PRINCIPAL’S MESSAGE

We are halfway through the school year! Where has the time gone? The midway point is the time for first term Report Cards. These will be coming home with SK - Grade 8 students on Thursday, February 16th. These reports give considerable information about how your child is doing academically, socially and spiritually, based on the expectations for his or her grade level. They also, more importantly, will explain each student's strengths and next steps for continued development and improvement. Parents are encouraged to read the report cards carefully and discuss areas of strength, improvement needs and future goals with their children. While there are no formal interviews scheduled at this time, teachers will be happy to meet with you by appointment. We value the role parents play as the first educator of their child/children and as partners in each child’s educational journey. The consistency you provide at home helps students develop learning skills and work habits.

Sincerely,
Tammy Sica, Principal

A Valentine Prayer

God bless you with the warmth and love we celebrate today, with personal fulfillment in your work, your rest and play. God bless your close relationships with people you hold dear and fill your life with gentle things to warm your heart all year.

...There are in the end three things that last: Faith, Hope and Love, and the greatest of these is Love.

1 Corinthians 13:13
Registration for September 2017

This month we are beginning registration of Junior Kindergarten students for the next school year (September 2017). This will also apply to students going into Senior Kindergarten who have not attended Junior Kindergarten. Students who are presently in JK do not need to register for classes in September.

Junior Kindergarten: a child born before December 31, 2013
Senior Kindergarten: a child born before December 31, 2012

REGISTRATION DATES:
February 8, 2017, 3:15—6:15pm,
February 9, 9am-11am & 1-2:30pm

If there are any siblings that are currently attending Christ the King School parents can request a take home pre-registration package to complete prior to attending their scheduled appointment time. All registrations are held at Christ the King School. Please call the school to book an appointment or if you have any questions call Mrs. Almanza at 519-621-6680.

Required Documents to register:
Please bring to your appointment your child’s baptismal, birth certificate or proof of age, proof of home address and emergency contacts.
If you are non-Catholic we need to arrange a meeting with the principal.

We now have online registrations available for families to register their child directly to the school. This is a fast, easy and convenient way to register with just a few quick steps to follow before you come in for your appointment with us.
Visit: register.wcdsb.ca

From the Learning Commons:
The Forest of Reading program has begun in the Learning Commons and many students have signed up! Did you know that many of the titles in the program are also available on Overdrive? Titles can be downloaded along with many other selections as ebooks or audiobooks onto a computer or mobile device with an Internet or WiFi connection.

All you need is to download the free Overdrive software/app and/or compatible browser (Chrome, Firefox, Safari, & IE10 or better). Your school library ID# & PIN. You can access Overdrive through E-Z Find on the VLC - Look for the OverDrive ‘button’ or directly at wcdsb.lib.overdrive.com or through the school online catalogue. You can download titles any time and more and more titles are being added every day!
ATTENDANCE/SAFE SCHOOL POLICY
It is very important that if your child is ill, has a medical appointment or will be late for any reason, that you contact the school with the necessary information: Full name, grade, room number, teacher and reason your child(ren) will be away. Our school answering machine is in service 24 hours a day. Please note that we must receive a call before 8:30am from a parent/guardian or caregiver as per safe school policy. Our number is 519-621-6680.

SAFE AND SECURE SCHOOLS
To ensure the safety and well being of all students these procedures MUST be followed by all who visit our school.

1. Visitors, parents, high-school students, and others must report to the main office and obtain a Visitor’s Identification badge if you wish to proceed beyond the main office area of our school. A pass can be obtained by checking and signing in at the office.

2. During recess and lunch-break parents, visitors or any other adults are NOT permitted to be on our school playground. Please report to the office.

3. Any parent who wishes to contact his/her child during the school day must proceed to the main office and inform the secretary/principal.

