



Christ Church Cathedral School

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February 04, 2010

Dear Parents,

Fraser Institute Report: I am sure you have noted the Elementary School rankings put out by the Fraser Institute this week. Once again we have not been ranked, this time due to the fact that our results were not in to the Ministry in time, and it is likely that we will not be ranked again next year on this year's FSA results, because our sample size is too small. However, the one time we have been ranked two years ago we came 4th on the island and 32nd in the province. Our teaching and assessment methods have continued to provide the children with skills that ensure their placement in the High School programs they are seeking. The Fraser Institute rankings are based on the FSA results, and those of you whose children wrote the FSA's last year have received your results, which were generally very impressive.

Pro D Day: Tomorrow, February 5th is a Pro D Day for teachers so there will be no classes for students.

Valentine's Skate: Friday Feb 12th at the Save-On Foods Memorial Arena. Your child is bringing home a permission form today.

Olympics at Cathedral School: We will be celebrating the Olympics in our School, starting with our own Opening Ceremony at Assembly on Fri. Feb 12th. Various nations will be represented and we are declaring a 'Tuque Day' on that day—all are encouraged to wear a red and/or white tuque, and red and/or white mitts can be worn as well. Parents are welcome to join us for this special assembly. During the Olympics we will be holding our own Olympic events at school and wrapping up with a Closing Ceremony at assembly on Fri. Feb 26.

Talent Show: A reminder that auditions will begin next week. We are asking students to consider a talent they may wish to share at the Talent Show and sign up for an audition. The sign-up sheet is posted outside the Music Room/Auditorium. If you have any questions please see Mrs. Kennedy, Mme Clarke or Mrs. Trevena.

Student-Led Conferences: These will take place on Thursday March 4th and the sign-up sheets will be available outside your child's classroom at the end of this week. Please sign-up for a time for your child's student-led conference.

Art Show: The Art Show is coming up from February 26 to March 5th. Once again Julia Halliday is looking for volunteers to help set up on Friday, February 26th. She will be hard at it for the whole day so any time that you can spare would be greatly appreciated. Please phone Bev in the school office if you are able to give some time to setting up this wonderful annual event.

Parents in School: We are very fortunate to have so many parents who come into our school from time to time to volunteer, for which we are very grateful. However, I would like to repeat a request that I put in a newsletter back in the fall. If parents need to see their children during the day, or deliver a lunch or some other item, please come to the office, rather than going straight to the classroom. We will make sure the item or the message is delivered, and thereby minimise classroom disruption.

Sincerely,

Charles

Charles Peacock, Head of School

February 4th, 2010

The Parent Support Group Report



Mmmm...Cake from a Pan! Brilliant!

Shrove Tuesday Pancake Breakfast is coming up **February 16th**

Volunteers! We need people with hearts as golden as the syrup being served to help out with Monday setup. Tables, chairs, plates, happy banter, the usual. On Tuesday morning, starting about 8:00 AM we'll need folks to help cook, serve, clean up and detangle cutlery caught in student's hair.

There's usually no shortage of syrup-smearing parents helping out with Shrove Tuesday Pancake Breakfast, but if you can confirm your help by a quick email that would eliminate an element of uncertainty. Please let Shirley shirley@angelsolutions.com or Paul paul@rakethin.com know.

Someone say Yogi?

Nope, Yoga!

Thursday, **February 25th** 6:30 p.m. to about 8:30 p.m.

Remember we have a special evening of yoga and natural facials coming up. All the details are at the end of this report. Tickets are \$30 per person and attendance is limited to 25. You have **14 days left** to say yes to yoga, no to Yogi Berra and Yogi Bear and hello new skin! All genders are welcome.



NEXT PSG MEETING



Our next PSG Meeting is:
5:30 PM, **February 18th** in the School Library.

Keep reading for a poem!



“An Evening of Poetry”

**Honouring Mr. Charles Peacock, Head of School,
Christ Church Cathedral School, on his retirement**



Time (tentative): 7:00 to 9:00 PM
Date (confirmed): Saturday, **May 8th**, 2010
Location: Sea Cider Farm and Ciderhouse
2487 Mt. St. Michael Road
Saanichton, BC V8M 1T7
Tel: (250) 544-4824
Email: info@seacider.ca
Web: Seacider.ca



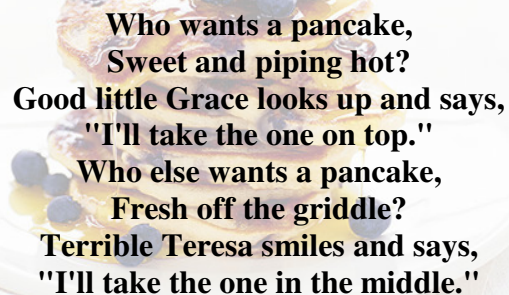
Tickets: \$30 per person
Reception: Mingling, cocktails and tasting platters style
Bar: Cider Experience with a cash bar

During this unique evening, we will have the pleasure of Charles sharing with us some of the poetry that has meant the most to him in his lifelong love of the word.

