details)

## ***Thank you!***



Thank you to all our families who donated fresh fruit and vegetables for our collection for St. Vincent de Paul. Our goal was 90kg of food, and we brought in 172kg! What an incredible result!

## ***Upcoming Events:***

**Dance Club** begins this Friday, January 23 at lunchtime.

**Random Acts of Kindness Week—February 10 - 13:** The Outreach Club has decided to declare the week of February 10<sup>th</sup> to February 13<sup>th</sup> **Random Acts of Kindness Week (RAK)**! We encourage students (and their families) to do Random Acts of Kindness for their family, friends, and community. On Friday, there will be a surprise to celebrate the kindness of our students.

**PINK SHIRT DAY IS COMING TO CCCS!**



In 2011 the Ministry of Education declared that each February a day would be designated to focus on anti-bullying. This year February 25<sup>th</sup> has been declared the **Pink Shirt Day** in recognition of a student who was bullied for wearing a pink shirt for his first day of school. The Peer Helpers will do a short skit presentation at the Monday morning assembly. We are encouraging students to **WEAR something PINK on WEDNESDAY, February 22** in

support of this country wide event. It can be very simple or students may wish to wear an actual pink shirt they can purchase at London Drugs.

Here are two PARENT websites that are recommended by the Ministry of Education.

[www.bced.gov.bc.ca/sco/relationship.pdf](http://www.bced.gov.bc.ca/sco/relationship.pdf)

[www.bced.gov.bc.ca/soc/resourcedocs/keeping\\_kids\\_safe/keeping\\_kids\\_safe\\_print.pdf](http://www.bced.gov.bc.ca/soc/resourcedocs/keeping_kids_safe/keeping_kids_safe_print.pdf)

Thank you.

Ms. L-B Trail — School Counsellor / Peer Helper Facilitator

**Middle School Dance –Thursday, January 29<sup>th</sup>**



Theme: Winter Wonderland      Time: 7:00 - 8:30 pm

What you need to know:

- No technology will be allowed
- Semi-dressy attire (no ripped jeans or track pants)
- Snacks will be sold (chips, drinks, etc.)
- Tickets will be \$3 in advance or \$5 at the door.



Click the link below to view the weekly e-newsletter from Christ Church Cathedral:

<http://eepurl.com/bbCct5>



# HANDWASHING FOR HEALTH

Germs spread easily in a classroom. Handwashing is the most effective way to stop the spread of germs that cause colds, influenza, diarrhea and other illnesses. It is important children learn how and when to wash their hands to decrease their risk of getting sick.

## ***How to Wash Hands:***

- ◆ **Wet** hands under warm running water
- ◆ **Scrub** with plain soap for a count of **20**, all over hands and between fingers
- ◆ **Rinse** under running water for a count of **10**
- ◆ **Dry** hands with a clean paper towel
- ◆ **Turn** off taps with a paper towel

## **When to Wash Hands:**

- ◆ Before and after eating or handling food
- ◆ After using the toilet, handling pets, coughing, sneezing, or wiping noses

## ***How long is 20 seconds?***

- ◆ Slowly singing “Happy Birthday” twice takes about 20 seconds

For more information contact:

- ◆ HealthLinkBC at 8-1-1 (a free call) or [www.healthlinkbc.ca](http://www.healthlinkbc.ca)
- ◆ [www.dobugsneeddrugs.org](http://www.dobugsneeddrugs.org)

## **Health Units:**

Esquimalt	250-519-5311	Salt Spring Island	250-538-4880
Outer Gulf Islands	250-539-3099	Sooke	250-642-5464
Peninsula	250-544-2400	Victoria	250-388-2200
Saanich	250-519-5100	West Shore	250-519-3490