



# CHRIST THE KING SCHOOL

## FALL 2019

### PRINCIPAL'S MESSAGE

Dear Parents/Guardians:

Welcome to a new year at Christ the King School!! As always the staff and students of Christ the King School have jumped right into learning together again. As we continue to grow, you have noticed many new faces in the building and we hope that our new students and their families are feeling part of Christ the King community which was established in 1955. Our enrolment has reached 230 students, with only a few spots available in grades 6-8.

Our year so far has been filled with many opportunities of praying, learning, growing and having fun together. At Christ the King School students are encouraged "to recognize their giftedness and their responsibility to use these gifts in the service of others". As part of our year of **gratitude** and sharing our gift of service towards others, all classes will volunteer at Winnipeg Harvest and donate food to help feed 62,000 people who need it on a monthly basis. To hear the testimony from some of our students' experiences during their first visit to Winnipeg Harvest please see page six of the newsletter. We are very proud of our students and their efforts to spread a little love! Student Council, will once again be collecting coats, gloves, toques, scarfs for Koats for Kids program this month.

We would like to welcome two new faculty members to Christ the King School: Mrs. Audrey Ducharme, teaching grades 7 and 8 English Language Arts (ELA) and Mrs. Marnie Hepburn, certified Early Years educator, who will be joining our large team of Educational Assistants this month.

Thank you parents with the Farm to School Fundraiser. Please continue to support our fundraising activities as all funds collected will benefit your child's education program at CTK School. Some of the monies raised last year, has afforded students a class set of chrome books and a new safety intercom (Aiphone) system. Let's continue to raise funds, so that all students may one day enjoy **Playground Enhancement Phase 2**.

All parents, grandparents and family members are always encouraged **to volunteer and participate** in many of our school events. We love to see you coming out to our monthly masses (next mass is on Nov 27 at 9:15 am).

Our Term 1 Report Cards, will be sent home on Nov 13. **Compulsory tri-conferences** will take place on November 21<sup>st</sup> from 2:15 pm to 7:00 pm and November 22<sup>nd</sup> from 10:00 am to 5:00 pm. We look forward to seeing all our parents.

I am confident in the progress your child will make at our school this year, the connections and wonderful relationships you will have as you work with us, and the sense of safety and security Christ the King School provides your child surrounded by a loving community.

On behalf of our professional and accomplished Faculty, we wish everyone a great school year!

Sincerely,

Mrs. Laura Carreiro  
Principal



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events



## MESSAGE FROM THE SCHOOL BOARD

The 2019/ 2020 year has started with excitement and taking off full speed ahead! On behalf of the Christ the King (CTK) School Board, we bid you a warm welcome to the CTK school community and look forward to working with you in launching another exciting school year. To the many returning students and families, welcome back! And a huge welcome to the new families who have joined us this year!



We wish to thank CTK School staff and volunteers for all their hard work in keeping the school environment refreshed, polished and their commitment in helping to keep our school in great shape. There are a number of projects as a school community we will be embarking on this year and in the future to continue on making improvements for our school. Great big thank you to CTK families and staff for their fundraising efforts over the last several years and the City of Winnipeg for their support in helping us with our playground redevelopment project – a vision that is now reality!

Built on the foundational priorities of *Governance, Stewardship, Strategic Planning, Fund Development/ Marketing, and Communications*, the CTK School Board welcomes your participation and ideas throughout the year in shaping the success of our school. We meet every second Wednesday evenings of the month at 7:00 during the school year. You can also email the CTK School Board at [boardchairman@ctkschool.ca](mailto:boardchairman@ctkschool.ca).

On a final note, CTK School relies on volunteers to help with many enriching student opportunities and for various fundraising events throughout the year. We know how busy everyone can get with extracurricular activities and family obligations, any time you can offer to volunteer is much appreciated and time well spent in improving our school and more importantly, a contribution to your child's education.

Cheers to another school year and making the 2019/2020 a collaborative success.

