

GOVERNOR SEMPLE SCHOOL

APRIL 2013 NEWSLETTER

150 Hartford Avenue Winnipeg MB R2V 0V7
Ph. # 204-339-7112 Fax #204-334-7356

Family Night!

This month's family night was a delicious spaghetti dinner, followed by a video of this year's talent show. This was another opportunity for us to eat, laugh and celebrate together the many talents we all have to share.



Recess is FUNdamental!

Even on days when the weather isn't the best, we believe outdoor recess is an important and valuable part of our student's day at Governor Semple. With that in mind, we ask that you consider the temperature and weather conditions when assisting your child with clothing for the day. Please remember that on most days we will have outdoor recess...a little bit of rain or drizzle will not keep us indoors!



Please ensure that your child has a **water resistant jacket** in their bag to provide an extra layer of protection on those damp days! An extra pair of socks and rubber boots are helpful when dealing with those pesky mud puddles that always call us to come and play. Remember your hat for sunny days. At many times of the year temperatures and conditions vary, so dressing in layers ...is always good practice for our Winnipeg weather.

Important Dates to Remember

| | | |
|------------|-------------|---|
| May | 2 | Canadian Mennonite Univ. – rm. 11 |
| | 6 | NO SCHOOL – Professional Dev. Day |
| | 7 | Rooftop photo @ 9:00 |
| | 7 | X-Country – Little Mountain Park |
| | 8 | Hot Lunch orders due |
| | 9 | Rain date for X-Country |
| | 13 | Dual Track & Field @ West Kildonan Collegiate |
| | 15 | Rain date for Dual Track & Field |
| | 20 | NO SCHOOL – Victoria Day |
| | 22 | Hep B shots – gr 4's only |
| | 23 | Lunch Lady Hot Lunch |
| | 31 | Theme Day |
| | June | 4 |
| 6 | | Rain Date for Track & Field |
| 14 | | NO SCHOOL – Admin. Day |
| 20 | | Hot Lunch |
| 21 | | Theme Day |
| 21 | | grade 5 BBQ |
| 27 | | Gr. 5 Farewell |
| 28 | | Last Day of School |



NOTE: PLEASE NOTE THAT SOME DATES MAY CHANGE FOR IN-SERVICE DAYS TO BE ADDED OR DELETED.
PLEASE CHECK THIS LIST MONTHLY. THANK YOU



Kindergarten Registration Began on February 25th.

Governor Semple School started accepting Kindergarten Registration on Monday, February 25th, 2013.

Registrations will be taken during regular office hours from 9:00 a.m. to 4:00 p.m.

Please note that your child must be five years old by **December 31, 2013** in order to be eligible for registration for the fall Kindergarten classes. You must bring your **child's birth certificate, medical card and proof of address** when coming to register.

Chocolate Fundraiser:

Thank you to everyone who supported the chocolate fundraiser that we had in February. We made just over \$900.00.



REMINDER to all Parents/Guardians
It is important that you notify the office of any address, phone numbers and other changes, so that our records can be kept up to date.
Thanks for your cooperation!

Parents of Kinders and School Age Children

Governor Semple Children's Place currently has spaces open for enrollment. If you or someone you know is in need of child care, please drop by room 5 in the school or call our program @ 290-8517 between 7:00 a.m. – 9:00 a.m. or 11:30 a.m. – 5:30 p.m. You can ask for Debbie. You may also call our main center Sunny Mountain Daycare @ 290-7980 after 9:00 a.m. and ask to speak with Patrisha. In September the center will also be starting up an introduction to French nursery program from 9:00 – 11:30, Monday to Friday. Please call with inquiries.

PHYSED NEWS:

Big congratulations to our Grade 4 and 5 students that participated in the 7 Oaks Divisional Badminton Tournament on Saturday, April 13th!!!!



Thank you to our Badminton Coaches, Ms. Guilbault and Ms. Meyers, your time and effort is greatly appreciated !!!

*** On April 23rd, Governor Semple students participated in our 7th Annual Jump Rope for Heart & Stroke. 100% of the monies raised goes towards the Heart & Stroke Foundation. Thanks to all for your continued support!!!



*** Upcoming events : Grade 3,4,5 Divisional Cross Country May 7th (rain date May 9th)
>>> Letters went home to participating students.

: Grade 4 and 5 Dual Track and Field Meet May 13th (rain date May 15th)
>>> Letters will be going home to ALL Grade 4 & 5 students.



