

CHRIST THE KING SCHOOL SPRING 2020



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PRINCIPAL'S MESSAGE

Dear Parents/ Guardians:

Thank you for your patience, encouragement and support as we continue to face this most unprecedented time in the history of our world. It is important that we, more than ever, find ways to stay connected to support our students and our families. Teachers are working hard in trying to adjust their teaching and assessment strategies to meet our present needs. Please continue to check your emails and our school website for updates.

Students should maintain a balanced day engaging in prayer, learning, physical activity, proper nutrition, sleep, self-care, and care for family and friends. For example students should say a short prayer of gratitude, go outside and get some fresh air, do something nice for someone else (ie: call their grandparents or another relative, contact a school friend, play with a sibling), do some house chores and not just school work.

We understand that some parents are working from home while others are working outside the home long hours, as front line workers, to protect all of us. We are asking God to keep you all safe and healthy. When possible, please help your child to stay on top of his or her work. Please keep the lines of communication with your child's teachers if there are any concerns. If students need extensions for some of their work, please don't hesitate to ask.

February was a very busy month, with many exciting special programs. Congratulations to all winners and participants of our school Science Fair (for more details please see page 8). Our grades 2 and 3 students have been participating in the Learn to Skate Program, organized by Mr. Kalichak with the support of Mrs. Render and Mrs. Pol. It has been a great highlight for our young ones. Our I Love to Read Month activities, together with Catholic Schools Week, Book Fair and several winter clubs, kept our students highly engaged in a variety of learning and team building opportunities. A special thank you to all our teaching and support staff for their awesome work, to our students for your participation and to our parents for your support.

Our plans are underway for the new school year. Open houses well attended, with over 70 applications of new students for next year. Unfortunately due to lack of space, many candidates will be on a wait list. Renovations for our Junior Kindergarten room has been completed. Thanks to Mr. Bernier for his great job and to the renovations committee for their vision and support.

During in-school suspension of classes, Pearson Canada, has made Growing in Faith, Growing in Christ Student home website free for all students from grades 3-6 (as we already have site licenses with them for grades 1 and 2). The website has videos, stories, activities and songs all anchored in the celebration of our catholic faith. The Student-Home Website logins, www.pearsoncanada.ca/growinginfaith/student-home (username GIFGIC_student99, password: Student99).

As we remain united to Christ the King School Community, even through challenges, we are very confident that if we pray and support one another, our God will guide us. God is reminding us the importance of **humanity** and how we are **interdependent**, how we need to look after the **Common Good**, and that each one of us has a responsibility. We are asked to continue to **practice our virtues of gratefulness, kindness, generosity** and above all, the power of faith and **praying together** throughout the world in solidarity with one another. As we continue our Lenten journey, all Faithful across the world, are encouraged to join Pope Francis in prayer.

We wish everyone a restful spring break (no school work) and good health to all!

God Bless,

Laura Carreiro, Principal





CTK Resource Corner: COVID-19 Edition

Children may respond to a difficult situation in different ways:

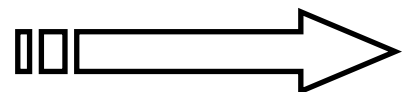
- *Clinging to caregivers
- *Feeling anxious
- *Withdrawing
- *Feeling angry or agitated
- *Having nightmares
- *Bedwetting
- *Frequent mood changes