Warmly,  
The CTK School Board

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## THANK YOU TO OUR BENEFACTORS



Thank you also to Christ the King  
**Catholic Women's League**  
for their generous donation of  
**\$500**  
toward our bursary fund.



## PARENT ADVISORY COUNCIL (PAC)

On behalf of the entire Parent Advisory Council (PAC), I wish to extend a very warm welcome to all of the new families who have joined the school this year. Also, welcome back! to all of the many returning families coming back for another year at CTK.

We kicked off PAC activities with our Family Fun Day event held on September 26. Unfortunately, Mother Nature was not cooperating but there was enough room inside the gymnasium to fit all of the activities with space to spare to mix and mingle. We hope all who attended had a great time and enjoyed the food and activities. A special thank you to Melanie Morris who led the planning and organization and to all the parents and volunteers who made this event possible.

We also wrapped up our Farm to School fundraiser with Peak of the Market. This is the first time we have done this fundraiser and we were able to raise over \$2,200. Thank you to everyone who participated by purchasing vegetables or donating to our community food banks. Also thank you to Karen Cyr and Mary Wolanik who led the planning and coordination for this successful fundraiser.

Our next fundraiser is well underway – the ever popular Wine Raffle! If you have not picked up a book to sell or are needing more, please contact Susan Evenson—(204) 226-4382—[susan\\_evenson@shaw.ca](mailto:susan_evenson@shaw.ca) or Darilyn Derco—(204) 292-9771—[thederco@gmail.com](mailto:thederco@gmail.com). The draw will be held at our annual Christmas Concert on December 12.

We have a number of new faces on our PAC committees this year. It is great to see so many parents getting involved with the school. I would like to extend an open invitation to all parents and grandparents to get involved and join us in the planning of our activities and the many discussions surrounding enhancing the CTK school environment.

PAC has a few open positions, including a lead planner for our annual Spring Fundraiser, and a new Chairperson for the 2020 – 2021 school year. Please consider giving your time and talents to support our school. For more information, or to volunteer, please contact **Kevin Sim, PAC Chair**, at [kevinsim@shaw.ca](mailto:kevinsim@shaw.ca) or (204) 996-7451.

As always, if you are interested in helping at any of our events, please sign up through our online volunteer portal: [https://secure.rotundasoftware.com/l/web-terminal/login/CTK\\_Bingo?killSession=1](https://secure.rotundasoftware.com/l/web-terminal/login/CTK_Bingo?killSession=1)

Finally, PAC has a Facebook page. If you would like to be a member of this Closed Group, please email [kevinsim@shaw.ca](mailto:kevinsim@shaw.ca). The page is a great resource for calendar reminders, upcoming events and overall discussions between CTK families regarding school activities, uniforms and anything CTK related! Membership is open to CTK parents/Guardians, teachers, and school staff. Being a member of this group does not mean that other members will have access to your personal Facebook page, they will only have access to what is posted on the PAC Facebook page. This FB page is for school-related information and activities and not intended for business/self-promotion or financial gain.

Kevin Sim,  
PAC Chair



## SEPTEMBER/OCTOBER HOUSE VIRTUE PROGRAM



Throughout the year, we will learn about how gratitude works in our lives and how students can show gratitude personally, with their family, school, neighborhood and community working together in their House Teams.

## VISITING THE LEGISLATIVE BUILDING



On September 24th, the Grade 4 and Grade 6 classes went to the Manitoba Legislative building. It was an amazing experience!

Beforehand, all the students were very excited. We couldn't wait! Once the field trip day finally arrived, everyone couldn't wait to get there.

The first thing they did was divide the Grade 4's from the Grade 6's. Each group got a chance to learn a little about Manitoba, the legislatures across Canada, and some other things that they had been learning about in class. We also had the chance to look around the building a bit and see the room where the MLAs (Members of the Legislative Assembly) sit and debate. We also got to meet the Sergeant at Arms. All in all, it was an amazing experience.

Justina Rezk  
Grade 6 Student



## SCHOOL MASS

Our first two masses of the year were celebrated on September 25th with the Gr. 8 students leading and October 23rd with our Gr. 7 students leading. Parent, grandparents and family members are always welcome to attend!



