



# Christ Church Cathedral School Newsletter

January 9, 2019

Dear CCCS Parents & Guardians,

After a restful break, two novels, scrumptious food and many family visits, it is good to be back at school! The students and staff are refreshed and we are all looking forward to a busy term. Next week for three days, 30 or so pre-kindergarten children will bring their eager energy to our kindergarten readiness days. This is when we build the K class that will join us next September. I want to thank all our parents for their referrals.

Darren Laur, AKA "The White Hatter" will be presenting to our grade four to eight students about the joys and perils of being online coming up on January 17. He will also present to parents that evening. Darren is a very compelling and knowledgeable speaker, full of wisdom and experience gleaned from his years with the Police, tracking down cyber criminals and protecting vulnerable people. We strongly recommend this talk for any parent whose child is ever online, and there'll be lots of relevant and surprising information for any adult who uses the Internet. Bring your notepads and bring a friend!

We want to start 2019 off on the right foot, which naturally requires the correct shoes. Actually, the right shoes, socks, pants, kilts, shirts, ties and sweaters, for that matter. We will be asking students to change if they are not dressed in the proper uniform, so please help us (and them) out by ensuring they leave the house properly attired. If you are unsure what that means, please see the [uniform description](#) on our website under the Parents tab. Thank you.  
Have a wonderful start to 2019.

*Stuart Hall*

## **News & Upcoming Events:**

**Reminder:** If you have not yet returned your child's report card envelope to the office, please do so.

**Kindergarten Readiness Days: January 15, 16, 17:** Next week we will have potential new CCCS Kindergarten students visiting. If you know of anyone with a child entering Kindergarten next Fall who may like to join us, please have them get in touch with Liisa in the office immediately to apply.



**Bake Sale - Wednesday, January 16<sup>th</sup> at recess:** The grade 8 class is having a bake sale next Wednesday after Chapel to cover the cost of WE Day. Remember to bring money if you would like a treat.

**Digital Citizenship - Darren Laur: Information for Parents - Thursday, January 17 at 7:00pm**  
Please see the details below. We highly encourage ALL parents to attend this important event.

**Next BOTTLE DRIVE: Friday, January 18:** Gather up your empties and load the car the night before!

**Ski Trip Meeting - Wednesday, January 23 from 3:10 - 3:40pm:** Mandatory for students attending the ski trip, and their parents.

**Quebec Trip Meeting - Thursday, January 31 at 4:00pm:** Mandatory for students attending the Quebec trip, and their parents.

## **Parent Education Event - Thursday, January 17<sup>th</sup> from 7 - 9pm** **Helping Parents To Proactively Understand The Enabling Power Of** **Digital Technology and Mobile Communications**

### Topics Covered Include:

- 1: Safety, Security, and Privacy
- 2: Ethics, Empathy, and Judgment
- 3: Consumer/User Awareness and Self Image Identity
- 4: Emotional, Psychological and Physical Health
- 5: Information Search and Verification
- 6: Etiquette, Community Engagement, and Relationships
- 7: Content Collection, Remixing, and Publishing
- 8: Reputation
- 9: Digital Peer Aggression and Sexting
- 10: Laws, Rights and Responsibilities



We are pleased to present this very important and informative presentation for parents from Darren Laur. We strongly encourage all parents to attend. You may even want to bring a friend or extended family along as we feel this information is so important for all parents.

Learn more about what will be covered by viewing this link: <https://www.thewhitehatter.ca/internet-safety-parents>

**To give us an idea of attendance, please RSVP to: [office@cathedralschool.ca](mailto:office@cathedralschool.ca). Thank you.**

*In addition to spending time with their families, kids likely will spend a lot of time with media. To help parents and caregivers manage media balance and negotiate expectations around new devices, we've put together some additional resources you can share. Check out the articles and videos below:*

[Parent Guide to Fortnite \(a popular game\)](#)   [5 Steps to a Healthy Media Diet](#)

## **CCCS Uniform Reminder + Benefits of Wearing a School Uniform**

- Scientific research shows a positive correlation between uniforms and appropriate behaviour.
- Dressing in a more formal manner prepares students for future careers, as a neat appearance is an expectation in many professions.
- Their attire also conveys a seriousness about their work as students. Professional dress communicates to others that one is responsible and committed, university researchers have found.
- We rely on students to be "ambassadors" of our school. They are our best advertisement! We are confident that they will represent us well in behaviour, academic rigor, and appearance.
- We have noticed that extra attention needs to be paid to shoes, our jewellery policy, socks. (i.e., white socks are only to be worn with gym strip), and proper sizing of uniforms.
- Non-uniform items such as hoodies and toques are not to be worn indoors.

**We thank parents for ensuring that their children wear the CCCS uniform with pride! See the [Uniform Page of the school website](#) for uniform guidelines and information about ordering uniforms.**

**Yoga for Children with Vicki:**

1/2 hour at lunchtime or 1 hour after school sessions

K, 1, 2, 3: Thursdays, January 15 – March 7 | 8 classes: \$25.00

All grades: Thursdays: Jan. 12 – March 2 from 3:10 - 4:10pm | 8 classes: \$60.00

To register, see EA Vicki or get in touch: 250-882-2325 | Email:

sanjanayogaandwellness@gmail.com

<https://www.facebook.com/SanjanaYogaAndWellness/>

**Yoga, Mindfulness, and Meditation Class with Vicki (grades 3 – 5):**

Tuesdays: January 15 – March 5 from 12:25 -12:55 in the Library. Cost: \$25.00

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)

To register, see EA Vicki or get in touch: 250-882-2325 | Email: sanjanayogaandwellness@gmail.com

**Christmas Concert Photo Link:**

Click the link above to view more photos taken by Conrad Gair at the matinee performance of the CCCS Christmas concert.

**Lux Mundi Spring Break - March 18 - 29:** If you require childcare over Spring Break, please complete the form and submit payment to the office before the deadline of February 27<sup>th</sup>. You may pick up a registration form at the office or print one from the link.



Click the link to read Christ Church Cathedral's weekly e-newsletter:

[CCC e-newsletter January 9, 2019](#)