



CHRIST THE KING SCHOOL

FALL 2020

PRINCIPAL'S MESSAGE

Dear Parents/Guardians:

Once again, a special welcome to our **240 students** and their families to Christ the King School. Did you know that our school was **built in 1955** and we are **celebrating our 65th anniversary** this year? Over **13,000 students** have come through our doors since its inception. We are one of the 19 catholic schools in the province of Manitoba.

A full time Junior Kindergarten program was launched this year in their very own room provided by Christ the King Parish. The capacity for learning that exists in young children and the crucial role played by educators is breathtaking. Ensuring students flourish while instilling a love for God and a love of learning within a nurturing, safe and fun environment is the foundation of our **New Junior Kindergarten Program**. We believe when we build a strong foundation, our students will become life-long learners and compassionate global citizens, while keeping God at the forefront.

During this pandemic, our students are adapting well to school routines, including wearing masks, having desk shields (grades 3-8), washing or sanitizing hands as often as possible as well as keeping physical distancing. Recently Manitoba Education Ministry asked schools to maximize spaces and repurpose classes to accommodate a 2m physical distance to the greatest extent possible during the Restricted Level (Orange). Staff and parent volunteers spent the weekend moving and creating new rooms. Synchronized teaching has been implemented in most of our classrooms. Technology upgrades and purchases have been very essential for the new teaching methodologies. We are in awe of how staff and students are adapting as the pandemic evolves and keeping in great spirits. Students are becoming very resilient and bring so much joy every day to our school.

Our **Term 1 Report Cards** will be sent home on November 18th. Compulsory conferences will take place on November 26th (2:30 pm- 7:30 pm) and on November 27th (9:00 am to 5:00 pm). Further information will be emailed to parents in the near future. Parents will sign up online from November 10th -20th!

We would like to thank Mr. Bill Quinn for his wonderful work with our music program during the last two months and would like to welcome once again **Mr. Shawn Coughlin** as the new music instructor. It is very difficult to teach music during the pandemic with all the limitations. We have put recorders on hold for now and have invested in a class set of electronic keyboards (they will be disinfected between classes) for K-grade 5.

We are very confident your child(ren) will grow spiritually and academically while making wonderful connections and relationships this school year. Studies have shown that if we keep in mind the things we are **grateful** for on a daily basis it will help us mentally and physically, which is needed during this pandemic. **Gratitude** reminds us how special, beautiful and fortunate our lives are, even under stressful times.

Please continue to pray for those impacted by the COVID-19 pandemic and for those who are working hard to combat the disease and care for those afflicted by it. Pope Francis reminds us, " In the face of life's difficulties, let us ask the Lord for strength to remain **joyful witnesses** to our faith."

Blessings,

Mrs. Laura Carreiro
Principal

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- Halloween Pictures
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- November/December events



MESSAGE FROM THE 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! The 2020/2021 school year promises to be a year unlike any other. Our staff and volunteers have been working hard this summer to minimize the impact of the pandemic.

Many things have changed this year, but the important things have not. Our community is dedicated to the academic and spiritual development of our students, and to supporting each other, even through these challenging times.



In response to the pandemic we have added support staff positions to support teaching, learning and student safety. We have purchased additional technology to support teaching. We have invested in additional cleaning, purchased personal protective equipment, installed hand washing stations, and constructed a sick room to allow for students who feel ill and need to be isolated.

As you all know, we have experienced cases of COVID-19 at CTK. In the event of a case, the School takes direction from Public Health Officials as to how manage, including who will be notified. The school has developed plans to continue to deliver programming to our students in the event that Public Health Officials identify an increased risk at CTK. These plans have been reviewed and approved by government officials. Staff and administration have handled the challenges presented by this pandemic amazingly and we all owe them a debt of gratitude for dedication and professionalism. I would like to acknowledge their commitment to our school and community. In particular I would like to recognize the extraordinary efforts of our Principal, Mrs. Carreiro, who worked tirelessly this summer to ensure our school was prepared for this fall amidst constantly changing guidance from public health and government officials.