## TERRY FOX WALK

September 27th—our students took part in the Terry Fox Run. To date we have raised \$980 for this very worthy cause. Thank you to all for your generous support.



## MILK PROGRAM



Our school is part of the School Milk Program. Dairy Farmers of Manitoba supply us with incentive prizes starting in September to encourage our students to drink milk. Milk tickets are entered into random draws for monthly prizes. Draws are held every month of the school year.

Milk tickets can be purchased from the office.

Let's make this year moo-velous!

Mrs. Piper

## OCTOBER VISIT TO WINNIPEG HARVEST

On October 10, the Grade 6 class visited Winnipeg Harvest as part of the school's Year of Gratitude. Here is what some student had to say:

"...We went on a long tour through the building and we made Breakfast 2 Go bags for children who can't have breakfast [on the weekend}. I learned that they get about 12 million pounds of food per year. They grow a garden behind their building and grow herbs and other things. I found it interesting that the only thing Winnipeg Harvest buys from the store is baby formula, and that they get about 5000 bread items a day. I felt happy that I was helping kids who don't have breakfast have one. I also felt kind and happy when I made the cards to put into the bags. I enjoyed our field trip to Winnipeg Harvest!" - Kate

"...I learned that helping people is so amazing, and something small will make someone so happy. There are lots of food banks you can help out at. I'm so grateful for shelter and food. It was a fun field trip knowing that we volunteered for 1 hour and 30 minutes and that we helped 300 kids from schools in Winnipeg, Manitoba. It was tons of fun!" - Elizabeth

"It was very interesting at Winnipeg Harvest. I learned that Winnipeg Harvest feeds over 62 000 people a month. I learned that Winnipeg Harvest gets food from food bins that are almost in each store throughout the city and that there are a lot of people that need food and help. Some people do not have food for breakfast so we made Breakfast to Go. We made 300 bags of food for breakfast and in each bag there was milk, yogurt, cheese, Cheerios, [apples], and oranges." - Jakob



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## GRADE 6 ANGEL ORNAMENT CAMP FUNDRAISER



The Grade 6 class will be selling Mary Angels Christmas ornaments again this year. The proceeds of each ornament will be divided between the Grade 6 class's camp fund and the Marian Hour Centre. The angels are clear glass with gold coloured wings each holding a different symbol.

The Grade 6 students will be selling them at lunch recess during the month of November while quantities last. Each angel costs \$5. Sales will begin November 4th .

Thank you for supporting the Grade 6 Camp!

Mrs. Edwards

## ROOTS OF EMPATHY



Roots of Empathy  
Racines de l'empathie

The Grade 2 students have a wonderful experience in store for them! They will be participating in the Roots of Empathy Program this year! Baby Andreas will be our little teacher. We will learn about the development of a baby and how to show empathy toward others. A big thank you to Mrs. Reyes-Murphy & Mr. Murphy and Andreas for agreeing to participate in the program this year!



Mrs. Piper, Resource Teacher  
Roots of Empathy Instructor

## PAC BAKE SALE

On October 21st, Election Day, our PAC raised \$1064.17 by holding a bake sale the whole day of the election. Thank you to all those who donated baked goods for this fundraiser, to our volunteers for being there to man the bake sale table and everyone who bought goodies to help raise funds for our school.



Student Council 2017

## INSERVICE DAY CARE

Happy Halloween!



## FROM THE STUDENT COUNCIL

We're very excited to be leading the Christ the King School student council this year. We have a very hard working and dedicated group that are very excited and enthusiastic about the multiple activities, charities, and fundraisers that they are and will be leading.

Our first major event was the dance for a grades 6-8 on October 24<sup>th</sup>. The students were very excited to attend and we had an incredible turn out from our Catholic and Independent schools throughout the city.

We would like to extend our great thanks to all the staff and parents who volunteered for the evening.

We're looking forward to a great year with this group and you'll all be hearing from us very soon regarding upcoming events, fundraisers, and charity drives.