Don't forget to mark your calendars! More details will follow.

Pancake Poem

Shel Silverstein



**Who wants a pancake,
Sweet and piping hot?
Good little Grace looks up and says,
"I'll take the one on top."
Who else wants a pancake,
Fresh off the griddle?
Terrible Teresa smiles and says,
"I'll take the one in the middle."**

Your Yoga-Face A Yoga Beauty Routine Just for You

Your Yoga Face is a workshop designed to help minimize the effect of time and environment upon your skin. Come prepared to nourish and pamper your body's largest organ by participating in beneficial yoga practices and applying natural skin care preparations.

Your Yoga Face combines elements drawn from ancient Hatha Yoga and Ayurvedic practices.

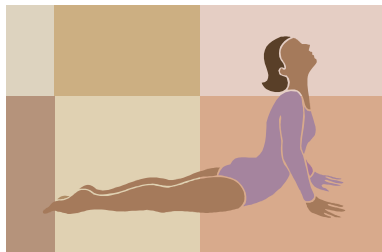
During this two hour hands-on workshop, you will be guided through a gentle and restorative Hatha Yoga routine. You will practice breath control, hand mudras, vocalization exercises and relaxation techniques, all geared to encourage healthy and resilient skin.

Having worked from the inside out you will then work from the outside in by treating yourself to an Ayurvedic style facial. Using traditional blends of natural materials you will be guided to cleanse, exfoliate, moisturize and balance facial energy points.

You will leave feeling refreshed and glowing inside and out.

Note: Because much of this workshop takes place seated on the floor, participants must be able to get up and down safely and unaided. For those with health issues or concerns Doctor's approval is required. An activity waiver may also be required.

Please bring with you a towel, bottle of water, mat and pillow. The workshop is scheduled for **Thursday, February 25th from 6:30 p.m. to 8:30 p.m. in the auditorium.** Come out and help support your school as well as treating yourself to a wonderful evening. **Tickets are \$30 per person (both women and men are welcome to attend).**



SNACK ATTACK! – EASY IDEAS WITH VEGGIES AND FRUIT

Most children don't get enough vegetables and fruit each day. School-age children and youth need 5 to 8 servings of fruit and vegetables per day.

Try these ideas with salad dressing or yogurt for dipping, or include a slice of cheese for a classic combo:

- ◆ Sweet peppers, cucumber slices, carrot sticks, cherry tomatoes, celery, broccoli or cauliflower
- ◆ Oranges, berries or cut-up fruit
- ◆ Apple, pear or banana slices packed with a teaspoon of lemon juice to keep them from going brown
- ◆ Kiwi cut in half with a spoon for scooping
- ◆ Chunks of watermelon or cantaloupe are always a hit

Encourage your child to eat more vegetables and fruit:

- ◆ Eat plenty of vegetables and fruit. Children learn by watching you. They will be more willing to eat vegetables and fruit if they see you eating them.
- ◆ Involve children in buying and preparing vegetables and fruit.
- ◆ Cut and serve them in many ways. For example "ants on a log" - celery with hummus and raisins on top or celery and dip.
- ◆ Add dried or fresh fruit to breakfast cereals or yogurt, or make a fruit smoothie.
- ◆ Add extra vegetables to soups, casseroles and stews.
- ◆ Prepare vegetables in ways you have never tried before, e.g. use sweet potatoes and yams instead of potatoes to make great oven baked fries.
- ◆ Buy pre-cut vegetables and salads.
- ◆ Try vegetables and fruit cold, hot or right from the freezer. Frozen grapes or blueberries make a terrific snack. Serve them with different dips and sauces.
- ◆ Offer vegetables and fruit at snack and meal times. It can take up to 20 times of offering the same food before a child will accept it. Never force children to eat. With time children will learn to eat what you eat.

Remember, a child's intake varies from day to day. Trust that a healthy child will meet their nutrient needs over time.

For more information contact:

- ◆ Your local Health Unit
- ◆ HealthLinkBC at 8-1-1 and ask to speak to a Registered Dietitian or www.healthlinkbc.ca
- ◆ www.dietitians.ca
- ◆ www.actnow.bc