WEEK OF:
November 22, 2026

School Office Hours:
Monday - Friday
7:30 am - 3:30 pm

Phone: (405) 843-3909
Fax: (405) 843-6519

Upcoming Dates

Monday, Nov. 23 - Friday, Nov. 27
No School

Thursday, Dec. 1
Building Club

Friday, Dec. 2
Jeans Day

Monday, Dec. 14
Auction Sportswear Day

Wed., Dec. 16
December birthdays (only!) free dress day

Wed. Dec. 16 - Fri. Dec. 18
Junior High Finals

Friday, Dec. 18
Spirit Day

Monday, Dec. 21 - Monday, Jan. 4
NO SCHOOL

Tuesday, Jan. 5
School Resumes

KNIGHTLY NEWS

WHERE EVERYBODY IS SOMEBODY, AND ALL LIVE FOR GOD.

CHRIST THE KING CATHOLIC SCHOOL

November 2026

CK Cafeteria
Lunch Menu - CK

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 • Grilled Hot Dog • Potato Wedges • Corn • Cantaloupe • Spicy Chicken Sandwich • Pepperoni Pizza • Chicken Caesar Salad	**3** • Chicken Fajita Nachos • Pinto Beans • Apple, Carrot & Raisin Salad • Pears • Chicken Fajita Wraps • California Club Wrap w/ Hummus • Southern Chicken Salad	**4** • Pancakes • Breakfast Scramble • Fresh Fruit Cup • Yogurt Cup • Grilled Chicken Sandwich • Pepperoni Pizza • Terrace Salad	**5** • Chicken Alfredo • Seasoned Green Beans • Garlic Breadstick • Pineapple Tidbits • Cheeseburger • Turkey & Bacon Wrap • Asian Chicken Salad	**6** • Chic Fil A Sandwich • Baked Sun Chips • Apples Gala • Cookie • Baked Potato Bar • Cheese Pizza • Greek Salad
9 • Frito Chili Pie • Fresh Vegetables & Dip • String Cheese • Apple Slices • Spicy Chicken Sandwich • Pepperoni Pizza • Chicken Caesar Salad	**10** • Corn Dog • Tater Tots • Steamed Carrots • Peaches • Chicken Fajita Wraps • California Club Wrap w/ Hummus • Southern Chicken Salad	**11** • Chicken & Rice Casserole • Steamed Broccoli • Garlic Toast • Pears • Grilled Chicken Sandwich • Pepperoni Pizza • Terrace Salad	**12** • Spaghetti w/ Meatballs • Seasoned Green Beans • Breadstick • Peaches • Cheeseburger • Turkey & Bacon Wrap • Asian Chicken Salad	**13** • Mazzios Pizza • Carrots & Celery Sticks • Orange Smiles • Carnival Cookie • Baked Potato Bar • Cheese Pizza • Greek Salad
16 • Baked Chicken Strips • Mashed Potatoes • Parmesan Green Beans • Applesauce • Spicy Chicken Sandwich • Pepperoni Pizza • Chicken Caesar Salad	**17** • Cheeseburger • Breakfast Potatoes • Corn on the Cob • Banana • Chicken Fajita Wraps • Hummus & Vegetables • Southern Chicken Salad	**18** • Macaroni & Cheese • BBQ Little Smokies • Green Peas • Applesauce • Grilled Chicken Sandwich • Pepperoni Pizza • Terrace Salad	**19** • Roast Turkey w/ Gravy • Mashed Potatoes • Green Bean Casserole • Cornbread Stuffing • Cranberry Sauce • Dinner Roll • Dessert Topping	**20** • Baked Cheese Ravioli • Broccoli and Cheese • Potato Wedges • Pears • Fruit Flavored Gelatin • Baked Potato Bar • Cheese Pizza • Greek Salad
23	**24**	**25**	**26**	**27**
30 • Chicken Nuggets • Tater Tots • Steamed Carrots • Peaches • Spicy Chicken Sandwich • Pepperoni Pizza • Chicken Caesar Salad	***MCA Special Order:***	***Beef Burrito:***		

HAPPY THANKSGIVING, KNIGHTS!



