



# CHRIST THE KING SCHOOL

## FALL 2021

### PRINCIPAL'S MESSAGE

Dear Parents/Guardians:

On behalf of our teaching Faculty and support staff, a very happy and warm welcome to our **248 students** and their families to the 2021-2022 school year. Our school, which began in 1955, is well known for its strong faith community, high academic standards and nurturing environment, promoting life-long learning.

This year our school theme is EMPATHY. God is challenging us in the midst of the pandemic to show empathy towards one another, even in the midst of illness and disagreements. We are using strategies to teach empathy to our students which can be taught at any age at school and at home by: **Modeling** empathy, **Discussing** our emotions, **Encouraging** students to help at home, in our community (ie: Harvest collection of food items) or globally (ie: Goodluck John – our foster child in Kenya) always **Praising** empathetic behavior.

Over the last few months, Christ the King School has made incredible improvements to our facility - installed a new HVAC system in Junior Kindergarten, purchased two portable air purifier units for Kindergarten and music classes improving air circulation, installed security cameras, extended the posts and nets in the soccer field to contain the soccer balls within our school grounds and made necessary repairs to the roof and fire alarm panel. The school also purchased an additional 10 iPads, and musician masks and bell covers for all students enrolled in our band program.

Also this year, we have been able to bring back Grade 7 & 8 Applied Arts, a full band program for grades 6-8 and more recently we restarted our volleyball season. It was a joy to see so many happy faces as students prepared for their first volleyball game, in particular our grade 6 girls. A special thanks to staff and parents who are helping to coach our four volleyball teams. Plans are on the way to see if we can stream some of the volleyball games for parents to watch.

To address the mental health and well being of our students, we continue to provide extra educational assistant support to many of our students. Our resource program, under the direction of Mrs. Piper is running a series of programs to help students (ie: Project 11 for all grades, study skills for certain grades, Roots of Empathy for grades 2 & 3, Mindfulness with grade 2, Thrivial Kit with grade 4, etc.).

It is that time of the year for our **Term 1 Report Cards**, which will be distributed on Nov. 16<sup>th</sup>. Compulsory conferences (grades 4-8 on Teams, K-grade 3 by phone calls) will take place on November 25th (2:30 pm- 7:30 pm) and on November 26th (10:00 am to 4:00 pm). Further information will be emailed to parents in the upcoming week and you will be able to start signing up for the conferences as soon as you receive the information.

We are overjoyed to be able to have all our students back to full-time in-class learning. We continue to follow all Public Health Orders and even more (mandatory masks, cohorts, physical distancing, desk shields, hand washing, screening students at the door, etc.). Your children's education and safety are our top priorities.

Please continue to pray for one another, in particular for our students and staff.

Blessings,  
Mrs. Laura Carreiro, Principal



#### In This Issue:

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- \* Terry Fox Walk
- \* Harvest
- \* November/December Events



## CHRIST THE KING SCHOOL BOARD DIRECTORS 2021-2022

Christ the King School Board's Annual General Meeting was held on October 13, 2021. The following are your Board of Directors and Members at Large for the 2021-2022 school year. We are grateful for their commitment and dedication to Christ the King School. The regular Board meetings take place on a monthly basis—email address is Boardchairman@ctkschool.ca.

Mike Desautels – Chair  
Mike Emslie - Vice-Chair  
Devin Evenson – Treasurer  
Candice Savage – Secretary  
Anna Chudyk – Member at Large  
Gina Trinidad – Member at Large  
Jay Guarino – Member at Large  
Fr. Chrys Agu– Priest

### Upcoming Virtual Meetings

November 10—7:00pm  
December 8—7:00pm

### Virtual Open House

Feb. 3/22 @ 7:00pm

## PARENT ADVISORY COUNCIL (PAC)

Dear Parents,

On behalf of the Parent Advisory Council (PAC) for Christ the King School, we wish a warm welcome to new parents joining the CTK community as well as a heartfelt, "Welcome back!" to returning parents.

The PAC is a vital group to ensure a vibrant and healthy school. The PAC works together with school board and the parent and staff community to ensure that we have the most attractive and exciting school. All guardians and staff are automatically members of the PCA. There is no membership fee.

The PAC consists of a Executive Committee elected at the Annual General Meeting and all classes are represented by class representatives. The Executive Committee and class representatives meet regularly. The class representatives capture questions and suggestions from the class parents, and report back on what was discussed at the meetings.

### Parents wonder, what exactly does the PAC do?

Volunteering at your child's school can be a highly rewarding experience. By becoming a volunteer at Christ the King School, you will be able to help make an impact on not just your child's life but on the lives of other students as well. When students see parents or other adult volunteers, they know that members of their community value education and support their school.