Our student council is: Alianna M. (Grade 4), Lacey M. (Grade 5), Jaden L. (Grade 6, Secretary), Elizabeth J. (Grade 6 Treasurer), Funmi S. (Grade 7), Angelina M. (Grade 8, Co-president), Luke P. (Grade 8, Co-president).

Thank you very much,

Mr. Gawron, Ms. Danakas, Mrs. Bernardin  
Student Council Teacher Advisors



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## BAND NEWS



The band program is off to a great start. The students have been working very hard preparing the challenging new repertoire for the February concert. Daily practice is always recommended!

I'm very excited to announce that we have started a school jazz/blues band! The group currently meets every Thursday morning from 7:30-8:30. More students are welcome to audition!

Thank you very much for your support!

Mr. Gawron  
Band Director



## MUSIC NOTES!!



### Coming Music Events:

- **Friday November 8th**, Remembrance Day Service at our CTK School Gymnasium. Please join us at 9:00am.
- **Thursday December 12th** - Christmas Concert at 1:30 p.m. and 7:00 p.m. Please come out and enjoy this Christmas Celebration with us.



## HALLOWEEN DANCE & CELEBRATIONS



## YEAR OF GRATITUDE

This year, our focus in our faith growth will be learning about Gratitude and the ripple effect it has in our lives.

Throughout the year, we will learn about how gratitude works in our lives and how students can show gratitude personally, with their family, school, neighborhood and community.

We began our school year with a House Team meeting in September learning about Gratitude and what it means. Students were all challenged to fill in an ABC Brainstorm page full of things they were grateful for.

Students from grade 1-8 will also be participating in a year-long Winnipeg Harvest project. Each month, a different class will collect and donate items as well as volunteer their time helping at Winnipeg Harvest. Starting in October, look for more information about the class visiting each month!

You as parents are encouraged to speak to your child about gratitude and how powerful it is to be grateful for what we have at school and home.



*"It's not happiness that brings us gratitude.  
It's gratitude that brings us happiness"*



### STUDENT LIFE AT CTK



Technology in action!



Student Library Volunteers



Grade 1 at Fort Whyte



Student-led Opening exercises and morning announcements.



Enjoying our playground!



Enjoying our Library





# CTK Resource Corner

## TRAIN THEIR BRAIN

You can make a difference in your child's life by training your child's brain so that your child will successfully function on social, emotional, and academic levels. Here is how:

### 1. Don't be afraid to set the limits. Kids need limits to grow happy and healthy!!

- Make a schedule for meal times, sleep times, technology time
- Think of what is GOOD for them- not what they WANT/DON'T WANT. They are going to thank you for that later on in life. Parenting is a hard job. You need to be creative to make them do what is good for them because, most of the time, that is the exact opposite of what they want.
- Kids need breakfast and nutritious food. They need to spend time outdoor and go to bed at a consistent time in order to come to school available for learning the next day!
- Convert things that they don't like doing/trying into fun, emotionally stimulating games.

### 2. Limit technology, and re-connect with your kids emotionally

- Surprise them with flowers, share a smile, tickle them, put a love note in their backpack or under their pillow, surprise them by taking them out for lunch on a school day, dance together, crawl together, have pillow fights
- Have family dinners, board game nights, go biking, go on outdoor walks with a flashlight in the evening

### 3. Train delayed gratification

- Make them wait!!! It is ok to have "I am bored" time – this is the first step to creativity
- Gradually increase the waiting time between "I want" and "I get"
- Avoid technology use in cars and restaurants, and instead teach them waiting while talking and playing games
- Limit constant snacking

### 4. Teach your child to do monotonous work from early years as it is the foundation for future "workability"

- Folding laundry, tidying up toys, hanging clothes, unpacking groceries, setting the table, making lunch, unpacking their lunch box, making their bed
- Be creative. Initially make it stimulating and fun so that their brain associates it with something positive.

### 5. Teach social skills

- Teach them turn taking, sharing, losing/winning, compromising, complimenting others , using "please and thank you"

Help your kids succeed in life by training and strengthening their brain sooner rather than later!