The CTK School Board welcomes your participation and ideas throughout the year in shaping the success of the School. We meet the second Wednesday of most months at 7:00pm. Due to the pandemic we have taken to meeting virtually if necessary, the office can provide log-in information for meetings on request. You can also email the CTK School Board at boardchairman@ctkschool.ca.

Finally please join us in welcoming Fr. Chrysogonus Obinna Agu to Christ the King, we look forward to his leadership and guidance.

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

Mike Emslie, Chair

Thank you to the
Knights of Columbus
for their time and effort in fixing the flag pole.

Peter Gladue
Laurie Gladue
Ron Gendron
Uyi Osaghae

You are
Appreciated

PARENT ADVISORY COUNCIL (PAC)

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

It now goes without saying that 2020 continues to be an unprecedented year. Impacts have been far reaching across the world and locally. We continue to keep in mind all those who have been impacted by COVID-19 and pray for the safety and well-being for all.

The inability to gather in large groups means that many of our normal PAC activities this year are on a hiatus – Family Fun Day and Hot Dog Days have already been cancelled. We remain hopeful that events later this year and into 2021 can continue in some form. We do miss the opportunity to gather and the fellowship of our CTK family.

On the brighter side of things, we have been able to maintain our Fun Lunch program. So far, we have had two successful Fun Lunches which the children have been able to enjoy. It is one aspect of ‘normal’ that we have been able to maintain. Many thanks to Lisa Bestvater and Kim Mathew for continuing to lead this event and for finding a solution to allow this to happen this year.

One of PAC’s primary roles is to lead fundraising efforts for capital initiatives at the school. Fundraising plays an important role in how CTK as an independent school operates and develops programming for the children. In our current situation, we have collectively with the Board of Directors decided to put a pause on any active or aggressive fundraising in 2020. In the meantime, we are looking into options of a non-contact type fundraiser that could be implemented in 2021. We will re-evaluate in the Spring whether we proceed with any events.

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

Due to the lack of a Chair, our PAC is being run by committee. Here is your PAC executive for 2020/2021:

Chair – Vacant

Past Chair – Kevin Sim

Treasurer – Shannon Saunders

Co-Treasurer – Michelle Magsino

Secretary – Christine Wilson-MacLeod

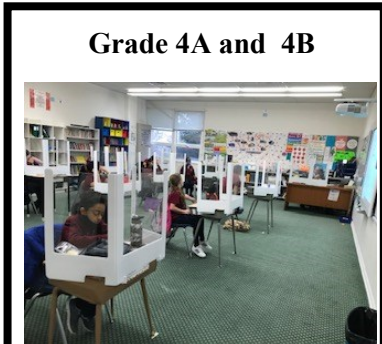
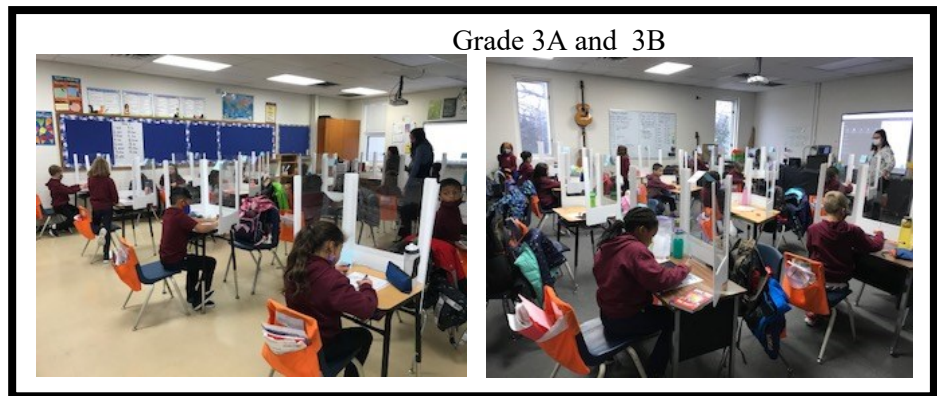
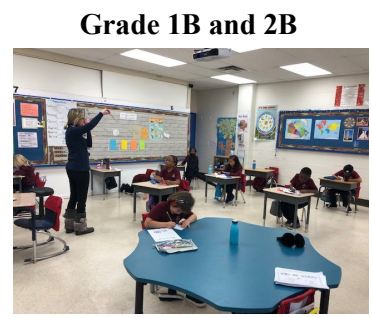
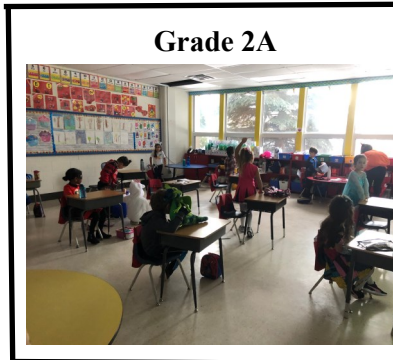
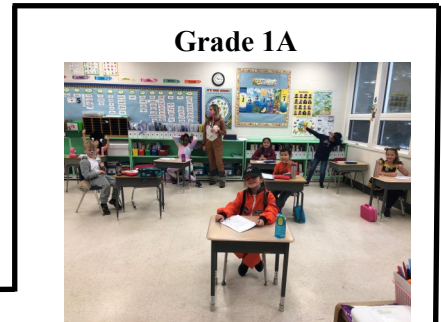
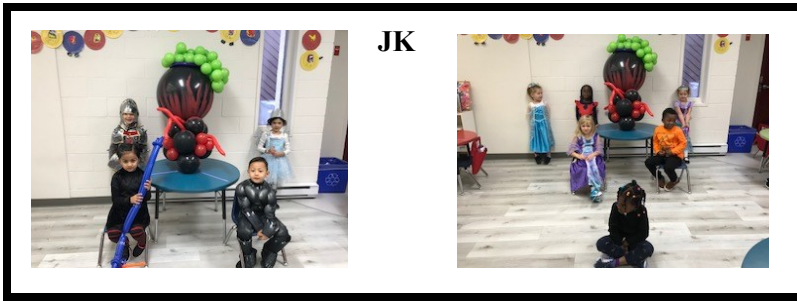
As shown, our chair position is vacant. It is important to fill this role this year to permit PAC to continue to function. The lack of chair role may mean that PAC dissolves in June which would impact the ability to continue those programs which the children and staff appreciate so much. Please consider of your time and talents to take this on. There is a lot of help available to you!

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

Kevin Sim,
PAC Chair



Peek Inside Restricted Level Orange School Life



Peek Inside Restricted Level Orange School Life



Grade 6



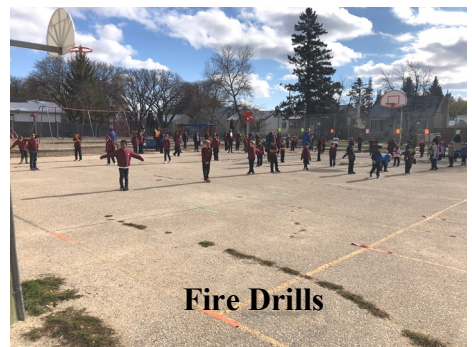
Grade 7



Grade 8



Switching from Level Yellow to Restricted Level Orange occurred with an abundance of help from Board members, PAC and staff. Classes were split, furniture moved, desk shields attached and sanitizing done. We couldn't be more grateful for the willingness and positivity that everyone has shown during this transition.



Fire Drills



Bus rides look a little different.

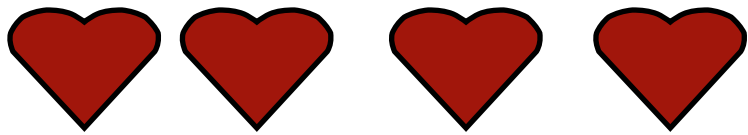


Waiting to get into school



Gratefulness Christ the King Style

JK is grateful for their friends.



Thank You Prayer

Lord God,

Thank you for JESUS



I love you.

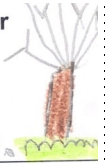
Amen.

Marian Grade 1

Thank You Prayer

LOVING God,

Thank you for Animals



I love you.

Amen. AOIFE Grade 1

Thank You Prayer

Dear God,

Thank you for my friends and school
and your Daddy and snow outfits



I love you.

