



# CHRIST THE KING SCHOOL WINTER 2020

## PRINCIPAL'S MESSAGE

Dear parents and guardians:

As we continue the Christmas Season, I would like to extend warm wishes to all our families filled with joy and great health in this new year of 2021. When I was a child I thought Christmas was one day, later on I learned that Christmas is actually a season of many days filled with rich feasts; from the Nativity of Jesus, to the Feast of Holy Family and of Mary, to Epiphany and concluding (on Jan 10) with the feast of the Baptism of the Lord.

This week while I was reading the story of the three wise men to grade 2A we discussed how these men were guided by a star to the stable and how their lives were changed forever. The same will happen to us if we are open and embrace life's challenges, our lives will transform forever. I would like to extend my condolences to our families who are mourning the loss of their loved ones due to Covid-19, I pray for healing for those who are fighting the virus and for those who have lost their jobs due to the lockdown.



Christ the King School's outreach program does not take a break during a pandemic. Our sincere thanks for your great response to each of our appeals from sponsoring our foster child, to collecting warm winter gear for the most needy in our city, to providing toys for children who live in the northern part of Manitoba.

Due to the pandemic, two of our employees have decided to retire, Mrs. Deb Bernier and Mr. Bob Stroh. Both contributed immensely to our school for over a decade, Mrs. Bernier as the office manager and Mr. Stroh as the bus driver. It has been an honour to work with both of these individuals, each one very unique and gifted. The love and quality of work embraced by these employees were remarkable. On behalf of our entire school community, I want to express our sincere thanks for their years of commitment and service to our students, staff and families.

Looking ahead, re-registration packages will be sent home by the end of the month. Please do your best to return them no later than Feb 16. If you require a bursary for 2021-2022 please contact our office. Our Virtual Open House will take place on Feb 4, 2021 at 7:00 pm. If you know of anyone interested in attending the open house please ask them to register by going on to our website ([ctkschool.ca](http://ctkschool.ca)) or by contacting our school office at 204-257-0027.

A special thanks to all parents who have reached out to our staff and to me to offer your support as we navigate through this pandemic in a school setting. Thank you for all your words of encouragement!

As we start to reset for post-pandemic, together let's make a difference in the world by showing love and care towards one another.

Happy New Year to all!

Mrs. Laura Carreiro, Principal



*Continuing Mrs. Bernier's Legacy*

### In This Issue:

- Retirements
- Keeping our students safe
- Bulletin Boards
- Outreach
- Open House

## HAPPY RETIREMENT -MRS. DEB BERNIER & MR. BOB STROH

Mrs. Bernier served at CTK on two separate occasions, first from 1989 to 1997 and again from 2017 until 2020 for almost 12 years. Prior to becoming an employee in 1989 she served as a CTK School Board member for 3 years while her daughters attended the school and was also part of CTK Parish music ministry for many years. After leaving CTK school she pursued other endeavours in either healthcare or educational environments such as St. Boniface Hospital, St. Paul's College and St. John Brebeuf School.



As CTK school has always held a special place in her heart, returning in 2017 seemed to her to be the best place to end her working career.

When asked what the most enjoyable part of her job here was, she stated, "I love the kids!" The second most enjoyable part of her job was working with a terrific staff, both the first and second time around.

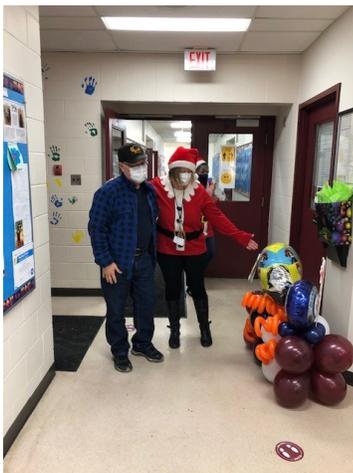
Once Covid-19 subsides, her future dreams are to be able to meet once again with her family and friends for coffee or lunch and maybe a little mall shopping. She would like to volunteer somewhere, perhaps at Cancer Care or Children's Hospital. Since she has retired, she has been doing a lot of baking, has taken up painting, and has been editing some children's stories she wrote long ago. Who knows, she may even finally write a children's book!

She misses the school, her work, the staff of CTK, and the kids. Mrs. Bernier enjoyed her time here at the school and if it had not been for COVID, she would have stayed on at the school, working 2 days a week as office manager.

Happy retirement! Mrs. Ducharme (on behalf of student council and staff)

From Banker Bob to Best Bus driver bob ( always with a lower case b !)

Bob was a professional Bank Manager for most of his life here and in Ontario. When he retired he needed to get out of the house ( according to his wife ) and he found his dream job....being our bus driver. He has said many times over his almost eleven years that he has never worked with a better group of people.