Recess/Lunch Duty Lookout
November 23rd- December 4th



Nov 23-Nov 27	MONDAY 11/23	TUESDAY 11/24	WEDNESDAY 11/25	THURSDAY 11/26	FRIDAY 11/27
K & 1st 10:45 – 11:35	THANKSGIVING BREAK	THANKSGIVING BREAK	THANKSGIVING BREAK	THANKSGIVING BREAK	THANKSGIVING BREAK
2nd & 3rd 11:10 – 12:00					
4th & 5th 12:00 – 12:25					
JR. HIGH 12:25 – 12:40					
Nov 30-Dec 4	**MONDAY 11/30**	**TUESDAY 12/1**	**WEDNESDAY 12/2**	**THURSDAY 12/4**	**FRIDAY 12/4**
K & 1st 10:45 – 11:35	Lindsey Evans	Sheri Bookout	Shelley Fritch	Elizabeth Woods Beth Price	Olivia Bey
2nd & 3rd 11:10 – 12:00	Jennifer Kenney	Melissa Smith Cassie Henry	Dayton Schaefer Jessica McClendon	Beth Price	Megan Holzhausen Amy Wilkins
4th & 5th 12:00 – 12:25	Lauren Chastain			Beth Price	Kara McDonald Amy Wilkins
JR. HIGH 12:25 – 12:40					Holly Tacheny Katherine Darr

THANK YOU

for supporting us



A huge thank you to PTO for providing coffee and treats to the faculty and staff before Thanksgiving break. What a perfect way to end the week - thank you!!

PRINCIPAL'S UPDATE

November 16, 2026

Dear Knights:

Thank you for joining us for this week's Wait Until 8th event with Brooke Shannon! As promised, her resource list is below.

The Wait Until 8th pledge helps parents band together to delay the smartphone until at least the end of 8th grade. When families wait together, the pressure drops for kids and parents alike. There are so many reasons to wait.

The pledge is for smartphones only. You can still sign if your child has a basic phone that just calls and texts. Basic phones skip many of the distractions and risks of a smartphone. Here are some great options.

You won't be the only one. A pledge only becomes active once 10 or more families from your child's grade at your school sign. Until then, it doesn't kick in.

Almost 160,000 parents across all 50 states have said yes to waiting. Will you join us?

Learn more and sign at waituntil8th.org, and follow along on Instagram.

Thank you!
Jenny Richard

Wait Until 8th Resource List

Start here
Wait Until 8th Video
"What If I Told You" Video

Top book recommendations
The Anxious Generation
10 Rules for Raising Kids in a High-Tech World
Good Pictures Bad Pictures

Watch

Screenagers
The Social Dilemma
Childhood 2.0
Cost of Beauty, Dove Self-Esteem Project (just a few minutes, but powerful)

Listen and read

Your Undivided Attention Podcast
Former Surgeon General Vivek Murthy on Social Media and Kids

Great organizations

Protect Young Eyes
Defend Young Minds
Screen Time Action Network at Fairplay
Better Screen Time
Common Sense Media
Center for Humane Technology

About to say yes to a phone?

Smartphone Alternatives
Digital Training Guides

Already have a phone and need help?

Wait Until 8th Family Phone Plan
My Kid Just Got a Phone. Help!

About to say yes to social media, or need help managing it?

Wait Until 8th Social Media Guide

Monitoring, filters, and tech help

Gryphon Router
Bark
BrightCanary
Canopy

The CK Class of 2028

DECK THE HALLS FOR DC FUNDRAISER



ORDER PICK UP DETAILS:

- ADVENT WREATHS WILL BE MAILED DIRECTLY TO YOU THE WEEK OF 11/23
- SASHES AND 24 IN WREATHS CAN BE PICKED UP SATURDAY 11/28 AFTER 5PM MASS OR SUNDAY 11/29 1PM-4PM

If neither pick up time works for you, please email ck8thgradeDC@gmail.com to make alternative arrangements.

'Tis the season!

Let's say Thank You and Merry Christmas to our **amazing** CK Teachers and staff!

Christmas Cash Collection

Now through Wednesday, December 16th!

There is a parent volunteer for each class, one for the entire middle school, one for specials/staff/administration, one for Kids Club, and one for Lunch Bunch. The list of coordinators is included below. In classes that have teacher's aides, they will receive a percentage from the class collection.

Thank you for contributing to this parent-driven voluntary collection!

Questions? Contact:
Meredith Matthews (405) 426-5764 or
mereluke@gmail.com



Christmas Cash Collection Coordinator List

Please make all donations **by Wednesday, December 16th** by noon.

