



CHRIST THE KING SCHOOL

FALL 2022

PRINCIPAL'S MESSAGE

Dear Parents/Guardians:

Our Faculty and Staff were happy to welcome our 251 students for the 2022-2023 school year. A warm welcome to our new families joining us this year. We hope you will soon feel part of our CTK family. It was a joy to see everyone arrive on September 7th in their uniforms with their backpacks and school supplies ready to go!



In July there was a ribbon cutting ceremony with Mr. Brian Mayes, City Councilor for the St. Vital ward, to officially open our newly upgraded field. Our students really enjoyed playing on the beautiful green grass and sitting on our patio tables during first recess. Many thanks to



Mr. Mayes for securing some financial support for this project, our Board members, volunteers and parents for all their work in making the outdoors a fun place to be with their friends.



We are planning many exciting things this year that we have missed over the last two years due to the pandemic - playing sports with other schools, Band practices and concerts, Music Ministry for mass, Christmas Concerts (Save the Date— in person on Dec 15 with an afternoon matinee and an evening show), clubs and field trips. We were able to celebrate and get to know each other at our Meet & Greet Family Fun Nite on September 29th. Many thanks to our Parent Advisory Council (PAC) and the volunteers who worked so hard to make sure everyone had a really great time. We hope to continue with our plans for in-person events but as we continue to see a rise in Covid and flu related illness in our province at this time, plans may need to be modified. We will keep you informed if there are any changes to our protocols.

With programming this year, we are focusing on academic recovery and have added additional Resource support, coupled with supplementary English Language Arts for our Kindergarten to Grade 5 classes delivered through our Library program. We have purchased the newest version of our Religion program for our Grade 8 students and are keeping up to date on computer platforms should we ever need to teach virtually online again.

Our **Term 1 Report Cards**, will be distributed on Nov. 15th. **Compulsory** conferences will take place on November 24th (2:30 pm- 7:30 pm) and on November 25th (10:00 am to 4:00 pm). Further information will be sent out in the upcoming weeks regarding sign-up procedures.

Please continue to pray for one another and especially for our students and staff that they have a successful and joy-filled year.

Blessings,
Mrs. Laura Carreiro, Principal

In This Issue:

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- * Field Trips
- * Resource Tips
- * November/December Events



CHRIST THE KING SCHOOL BOARD

On behalf of the Christ the King (CTK) School Board I would like to bid our new students and families a warm welcome to the CTK School community. To our returning students and families, welcome back!

After over two years of significant disruption due to the pandemic, the 2022/23 school year sees a return to something closer to normal at CTK. Our principal, teachers and staff have been working hard to prepare to ensure your students have a great year.

It was great to see so many families enjoying the Family Fun Day earlier this fall. Thanks to our Parent Advisory Council and all of the volunteers who made it such a success!

Our community is dedicated to the academic and spiritual development of our students, and to supporting each other. The School Board provides governance oversight of the school, through the development, management, and oversight of the financial resources and policies of the school. We meet the second Wednesday of each month at 7:00pm. We meet either virtually or in person depending on the month. All are welcome to attend meetings and provide input into the direction of the school. Please check with the office to find out the location or log-in information for meetings. You can also email the CTK School Board at boardchairman@ctkschool.ca.

The School's last strategic plan ran until 2021, and the pandemic delayed its renewal. This year the Board will be performing consultations to help determine the direction of the school for the next five – to – seven years. We will be seeking parent and community feedback as we develop the new strategic plan. Please keep an eye out for notices of consultation and participate in this important opportunity to set the future direction of our school.

While we have returned to a more normal year, the COVID virus remains in the community. This has created a number of operating challenges, including increased staff absences due to illness, and challenges in finding staff to provide coverages for absences. Please have patience with our team as we work through these trials. In the interests of protecting our community we continue to encourage students to stay home if they are ill.

The CTK School Board wishes you and your family a safe and happy 2020/2021 school year.

Mike Emslie, Chair



Mrs. Carreiro covering in the office



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.

We are very thankful for all the families that helped and attended our **September Family Fun Day** event. It was great to meet and see so many families all together. Planning for next years Family Fun Day will be starting in May of 2023 to allow for better planning. PAC is looking forward to next years event.

What is PAC?

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.