PAC events are made possible and run smoothly with the help of many volunteers. Some projects only involve a couple hours of your time, while others can be more involved. The PAC fundraises so that we can support the school with materials, staff appreciation as well as extra-curricular activities not supported by the school. The PAC also works to bring together activities for the students including the Terry Fox Run, Fun Lunches, Pancake Breakfast, Hot Dog Lunches as well as other fun activities.

We would love for you to show your support by participating in the numerous events and programs that we have planned throughout the year. Your participation might be that of a committee member, volunteer, or merely as an attendee. Whatever level of participation you select, your time and involvement will certainly be appreciated. If you are interested in being a class representative or volunteering for many of the events, please feel free to contact us. You do not have to be present at the school meeting to volunteer as a class representative!

Being active in the PAC offers every parent an opportunity to contribute to the school. The PAC is a forum for the parents, teachers and school to meet and work together to make CTK one of the best schools! We in the PAC believe that it is of ultimate importance that we do everything we can to enhance the learning environment of our children as they truly are our future. It will take all of us working together to ensure that this happens.

### **Fundraising, what does it support?**

Every year our school strives to bring the best of academic and extra-curricular opportunities for the students and every year we have been supported by parents like you to hold fundraisers to pay for these opportunities for the students. In this academic year, our fundraising aims to support the following CTK School Board initiatives: revitalization of school field and establishment of an outdoor classroom.

We are writing to inform you of the reason for fundraising but also to seek help from your side. We would appreciate your help spreading the word to family and friends about our fundraising campaigns (Wine Raffle launching Wednesday, November 3/21, the draw will take place on December 21/21 at 9am and the Perogy Fundraiser - watch the Weekly Reminders for details).

We look forward to working with you this year!

Kind regards,  
Colin Potter & Charleen Choboter  
PAC Co-Chairs



**THANK YOU TO OUR FUN  
LUNCH VOLUNTEERS!**

### **Upcoming PAC Meeting Date:**

November 18, 2021  
Time: 6:30pm to 8:00pm  
Location: CTK Gymnasium / Teams  
(proof of vaccination required for those attending in person)  
PAC Email: CTKPAC@ctkschool.ca

## **2021/2022 Christ the King School PAC**

### **Executive**

#### **Co-Chairs**

Colin Potter - colinpotter@icloud.com  
Charleen Choboter - charleenc@shaw.ca

#### **Secretary**

Christine Wilson-MacLeod - cwilsonmac-leod@yahoo.ca

#### **Treasurer**

Shannon Saunders – shannonlsaunders@gmail.com

#### **Co-Treasurer**

Michelle Magsino - mhmagsino@mymts.net

### **Classroom Representatives**

#### **Junior Kindergarten**

Melanie Potter - melanie.potter@me.com

#### **Kindergarten**

Melanie Potter - melanie.potter@me.com

#### **Grade 1**

Charleen Choboter - charleenc@shaw.ca  
Minakshi Chaudhury - minakshichaudhary@icloud.com

#### **Grade 2**

Raquel Neves - raqueln78@gmail.com

#### **Grade 3**

Robert Dvorski - robert.dvorski@gmail.com

#### **Grade 4**

Melodie Muller - melandalain@gmail.com

#### **Grade 5**

Candice Savage - scsavage10@gmail.com

#### **Grade 6**

Nkiru Umeweni - numeweni@yahoo.com

#### **Grade 7**

Melanie Morris - mel\_underwater@shaw.ca  
Nadine Vasas - nadine.vasas@gov.mb.ca

#### **Grade 8**

VACANT

## FUN LUNCH

Fun Lunch is an optional lunch program offered to students once a month featuring lunches from a variety of vendors. Orders are placed using the Munch-a-Lunch ordering system which can be found on the school's website and must be paid for upon ordering.



### Fun Lunch Reminders:

If you do not pay for your order in the Munch-a-Lunch system it will not show up on the order list. The system allows you to make selections, but if you do not pay, it does not go through.



If you are late ordering - there are no exceptions. The vendor (ie. Subway, Boston pizza) receives our complete order the day after cut off and there is absolutely nothing we can do to add on late orders.

If your child is absent on the day of fun lunch, parents have the following options by emailing: [ctkfunlunch@hotmail.com](mailto:ctkfunlunch@hotmail.com) by 11:45 am.

- Advise that you will pick up the lunch order - please note if it is not picked up by the end of the day it will be discarded.
  - Advise us to give your Childs lunch to a sibling
- If notification is not received by 11:45 the lunch will be donated to another student or staff or volunteer.

