



Christ Church Cathedral School

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February 18, 2010

Dear Parents,

Olympics at CCCS: We are having a lot of fun with our own Olympics here at School. It was great to see so many parents come out to our 'Opening Ceremony' at assembly last Friday. We'll be having our 'Closing Ceremony' next Friday and parents are again welcome to join us. A special thank you to Jessica Gonin, mother of Alexander and Nicole, who came in and showed the students her two gold medals and one silver from the Barcelona and Atlanta Olympics.

Open House: Our art show starts at the end of next week and to coincide with it, we have arranged an Open House from 9:00 a.m. to mid-day on March 2nd. Today and tomorrow we will be sending out some information about the Open House through your children, who will be bringing home an envelope. Please ask them to give it to you so that it does not remain stuck at the bottom of their school bag!

Art Show Set-up: The set up day is on Friday, February 26th and Julia Halliday is very much in need of volunteers to help her to hang the works in the gym on that day. If there is any period of that day when you could help, please call the office and give your name to Bev. Even if you can only manage an hour or so, please consider helping out because it is a very big job.

Student-led Conferences: A reminder that reports will not be going home before March break, but we are holding the Student-led Conferences on March 4th. Please make sure you sign up for a time on the notice outside your child's classroom.

Childcare Letters and Tax Receipts: Tax receipts for parents who paid 10 months full tuition for 2009 as well as letters giving amounts paid for out-of-school care for 2009 will be ready for distribution on Thursday February 25th. If you wish to pick this information up in person on Thur. Feb. 25 or Fri. Feb. 26, please call the school office. Unless other arrangements are made, all receipts and letters will be sent home with the students on Thursday, February 25th.

Haiti: Thank you to everyone who has donated so generously to our efforts for Haiti Relief. This is a reminder that the Haiti shipments are continuing and that they are chronically short of school supplies so we are still collecting for this very needy cause.

Talent Show: Auditions are moving along well. There is still room for more great acts to audition – sign up outside the auditorium. The date for the Talent Show has been set for Thursday, April 29, 2010. Mark your calendars!!

Part-time Employment available

The Cathedral seeks an admin. assistant for reception, publishing, and a variety of other duties. Applicant should be organized, mature, welcoming, patient, able to multi-task, and comfortable with MS Office and other related software. Please send resumé to: ccadmin@christchurchcathedral.bc.ca or fax to 250-383-2744 by March 5, 2010.

Sincerely,

Charles

Charles Peacock, Head of School

FEEDING THE LUNCH BUNCH

Lunch is an important time for children at school. The midday meal gives kids energy to concentrate, learn and be active all afternoon.

Choose a food from at least 3 of the 4 food groups to make a balanced lunch.

Make lunch interesting. Mix and match any of these ideas for a tasty, healthy lunch:

Vegetables and Fruit	Grain Products	Meat and Alternatives	Milk and Alternatives
<ul style="list-style-type: none"> ◆ Celery and carrot sticks or peppers ◆ Sliced cucumber ◆ Broccoli and cauliflower “trees” ◆ Fresh, frozen or canned fruit 	<ul style="list-style-type: none"> ◆ Whole grain bread ◆ Crackers ◆ Mini bagels or buns ◆ Tortilla ◆ Roti or naan bread ◆ Pita bread ◆ Small muffins 	<ul style="list-style-type: none"> ◆ Lean meat ◆ Tuna or salmon ◆ Chili ◆ Tofu and soy based products ◆ Nuts and seeds ◆ Bean spreads or dips ◆ Eggs 	<ul style="list-style-type: none"> ◆ Milk ◆ Chocolate milk ◆ Yogurt ◆ Cheese ◆ Fortified soy beverage ◆ Cottage cheese

Kids are more likely to eat lunch when they help make it. Involve children in planning and packing lunches. Young children can wash fruits and veggies and can choose from what is offered. Older children can make their lunch with your help.

Pack a safe lunch

1. Wash your hands well with hot soapy water.
2. Keep hot foods hot in a thermos.
3. Keep cold foods cold with an ice pack.
4. Remind children to wash their hands before eating.

For more information contact:

- ◆ HealthLinkBC at 8-1-1 and ask to speak to a Registered Dietitian or www.healthlinkbc.ca
- ◆ www.dialadietitian.org
- ◆ www.dietitians.ca/HLTG/HLTG_web/content/english/health_lunches.aspx

February 18th, 2010

The Parent Support Group Report

Shrove Tuesday Pancake Breakfast a success...



Many thanks to the parent and student volunteers who helped make last week's pancake breakfast a success.

Combining kids and cans of aerosol whipped cream can be dodgy, but everything worked out fine.

One more week before a special evening of Yoga...



Thursday, February 25th 6:30 p.m. to about 8:30 p.m. Buy your tix by the 18th

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 **0 days left** to get your tickets. Zero? According to Bev we still have a strong supply of tickets, so our Feb 18th deadline is going to soften up a bit like an old pear, but we definitely won't be selling tickets *after* the evening of yoga. We encourage you to act now - Remember the Furby craze and how people waited until the last minute to buy one? Desperation soon seized them as they searched frantically until the heavy, cold truth pressed upon them that they had lost out and they shuffled dejected bones homeward. Kind of like that, but with Yoga.

Communications Coordinator Position Open

It is with regret that Paul, despite having had fun writing the PSG Reports, must announce today he is stepping down from his role as Communications Coordinator. If you're interested and would like to give it a go, please contact Paul at paul@rakethin.com

NEXT PSG MEETING



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



“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.

You're searching...
For things that don't exist; I mean beginnings.
Ends and beginnings - there are no such things.
There are only middles.

~Robert Frost, *Mountain Interval*, "In the Home Stretch"

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).**