NAME OF RECIPIENT(S):	COORDINATOR & VENMO NAME:
Principals/Specials Teachers/Staff	Meredith Matthews @Meredith-Matthews-1
Middle School Teachers	Haley Gremillion @Haley-Gremillion
Kids Club Staff	Margaret Fields @margiefields
Lunch Bunch	Chloe Krenger @chloe-krenger
St.Jude	Dayton Schaefer @DaytonSchaefer
St. Emmelia	Kathleen Krenger @Kathleen-Krenger
St. Nicholas	Jessica Holmboe @thejrwoody
St. Anne	Cassie Henry @CassieHenry10
St. Maria Goretti	Katelyn Altendorf @Katelyn-Connelly
Kindergarten- Folks	Megan Tilly @Megan-Tilly
Kindergarten- Scott	Raegan Luttrell @raegannicole
1st- Miller	Lindsey Shadid @Lindseyshadid
1st - Schmidt	Laura Creagar @Laura-Creager87
2nd – Cloer	Mary Kate Flesch @Marykate-Flesch
2nd - Connelly	Julie Lortz @Julie-Lortz
3rd - Drew	Andrea Moates @Andrea-Moates-1
3rd- Lunn	Shelby Steinkirchner @Shelby-Steinkirchner
4th - Edelen	Julie DeWalt @Julie-DeWalt
4th - Phoenix	Brooke Burks @Brooke-Burks
5th - Thuman	Julie Dreiling @Jules-Dreiling
5th - Clark	Adrian Palazzolo @Adrian-Palazzolo

Christmas *Giving Tree*

THANK YOU FOR YOUR GENEROSITY AND FOR HELPING US SPREAD CHRISTMAS JOY THROUGHOUT OUR COMMUNITY BY SUPPORTING THESE TWO WONDERFUL CAUSES THIS HOLIDAY SEASON!