The easiest way to not miss a fun lunch is to place your order for all months. October, November and December are ready to accept orders. Thanks!

Sylvia Gigliotti & Shae Wolfe  
Fun Lunch Coordinators



Our first fun lunch  
of the year was  
Subway!

Next Fun Lunch is  
**November 24/21**



## ORANGE SHIRT DAY

### What is Orange Shirt Day?

- It is a national movement to recognize and acknowledge the experience of students of Indian Residential Schools, to honour the survivors and those who did not make it home.
- Orange Shirt Day began in 2013
- This initiative asks for every Canadian to wear an orange shirt on September 30 in the spirit of healing and reconciliation. In honouring and validating the healing and reconciliation of former students and their families.





## TERRY FOX WALK



Our annual Terry Fox Walk was held on Friday, October 8. The weather turned out to be beautiful! Thank you to the volunteers that helped out with this event. It was so much fun!

Thank you to PAC—Mrs. Evenson and her helpers for the juicy oranges!



## MEET OUR STUDENT COUNCIL

Here are your student council members for the 2021-22 school year:

**Co-presidents: Elizabeth J. (Gr. 8), Jaden L. (Gr. 8)**

**Secretary: Gaby M. (Gr. 7)**

**Treasurer: Macy E. (Gr. 7)**

**Grade 4 Rep: Quinn G.**

**Grade 5 Rep: Fountain O.**

**Grade 6 Rep: Therese C.**



## WINNIPEG HARVEST DONATIONS

Hi Christ the King School staff & students,

Thank you again for organizing your food drive in support of Harvest and to your students who showed such generosity through their amazing donations. I am happy to report back your school collected a total of **474lbs** of food which works out to be approximately 370 meals for hungry Manitobans. On behalf of the Harvest Crew and all of the families that will receive your donations, thank you.

We look forward to working with you again and wish you all the best this school year!

Best,

**Mika Peterson**  
Community Events Manager | Harvest



Thank you to our Student Council for preparing Harvest donations for pick-up.



## RECYCLING CENTRE

Now added to our recycling centre are a box for masks. You can put your used disposable masks in this box to be recycled!





## PARISH NEWS

Registration for Sacramental Prep at Christ the King Parish is now open! If you have not received a package with a letter explaining the program and calendar for the year, please let either your child's teacher or Suzette ([suzette@ctkp.ca](mailto:suzette@ctkp.ca)) know. Registration can be completed either online through google forms or by filling out a physical form. Please let us know if you would like a paper copy sent home. Registration and payment are due by October 30, 2021.

If you would like to help out with Sacramental Prep as a volunteer leader, please let [suzette@ctkp.ca](mailto:suzette@ctkp.ca) know! We are looking for anyone who can lend a hand in leading games, crafts, prayer time, and sharing the faith with the children. Please prayerfully consider if the Lord may be calling you to help out in this way.

Are you or someone you know interested in becoming Catholic? Do you have questions about the Catholic faith and want to learn more about it? Contact Suzette at [suzette@ctkp.ca](mailto:suzette@ctkp.ca) or 431-373-0572 to talk about next steps regarding initiation into the Catholic Church.

Do you have children 16 and older? We have begun a young adults group here at Christ the King! We meet every first Monday of the month for a talk, small group discussion, games, and fellowship. We also meet to do service projects, have prayer nights, movie nights, and games nights! Check us out on social media: Instagram: youngadultsctk or Facebook: Christ the King Young Adults .

From Ms. Suzette Doiron

### CONFIRMATION WITH ARCHBISHOP ALBERT LEGATT



**Constantin,  
Grade 8  
student being  
confirmed  
September 5,  
2021 at  
Christ the  
King Parish**



### YEAR OF EMPATHY

This year CTK School will focus on the virtue of empathy. God has given us the ability to form connections with each other – to live together. Empathy helps us to connect and live together in safe, caring, inclusive communities. We understand empathy to mean the ability to identify with and feel other people's concerns. We believe that in a faith community, we are nothing without relationships; relationships that grow in a spirit of communion. An empathetic person believes that we all share one spirit; that we are many parts of one body because we are all created in the image and likeness of God. An empathetic person . . .

- \* Listens attentively
- \* Notices and responds when someone is upset
- \* Can name her/his feelings
- \* Can see a situation from another's point of view
- \* Knows that different people may feel differently about the same thing.



## BEFORE CARE

The Before Care program operates on school days during the school year from 7am—8:30am. The program is a fun and safe way to begin and end every day by providing activities that promote recreation, artistic, musical, and athletic skills.



