



**Christ the King**  
School

## January 2021 Newsletter

165 Dufferin Ave Brantford, Ontario, N3T4R4

519-759-4211 (ZONE 4)

BHNCDSB's website at: [www.bhncdsb.ca](http://www.bhncdsb.ca) Please visit our website at <http://christthekingbrantford.ca>

AND Follow us on Twitter at: @ctkcatholic

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A Prayer for the New Year  
Faithful Companion,  
In this new year I pray:  
To live deeply, with purpose,  
To live freely, with detachment,  
To live wisely, with humility,  
To live justly, with compassion,  
To live lovingly, with fidelity,  
To live mindfully, with awareness,  
To live gratefully, with generosity,  
To live fully, with enthusiasm.

~ J. Rupp

### **FROM THE PRINCIPAL'S DESK**

Welcome 2021! We have certainly entered into this new year with ongoing hurdles, challenges and unknowns as we battle yet another COVID pivot in teaching and learning at CTK. However, it never ceases to amaze me how strong and resilient our community, staff and students are. We have boldly embraced this new year with positivity, strength and collaboration! Well Done Royals! I hope everyone enjoyed a well-deserved break and is ready to start the new year with excitement and anticipation for healthier days ahead.

The new year is a time for reflection as well as celebration. Hopefully, we can remember all of the experiences, learning, laughter, and goals that we have achieved throughout the past year. With hope, we will also celebrate all of our

successes and the important events in our daily life. This past year has taught us to be grateful for the little things that we may have taken for granted. Family time, a daily slower pace for prayer and reflection, and time to appreciate things that add value to our lives... a good meal, laughter, a hearty conversation with a friend or loved one.

The new year is also the perfect time for new beginnings. It brings us a new opportunity to practice what we have learned about life during the last twelve months. It allows us an opportunity to start fresh with our friends, family and at school. It is often a time of resolutions where we decide to do things a little bit differently for this year.

As we enter 2021, we ask that parents take the time to help your child set one or two goals for this year. These goals could be about attendance, reading, completing

homework on time, studying for tests, working independently, etc. Write them down somewhere that they won't be forgotten. Celebrate your child's successes as they work to attain those goals throughout the school year. Don't forget to set your own goals. A good example is the best model you can find.

As we progress through the rest of 2021, let us forge ahead with anticipation and not look back on 2020 with regret. We have many months ahead to accomplish great things. Happy New Year Royals! May you all enjoy a healthy, safe and joyful New Year!

Mrs. Charmaine Hanley  
Principal



### VIRTUAL St John's OPEN HOUSE for Gr 8s

Will be during the week of January 18<sup>th</sup> - 22<sup>nd</sup>. Please see email from Mr. Romany for further details.

### PA DAY

Please note that Monday, January 18<sup>th</sup>, 2021 is designated a professional activity day for all staff and there will be no school that day.

### DRESSING FOR THE WEATHER



When we return to brick and mortar, please ensure that your child(ren) are coming to school dressed for the weather. The students will be going outside for at least part of recess whenever the weather permits. An extra pair of socks may be beneficial to have at school on days when your child's feet get very wet. Thank you very much for your cooperation in helping keep our children warm and dry this winter.

### REPORT CARDS

First term report cards will be sent home on **February 5<sup>th</sup>, 2021** with your child(ren). Please take the time to look over the report card with your child and comment on the third page of the report. We are asking that you sign and return the bottom portion of the third page of your report card in the report card envelope. Please also note that virtual interviews were held in November, however, you may request a meeting with your child(s) classroom teacher at any time. Simply email teachers to request a phone interview.

### CHRISTMAS CONCERT THANK YOU

A special thank you to all the teachers and students for their hard work preparing for the virtual Christmas concert this year. A special thank-you to Mr. McCarthy for putting his technical skills to good use as he created our virtual presentation for all to enjoy! Thank you as well to our Parent Council for providing some special Christmas Eve care boxes for a number of families in need.

### KINDERGARTEN REGISTRATION

New Junior and Senior Kindergarten registrations for the 2021-2022 school

year will be held during the month of January and February. In order for your child to start school, you must register him/her at your local Catholic elementary school through an **online application process**. In order to qualify for Junior Kindergarten, your child must be 4 years of age by December 31, 2021. While families have the opportunity to register at any time during the year, we ask that you register **online** during the month of January and February so that we can provide you with the information that you need and schedule you for your orientation session.

If you are aware of any young students in our area who are eligible to attend CTK beginning September 2021, we ask that you please let them know about our online registration process.