If you'd like to read more, this article was found at: <https://deeproootsathome.com/kids-friendless-bored-impatient/>

## PHYSICAL EDUCATION NEWS

Christ the King Royals volleyball season has already begun with FIVE teams competing in MCSAA league action. We have two boy's developmental teams, one girls developmental squad and one of each boys and girls competitive teams. Thank you to all the parent volunteer coaches who have stepped up to the plate, as the program would not be such a success without all of you.



- Grade 6 girls---Mr. Walsh, Mr. Desautels
- Grade 6 boys---Mrs. Malo
- Grade 7 boys---Mr. Kalichak and parents
- Grade 7/8 girls---Mrs. Catellier, Mr. Harrington
- Grade 7/8 boys---Mr. Romeo



Developmental league season runs until November 15<sup>th</sup>, when final tournaments will take place. Competitive league playoffs begin November 25<sup>th</sup>.

Check out the league website, [www.mcsaa.ca](http://www.mcsaa.ca) for standings and results, click the volleyball link.

Our Competitive Girls are a perfect 4-0 in league play thus far, while our Competitive boys have scored four match victories in a row after being defeated by a tough Holy Ghost squad to begin the season. The girls competed very well in a Tier One tournament at St Alphonsus School, finishing third (our girls are in

Tier 2). Our boys will be competing at the St Paul's SPORT Tournament on November 2<sup>nd</sup>.

Basketball season is just around the corner. I need parent volunteer coaches for the teams, so if you have that basketball itch, send me an email at [dkalichak@ctkschool.ca](mailto:dkalichak@ctkschool.ca).

Physical Education classes are going strong, with the K-3's learning various Low Organized and Modified Games, cooperative relay activities, and activities/skills dealing with throwing and catching, kicking, running, and balance. The grade 3's have also been introduced to modified volleyball. The grade 4 class has also been practicing their bumping, volleying, serving and even spiking skills in modified volleyball activities, with the grades 5-6 classes focusing on regular volleyball and Triple Ball, which involves a three step approach to the game (coach toss, opposition coach toss, and serve). The grade 7 and 8 classes are well into their volleyball unit as well.



Thank you to all the parent and former students who volunteered for our annual Terry Fox Run. This year Christ the King School received our 15 year banner and plaque from the Terry Fox Foundation. Thank you Christ the King community for all your efforts through the years in making the Terry Fox Run a success. Online donations are ongoing and can be made at <http://www.terryfox.ca/ChristtheKingSchoolWinnipeg>

Yours In Sport!

Mr. Kalichak, Physical Education Specialist

## FIELD TRIPS, COACHING AND OVERNIGHT CAMPS



As mandated by the Archdiocese of St. Boniface and Winnipeg and the Catholic Schools Commission, **all volunteers who may be left alone with students during the regular school day or persons acting as supervising volunteers on overnight field trips, camping trips or coaching students are required to complete a Child Abuse Registry Check and Criminal Record Check.** Forms for the Child Abuse Registry Check can be obtained from the school office - there is no charge for this check. The Criminal Record Check must be done on your own either online or in person at the Winnipeg Police Service station, 245 Smith Street. If you are using this for school purposes, the cost will be reimbursed to you once you submit your receipt to the office.

## STAFF CELEBRATIONS



### *Staff Celebrations!*

Congratulations to Mrs. Dorothy Piper who celebrated her 20th year and Mme. Christine Kist who celebrated her 15th year of employment at Christ the King School. They have both worn many hats throughout the years but these days Mrs. Piper is our Resource Teacher and Mme. Kist teaches K—8 French. We are so grateful for their dedication over the years.

Congratulations to Mrs. Maria Emslie, our Grade 4 teacher, who is currently on maternity leave. She and her husband welcomed their little daughter Izabella Maria Emslie on Sept. 9/19.