.....cont'd

PARENT ADVISORY COUNCIL (PAC) CONT'D

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. Our fundraising aims to support the goals of the CTK School Board initiatives. More information about this years fundraisers will be coming shortly.

We look forward to working with you this year!

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

2022/2023 Christ the King School - Parent Advisory Committee (PAC)

EXECUTIVE

Co-Chairs

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

Secretary

Jennifer Kien - jennifer.kien@gmail.com

Treasurer

Nancy Fourgere – nancyafougere@gmail.com

Co-Treasurer

Michelle Magsino—mhmagsino@mymts.net

2022/ 2023 PAC Meeting Dates

Meetings take place on the third Thursday of each month from September to May (no meeting in December) from 7:00pm to 8:30pm.

November 17, 2022

January 19, 2023

February 16, 2023

March 16, 2023

April 20, 2023

May 18, 2023 (Meeting & AGM)

CLASSROOM REPRESENTATIVES

Junior Kindergarten

Raquel Neves - raqueln78@gmail.com

Kindergarten

Jennifer Ingimundson - j.ingimundson@gmail.com
Jennifer Ofori Akuamoah - maamekwamekye@gmail.com
Cherise Procter - cheriseprocter@yahoo.ca

Grade 1

Melanie Potter - melanie.potter@me.com

Grade 2

Charleen Choboter - charleenc@shaw.ca

Grade 3

Raquel Neves - raqueln78@gmail.com

Grade 4

Robert Dvorski - robert.dvorski@gmail.com

Grade 5

Melodie Muller - melandalain@gmail.com

Grade 6

Candice Savage - scsavage10@gmail.com

Grade 7

Charles Odum - odumeks@gmail.com

Grade 8

Lara Johnson - laramjohnson1@gmail.com

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.



GR. 4 & 6 AT THE LEGISLATIVE BUILDING

On September 27, 2002 the Gr.4 and Gr.6 classes took a field trip to the Manitoba Legislative Building. When they were there, they took part in many activities, now I will tell you about it.

At the beginning of the tour, the Gr.6 class went to a classroom while the Gr.4's had gone on their tour of the building. In the classroom they learned about the various aspects of the Manitoba Legislative Building and how the government worked. For example, did you know there are different MLAs (Members of Legislative Assembly) for different sections of Manitoba? Did you know that there were two Legislative Buildings before the one we have today? The first building burnt down and the second one was demolished. Did you know that the Golden Boy is 5 meters tall (about 17 feet) and that it had to be taken down in 2002 for repairs? And that it is made from bronze and covered in a thin layer of 24 karat pure gold? Did you also know that the Mace

(basically a scepter) is made of bronze and covered in a thin layer of gold? And that there are two of them? The original Mace was the only object that could be salvaged from a burning Legislative Building. Now it is retired and on display. It is made of wood and painted gold. The Mace we have right now is made of bronze and is coated with a thin layer of gold and has semi-precious jewels embedded in it.



Grade 4 at the Legislative Building

GR. 4 & 6 AT THE LEGISLATIVE BUILDING - CONT'D

The tour starts with a trip to the Grand Staircase where the 2 life-sized bronze bison statues are found. The tour guide tells you about the Bison and an interesting story about the 8 Pillars in the waiting room.

One day when the Legislative building was in construction The boss of the construction abused his power, he stole the 7 stone pillars in the waiting room! But you would think he got away with it, but he didn't. He was caught [easily because he put the pillars on his porch](#) where it was obvious that he had stolen them. He was arrested and put on trial for the pillars. Well, you couldn't take them back because they were stone, and the stone would crumble so they are still there on the front porch of where the Kennedy house used to be. They are the Kennedy apartments at 15 Carleton Street. The replacements are 8 hollow metal pillars, but I used only 7 pillars. What about the 8th one? Well, [the 8th one never arrived at the construction site.](#) Who knows where it is, whether it has been destroyed or has been used elsewhere, it is still a mystery.

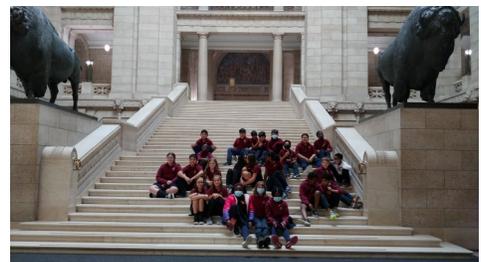
But while Gr.6 was entering the waiting room, they got



[incredibly lucky and met Jamie Moses the MLA for St. Vital where our school is found!](#) Most grade 6ers got to fist bump or high-five him.