## INSERVICE DAYCARE



Inservice Daycare is an optional program that operates on the Inservice days throughout the school year. Pre-registration and payment are required to secure a spot—the registration form can be found on the school's website. Numbers are limited so if you are in need of the program, register early! Mrs. William, our After School Care Coordinator, supervises this program and creates an exciting day of fun and activities.

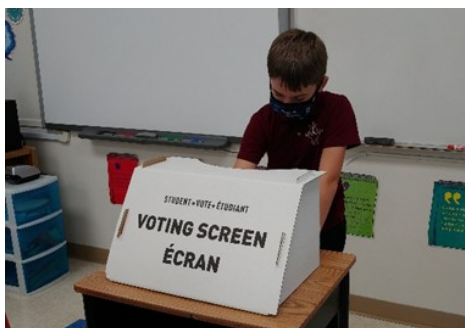


**Next Inservice Daycare:**  
**November 5 &**  
**November 26**  
**8:00am—5:00pm**



## STUDENT VOTE 2021 With Mrs. Edwards

The Grade 6 class participated in Student Vote this September in parallel with the federal election. Students learned about the parties running in the election, how politicians form the House of Commons, and the voting process. Student Vote provided ballots for the riding of St. Boniface-St. Vital so students could experience voting firsthand, and their results were tallied with other schools across Canada.



## BAND IS BACK WITH MASKS & BELL COVERS With Mr. Dominic Gawron



We're so excited to be able to have Band for Grades 6-8 after a year's hiatus due to Covid-19 restrictions. Play on!



## MUSIC NOTES!!

On October 14th & 27th we were fortunate to be able to take part in an African Drumming Workshop offered by Jay Stoller through the Artists in the Schools program. This complements our great music program provided by Mr. Quinn.





## CTK Resource Corner

### 12 SELF-REGULATION STRATEGIES FOR YOUNG CHILDREN



Alert and Engaged



heartmindonline.org



Secure and Calm

#### 1. Take a Time-In

Spend 5 minutes in a calm, quiet space with the child. Connection is a key component of self-regulation.



#### 2. Listening Break

Auditory stimulation such as a meditation, soothing music, or an audio book can help re-focus children's attention.



#### 3. Rainbow Breath

Inhale and raise your arms above your head, painting a rainbow with your fingers! Exhale and return arms to your sides. Deep breathing regulates the vagus nerve.



#### 4. Sing Vowel Sounds

Singing long, open vowel sounds such as "ahh" and "ohh" can balance sympathetic and parasympathetic nervous systems.



#### 5. Face Painting

Pretend to "paint" the child's face in imaginary hues with the tip of your finger to provide sensory input.



#### 6. Cool Down

Offer the child a cool glass of water or a popsicle, or run their wrists under cold water to help their nervous system reset.



#### 7. Smell the Flowers

The scent of lavender can reduce anxiety. Mindfully smell fresh or dried lavender flowers with the child, focusing on how the smell makes them feel.



#### 8. Move Like Animals

Invite the child to move like an animal that they would like to feel like, such as a carefree bird or proud lion. Somatically, this can help them shift their state.



#### 9. Smiling Contest

See how long you can smile for together! Turning a frown upside down can really make you feel happier!



#### 10. Tense and Release

Invite the child to clench their fists as tight as they can, then exhale to release. Repeat with various body parts to lower cortisol levels and heart rate.



#### 11. Freeze Dance

Play upbeat music and instruct the child to freeze every time the music stops. Linking movement to their senses helps children regulate their bodies and minds.



#### 12. Reflect Together

Fostering a self-reflective environment can help children learn to make better self-regulation choices in the future.



## PHYSICAL EDUCATION NEWS

### Physical Education and Royals Volleyball News...

The Manitoba Catholic Schools Athletic Association (MCSAA) and Christ the King junior high athletics has started playing league games this month after almost a year and a half of silent gym courts. Royals volleyball started recently with league games being played by four school teams.

There are two grade 6 teams playing in the Developmental League (girls and a boys team), as well as a grade 7/8 boys, and girls, teams playing in our Competitive League.

The Competitive Boys are a perfect 2-0 in league action, recently defeating the Holy Cross Saints and Our Lady of Victory Thunder. Both games were won in two straight sets, meaning the boys thus far have not lost a set.

Our Competitive Girls have played only once this season up to this point, bowing out to the St. Maurice Patriotes in mid-October. Nevertheless, the effort was 150% at that game despite being defeated.