TRANSPORTATION NEWS:

The transportation applications have been given out for the 2013/2014 school year. If your child is a bussed student and you haven't turned in the bus form, please do so as soon as possible.

Community Coordinator News

POTTY MOUTH By Melissa Carter (from Today's Parent April 2013)

Are poop and pee jokes suddenly hilarious to your kid? Welcome to the bathroom humour phase.

"Shaky Shaky Tootsie!" my four-year-old son, Sebastien, calls out as he dances his way randomly, - and usually naked - through the kitchen.

Poopy-head. Stink-a-roni. Pee-pee pants. The sillier the word, the funnier Sebastien finds it, especially if he has an audience. And even though I've been depriving him of most cartoon potty humour, he draws plenty of inspiration from friends at school. I've been known to hover with my hand over his mouth when he sings a certain song in public, because



I know the odds are it will end in "poop." He has been known to ask, at the most inopportune time, if his grandmother wants to smell his bum. At some point, after months of his total disinterest in potty training, it became one of the things he won't stop talking about.

Most kids pick up toilet humour soon after transitioning out of diapers, says Michelle Kambolis, a registered child and family therapist and founder of Vancouver's Harbourside Counseling Centre.

"It's hilarious for boys and girls as they attempt to understand how their bodies work," she says.

The endless jokes are a form of relief (no pun intended) after the tension of the developmental

task of potty training.

The first step in managing the potty-talk phase is to accept that this stage is normal (and not a subconscious backlash to your helicopter diaper checks). Here's what else you can do.

SPEAK OPENLY Teaching the proper terminology for body parts and bodily functions, and having a matter-of-fact attitude about bathroom topics right from the beginning, should help minimize the appeal, says Kambolis. You don't have to sound like a medical textbook, however. "Let your kids say 'poop' instead of feces, and 'fart' rather than gas, as a way of demystifying the forbidden," she says. Reading a factual book like *Everyone Poops*, by Taro Gomi, is a great way to giggle and satisfy their curiosity about normal bodily functions.

SET BOUNDARIES Vancouver mom Sandra Gill, whose three-year-old son, Nathan, is also going through a potty-mouth phase, doesn't really mind the silliness, but she has set some limits. "I'm usually OK with fart jokes, but we do have two rules," she says. "Number one is no calling people names like 'bum-bum head,'" and number two is too many bathroom words and not enough listening means you have to go say them in the bathroom. And because he pretty much never wants to give up my attention or actually go to the washroom, it works."

RELAX A LITTLE Keep in mind that if you're not tolerant of potty jokes to some degree, your child will enjoy endless silliness from their friends on the playground anyway, reminds Kambolis. "And a good sense of humour helps kids emotionally and socially." You can set aside 10 or 15 minutes of "silly playtime" per day, potty humour included.



For Sebastien, nothing makes him happier than when I give into the giggling. And although experts agree that potty talk and bathroom humour don't lose their appeal until the age of eight or so, I do find that it's lessening as he nears the age of five. We've even found another form of funny, one that we both like: the knock-knock joke. "Orange you glad I didn't say 'poo-poo?'"

After reading the article above, it reminded me of an incident that occurred at an evening gym program for preschoolers. A little girl wanted to try her hand at batting. I gave her the bat and as I was placing the ball on the batting tee, I asked her what her name was. As proud as punch she answered "I went poop on the potty!" "Wow!" I exclaimed, and we high fived. I told her mom about the comment and she went on to say that it was pretty exciting. Now she tells everyone and anyone about her triumphant feat. When kids reach developmental stages and milestones, we should celebrate them and be proud. If that involves a little bathroom humour, so be it. Have fun with stuff like that, your child is only young once.

Dave Mathers Community Coordinator



TD Canadian Children's Book Week

TD Canadian Children's Book Week will take place from Saturday, May 4th to Saturday, May 11th, 2013. This year's theme is "All the Bookshelf's a Stage: Celebrating the Performing Arts" and celebrates the importance of theatre, music, singing and dance. The performing arts are not only part of Canada's rich cultural heritage, but also offer children and teens a way to explore their emotions and express their feelings.

Manitoba is very fortunate to be hosting author and illustrator Wallace Edwards and author Sylvia Gunnery during Book Week 2013.

Wallace Edwards is an award-winning author and illustrator who graduated from the Ontario College of Art in 1980. Following a 20 year career as a freelance artist Edwards decided to create a series of paintings based on the letters of the alphabet, and *Alphabeasts* (2002) was born. The rest, as they say, is history. Edwards has been the recipient of many awards for his books which include *The Cat's Pajamas*, *The Painted Circus*, *Monkey Business* and *The Extinct Files*.