Amen. name Aisosa

Grade 1

Thank You Prayer

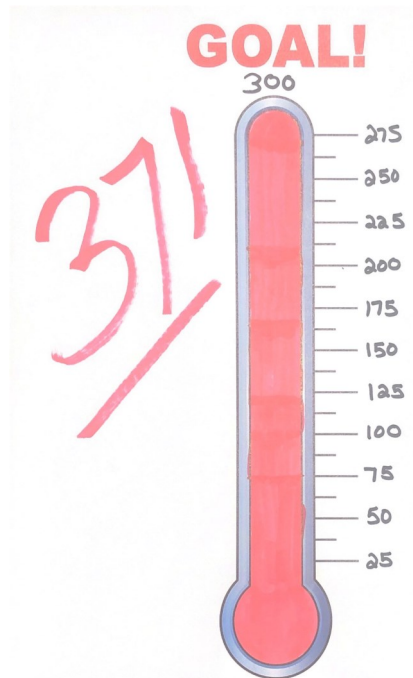
Dear Lord God,

Thank you for family

I love you.

Amen. Grade 1





The students and staff came together to donate to Winnipeg Harvest in a **BIG** way!

Huge pat on the back to everyone that brought in items to donate. We exceeded our goal of 300 items and were able to donate 371 food items.

Student

The 4 Parts of Gratitude

1. **Noticing** – Recognizing the things you have to be grateful for.
2. **Thinking** – Thinking about why you've been given those things.
3. **Feeling** – The emotions you experience as a result of the things you've been given.
4. **Doing** – The way you express appreciation.



FROM THE STUDENT COUNCIL

Student Council 2020-2021

Hello parents,

We're very excited to be leading the Christ the King School student council this year. During the first two weeks of October, multiple students in grades 6-8 had volunteered to run for the executive positions within student council. On Thursday, Oct. 15, those nominees presented their speeches and students in grades 4-8 voted.

Congratulations to our 2020-2021 student council: Alex E. (Grade 7 Treasurer), Elizabeth J. (Grade 7 Secretary), Tristian D. (Grade 8 Co-President), and Funmilade S. (Grade 8 Co-President).

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 are already planning a few events including starting the Koats for Kids charity drive.

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.

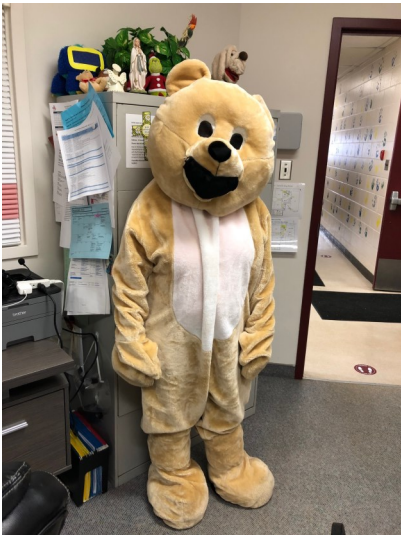
Thank you very much,

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





Happy Halloween



YEAR OF GRATITUDE



Gratitude

It turns what we have into enough and more.

It turns denial into acceptance, chaos into order,
confusion into clarity.

It can turn a meal into a feast, a house into a home,
a stranger into a friend.

It turns problems into gifts, failures into successes,
the unexpected into perfect timing and
mistakes into important events.

It can turn an existence into a real life, and
disconnected situations into important and
beneficial lessons.

Gratitude makes sense of our past, brings peace to today and creates a vision for tomorrows ~ Melody Beatty



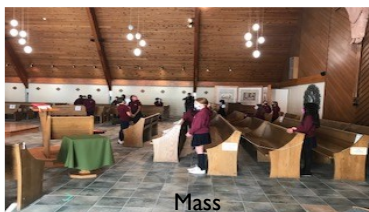
STUDENT LIFE AT CTK



Orange Shirt Day



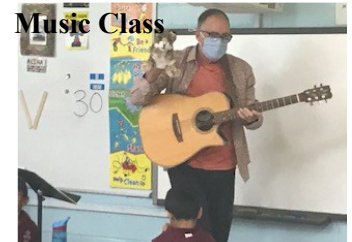
Desk shields in use



Mass



Jersey Day



Music Class



CTK Resource Corner

Self-Care for Kids

Self-care is when you take time to do things that make your mind and body feel calm and happy. By taking care of yourself often, you are better able to cope with stress or other feelings that you may experience. Read below to learn how you can start practicing self-care!