HELPING CHILDREN DEAL WITH COVID- 19 STRESS

- Allow children to express and communicate their feelings: Encourage active listening and an understanding attitude. Children usually feel relieved if they can express and communicate their feelings in a safe and supportive environment.
- Help children find positive ways to express difficult emotions: Every child has their own way to express emotions. Sometimes engaging in a creative activity, such as playing or drawing can facilitate this process. Help children find positive ways to express difficult feelings like anger, fear and sadness.
- Provide a sensitive and caring environment: Children need adults' love and often more dedicated attention during difficult times. If appropriate and depending on the age, parents/caregivers are encouraged to hug their children and repeat that they love them and are proud of them. This will make them feel better and safer.
- Manage your own emotions well and remain calm: Remember that children often take their emotional cues from the important adults in their lives, so how adults respond to the crisis is very important. It's important that adults manage their own emotions well and remain calm, listen to children's concerns and speak kindly to them and reassure them.
- Keep regular routines and schedules as much as possible: Keep regular routines and schedules as much as possible or help create new ones in a new environment, including learning, playing and relaxing. If possible, maintain schoolwork, study or other routine activities that do not endanger children or go against health authorities.
- Provide facts about what is going on and give child-friendly information: Provide facts about what is going on and give clear, child-friendly information about how to reduce risk of infection and stay safe in words they can understand. Demonstrate to children how they can keep themselves safe (e.g. show them effective handwashing).
- Avoid speculating about rumors or unverified information in front of children: Provide information about what has happened or could happen in a reassuring, honest and age appropriate way.
- Support adults and caregivers with activities during home isolation: Adults should explain the virus but also keep children active when they are not at school. For example, provide hand washing games with rhymes, or tell imaginary stories about the virus exploring the body.
- Make cleaning and disinfecting the house into a fun game: Draw pictures of the virus or microbes for children to colour and explain Personal Protective Equipment (PPE) to children so that they are not scared.

Source: Manitoba Blue Cross

CTK Resource Corner cont'd



PARENT ADVISORY COUNCIL (PAC)

The recent and rapidly evolving events of COVID-19 have had far reaching impacts in all of our lives. Although we enter into a period of uncertainty, I want to use this opportunity to thank all of you many volunteers that have taken time out of your busy schedules to volunteer at the school so far this year! Without you, our programs would not be successful.



On February 25th, PAC hosted the popular annual Shrove Tuesday Pancake Lunch for staff, students and guests. All who attended enjoyed the delicious lunch of pancakes, sausages and fruit. Many thanks to Anna Stangherlin who took on the duties this year to lead the planning and coordination of the event. Also, a special thank you to the CTK



Parish Knights of Columbus for volunteering their time and service to help with the event.

With the cancellation of classes over the next several weeks, a number of scheduled events have also unfortunately been cancelled. We will continue to be in contact with the school over this period and will update our Facebook page with notifications of any further changes that may arise. If you wish to be connected to the school community through this Facebook forum, please contact kevinsim@shaw.ca.



We do hope to resume our normal PAC program in the near future with events such as Movie Night, Hot Dog Days, Fun Lunch and many more.

I wish God's peace with all of you and your families at this time and look forward to seeing you all soon!

Sincerely,
Kevin Sim, PAC Chair

SOCIAL-EMOTIONAL & MENTAL HEALTH RESOURCE SUGGESTIONS

Relaxing De-Stressing Music (play during the day to help relax while learning):

<https://www.youtube.com/watch?v=vFp5a8cL1Ow>

GoNoodle mindfulness videos:

<https://www.youtube.com/watch?v=O29e4rRMv4>

<https://www.youtube.com/watch?v=nmFUDkj1Aq0>

https://www.youtube.com/watch?v=bRkLioT_NA

<https://www.youtube.com/watch?v=1ZP-TMr984s>

GoNoodle Stress Relieving video:

<https://www.youtube.com/watch?v=N2iF7ICevkM>

GoNoodle Manage Frustration video:

https://www.youtube.com/watch?v=OIE_PHkORHA

GoNoodle Build Patience video:

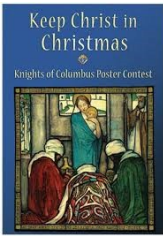
<https://www.youtube.com/watch?v=peY7qT2XEK>

Kelso's Choice for Conflict Management videos:

<https://www.youtube.com/watch?v=yBRWZef6oks>

https://www.youtube.com/watch?v=Jqps2UZSU4M&feature=emb_rel_pause

KEEP CHRIST IN CHRISTMAS



Before the Christmas Break, students were asked to participate in the 'Keep Christ in Christmas' poster contest sponsored by the Christ the King Knights of Columbus. Students were asked to submit a hand drawn picture that most represents this theme. Below is a list of the students who were

the winners that were presented their prizes in January.