4. Any individuals who do not follow the above requests will be asked to leave school property immediately.

INCLEMENT WEATHER
Please do not call the school for information! Go Directly to: WWW.WCDSB.CA
Click on the red or green box that appears in the top right corner.

please check the following radio stations.
AM Radio 570 News talk
FM Radio 105.3 MAGIC
FM Radio 96.7 CHYM
FM Radio 107.5 DAVE

DRESSING FOR THE WEATHER
Reminder that All students must wear proper footwear in the school at all times. Students should bring extra clothes especially socks in the colder or wet days. All outdoor wear such as gloves, hat, jackets, snow pants and outdoor foot wear should be worn. Please label all belongings!!

DROPPING OFF LUNCHES
If it is your intention to drop off your children’s lunch, or water bottles at the office, we have outside of the office a lunch table we ask that all lunches/water bottles are placed on the table and ensure that students are instructed before they come to school to pick it up at 11:15 am and that you will ensure your child’s name is marked on it. This will eliminate the necessity of having to call students to the office individually during learning time.

Thank you for your co-operation.
MESSAGES AND EARLY PICK UP FROM SCHOOL

If you can make any necessary arrangements prior to your child attending school this will ensure that your child knows what is happening throughout the day.

As a school we would like to limit as many interruptions in the day to your son/daughters classroom learning. We can pass on any emergency or unexpected messages during recesses and lunch. If you are picking up your child early from school please call ahead to inform the office and we will page your child down once you arrive all parents/guardians are asked to remain at the office as we have a safe school policy. We believe that students should be in the classroom learning rather than waiting to be picked up.

Adults picking up children will be asked to sign them out at the office. If it’s an adult not listed as your child’s contact we will need to contact a parent and that person will need to show proof of Identification.

CTK Winners of the January "Bobcat Best" award goes to the following students:

Anthony. B       Peter. M
Ricky. F         Summer. W
Kayden. B        Danny. K
Tyler. F         Brianna. B
James. D         Eric. N
Adele. P         Sierra. P
Matthew. D       Emma. G
Tyler. F
Annie. H
GIVE EVERY TASK YOUR BEST EFFORT

For the month of February, we will be focusing on giving our best effort in all we do! Our mindset can have profound effect on learning, skill acquisition, and success, but we must work to continually develop this growth mindset. “In a growth mindset, people believe that their most basic abilities can be developed through dedication and hard work—brains and talent are just the starting point. This view creates a love of learning and a resilience that is essential for great accomplishment,” writes Carol Dweck. **Individuals with growth mindsets believe they can become smarter and better if they work hard and persevere.** This mindset allows them to learn more, learn it more quickly, and view challenges and failures as opportunities to improve their learning and skills.

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**How Can I Help My Child With Math??**

As parents, YOU are an important partner in your child’s mathematics education. When you find ways to engage your child in thinking and talking about mathematics, you are providing an important key for unlocking his or her future success. Try this activity with your child!

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**Benefits**

Thinking about how a number compares or relates to another number helps us to think about numbers like mathematicians do—flexibly, that is!

**Tip!** Watch for the strategies your child is using to narrow down the possibilities when playing the game What’s My Number?

- A number line is a visual tool used to compare numbers. Here’s an example of a number line:

  ![Number Line Diagram](image)

  - The red arrow pointing down shows the decimal number 3.2 on the number line.
  - Think of a decimal number to use in the game. For example, tell your child, “My decimal number lies somewhere on this number line. It is greater than 1 and less than 4.”
  - Your child now tries to guess your number by asking questions to which you can give only a yes or a no response. For example, “Is the number between 2 and 4?” “Is the number greater than 3.5?” Continue until your child guesses the number you have picked and writes your number on the number line where it belongs.
  - Reverse roles and let your child pick a decimal number and a number line and repeat the process.
It’s Never Been Easier to Sign up for School!!!

Online registration for JK/SK puts quality, inclusive, faith-based education right at your fingertips

register.wcdsb.ca

Waterloo Region, ON – It’s time to sign up for the 2017-18 school year – and registering to attend one of Waterloo Region’s 46 Catholic elementary schools and five Catholic secondary schools has never been easier. In fact, a quality, inclusive, faith-based education is now just a click away thanks to the Waterloo Catholic District School Board’s new online registration system.