Our Developmental Girls are a perfect 2 for 2 in matches played, having beaten the St. Maurice Patriotes 2 sets to 1 and the Immaculate Heart of Mary Spirits last Tuesday. Our Developmental Boys have yet to win their first match, but have come very, very close in games at St. Alphonsus and Holy Cross. Stay positive and continue to work as a team.

It is not the wins and losses that are important, it is learning the skills and developing them to improve in each and every game (something I like to instill to the students as skill development).

Unfortunately, due to lack of gym space all games at this time are being played away from Christ the King and the Royal Dome, but that may change as the year progresses.

Parents please read the Weekly Reminders for practice and game schedules, COVID protocols being taken, and car-pooling guidelines.

### Royals Volleyball Game Schedules

#### Developmental Girls

November 2 @ St. Alphonsus  
November 4 @ St. Emile  
November 9 @ Westgate  
November 16 @ Gonzaga  
November 25 @ Balmoral Hall

#### Developmental Boys

November 2 @ IHMS  
November 9 @ Gonzaga  
November 16 @ St. Maurice  
November 18 @ St. Emile  
November 25 @ Westgate

#### Competitive Girls

November 1 @ Our Lady of Victory  
November 3 @ St. Ignatius  
November 8 @ St. Charles B  
November 15 @ Holy Ghost  
November 22 @ St. Emile

#### Competitive Boys

November 1 @ St Emile  
November 10 @ St. Maurice  
November 17 @ St. Ignatius  
November 24 @ Holy Cross



## PHYS. ED CONTINUED

Thank you goes out to all of the coaches for being so giving of your time and expertise:

Competitive Girls: Ms. Rodrigues, Mr. McLennan  
Competitive Boys: Mr. Kalichak, Mr. H. Liberty  
Developmental Girls: Mr. Kalichak, Mr. Desautels  
Developmental Boys: Mrs. Malo, Mr. Cuevas



In other Physical Education news, our Terry Fox Run was a huge success, the rain stayed away for the most part, I think the very last group got a light drizzle. Thank you to PAC for supplying oranges to the students after their run.

Physical Education classes have been primarily outside, and the students have adjusted very well to different but exciting atmosphere. Just breathing in the fresh air is extra good for your heart and lungs, not to mention strengthening those muscles. Also being outdoors is very good for your mental health, as breathing in the fresh air clears your mind and relaxes your body.



Have a great November!!!  
Mr. Kalichak  
Physical Education Specialist

## 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 \$25.00 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 after-school 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.

## MANY THANKS

Our school community is always grateful for the many people involved in making Christ the King School a place to thrive and learn. Our thanks go out to the Knights of Columbus who are always willing to lend a helping hand. We also thank our parents who offer their time and expertise with so many projects to make our school a better place. We are so grateful for their support.

## BINGO

Bingo has returned on Friday evenings! All current Public Health Orders are being followed to keep our patrons and organizers healthy and safe. Welcome back!

## 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 parent's responsibility to call the office (204) 257-0027 or email office@ctkschool.ca (cc. your child's teacher) if your child will be absent or late.** If we do not hear from you, the office will contact you to be sure your child is safely with you or a guardian.

## November

### NOVEMBER EVENTS

- \* School Mass 10:00am (JK&K)—Nov. 9
- \* Report Card Writing – NO CLASSES—Nov. 5
- \* School Board Meeting —Nov. 10
- \* Early Dismissal 1:55pm —Nov. 15
- \* Fun Lunch (Subway) order deadline—Nov. 16
- \* Report Cards Distributed—Nov. 16
- \* PAC Meeting—Nov. 18
- \* School Mass (Gr.7&8) —Nov. 18
- \* Feast of Christ the King—Nov. 21
- \* Fun Lunch (Subway) & Colour Day (coordinated class colours theme) —Nov. 24
- \* Parent Teacher Conferences—Nov. 25 (early dismissal 1:55pm) & Nov. 26 (NO CLASSES)
- \* Gr. 6/7/8 Immunization Clinic—Nov. 25
- \* 1st Sunday of Advent—Nov.28

**Sunday, November 7th**



## December

### DECEMBER EVENTS

- \* School Mass (Gr. 4,5&6)—Dec. 2
- \* School Board Meeting—Dec. 8
- \* School Mass (Gr. 1,2 &3) – Dec. 9
- \* Fun Lunch (Boston Pizza) order deadline—Dec. 14
- \* School Mass (JK&K)—Dec. 21
- \* Fun Lunch (Boston Pizza) & Colour Day (Ugly sweater r/w/g)– Dec. 22
- \* Early dismissal for Christmas Break 1:55pm– After School Care and Bus are available. Regular uniform day—Dec. 22