But as the Gr.6ers left the room, the tour guide said something strange. "Look up at the ceiling at the flow-ers. How many are there?" 13 everyone responded. "Good because you'll be seeing a lot more of that number in the building. Try to find thirteens in the building, I'll tell you why at the next stop". When they arrived, she finally told them the [reason](#) there were so many thirteens in the building is that that is [a](#) strategy to ward off bad spirits because some people think thirteen is a bad number. The builders took that into perspective and added so many thirteens that [an evil spirit](#) would think "Oh! I must have visited this place before," and then leaves.

Then you are taken back to the Grand Staircase to be told about the story of the bison statues. So back when they were constructing the building, they finished the bison and they wanted to lower them in through the roof. But then World War 1 started so they couldn't since by the time the war ended the roof was covered so that wasn't a possibility. So, they considered dragging the bison to the stairs but then again, they wouldn't want to scratch their new expensive [nice-looking](#) marble floor. So, they came up with a creative and very Manitoban idea. They waited for winter, then they cut huge chunks of ice from the river behind the building, put the bison on it, dragged them into the building, and mounted them on their pedestals. A fun fact about the bison is that their weight is the only thing holding them down onto their pedestals. If something or someone [strong](#) enough pushes them enough they could fall off.



Grade 6 at the Legislative Building

Optical illusions

I am adding this here because I forgot to add these earlier so here, we go. Starting in the waiting room (sheesh that room just can't catch a break) the paintings have an optical illusion that it looks like they are following you with their eyes. The trick is one eye is looking straight while the other is slightly off to the side giving the following effect ...still [creepy](#) though. The second is in the very middle of the building. It is a star that points in all the basic directions: N, S, E, W, NE, NW, SE, and SW. The optical illusion is the star turns as you walk around it. I do not know the trick to this. I wasn't able to get to the guide about it.

Author: Toluwanimi

Sources used: a tour of the building in person

HARVEST MANITOBA DONATIONS



We once again collected food donations for Harvest Manitoba—a total of 17 boxes in all! Thank you for your generosity.

MEET OUR STUDENT COUNCIL

Hello parents/guardians,

We're very excited to be leading the Christ the King School student council this year. During the first week of October, multiple students in grades 6-8 had volunteered to run for the executive positions within student council. On Friday, Oct. 7, those nominees presented their speeches and students in grades 4-8 had the opportunity to vote.

Congratulations to our 2022-2023 student council: Gabrielle M., Izeyah V. (Gr. 8 Co-presidents), Therese C. (Gr. 7 Treasurer), Fountain O. (Gr. 6 Secretary), Selena C. (Gr. 5 Class Representative), Isaiah V. (Gr. 4 Class Representative).

A special thank you to the student nominees who put a lot of work and effort into running for the position and preparing and presenting their speeches. Well done!

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.

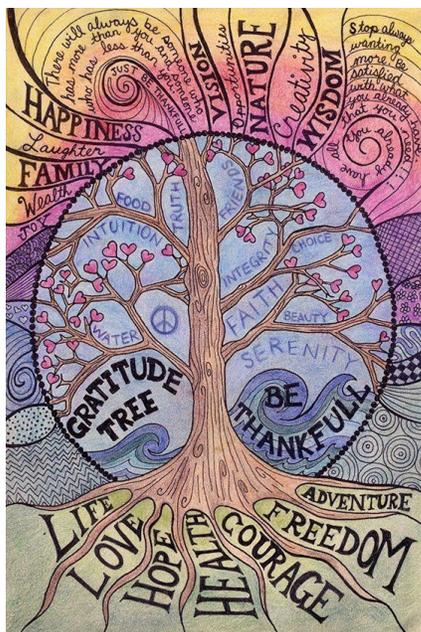
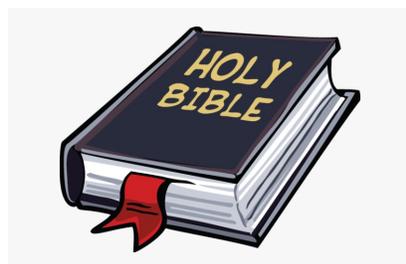
Thank you very much,
Mr. Gawron, Mrs. Bernardin, Ms. Danakas
Student Council Teacher Advisors



GRADE 4 BIBLE DISTRIBUTION

On Wednesday, October 19th, the Grade 4's were very excited to receive their very own Bible! They had a special Mass for the occasion, and Father Chrys shared some beautiful words with the students, enlightening them on the significance of this moment. Once we concluded the Mass, the students and their families had some time to get together, and celebrate!