Category Gr 5/6 (gr 6 entered only)

- 1st Justina R.
- 2nd Constantin M.
- 3rd Madelene K.

Category Gr 3/ 4 (gr 3 entered only)

- 1st Gabriel B.
- 2nd Rayna W.
- 3rd Isla F.

Category Gr 1/2 (Both grades entered)

- 1st Evan M. (gr 1)
- 2nd Liam P. (gr 1)
- 3rd Noah B. (gr 2)

Category Kindergarten (no pre-kindergarteners entered)

- 1st Rebekah H.
- 2nd Charis S.
- 3rd Semilore O.

In each category:

- the 1st poster winners received \$20.00
- the 2nd poster winners received \$15.00
- the 3rd poster winners received \$5.00

Thank you for participating in the 2019 Knights of Columbus 'Keep Christ in Christmas' poster contest here at Christ the King School.

Sincerely

Br. Chris Baetsen for our grand knight
Eamon O'Reilly

GRADE 5 TO WINNIPEG HARVEST

On Friday, January 10th the Grade 5 class visited Winnipeg Harvest. We brought peanut butter as our donation. Our total donation of food was 53 pounds.

When we got to Winnipeg Harvest we had a tour of the facility. We got to walk through the huge fridge and freezer full of dairy products, meat and frozen foods. After the tour we split into 2 groups to sort vegetables and package rice. Those of us who were sorting vegetables were checking if the onions and potatoes were bad or good. We also had to weigh the bag to make sure it had 23-25 pounds of vegetables and label it with the name of the vegetable and the date! The students packaging rice had to fill the bags, label them with the type of rice and then sort them into boxes. We had a really fun time volunteering at Winnipeg Harvest!



ARTISTS IN THE SCHOOL



During the week of January 13—17, our Gr. 3-6 students once again participated in the Artists in the School Program facilitated by Rebecca Sawdon, an independent contemporary dance artist. Students learned dance routines throughout the week ending with a public performance for our students and families on the last day. A ton of fun!



CATHOLIC SCHOOLS WEEK



Shrove Tuesday

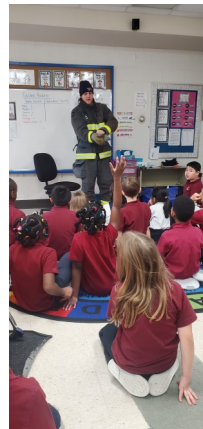
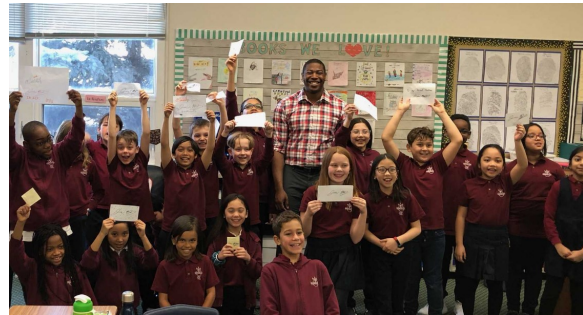


Sock Hop



Donation of socks to Siloam Mission

I LOVE TO READ MONTH



Jaime Moses, MLA visiting Gr. 4, (above) Mike the Firefighter visiting Gr. 3 (left), Shannon the actress visiting Gr. 5 (right) Winnipeg Ice visiting Gr. 7 (bottom) during I Love to Read Month



BAND PROGRAM NEWS

CHRIST THE KING BAND CONCERT

WHEN
Thursday, February 13th, 2020
7pm - 8pm

WHERE
Christ the King School Gym

FEATURING - Grades 6-8 Concert Bands, Student Soloists, Bands, and the Talent of the CTK Jazz Band!

