

Christ the King Catholic School

92 Greer's Road, Burnside, Christchurch 8053
www.christtheking.school.nz



Newsletter 2010

A Sunsmart School

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Term 3 Week 2 – 29 July 2010

COMING EVENTS

Fri 30 July New parent morning tea 10.30am
Fri 30 July Winter Sports Years 5-8
Mon 2 Aug Parent Teacher Interviews 2pm-5pm
Mon 2 Aug Classes finish at 1.55pm
Tues 3 Aug Parent Teacher Interviews 3pm-5pm
Wed 4 Aug Parent Teacher Interviews 3pm-8pm
Fri 6 Aug Winter Sports Years 5-8
Wed 11 Aug Zone Winter Sports
Wed 18 Aug Postponement day for Zone Sports
23-27 Aug Cycle Safety Year 6
Fri 20 Aug Parent Council Sausage Sizzle
Fri 27 Aug Parent Council Quiz Night 7.30pm
Sun 29 Aug Junior School Mass 9am
Tues 31 Aug Room 11 Art Gallery visit
Wed 1 Sept Room 6 Art Gallery visit
Tues 7 Sept Room 7 Art Gallery visit
Wed 8 Sept Room 5 Art Gallery visit
Thurs 9 Sept Centrals Winter Tournament
Thurs 16 Sept Postponement day Centrals tourn.
Fri 17 Sept Parent Council Sausage Sizzle
Fri 17 Sept Photos – sports teams etc
Sun 19 Sept Middle School Mass
Fri 24 Sept Last day Term 3
Mon 11 Oct First day Term 4
Wed 20 Oct Music Festival Performance Night
Fri 22 Oct Parent Council Sausage Sizzle
Sun 31 Oct CTK School Fair
Fri 26 Nov Parent Council Sausage Sizzle
Fri 3 Dec Parent Council Sausage Sizzle
Tues 7 Dec School Production
Tues 14 Dec Prizegiving
Thurs 16 Dec Last day for 2010

FROM THE PRINCIPAL:

Dear Parents/Guardians, Friends of the School,

Next week we hold our Parent/Teacher interviews on Monday evening, from 2 to 5pm, Tuesday evening, from 3 to 5pm and Wednesday evening, from 3 through to 8pm. Class finishes at 1.55pm on the Monday, but there is supervision in the playground if you are unable to collect your child early.

These parent/teacher interviews are designed for parents to learn more about their children's progress and for teachers to get your perspectives on student strengths, needs and out of school learning. The Principals' Digest suggests the most effective parent/teacher meetings are linked to learning, so that new strategies are developed to support student learning at school and at home.

That is why we would like you to fill out the sheet sent home with last week's newsletter, so we can focus the

interview around the strategies, or next learning steps outlined by the teacher, and look at what can be achieved by helping at home. If you misplaced the first sheet from last week, a replacement is available in the office foyer.

We currently have two Sacramental programmes running in the school at present with First Communion and Confirmation. Both programmes require a differing degree of parent input, but a commitment by you none the less. Thank you for supporting your child at this important time of their faith development; you are fulfilling part of your obligation in regard to the special character of our school.

Congratulations to Room 10 and Ms Shaw on their three performances of their mini-production 'Shining On' yesterday. Getting up in front of the whole school and singing, dancing and acting takes a lot of courage and conviction. It was most entertaining.

While on the subject of congratulations, we have to acknowledge some of the wonderful results we have achieved over the past month in Athletics, both world-wide, and nation-wide. Theodore Tan has managed to be first in the world in his section, while Room 7 and Mr Hopkins have held first place in New Zealand. We will have a full update in next week's newsletter of the other notable achievements.

Have a good week.

Mike Bonisch
Principal

PRINCIPAL'S AWARDS: Elliott Cranefield, Liam McNeill, Harrison Watkins, Chiara Mercer, Sophie Nally.



PARENT /TEACHER INTERVIEWS:

**To book your interview time, please visit
www.schoolinterviews.co.nz
and enter the code 9ZXXC**

Please note that Room 2 parents should book their appointment with Mrs Simpson, and Room 13 parents should book their appointment with Mrs Kearns. Mrs Kundycki-Carrell will also attend the interviews for Room 13 children.

OSCAR NEWS:

CTK OSCAR will be holding its Annual General Meeting on Monday 16th August in the Tennis Pavilion at 7.00pm. Supper will be served and we would love to see you there.

PARENT COUNCIL NEWS:

New Parent Morning Tea

You are all warmly invited to the New Parents Morning Tea **tomorrow Friday 30 July at 10.30am** in the School

Hall. Preschoolers welcome. Come along to meet some of the parents here at Christ the King School, or to welcome our new parents.

TOWEL ROSTER: Geraldine McCormick, Wendy Glancy

COMMUNITY NEWS:

JKT Zumba classes Riccarton Community Centre, Clarence Street. **Free Classes** Tuesday 3rd August @ 9.30am, Friday 6th August @ 9.30am. Phone Tara 385 4376 for more info.