1 Take a Break

You may have a lot going on in your life such as school, homework, chores, sports, clubs, recitals, or other activities or events. It can be helpful to try making your schedule lighter by taking a little break (if you can) from certain stressful activities.

2 Do Your Favorite Things

Sometimes when we get too busy, we stop doing things that make us feel happy. Make a list of hobbies and activities that you enjoy doing that you haven't been able to do in a while. Make a plan to do the things on your list soon!



3 Learn to Relax

Take some time to do something that relaxes you and calms your mind and body. This might mean turning off electronics and going out in nature. You could also try meditation, yoga, or listening to calming music.

4 Take Care of Your Body

The healthier you are, the easier it'll be to cope with stress and negative feelings. Make sure that you're getting enough sleep every night. Exercise often, and eat healthy meals.

5 Be Around People You Enjoy

Surround yourself with people that make you feel happy. Self-care includes staying away from people that might stress you out or cause you to feel anxious, sad, or upset.

6 Share Your Feelings

It is helpful to find someone to talk about your feelings with often. This could be a counselor, a close friend, or a family member. Talking about your feelings is a healthy way of coping and can help you feel happier.



PHYSICAL EDUCATION NEWS

This certainly has been a different start to the school year with physical education and athletics at CTK. We had Terry Fox Week at the end of September where PE classes focussed on Terry Fox and his determination, passion and courage to do what he did for all of us. CTK students participated in many activities in honour of this great person, including running, jogging, walking laps, doing what the students know as “jogging touches”, timed runs/jogs, and doing stretching routines that Terry would have done to warm-up for his daily runs.

This year marked the 40th anniversary of the Marathon of Hope, and the students did everything in 4s, such as 4 minute runs, 40 touches, 40 plus 4 touches and jogs (40 for the number of years, 4 for the number of decades), 4 minute stretches or 40 different stretches and so on. **Congrats to all the students for a job well done!**

Online donations towards the Terry Fox Foundation and the Marathon of Hope legacy can be sent to:

<http://www.terryfox.ca/ChristtheKingSchoolWinnipeg>

Grades 5-8 students have almost completed their six week physical fitness conditioning and strength training home assignment. The goal and intent was to get the students used to a set routine. It is the hope and intention that, even though the assignment is for six weeks, that students continue their physical fitness conditioning and strength training forever, as physical fitness is an important life lesson.

The grade 3 and 4 students were given a physical fitness log assignment, in which they could do sports, activities, even walking the dog or raking leaves as part of the physical fitness component.

PE classes follow certain COVID protocol as would any other class. We have been outside 99.99% of the time, but eventually classes will be held inside once it gets too cold. **Please have your son/daughter wear proper jackets/coats, footwear, hats, and mitts or gloves as gym classes will continue outside until the weather elements make it impossible.** Masks are optional for grades 4-8 outside and social distancing is strictly enforced at all times. When they line up to get back into the school they must have a mask on before entering. Equipment is sanitized multiple times a day.

In terms of extra-curricular sports, after speaking as President of Manitoba Catholic Schools Athletic Association, all extra-curricular sanctioned sports (volleyball, basketball, badminton, soccer, and track and field) are suspended until further notice. The students, particularly the grades 6-8 students, are understandably disappointed about not having a volleyball season thus far, as we all are.

Please check out the Volleyball Manitoba website (www.volleyballmanitoba.ca for Club information. In addition, a junior high girls program headed by former CTK parent, Scott Koskie (former All Canadian and National team player), will be starting shortly. More information can be found at:

<https://volleyballmanitoba.ca/girls-fall-skills-program-grades-7-9/?1>

Have a great November and remember to stay healthy and safe!