To register your child ONLINE go to:

**CatholicEducation.ca**

To register parents must upload:

- Birth Certificate
- Baptismal Certificate
- Proof of address

### SCHOOL COUNCIL

Our next school council meeting will be held on **Tuesday, January 26<sup>th</sup> at 4:45 pm**. Everyone is welcome to attend! This will be a virtual meeting. If interested in attending please contact Mrs. Hanley by email and she will send you the link invite.

**School CONTACT Info: (519)759-4211**

Principal: Mrs. Charmaine Hanley

Secretary: Mrs. Dale Lockington

Superintendent: Mrs. Lorrie Temple

Trustees: Bill Chopp & Rick Petrella

Pastor: Father Kevin

### SPIRIT DAY



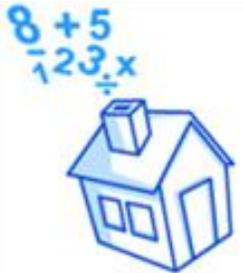
This month the school has planned “Team Jersey” Spirit day for Friday, January 15<sup>th</sup>. Dressed in your favourite sports TEAM attire and virtually share your love of TEAM work online!



**Modeling Good Citizenship**

- ▶ Be a good role model at all times. Children learn from what they witness.
- ▶ Model a clear sense of right and wrong by obeying laws and making thoughtful decisions.
- ▶ Show children you care about people by modeling friendship with others, lending a hand to neighbors, or working with charities.
- ▶ Practice recycling at home. It demonstrates wise use of Earth's resources.

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**Math @Home**

**You're Gonna Flip**

Flip two coins. If the coins come up two tails or two heads, your child scores 1 point. If the flip comes up one head and one tail, you get 1 point. After 50 flips, see who has more points. Do you think the game is fair? What if one person received 2 points for every double heads and the other person received 1 point for everything else. Is that fair?

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## TIPS FOR ONLINE LEARNING!

### 1. Create a learning space for your child.

Does your child already have a special place to do homework? It's important to **set up a quiet, clutter-free area** if your child is learning full-time from home.

For example, you can convert the kitchen table into a learning station. Turn off the TV and remove all cups, salt and pepper, and other kitchen items when your child is doing schoolwork. When it's time to eat, put away the school supplies and use it again as a kitchen table.

Why is it important to clear away the clutter for learning time? Reducing clutter helps kids focus.

### 2. Make a schedule and stick to it.

We are creatures of habit. With no school bell to mark kids tardy, they might feel like sleeping in. With no set schedule, kids might never get around to schoolwork. Finding time for learning requires planning. Take a look at your family's schedule and figure out the best times for learning.

Here are a few questions to help you and your child come up with a schedule:

- Does your child need a lot of help from you to get started? If so, think about when you, another adult, or responsible sibling is available to provide support.
- Do you have a middle-schooler or high-schooler? If so, late afternoon and early evening might be when they're most awake and ready to learn.
- Are you building time into your child's schedule for exercise? (See tip #5 below.) Going outside and taking **brain breaks** can help kids focus and get more done.
- Does your family have any **contracts to help kids follow rules at home** ? Agreeing on when to watch TV or play video games is important when kids are learning full-time at home.

Once you decide when your child will learn, identify that time as school time and stick with it.

### **3. Reduce distractions.**

Video games, computer games, social media, TV, toys, pets—our homes have lots of distractions. Make a list of the things that distract your child. Then, find ways to limit them during learning time.

For example, is the dog a big distraction? If so, can you put the dog in a separate room when your child is doing schoolwork? Are games or social media a big distraction? Try blocking them on your child's device during instructional time. Another way to eliminate online temptations: After downloading an assignment, turn off the Wi-Fi and/or cellular service to help your child focus on the work.

### **4. Use a calendar and color-code it.**

It's important to set up systems to help your child stay on top of school deadlines. This will help your child stay organized. Post a calendar and mark it with due dates. Help your child plan backwards from the due dates. Use visual organizers to **break an assignment down into steps** and the specific strategies needed to complete it. You can also use **colour-coding for tasks**. For example, use a red pen for reading and a blue pen for math.

### **5. Get plenty of exercise.**

Exercise helps us think better. When we move and groove, our problem-solving, memory, and attention improve. Physical activity is a natural way to reduce stress and prevent anxiety. Experts say that when we move and get our heart rate up, it has a positive impact on how we think. Look for **family-friendly workouts** you can do at home. Identify a time and place in your home for physical activity. The best time to exercise might be right before tackling schoolwork. It's also good to take exercise breaks throughout the day.

### **6. Reach out to your child's teacher.**

Online education or learning at home requires family support. Use email, text, phone calls, or maybe even video conferencing to connect.

Try not to worry that you're interrupting. If you're not sure how to do an assignment, don't just guess—reach out to confirm. Being proactive is essential if your child is struggling in school.