ALL AGES EVENT

ALL ARE WELCOME TO ATTEND

BRING YOUR FAMILY AND FRIENDS!



I wanted to take this opportunity to thank everyone who came out to support our grade 6-8 bands at our recent band concert on February 13! The students worked very hard and did a great job showcasing their talent as young musicians. Our next band concert is already approaching. It is scheduled for Thursday, May 28 with two performances, a 9:00 am dress rehearsal and a 7:00 pm performance. I'm hoping everyone is able to make one of the performances.

Thank you very much!

Mr. Gawron, Band Director



BOOK FAIR



On February 19th—21st Christ the King School held our annual Book Fair.

Total sales this year were \$3,101.33. The money will be used to enhance our library resources as well as for books for our new JK classroom.



Students got a chance to enter draws to win prizes for many different things—congratulations to Temi in Gr. 4 who won the prize for buying \$25 or more in books and other items.

Thank you to staff and volunteer students who helped with the book fair. Great job!



It's a Jungle Out There!

CTK 'LEARN TO SKATE' PROGRAM



In February and March our Gr. 2 & 3 students participated in our "Learn to Skate" program to compliment our Physical Education program. Students went by bus to Southdale Community Centre where they were taught to skate by qualified instructors. Many thanks to our parent volunteers who accompanied the students to the rink to help tie skates, put on helmets etc. Special thanks to the Manitoba Moose for donating 20 new helmets, 5 pairs of skates and a huge hockey bag & Mr. Jeff Mager, their Director of Marketing, for organizing our instructors.



ROOTS OF EMPATHY



Roots of Empathy
Racines de l'empathie

Andreas came to visit us with his mom on February 24th. He was very interested to see all the children!

We weighed and measured Andreas and marked it on the chart. It is exciting to see how much he has grown since his first visit!

Our theme this month was "Sleep". The students had lots of questions about how Andreas sleeps. Mrs. Reyes-Murphy shared that he uses his sleeping bag and blanket toy as transition items to help him to sleep.

Andreas was fussy on this day and we tried to distract him by singing some songs. He played with some toys, but in the end really wanted to be with his mommy. We sang Rock-a-Bye Baby to Andreas at the end and he seemed to enjoy it!



CTK SCIENCE FAIR



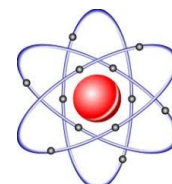
On Monday, February 24th, CTK School had our annual Science Fair! Students were judged in the morning by individuals from the University of Manitoba, University of Winnipeg, and industry, and displayed their projects for parents, family, friends, and the rest of the school community that afternoon.

Congratulations and a big thank you to all the students in Grade 6, 7, and 8 for their hard work on their projects! You all did a great job and the judges were impressed by your originality and the interesting topics you chose. We would like to thank the parents for supporting your child in this event, and thank you to everyone who was able to make it out to see the projects. Also, a big thank you goes to Mrs. Carreiro and the CTK staff for supporting us in this endeavor.



The results of our science fair are as follows:

- | | |
|----------|--|
| Grade 6: | 1 st Elizabeth – Do Banana Peels Help Grow Flowers Faster? |
| | 2 nd Jakob – Tesla Coil |
| | 3 rd Kole and Kate – How Are Plants Affected by Liquids? |
| | Honourable Mentions Alex and Constantin – Blue Light Effects on the Human Brain |
| | Amelia – The Science Behind Bath Bombs |
| | Victor – Will a Strawberry Last Longer in a Plastic Bag or a Sealed Glass Container? |
| | |
| Grade 7: | 1 st Thomas – It’s Nerf or Nothin’ |
| | 2 nd Koen and Michael – Moving Liquids |
| | 3 rd Jakob and Kallon – Snooze and Move |
| | Honourable Mention Addison and Maddie – Afterimages |
| | |
| Grade 8: | 1 st Andre – Does the Weight of an Object Affect the Distance an Object Can Roll? |
| | 2 nd Gabriel and Tyler – The Effect of Reducing Screen Time on Sleep, Mood, and Participation in Activities |
| | 3 rd Eden – 5 Second Rule |
| | 3 rd Elena – The Effect of Sugar When Baking |
| | Honourable Mention Nico – How Do Different Fertilizers Affect Plant Growth? |



Thank you again!