## PRIVATE MUSIC LESSONS



Additional to our Music program, the Academy of Music is offering private music lessons on the piano, guitar, ukulele and violin after school starting in September (Tuesday/Wednesday/Thursday). The cost is \$22.50 per thirty-minute lesson. You can register through the Academy of Music's website at [www.academymusic.ca](http://www.academymusic.ca). Please mention "Christ the King School" in the "Other Information" text box on the registration form. As well, for scheduling purposes, please indicate your child's grade and if your child is in the afterschool program. For more information, you can contact the music director Mr. Shawn Coughlin via email [academymusic@shaw.ca](mailto:academymusic@shaw.ca) or call 204-786-1704.

## TOP MARKS UNIFORM EXCHANGES

Top Marks has a 60-day return/exchange policy. All purchases made in the spring or summer start that 60-day period on the first day of school. All purchases made after September 4, 2019 will be counted from the date of purchase. If any families would like to make a return or exchange, please fill out the Return Authorization form in your package and drop off the items to your school office. One of the Top Marks representatives will pick up the return/exchange and send it back to Montreal for you. Top Marks will mail you the replacement pieces to your home. The last day for exchanges from the spring summer purchases is November 8, 2019. If you have any questions, please call 1-800-667-7105 between 8:00 am and 4:00 pm.

## PICK-UP & DROP-OFF — ABSENT/LATE

### **\*\*DRIVE THROUGH DROP-OFF AND PICK-UP IS NOT PERMITTED IN THE PARKING LOT.**

The parking lot is a hectic place before and after school. For the safety of all students and visitors at Christ the King School we have two options for getting your child into the schoolyard **safely**:



**1) Park and Walk** – Parents/Guardians are welcome to park in the designated spot in the parking lot next to the school yard. Students can then exit the parked vehicle and walk (or be accompanied) through the parking lot to the school yard. Before/After school students must be signed in and out when being dropped off or picked up.

**2) Quick Drop** – Parents/Guardians can stop along Fernwood Avenue to drop students off. Children can enter the school yard through the gate on Fernwood Avenue near the school bus loading area. \*Please avoid blocking the designated school bus stop. In consideration of our neighbours in the community, please avoid using private drive-ways to turn your vehicle around.



**Absent/Late** — Following the policies of the Parent Handbook, **it is the parents' responsibility to call the office (204) 257-0027 or email [office@ctkschool.ca](mailto:office@ctkschool.ca) (cc. your child's teacher) if your child will be absent or late.** If we do not hear from you, it is our responsibility to contact you to be sure your child is safely with you or a guardian.

## November

### NOVEMBER EVENTS

- \* Report Card Writing - NO CLASSES—Nov. 1
- \* Early Dismissal 1:55pm —Nov. 4
- \* Picture Retakes & JK Photos—Nov. 5
- \* Hot Dog tickets due to office—Nov. 6
- \* Fun Lunch (Boston Pizza) order deadline—Nov. 12
- \* School Board Meeting —Nov. 13
- \* Report Cards Distributed—Nov. 13
- \* Fun Lunch (Boston Pizza) & Colour Day (formal wear theme) —Nov. 20
- \* Parent Teacher Conferences—Nov. 21 (early dismissal 1:55pm) & Nov. 22 (NO CLASSES)
- \* PAC Meeting—Nov. 21
- \* Feast of Christ the King—Nov. 24
- \* School Mass —Nov. 27
- \* CTK PD Day—NO CLASSES—Nov. 29 (Gr. 7/8 have Shops)

Sunday, November 3rd



## December

### DECEMBER EVENTS

- \* Early Dismissal—Dec. 2
- \* Hot Dog Tickets due to the office—Dec. 2
- \* Hot Dog Day—Dec. 4
- \* Fun Lunch (Subway) order deadline—Dec. 11
- \* Advent Concert—Dec. 12 at 1:30 & 7:00pm
- \* School Mass—Dec. 18
- \* School Board Meeting—Dec. 18
- \* Fun Lunch (Subway) & Colour Day (Ugly sweater r/w/g)- Dec. 19
- \* Early dismissal for Christmas Break 1:55pm- After School Care and Bus are available. Regular uniform day—Dec. 20