QuickFacts

✓ Parents can access the Online Registration form by clicking on the Register for School link on the WCDSB homepage (www.wcdsb.ca) and then choosing either Kindergarten, Grades 1-8 or Secondary Registration. The link to Online Registration can be found under the Registration Options button.
✓ Children born in 2013 are eligible for Junior Kindergarten.
✓ Children born in 2012 are eligible for Kindergarten.
✓ When registering your child to attend a Catholic elementary school you must be prepared to provide proof of the child’s date of birth and either the child’s Catholic baptismal certificate or the Catholic baptismal certificate of at least one parent or guardian.
✓ If you are non-Catholic, but wish to explore a Catholic education for your child(ren), please review the WCDSB Admissions to Catholic Elementary Schools policy.
✓ A complete list of WCDSB schools currently providing the Extended Day Program is available via the “Register for School” link on the WCDSB web site. A complete list of WCDSB schools that will offer the Extended Day Program in 2017-18 will be web-posted in April, 2017. Please call your school directly for information about the Extended Day Program.
✓ For information about French Immersion programs in Kitchener, Waterloo and Cambridge, please visit the “Register for School” link on the WCDSB web site.
Quotes

"As a provincial leader in 21st century teaching and learning, we know the huge role technology plays in the lives of everyone. So it only makes sense to use technology to make our schools even more accessible to the community. We believe registering a child for school should be as simple and convenient as possible, and we hope our online school registration option will help more people than ever experience the difference of a Catholic education."

~~ Loretta Notten, Director of Education, WCDSB

Related Links

Register to Attend a WCDSB Elementary OR Secondary School
WCDSB Admissions to Catholic Elementary Schools Policy (For Catholics AND Non-Catholics)
WCDSB Extended Day – Before & After School Programs
WCDSB French Immersion Program

The Waterloo Catholic District School Board, representing more than 96,000 Catholic school supporters, operates 52 schools and five adult education facilities serving more than 40,000 elementary, secondary and continuing education students in Waterloo Region – continuing a 180-year tradition of quality, inclusive, faith-based education. Follow us on Twitter: @WCDSBNewswire - #WCDSBAwesome.

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For more information, please contact:
John Shewchuk -- Chief Managing Officer
(519) 578-3660
FITGO is coming to our school as part of Healthy Schools Week February 6-10, 2017. This exciting challenge is for all elementary schools in the St. Benedict Family of schools. The challenge will also take place for the first time this year in the Healthy Schools that are part of the Resurrection Family of Schools. Each school will be part of a friendly competition where every student will have a chance to take part in two ways:

**Classroom Challenge** - classes will work to complete a FITGO card in 5 topic areas for a chance to be named the overall 2016 FITGO Challenge winner in the St. Benedict and Resurrection Families. The 5 categories include being active, being active at school every day, eating healthy, having good mental health and being safe from injury. The winning school will be given a special school-wide prize.

**School Wide** - classes will be able to add to a PHOTO FITGO card by sending photos to their principal to provide examples of activities under each of the 5 categories. The PHOTO FITGO card will give each school a chance to add an extra card to their school total. Schools will be able to tweet out pictures under each category using the hash tags

#FITGO2017DPA  
#FITGO2017PhysicalActivity  
#FITGO2017HealthyEating  
#FITGO2017MentalHealth  
#FITGO2017Safety

Individual student FITGO cards that were part of last year’s competition will not be part of this year’s challenge but are available for schools and families on the WCDSB’s EcoZone website at [http://ecozone.wcdsb.ca/](http://ecozone.wcdsb.ca/)

So let’s join in having some fun, friendly competition within our family of schools and celebrate being a Healthy School!