Ms. Rodrigues



YEAR OF GRATITUDE

The picture and the thoughts below are taken from the Project 11 October newsletter.

We join with them this year in celebrating the **Year of Gratitude.**

With the new school year well underway and routines and schedules beginning to find their patterns, it's a perfect time to slow down a bit and give some thought to the things we're thankful for.

Enjoy the little things, be thankful and share your appreciation with others! Let's scatter the joy of gratitude like confetti! We'll all benefit!



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 the 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 to 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, packing 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://deerootsathome.com/kids-friendless-bored-impatient/>



Roots of Empathy
Racines de l'empathie

ROOTS OF EMPATHY PROGRAM

The Grade 2 students have a wonderful experience in store for them! They are participating in the Roots of Empathy Program this year!

Baby Matias is their our little teacher. We will learn about the development of a baby and how to show empathy toward others.

A big thank you to Mr. and Mrs. Murphy and Matias for agreeing to participate in the program this year!

Mrs. Piper, Resource Teacher
Roots of Empathy Instructor



BAND PROGRAM



Hello grades 6-8 parents/guardians,

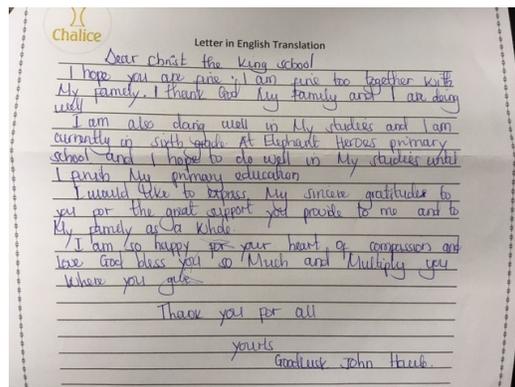
The band program is off to a great start. The students have been working very hard preparing the challenging new repertoire for the February concert. We are continuing our rehearsals in the gym for the time being. Daily practice is always recommended!

I'm very excited to announce that we will be starting a school jazz/jam band come early November! The group will be meeting every Tuesday and Friday morning from 8:00-8:45 am. More students are welcome to audition and join!

Thank you very much for your support!
Mr. Gawron
Band Director



Goodluck John



Letter from our Sponsor child,
Goodluck John Haule.
So far a total of \$ 448.20 has
been collected for Christmas,
Birthday and ongoing support.

Thank you for your generosity!

PHYSICAL EDUCATION NEWS

Royals Volleyball has been going for well over a month now, and both our boys and girls teams have shown great strides and improvements since day number one.

Our girls went to a tournament at St. Alphonsus School held on Saturday, October 22nd, and exceeded their goals and expectations, finishing in third place overall. The girls finished in third place in their pool in round robin action, defeating St. Alphonsus "A" in the process. In the playoff round they were defeated by the Holy Ghost Blazing Spirit, putting them in the Consolation Final (3rd place game), against the same St. Alphonsus "A" team. Our girls persevered very well in winning in two straight sets by downing the Hurricanes by scores of 25-12 and 25-20. The girls tournament goal was to have fun, which they all did.

The Royals girl's team is coached by Mrs. Malo, although I was their mentor at the St. Alphonus Tourney. Former student McKenna B. also helps out when she can as an assistant coach. In league play, the girls are 2-0 in the won-loss column, defeating the Gonzaga Wolves and Balmoral Blazers thus far into the season.

The girl's team consists of: Georgia, Madison, and Mila (grade 6). Temi, Tolu, Deborah, Michaela, Pyper, Andrea, Julia, and Mia (grade 7). Chanti and Makenna from grade 8.