Bob has gone to student's hockey games. bob has visited families over the years just to catch up, even after they have left the school. Some of those students are in university and he still keeps in touch. We know bob loves us, he absolutely adores the kids and all the love he receives from them. We know bob loves sports, baseball, The Bombers and The Jets.

We also know bob loves his family. He even got his eldest grandson to come to "his" school. The love of and for his family is why bob is leaving his second family, CTK. bob needs to stay healthy and strong so he can be with his family and come and visit all his friends here, at CTK.

There will NEVER be another like our bob. We know, when things are "back to normal" he will visit us every chance he gets!



Happy Retirement! Mrs. Cadger (on behalf of student council and staff)

## INSERVICE DAYS FOR NOVEMBER AND DECEMBER



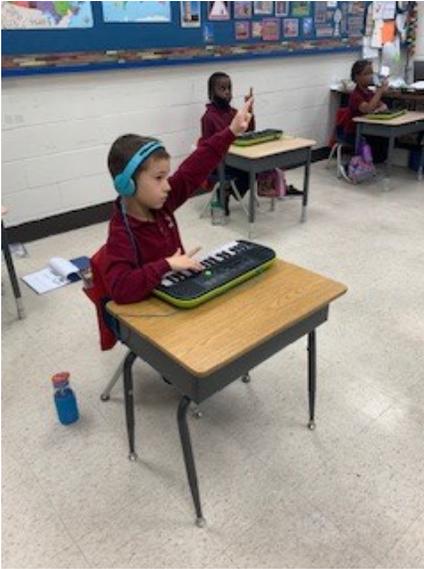
Thank-you to Mrs. William, Mrs. Petrie, Ms. William, Mrs. Ducharme, Mrs. Hepburn, Mrs. McTaggart, Mrs. Hulme, Mrs. McAvoy, Mrs. Shaver, and Mrs. Moreau for taking care of all of the Before and After Care students. Your time and effort are so appreciated.

Before and After



Program

## HOW CTK IS KEEPING YOUR CHILDREN SAFE



**MUSIC**—During music class each student is given a keyboard to use. Each keyboard is sanitized at the end of each class. This was an exciting new purchase for CTK so that we could provide music class to the K to grade 5 students.



Brain breaks are an important part of social distancing.

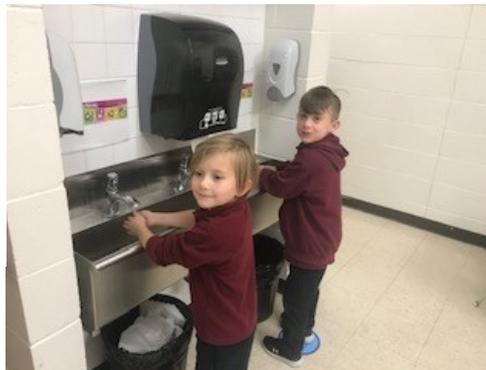
Mr. Isaac has been a blessing to our school in so many ways. He is endlessly sanitizing desks and common touch areas. He even lays out paper towel on every desk in JK and K before they eat there lunch.



Grades 6, 7, and 8 have moved their classrooms into the gym. We are so proud of the way these students and teachers have adapted to their new learning environment.



Handwashing station in the hallway. This is where kids come to wash their hands after recess, before lunch, after lunch, and any other time need. Our goal is to sanitize or wash hands every 90 minutes.



Handwashing station in Kindergarten





## MR. GAWRON GIVES AN IMPROMPTU CONCERT



Santa and PAC visited us December 18 and handed out Fun Lunch and candy canes!

### *Gratitude Corner*

Thanks to the Danakas family for the generous donation of the gifts of **gold**, **frankincense**, and **myrrh**. The Danakas family also owns Pizza and Pasta Della Piazza and they blessed up with dinner and dessert during Parent Conferences. Thanks for your generosity and thoughtfulness.

A big thank-you to Knights of Columbus for all their help with the playground maintenance and repairs as well as for getting us a new Remembrance Day wreath and their financial donation.

Thank you to Charleen for donating candy canes for all of the students.





# CTK Resource Corner

## 10 Things to Do with Your Kids

### 1. Feed the birds

Consider giving a little to our feathered friends outdoors. Depending on your area, interesting birds may be migrating during this time or they may be foraging for food. Either way, they could probably use a little help. Try making a pine-cone covered in peanut butter and birdseed or craft a feeder from a recycled plastic bottle.

### 2. Host a game night

The weekend is a perfect time to break out your favorite board games that you never seem to have time to play and let each family member choose their favorite. Try all-ages games or team up if you need to cover many different ranges and abilities.

### 3. Act out

If your family is the dramatic type, try hosting a theater night. Depending on how much time and involvement you would like, children can write a script, practice parts, make costumes and enact a Broadway worthy-performance. If your children get writer's block, try forming a "screenplay" off a favorite book or story.