Mr. Kalichak

Physical Education Specialist



PAC Staff Appreciation Day

Thank you to PAC for the amazing cinnamon buns and coffee for staff appreciation day! We all enjoyed being treated to such an amazing treat.

PAC also blessed the staff with a delicious lunch from Urban Prairie and fabulous cupcakes from Susan Evanson for lunch on Monday, October 26 while we prepared the school for the students return and Restricted Level Orange.



PRIVATE MUSIC LESSONS

Additional to our Music program, the Academy of Music is offering private music lessons on the piano, guitar and ukulele after school. The cost is \$25.00 per thirty-minute lesson. You can register through the Academy of Music's website at www.academymusic.ca. 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 Academy of Music via email academymusic@shaw.ca or call 204-786-1704.



SCHOOL MASS

Our first three masses of the year were celebrated on September 25th with the Gr. 6 & 8, October 9 with the Gr. 2 and 3, and October 28th JK, K and Gr. 1. Parent, grandparents and family members are always welcome to attend with an area specifically reserved for parishioners and guests.



 Your
donation
is greatly
appreciated

Due to the pandemic school expenses continue to rise...

We have purchased two hand washing stations, isolation room, many desk shields, PPE, Chromebooks, desks, gym curtain, additional tables, projector, document cameras, screen, headsets for teachers and more.

Any parent, grandparent or friends of CTK interested in making a financial donation, may send a cheque payable to Christ the King School or contact our accountant Mrs. Finnigan to make a direct payment. Donations received by December 31, 2020 will receive a tax receipt. Thank you in advance for your support!

MILK PROGRAM

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



Milk tickets can be purchased from the office.

Let's make this year moo-velous!

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) **JK-Gr. 3** – Please drop off and pick up at the backdoor (playground side).
- 2) **Grades 4-8** — Please drop off and pick up at the Lennox Ave. doors.
- 3) **After School Pickup**— Please pick up your children from after school at the back doors (playground side).
- 4) **Late Arrivals**—Please try to arrive on time for school, if you are late please come to the Lennox Avenue doors to be screened upon arrival.
- 5) **Pick up During School Day**— All students leaving during the school day are to be picked up at the Lennox Ave. doors.

Absent/Late — It is the parents' 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, it is our responsibility to contact you to be sure your child is safely with you or a guardian.

THANK YOU FOR KEEPING OUR STUDENTS SAFE!

In consideration of our neighbours in the community, please avoid using private drive-ways to turn your vehicle around.



November

EVENTS

- * Report Card Writing - NO CLASSES—Nov. 6
- * Remembrance Day—NO CLASSES —Nov. 11
- * Fun Lunch Order Deadline (Subway) — Nov. 11
- * School Board Meeting — Nov. 11 @ 7:00PM
- * Picture Retakes — Nov. 12
- * School Mass Gr. 6&8—Nov. 13 @ 10AM
- * Early Dismissal 1:55PM — Nov. 16
- * Report Cards Distributed—Nov. 18
- * Fun Lunch (Subway) & Colour Day (Gr.7 only)—Nov. 18
- * Fun Lunch (Subway) & Colour Day — Nov. 19
- * School Mass Gr. 5&7— Nov. 20 @ 10AM
- * PAC Meeting — Nov. 26 @ 7:30PM
- * Parent Teacher Conferences — Nov. 26 from 2:30-7:30 (early dismissal 1:55pm) & Nov. 27 from 9:00-5:00 (NO CLASSES)
- * Pre-registered Inservice Daycare—Nov 27 from 8:00-5:00

DECEMBER

EVENTS

- * School Mass Gr. 1&2—Dec. 4 @ 10AM
- * School Board Meeting — Dec. 9 @ 7:00PM
- * School Mass Gr. JK & K—Dec. 11 @ 10AM
- * Fun Lunch (Papa John's) order deadline — Dec. 10
- * School Mass Gr. 3&4—Dec. 15 @ 10AM
- * Last Day of Classes — Dec. 18
- * Early Dismissal 1:55PM — Dec. 18
- * Fun Lunch (Papa John's) (Gr.8 only) - Dec. 17
- * Fun Lunch (Papa John's) - Dec. 18
- * Classes Resume Jan. 4