Mrs. Bernardin and Mrs. Edwards



ASH WEDNESDAY MASS



On February 26th, we celebrated Ash Wednesday Mass with the CTK Parish. Ashes are ceremonially placed on the heads of Christians on Ash Wednesday by being marked on their foreheads as a visible cross. The words (based on [Genesis 3:19](#)) used traditionally to accompany this gesture are, "*Memento, homo, quia pulvis es, et in pulverem reverteris.*" ("Remember, man, that thou art dust, and to dust thou shalt return.")



GR. 7 & 8 SKI TRIP



On February 28th Our Grade 7 & 8s enjoyed the day at Stony Mountain Ski Area.

Some of our students had never been on skis before so this was a great learning experience for them.

Everyone had a wonderful time and came back very tired!

PHYSICAL EDUCATION NEWS

All Manitoba Catholic Schools Athletic Association activities have been suspended, which includes the basketball, badminton, soccer and track and field season. Our Executive Committee will reassess the situation in mid-April to see what direction the MCSAA remaining sports for the school year will go.

Our Knights of Columbus Free Throw Provincial Level participants did not get a chance to compete for a Provincial medal due to COVID-19, and hopefully will get an opportunity to compete at a later date. CTK participants are Mya, Christian, Madelaine (grade 7), Declan and Alex.

Congratulations to our Council Level (School) free throw champions (in order of 1st, 2nd and 3rd):

Grade 4 Girls---Mya, Blossom, Temi
Grade 4 Boys--Owen, Fisayo, Griffin
Grade 5 Girls---Macy, Hilina, Lacey
Grade 5 Boys---Imisi, Antonio, Izeyah
Grade 6 Girls---Madelene, Layla, Justina
Grade 6 Boys---Alex, Constantin, Efe
Grade 7 Girls---Madelaine, Adriana, Lauren
Grade 7 Boys---Funmi, Koen, Declan
Grade 8 Girls---Elena, McKenna, Polina
Grade 8 Boys---Christian, Nico, Drew/Ini

Medallions will be given out to these students at a later date.

Our basketball teams all did very well this season. Our Developmental Girls finished at .500 with 3 wins and 3 defeats. Our Developmental Boys played very hard and were also 50/50 in wins and losses. Our Competitive Boys had their playoff season end after a surprise upset by the Linden Christian Wings. They too had a successful season, and a HUGE thank you and congratulations go to the grade 8 athletes Nico, Lukas, Tyler, Drew, Christian, Gabriel, Andre and Ini. Your basketball "prowess" will certainly be missed at CTK next year, and best of luck at your new schools as you enter high school athletics.

Next sport, in which the students have been working hard at, in grades 4-8, is badminton. The grades 6-8 student athletes will be competing in league competition. League soccer has been scheduled towards the end of May.

Our MCSAA Annual General Meeting will go on as scheduled at this point on April 21st. If parents/guardians have any ideas and suggestions on how the league can be better, feel free to send me an email. If you have an idea that is considered a Notice of Motion, please email me during Spring Break. The MCSAA sanctioned sports are directed towards grade 6-8 students.