### 4. Create a diorama

For less theatrical families, consider helping your children use a favorite story to create a scene in a box, or diorama. These little "windows" can become very elaborate and intricate. Use a shoebox or tissue box and decorate at will. Then have your children explain the scene, why they chose it and what is going on. Don't be surprised if your living room turns into a city of scenes from favorite stories.

### 5. Sew a friend

Using simple felt, children of all ages can get enthusiastic about making new "friends" and creatures. Even younger teens can get into making "bakery buddies" or cute creatures with little eyes. Have your kids sketch out their ideas first, then trace their drawing onto a similar-colored felt—or try using a favorite image and making it into a felt shape. Simply fold the felt in half, cut out the shape and sew around the edge using a whipstitch (or glue if you're sewing-phobic). Glue on some eyes and you're ready to go.

### 6. Draw on the walls

Get a large piece of butcher paper or use up the back of leftover wrapping paper. Using painter's tape, stick the paper onto your largest empty wall, the kitchen floor or any other surface. Start on a corner and work with your kids to create a one-of-a-kind mural. Draw a town, outer space, or whatever your children can come up with in their imaginations. See if you can draw the world!

### 7. Have a circus or a parade

Set up some hula hoops in the basement, garage or living room, and host a three-ring circus! Stuffed animals can make great participants and children can show off their many talents from balance beam walking to gymnastics. Have your kids decide on circus concessions (popcorn, animal crackers) and do your best ring master impression. If you're short on space, try a parade instead—line up as many toys, books, blocks or other items as possible and set things to a little music.

### 8. Scavenger Hunt

This one takes a little additional work and planning from mom or dad, but can be really fun and involved. Set up clues around the house and, depending on skill level, have one lead to another or go all-out and have an off-season "Easter egg" hunt. Be sure to have a few special items, gold stars or a prize for the "winner."

### 9. Neighborhood safari

Go on a photo safari of your neighborhood and write a book about it! Take your kids and bring a camera on a walking adventure and document their favorite haunts. Make a list before you go, then come home, print out the photos and make it all into a story. You can also turn this into a twist on "Flat Stanley" by taking a doll or small toy or figure around and photographing it in each place. Help your child make up a story and write it out.

### 10. Host a Thon

What do your kids love to do? Read? Be active? Make jewelry? Pick a theme and make it a "thon." The fun is in the buildup: "We're going to have a \_\_\_\_\_-a-thon to see how many \_\_\_\_\_ we can do in one afternoon." If attention span is an issue try a "triathlon" and make it three events. (For example, do a page of multiplication tables, do ten jumping jacks, go to the kitchen and eat three apple slices, repeat.) Dedicating a set period of time to an activity and seeing how "many" you can make or achieve can be highly satisfying and fun.

*Whatever you decide to do, remember that the object is to enjoy time as a family!*

*Happy New Year!*

Mrs. Piper - Resource Teacher



Christ the King sponsors Goodluck John who is 10 years old, in Grade 4 and lives Songea, Tanzania. We set a goal to collect \$500.00 for him and surpassed that and collected \$664.35. Thank to each and everyone of you who donated.



COATS for Kids



154 Items Collected by our students



80 Toys collected and \$75.00 in gift cards given to the North of the 55th Toy Drive. These toys were picked up and bused up to Thompson for many deserving children.



- \* Staff Meeting/Early Dismissal 1:55pm—Jan. 11
- \* School Board Meeting 7:00pm—Jan. 13
- \* PAC Meeting 7:00pm—Jan. 21
- \* Fun Lunch Gr. 7—Jan. 27
- \* Fun Lunch JK-Gr. 6 & Gr. 8—Jan. 28
- \* Re-Registration Packages for 2021/22— sent home Jan 29

## Peppermint Sandwich Cookies

### Ingredients

1 1/2 cups all-purpose flour  
1 cup unsweetened Dutch-processed cocoa powder  
1 1/2 tsp baking powder  
1/4 tsp salt  
1 cup butter , at room temperature  
1 cup granulated sugar  
1 tsp vanilla  
1 egg

### Instructions

**STIR** flour with cocoa, baking powder and salt in a medium bowl.

**BEAT** 1 cup butter with granulated sugar in a large bowl using an electric mixer until light and fluffy, 3 min. Beat in vanilla and egg. Gradually beat in flour mixture just until combined. Divide dough in half. Shape each half into a flat disc and wrap separately with plastic wrap. Refrigerate until firm, at least 2 hours, or over-wrap with heavy foil and freeze up to 1 month.