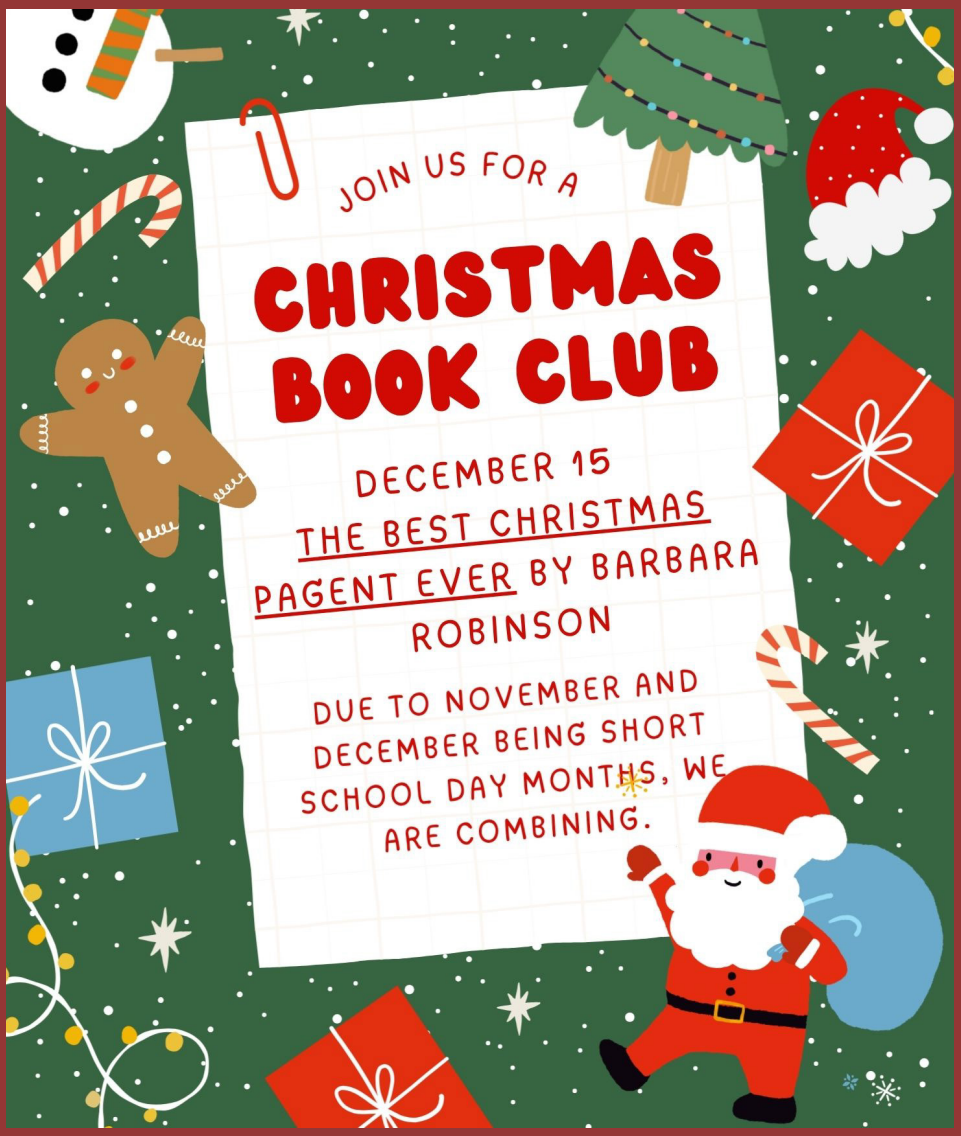


PJs FOR KIDS IN FOSTER CARE

Beginning Thursday, November 19, at our Thanksgiving Luncheon, families can pick up gift tags to help provide pajamas for children in foster care. All donations are **due Friday, December 4**.

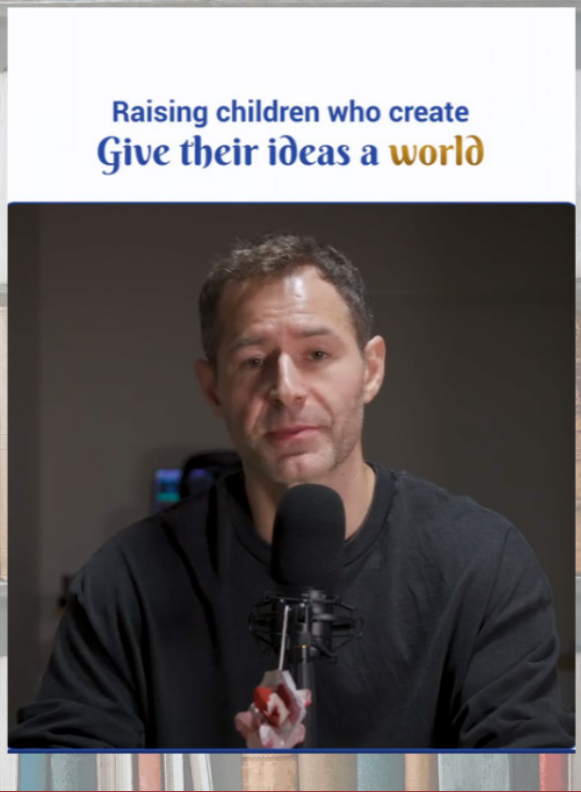
TOYS FOR CITY RESCUE MISSION

Beginning Friday, December 4, families can select gift tags to help bring Christmas joy to children served by City Rescue Mission. All toys are due back UNwrapped by **Thursday, December 10**.



CK Reading Nook

Children who can imagine a world or an idea not yet created will be the key to our future!



CK NEWS



New Episode!

Click photo to watch!

SCOUTING NEWS



SOCK DRIVE

FOR ST. ANN NURSING HOME

The Pack 120 Cub Scout sock drive is underway! Please bring new packaged sock donations to designated boxes in the school and church atrium now through

Tuesday Dec 1st!

Capital Campaign

Our Call to Build the Kingdom

Every one of us has benefited from the generosity and sacrifice of those who came before us. Their faith and commitment helped build the school community we enjoy today.

Now, it is our turn.

Please help in making a difference in the lives of others. To learn more about the campaign and Early Childhood Project visit www.ckokc.org/capital-campaign



ONE FAITH FAMILY FUTURE



BMCHS Admissions Timeline
Your Step-by-Step Guide

APPLICATIONS AND TESTING MUST BE COMPLETE TO BE CONSIDERED FOR ADMISSIONS.

Complete applications including ALL required documents listed in the application must be included.

1. **REGISTER FOR A PLACMENT EXAM**
   Choose one of the following exam dates:
   8/29 I 9/12 I 9/26 I 10/24 I 11/7

2. **COMPLETE APPLICATION BY NOVEMBER 15TH**
   Applications must be complete by Nov. 15th t& testing must be complete by Nov. 7th to be considered for early admissions deadline.

3. **WAIT FOR DECISION**
   Our admissions team will review all completed applications.

4. **EARLY ACCEPTANCE SENT OUT - DECEMBER 1ST**
   Early admissions decisions will be emailed.
   **** Late Decisions will be emailed on February 15th.*

5. **ONCE ACCEPTED, COMPLETE FORMS**
   Forms will be emailed.

6. **PAY REGISTRATION PAYMENT**
   (Link not sent until all forms are complete.)

7. **January - April: COMPLETE ENROLLMENT APPOINTMENT**
   (Link will be emailed, once registration payment is complete.)