I will be in need of volunteer coaches for the next school year. If you have knowledge and expertise in volleyball, basketball, track and field, badminton, and soccer, and want to help out, send an email my way (dkalichak@ctkschool.ca). All first time volunteer coaches will need a Criminal Record Check, Respect In Sport (online course), and a Child Abuse Register (CAR), in order to coach and volunteer for Royals sports. The CAR is free and the school will take care of faxing the document on your behalf, Christ the King is registered online with Winnipeg Police Services for the CRC, and will pay for this, and the Respect In Sport is a free online course. If you do the CRC individually, you will be reimbursed by the school (as long as you are coaching/helping at CTK). If you already have all three, and as long as they meet the timeline periods, all the school will need is a photocopy of each document.

If you have experience coaching soccer, I am in need of parent/guardian volunteer coaches for this school year as well.

It is VERY IMPORTANT at this time that ALL STUDENTS stay active and fit. Healthy Lifestyle choices are essential in order to be physically and mentally positive. My weebly provides a ton of information on fitness activities for the entire family. Parents and Guardians are encouraged to work out and have fun with their children during this time. My weebly is:

<http://darrylkalichak.weebly.com/>

Thank you and Have an awesome and healthy time with your children!

Mr. Kalichak
Physical Education Specialist



OTHER FUN STUFF!



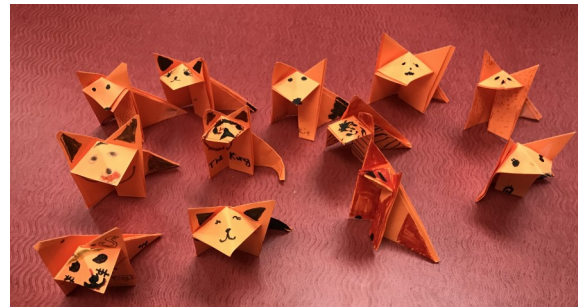
In January & February, Mrs. Marcaida offered our students in Gr. 4-8 Hallmark © Card Club. Students had fun while learning to make beautiful cards.

ORIGAMI CLUB

We had a great time making Origami animals. We folded our animals and made them come to life by adding eyes, feet and colour to them. We learned different types of folds and tricks to make Origami animals stand up.

Thank you very much to all the grade 2 and 3 students who came before school and made every Tuesday morning a fun-tastic one! Thank you to Mrs. Render for helping out as well!

- Mrs. M. Pol



Ground Hog Day in JK



Kinders at the firehall



Inservice Daycare Art projects

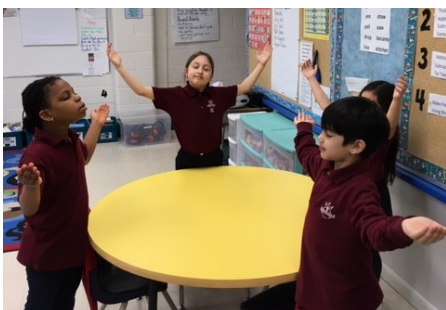
UPCOMING EVENTS

April

Keep checking your emails for further information from the school with any updates regarding the return of in-class learning.

At this time, any clubs or field trips are cancelled at least until the end of April.

In the meantime, let us remember to pray for those who are ill or in need, for our families and our world.....



BREAKING:

GETTING OUTDOORS **NOT CANCELLED**
MUSIC **NOT CANCELLED**
FAMILY **NOT CANCELLED**
READING **NOT CANCELLED**
SINGING **NOT CANCELLED**
LAUGHING **NOT CANCELLED**
HOPE **NOT CANCELLED**

LET'S EMBRACE WHAT WE HAVE.

unsinkable

Calm me, Lord as you calmed the storm.
Still me, Lord; keep me from harm.
Let all the tumult within me cease.
Enfold me, Lord, in your peace.



Jesus, during your ministry on earth you showed your power and caring by healing people of all ages and stations of life from physical, mental, and spiritual ailments. Be present now to your people who need your loving touch because of COVID-19.

May they feel your power of healing through the care of doctors and nurses.

Take away the fear, anxiety, and feelings of isolation from people receiving treatment or under quarantine. Protect us all from exposure to the disease and bring us peace.

O Mary, Mother of God,
pray for us now
and deliver us from danger.
Amen.