**POSITION** oven racks in top and bottom thirds of oven. Preheat oven to 375F. Spray 2 baking sheets with oil. Dust a rolling pin with flour. Roll a disc of dough no thicker than 1/8 in. Cut out shapes with a 2-in. round, fluted cookie cutter.

Transfer to prepared baking sheets and place about 2 in. apart. Bake in top and bottom thirds of oven, switching and rotating sheets halfway through, until cookies are slightly puffed, about 8 min. Repeat with

remaining dough. Gather dough scraps and form into a disc. Chill until firm enough to re-roll, about 10 min.

### FOR FILLING

1/2 cup butter , at room temperature  
2 1/2 cups icing sugar , sifted  
2 tbsp 35% cream  
1/4 cup crushed peppermint candies

**BEAT** butter in a large bowl using an electric mixer until light and fluffy, 2 min. Alternately beat in sugar and cream, starting and ending with sugar. Stir in peppermint candies. Fill a piping bag fitted with a large tip or a small zip-top plastic bag (snip off a small corner). Pipe 1 tbsp of peppermint filling onto half of cookies and top with remaining cookies. Best served day of baking. (**Shopping Tip:** Little round peppermint candies work just as well as candy canes. To crush them, place in a bag and smash with a rolling pin.)



## ROYAL SPORTS AND PHYSICAL EDUCATION NEWS

The “weather gods” have been extremely hospitable for outdoor physical education classes. One thing you can count on in Manitoba, winter weather and cold temperatures will eventually come.

Please ensure your child(ren) has appropriate warm clothing for when that time comes.

The grades 6-8 are focussing on fitness and establishing a routine to working out. Establishing a workout routine is awesome for a number of reasons, especially during the COVID-19 pandemic. Establishing even a short ½ hour workout routine is great for developing healthy lifestyle practices, besides building strong muscles and body physique. Routines also serve as a psychological relaxer (mindfulness) from everyday stress, such as homework.

The grades K-5 students are working on dance and mini-workout routines.

Our main activity, especially for grades 4-6 has been soccer, as a former soccer coach, I have seen a lot of improvement and successes from students in terms of skill development. I have ensured that physical distancing has occurred during activities, masks are worn with mini-mask break, as soccer involves a lot of short sprints and running.

Soccer is considered a “safe” sport in terms of COVID-19 by government officials, as it is outdoors, and even though there is some contact involved, it is incidental contact and as long as masks are worn, and students/participants are not together for an extended period of time.

With this time of outdoor physical education, creativity and working with what you have is important.

The grade 7 and 8 classes enjoyed their makeshift volleyball court with net, thanks to the basketball post and hydro pole!!!

As for Manitoba Catholic Schools Athletic Association sports for grades 6-8, basketball season was cancelled (January-March). If

COVID numbers really go down in early 2021 and numerous restrictions are lifted, the league executive committee have been in discussions about possibly having a shortened volleyball season

(possibly late March or early April start). This will be dependent on many factors. My Christmas Wish List for the Christ the King Students and their families:

- Exercise regularly to keep fit and healthy (even walking the dog is considered exercise).
- Stay with a routine, especially sleeping habits. An 8 hour sleep at a regular time each night is ideal.
- Eat healthy and keep a routine (breakfast, lunch, supper)
- Limit junk foods!!! (**yeah, right.**)
- Be active.
- Limit screen time (television, computer, iPad, cell phone, etc.)
- Be extra nice to everyone, especially to your parents/guardians.
- Have fun.
- Have more fun.
- Repeat all steps.

Happy New Year!

**Mr. Kalichak**

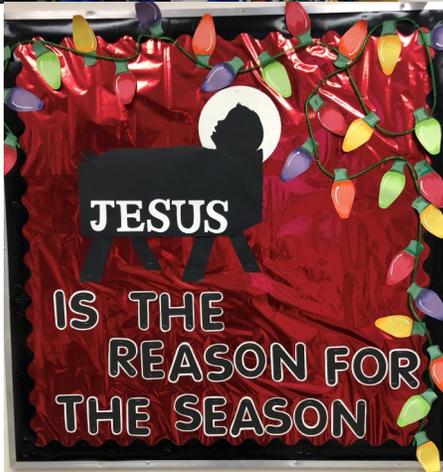
**Physical Education Specialist**



# The Bulletin Board



# The Bulletin Board



We miss all of our parents joining us in our school. Everyone of us are counting the days until you are able to come back and be a bigger part of our community!



# CHRIST THE KING SCHOOL



**VIRTUAL OPEN HOUSE  
FEBRUARY 4TH @ 7 PM**



- **JK - Grade 8**
- **Full-Time Junior Kindergarten**
- **Full-Time Kindergarten**
- **Before & After Care (7am - 6pm)**
- **Private Bus Service**
- **Private Music Lessons**
- **Inservice Childcare**
- **Smart Classrooms**

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