Thank you for choosing Bishop McGuinness Catholic High School

Director of Admissions: Courtney Mullinix I 405-758-4900 I cmullinix@bmchs.org
Student Cultivation & Tours: Mossis Madu I 405-858-4738 I mmadu@bmchs.org

CRISTO REY OKC
CATHOLIC HIGH SCHOOL

OCTOBER 2026

Priority Deadline: November 15!

Applications for the 2027-2028 school year are officially open!

Start your journey at Cristo Rey OKC and discover an education that combines academic excellence, faith formation, and real-world work experience.

Click here to **APPLY NOW!**

OCTOBER IN PICTURES



"It was a wonderful opportunity to connect with others in the community and share more about the impact of the Corporate Work Study program. We were especially proud to highlight the contributions of the students in our department, who continue to demonstrate professionalism, dedication, and a strong work ethic in the office each day."

— Expand Energy representative



We kicked off this month at the Fiestas de Las Americas parade in collaboration with Plaza Calle Dos Cinco.



Our senior ambassadors had a great time at the Rosary School's Oktober Fest, where they got the chance to meet Thunder Broadcast Reporter, Nick Gallo.



Our freshman ambassador Ruby almost recruited the Chick-Fil-A cow for the 2027-28 school year at the Norman National Night Out event.



Our team is so grateful for the parish at St. Patrick, who gave us the opportunity to connect with their Children for Christ group.



Why Choose Cristo Rey OKC?

College-Preparatory Academics

A rigorous education that prepares students for college and beyond, with a 100% college acceptance rate.

Faith & Character

A Catholic education rooted in faith, service, and leadership that empowers students to make a difference.

Corporate Work Study Program

Students work one day a week with local businesses, gaining professional experience, building valuable skills, and exploring future careers.

A Supportive Community

A welcoming environment where every student is known, supported, and encouraged to reach their full potential.

Connect with Our Team!

ADMISSIONS@CRISTOREYOKC.ORG

405.698.1300 CRISTOREYOKC.ORG @CRISTOREYOKC

CHRIST THE KING CATHOLIC SCHOOL

FAITH FOCUS

BIBLE STUDIES

5TH GRADE (GIRLS)
6TH GRADE (GIRLS)
7TH GRADE (GIRLS)
8TH GRADE (GIRLS)
6TH - 8TH GRADE (BOYS)

CATECHESIS OF THE GOOD SHEPHERD

PRE-K (EMMELIA, NICHOLAS, ANNE, MARIA)
KINDERGARTEN
1ST GRADE
2ND GRADE

MONTHLY VIRTUES

SEPTEMBER - HOPE
OCTOBER - STUDIOSNESS
NOVEMBER - HUMILITY
DECEMBER - PATIENCE
JANUARY - FIDELITY
FEBRUARY - CHEERFULNESS
MARCH - TEMPERANCE
APRIL - OBEDIENCE
MAY - DILIGENCE

MASS SCHEDULE

AUGUST 13TH - FACULTY
AUGUST 20TH - 8TH (A)
AUGUST 27TH - 7TH (A)
SEPTEMBER 3RD - 4TH EDELEN
SEPTEMBER 10TH - 6TH (A)
SEPTEMBER 17TH - 3RD DREW
SEPTEMBER 24TH - 5TH CLARK
OCTOBER 1ST - 2ND CLOER
OCTOBER 8TH - 8TH (B)
OCTOBER 15TH - 7TH (B)
OCTOBER 22ND - 4TH PHOENIX
OCTOBER - 29TH - 6TH (B)
NOVEMBER 5TH - 3RD LUNN
NOVEMBER 12TH - 5TH THUMANN
NOVEMBER 19TH - 2ND CONNELLY
DECEMBER 3RD - 7TH (A & B)
DECEMBER 8TH - 8TH (A & B)
DECEMBER 15TH - FACULTY

WHERE EVERYONE IS SOMEONE, AND ALL LIVE FOR GOD

School Office Hours:
Monday - Friday
7:30 am - 3:30 pm

Phone: (405) 843-3909
Fax: (405) 843-6519

Financial Office Hours:
Tuesday & Wednesday
10:00 am – 1:00 pm
Thursday
10:00 am – 12:00 pm

Newsletter Deadline:
Email information by Midnight Thursday to
cknewsletter@ckschool.com

To access the Newsletter,
please visit www.ckschool.com,
select the "PTO" tab at the top of the page and then the "Information & Resources" link in the drop-down menu.