



# Christ Church Cathedral School

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March 04, 2010

Dear Parents,

**Re-enrolment forms:** these are coming home with your children today. Please make sure they give them to you! We have given every child their own re-enrolment form, rather than putting siblings together in one envelope. We are asking that they be returned by March 26<sup>th</sup>.

**Student Led Conferences:** thanks to all parents who came to see their children's work, and thanks to those who suggested changes to the schedule for next year. We have taken those suggestions on board and I have added them to my list of items to hand on to my successor.

**Art Show:** isn't it great! We are all so appreciative of Mrs Halliday's work with the children, and also those teachers from the lower grades and from the JK who have enabled their children to produce such interesting work.

**Leprechaun Leap:** St. Patrick's Day falls during the March break, so we're going to celebrate it tomorrow, Friday March 5<sup>th</sup>. We leave the school at 1:15 p.m. to go down to Heywood Field at Beacon Hill Park for all sorts of fun and games. To help the children get in the spirit, tomorrow will be a 'green and gold' mufti day. Bring out all those shamrock bow ties and other accessories!

**Easter Holiday and reports:** advance notice that the School will be closed from Thursday April 1<sup>st</sup> through Monday April 5<sup>th</sup>. Lux Mundi will not be operating on those days. Second term reports will be issued on Friday April 9<sup>th</sup>.

**Talent Show:** auditions for this event were finished off this week. The sponsor teachers were pleased to see so many talented students. They would like to send a reminder to those students who will be performing at the Talent Show to practice your acts over Spring Break.

Don't forget to mark the Talent Show on your calendars – Thursday, April 29<sup>th</sup>, 2010 at 6:30 p.m.

**VIHA Notice:** This week we are attaching information about the Physical Activity Recommendations. Spring Break might be a good time to start a family activity!

On behalf of all the staff at Christ Church Cathedral School I would like to wish you all a very enjoyable and relaxing Spring Break. We'll see you all again on Monday March 22<sup>nd</sup>.

Sincerely,

*Charles*

Charles Peacock, Head of School

# CCCS PARENT SUPPORT GROUP NEWS

March 04, 2010



**SOCK HOP!!!** Dig out those saddle shoes, poodle skirts and jeans and get ready for a great PSG Fun-raiser! Be sure to mark April 9<sup>th</sup> on your calendars for this fun filled family evening. More details to come.



Our next PSG Bottle Drive is Wednesday March 31<sup>st</sup> starting at 8 am. Save your returnable beverage containers, bring them to us at drop-off and we'll turn them into cash! A reminder to rinse them well and pre sort them to make our volunteers' job easier. Speaking of volunteers..... ☺ We'll need 2-3 helpers!



We've moved this month's PSG Meeting to a later time in the hope that we'll have more of you wonderful class reps and parents turn out! Please join us upstairs in the library on March 23<sup>rd</sup> at 7 pm.



The Art Show is up and it's beautiful! A sincere Thank you to Mrs. Halliday for her efforts in exhibiting our children's art for us all to enjoy!



Your PSG Fundraising Dollars at Work-- New cubbies have been purchased for the Grade Four Class!! Thank you to our Parents Support Group- that's you!!

## UNDERSTANDING THE PHYSICAL ACTIVITY RECOMMENDATIONS

Bodies are designed to move. Health Canada recommends 90 minutes a day of moderate activity for children and youth and 60 minutes a day of moderate activity for adults in order to stay healthy or improve their health. Research shows that physical activity in three, 10-minute sessions is just as effective as one 30-minute session.

You can gradually increase the amount of time you and your children are active by increasing the time currently spent on physical activity by 30 minutes each day and decreasing the amount of “screen time” (watching TV, playing video games or being on the computer) by 30 minutes each day. Health Canada recommends that children and youth get no more than 90 minutes of screen time each day.

### **Types of activity: endurance, flexibility and strength**

The following types of activity are all important for overall health. Do a combination of these types of activities over the week.

- ◆ Endurance - involves continuous movement to get the heart, lungs and circulatory system working.
- ◆ Flexibility - includes gentle reaching, bending and stretching activities to keep the muscles relaxed and the joints mobile.
- ◆ Strength - involves moving the muscles against resistance. Resistance can be provided by water, weights or a person's own body weight.

Parents who are active tend to have children who enjoy being active. If you and your family are not meeting these guidelines, begin slowly and gradually increase the amount of time you spend being active as you become accustomed to it. Ideally, find a fun activity that the whole family can do together.

For more information contact:

- ◆ [www.activehealthykids.ca](http://www.activehealthykids.ca)
- ◆ Physical Activity Guide [www.phac-aspc.gc.ca/pau-uap/paguide/index.html](http://www.phac-aspc.gc.ca/pau-uap/paguide/index.html)
- ◆ [www.actnow.bc](http://www.actnow.bc)