Students can stay tuned for further announcements at school.
WORKSHOP #3 – FEBRUARY, 16TH 2017 AT 7PM

Preparing Kids for the Future
Workshop Series

Proudly Presented By

Christ The King C.S.    Blessed Mother Teresa C.S.
St. Benedict C.S.S.    St. Elizabeth C.S.
St. Joseph C.S.

FEATURING

Dr. Karyn Gordon
CEO of dk Leadership

Best-Selling Author, Speaker & Corporate Trainer (From Students To CEOs)
Career / Relationship Expert For Good Morning America (USA) and Cityline (Canada)

Workshop #1
INSPIRING DREAM CAREER
Dr. Karyn will share industry insights and your parents will learn:
• Why are so many people (from all generations) struggling to find their Dream Career?
• How has the career landscape changed over the last 20 years & the common obstacles that block people?
• 8 simple strategies to help teens & adults find their career direction.

October 18, 2016 7:00pm

Workshop #2
INDIVIDUAL PATHWAYS PLAN (IPP)

November 24, 2016 7:00pm

Workshop #3
INTRODUCTION TO CAREER CRUISING, COURSE SELECTION & EXPERIENTIAL LEARNING

February 16, 2017 7:00pm

Parents will be introduced to Career Cruising for course selection purposes. Career Cruising is an internet based career exploration and planning tool used by students. Focus will also be on experiential learning opportunities that are available to students starting in grade 11. This session will also include a presentation on pathways and experiential learning opportunities.
**FitBit Article February 2017 - Water Does Wonders!**

Water is the natural choice for kids to stay hydrated and healthy. Our community is looking for ways to help children and families choose water and healthy beverages more often.

Water contains no sugar, calories, caffeine, or added ingredients like preservatives. It’s the natural, healthy, and cost-free beverage choice.

Drinks that contain added sugar are not a healthy choice – especially when these drinks start to replace the nutritious drinks and foods that growing children need. These types of drinks add extra sugar and calories to kids’ diets.

Sugar-sweetened drinks are the single largest source of sugar in kids' diets and have been shown to contribute to obesity. Too much sugar also increases the risk of heart disease, type 2 diabetes, and tooth decay (cavities).

What about juice and other beverages?

Children don’t need juice, offer whole fruit instead. While 100% fruit juice contains some nutrients, it also has a lot of naturally-occurring sugar and calories. A piece of fruit or vegetable is a healthier choice as it contains important nutrients and fibre, and will leave kids feeling more satisfied. 100% fruit juice (no sugar added) should be an occasional treat.

After two years of age, children can include unflavoured skim, 1% or 2% milk as part of their daily fluid intake and as a source of calcium and vitamin D. If a child cannot drink milk, fortified, unsweetened soy beverage is a good option.

Take the pledge to promote water for your family at www.waterdoeswonders.ca! Schools, workplaces and community groups can take the pledge for organizations, and help to share the Water Does Wonders! message across our community and through social media networks.

Waterloo Region is one of 45 communities across Ontario taking part in the Healthy Kids Community Challenge (HKCC). The HKCC unites communities with a common goal of promoting children’s health through physical activity and healthy eating. The current theme is Water Does Wonders! The HKCC will be encouraging children and families to choose water to satisfy their thirst instead of sugar-sweetened beverages; in schools, through local media, at community events, and across the region.

For more information on healthy beverages and the Healthy Kids Community Challenge visit: www.regionofwaterloo.ca/healthykids
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<td>1 Mental Wellness Night 6-8:30 pm at Monsignor Doyle</td>
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<td>2 Grade 7 &amp; 8 Ski trip</td>
<td>3 SK, Grade 8 Graduation Photos &amp; Sibling Portraits</td>
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<td>6 FITGO Challenge</td>
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<td>8 School Council meeting 6pm in the library</td>
<td>9 Kindergarten Registration 3:15-6:15pm</td>
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<td>15 Red, White &amp; Pink Day!!</td>
<td>16 First Communion Parent meeting @ St. Patrick’s Parish 7-8pm</td>
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