Gifted Child? Here's your chance to come and try out One Day School, New Zealand's longest running programme for gifted learners. There will be two age based sessions on Friday 13 August 9-12 noon for 9-12 years and Monday 16 August 12.30-3pm for 5-8 year olds. Both will be held at Kendal School, 53 Kendal Ave, Burnside. The cost is \$30 per child. Places are limited and bookings are essential! For more information, or to book a place for your child, ring Andrea on 021646963 or email andrea.wong@giftededucation.org.nz.

Storylines Festival Free Family Day: Children's Writers and illustrators - Christchurch Town Hall Sunday 15 August 10am-3pm. www.storylines.org.nz

Dove Catholic Womens' Fellowship Christ the King Parish Centre Saturday 14 August 1.30-3.30pm. All Fruits of the Spirit. Speaker: Dianne McDonnell. Enquiries: Janet 359-4305. www.dove.org.nz

PRAYER FOR TOLERANCE: (This Term's Virtue)

Dear Jesus, please help me to show respect and appreciation for differences. Help me to make people feel at home, and show forgiveness when people make mistakes. Amen.

TERM 3 GYMNASTICS: Year 4 and up. Anyone interested please sign this form and return it to Mr Hopkins, not to the office. Starts Wednesday 4th August 3-4.30pm

X.....

I give permission for my child

Name.....

Of Room

To attend gymnastics after school, 3-4.30pm on Wednesdays

Signed.....

HEALTHY NIBBLES NEWSLETTER:

EATING OUT:

Eating out is a part of life for most busy New Zealand families, whether it is dining in at the local takeaway,

getting a 'family deal' at a nearby restaurant or going somewhere to celebrate that special occasion. The more that you turn to restaurant and cafe food for your meals, the more attention you need to pay to what you are eating. In the past eating out has been considered a treat, where nutrient balance is typically put aside, but these days, with it being a more frequent occurrence it has become more important to think about what we are eating.

Eating out too often puts you at risk of eating too much:

- Saturated fat – which is not good for your heart
- Sugar
- Salt

And not enough:

- Fibre
- Vitamins
- Minerals

TIPS FOR DINING OUT WITH CHILDREN

- If it is available, look at the venue website to check if the options are suitable or not before you actually go there.
- Discuss with the children the kinds of foods on the menu that are healthy to order before you get to the venue – they love to be involved!
- If options are limited aim to at least avoid deep fried options and include a selection of vegetables
- Consider the drinks that the children will be offered – water is best (ice cubes and a straw make this more fun!) or try juice with ice or low-fat milk. Avoid high-sugar fizzy.
- Enjoying eating a healthy meal as a family instils a good message for children. Reinforce this by making the outing fun for the whole family. Make interesting conversation that includes everyone – perhaps do a round saying the best part of your day or plan where the next family outing will be.
- Eating out as a family doesn't always have to be at a restaurant. Make a meal to share at the park or beach or even just throw a rug on the living room floor and have some fun!
- Large servings may be "value for money", but are they really what our bodies need? We don't need to come away from a meal bloated to have had a good

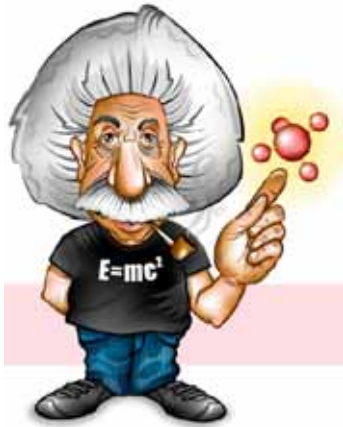


time! It is better to pay less and have a normal sized meal.

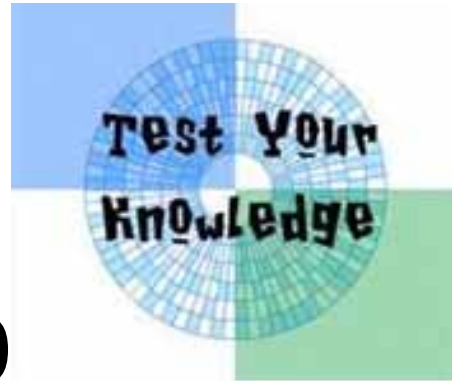
*Education Team -
Community and Public
Health*

This week we have welcomed Ana Maria and Jacob Jaramillo all the way from Colombia, in South America. Ana Maria has joined Room 7, and Jacob is in Room 12.

CTK QUIZ NIGHT



2010



Friday 27 August
7.30pm
School Hall

- A fun filled social evening for parents and friends of the school
 - Don't miss out!!
 - Start getting your table of 6 together now
- Tickets available from the office - \$10 per person