Our boys hit the match win column on Monday, October 24th, clipping the Westgate Wings two sets to one at the RoyalDome by scores of 25-12, 22-25, and 25-20. The boys are one win and two losses thus far in the MCSAA Boys Division. The boys could easily have been two wins and one loss, but were on the wrong end of a 25-23 third set game against in a match against the Holy Ghost Blazing Spirit earlier in the month. Volleyball is one of those activities in which you need to be near perfect in being ready and moving your body properly.

In the next 10 school days, our boys will be very busy, hosting the Westgate Wings, Holy Cross Saints, and Immaculate Heart of Mary Spirit, and will be competing at the St. Pauls Sport Outreach Tournament on Saturday, November 5th.

The boys are coached by our grade 4 teacher, Ms. Rodrigues, with myself and Izeyah's father being the assistant coaches. The boys Royals consist of: Bolton, Owen, Mathis, Fisayo, Bennett, Rafey, and Jaycob (grade 7). Second year players Ini and Cameron are the team leaders along with Adrian, Izeyah, and Samuel (grade 8).

In other Physical Education classroom related information, the Junior Kindergarten to Grade 3 classes have been doing a lot of activities to improve on the three basic movement fundamentals, which are locomotor skills (running, walking, jumping, crazy dancing, etc); manipulation activities which involve throwing, catching, tossing, kicking, and so on; and balance drills. Learning how to do movement skills properly gives the students more confidence and that leads to being more positive with themselves.

Physical Education cont'd

Grade 3 have been slowly introduced to mini-volleyball as well. Modified volleyball activities are being taught to the grade 4 and 5 classes, and students in those classes have been steadily improving in every gym class. The grades 6-8 classes are taught the technical components of volleyball, how the game is actually played, strategies, and being exposed to a great variety of drills and game-like scenarios that develops and improves their abilities and skills even more.

Even though volleyball for the grades 6-8 run until the end of November, I am already starting to think about basketball. If there are any parents or former students that want to help coach any of our basketball teams, please consider it and send me an email at dkalichak@ctkschool.ca You will have to submit a Criminal Record Check, which CTK will pay, a Provincial Child Abuse form (free), and the Respect In Sport on-line course. This course has no fee and takes about 3 hours to complete. Your help in coaching basketball will be greatly appreciated.

Take Care!

Mr. Kalichak (aka Mr. K)
Physical Education Specialist

CLASSROOM VISITORS



Mr. Quinn visits JK



Officer Blake presenting Internet Safety



PRIVATE MUSIC LESSONS



Additional to our Music program, the Academy of Music is offering private piano lessons, 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. 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 or call 204-786-1704.

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 Attendance Clerk (204) 257-0027 ext. 8 or email attendance@ctkschool.ca AND office@ctkschool.ca (cc. your child's teacher) if your child will be absent or late. Please give your child's name and grade. 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

- * All Saints Day—Nov. 1
- * All Souls Day—Nov. 2
- * Report Card Writing - NO CLASSES—Nov. 4
- * Early Dismissal 1:55pm—Nov. 7
- * Fun Lunch (Boston Pizza) —Nov. 8
- * School Board Meeting —Nov. 9
- * Remembrance Day—NO SCHOOL—Nov. 11
- * Report Cards Distributed—Nov. 15
- * PAC Meeting—Nov. 17
- * Hot Dog Day—Nov. 18
- * Feast of Christ the King—Nov. 20
- * Parent Teacher Conferences—Nov. 24 (early dismissal 1:55pm) & Nov. 25 (NO CLASSES)
- * 1st Sunday of Advent—Nov. 27
- * School Mass—JK—Gr. 8—Nov. 29



Sunday, November 6th

December

DECEMBER EVENTS

- * Hot Dog Day—Dec. 2
- * 2nd Sunday of Advent—Dec. 4
- * Early Dismissal 1:55pm—Dec. 5
- * School Board Meeting—Dec. 7
- * Fun Lunch (Boston Pizza) - Dec. 9
- * 3rd Sunday of Advent—Dec. 11
- * Christmas Concert 1:30pm and 7pm—Dec. 15
- * 4th Sunday of Advent—Dec. 18
- * School Mass—JK - Gr. 8—Dec. 20
- * Hot Dog Day—Dec. 21
- * Early dismissal for Christmas Break 1:55pm— After School Care and Bus are available. Regular uniform day—Dec. 21

School Resumes—Thursday, January 5th