Sylvia Gunnery is a writer and educator with 32 years' experience at the intermediate and senior levels. She offers host schools and libraries a choice of two presentations. In the first presentation, Gunnery explores the writing process, from the spark that generates an idea to the final publication of a book. The second is a workshop-style presentation in which students will create their own characters and experiment with ways to make them "come alive". Some of Gunnery's books are *Emily for Real*, *Menace and Mischief*, *Out of Bounds*, *Personal Best* and *Chewing Gum and Other Crimes*.

If you would like further information about Book Week or any of the touring authors, please check the Canadian Children's Book Centre Book Week web site at www.bookweek.ca or contact the Manitoba Book Week Coordinator, Gail Hamilton, at 204-654-3721 or gghamilton@shaw.ca.



MAY INFO

KYAC is FREE all school year long!

Important dates:

May 6th – PD DAY, KYAC is OPEN!

**May 8th – KYAC's 20th Anniversary BBQ @ Edmund Partridge 4:00pm,
all are welcome!**

May 20th – Victoria Day – KYAC is CLOSED

Check out our website:

<http://www.7oaks.org/Programs/KYAC/Pages/default.aspx>

We are looking for parent representatives on the KYAC board council, email us!

Have a suggestion for KYAC programming?? Let us know!

Register w/ KYAC - Email us kyac@7oaks.org for more details!**

ALL ARE WELCOME!

****Subject to cancel if there are not enough participants****

'Like' our page on facebook, search: KYAC

Follow us on twitter → @kyac7oaks for daily updates

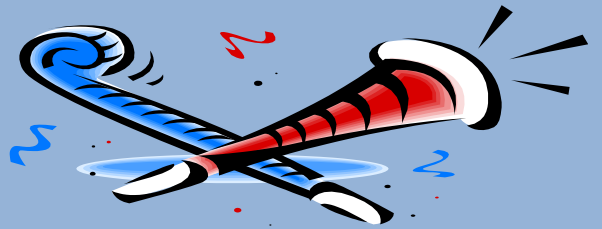
For more information, contact Pierre Feng, KYAC Program Coordinator,
at 586-0327 or by email at pierre.feng@7oaks.org.

May 2013

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|--|---|--|---|--|----------------------------------|
| GS – Governor Semple (8) RB – Riverbend (23) ESOMS – Ecole Seven Oaks Middle School (47) EP – Edmund Partridge (36) FP – Forest Park (7.5) | | | 1 KYAC @ GS 330-530pm KYAC @ EP 6-9pm | 2 KYAC @ FP 330-5pm KYAC @ ESOMS 6-9pm | 3 KYAC @ EP 6-9pm KYAC @ RB 6-9pm | 4 KYAC @ ESOMS 12-5pm |
| 5 KYAC IS CLOSED | 6 PD DAY, KYAC is still OPEN! KYAC @ EP 6-9pm | 7 KYAC @ RB 3:15-5:15pm KYAC @ ESOMS 6-9pm | 8 KYAC 20th Anniversary @ EP 4:00PM! | 9 KYAC @ FP 330-5pm KYAC @ ESOMS 6-9pm | 10 KYAC @ EP 6-9pm KYAC @ RB 6-9pm | 11 KYAC @ ESOMS 12-5pm |
| 12 KYAC IS CLOSED | 13 KYAC @ EP 6-9pm | 14 KYAC @ RB 3:15-5:15pm KYAC @ ESOMS 6-9pm | 15 KYAC @ GS 330-530pm KYAC @ EP 6-9pm | 16 KYAC @ FP 330-5pm KYAC @ ESOMS 6-9pm | 17 KYAC @ EP 6-9pm KYAC @ RB 6-9pm | 18 KYAC @ ESOMS 12-5pm |
| 19 KYAC IS CLOSED | 20 Victoria Day KYAC IS CLOSED | 21 KYAC @ RB 3:15-5:15pm KYAC @ ESOMS 6-9pm | 22 KYAC @ GS 330-530pm KYAC @ EP 6-9pm | 23 KYAC @ FP 330-5pm KYAC @ ESOMS 6-9pm | 24 KYAC @ EP 6-9pm KYAC @ RB 6-9pm | 25 KYAC @ ESOMS 12-5pm |
| 26 KYAC IS CLOSED | 27 KYAC @ EP 6-9pm | 28 KYAC @ RB 3:15-5:15pm KYAC @ ESOMS 6-9pm | 29 KYAC @ GS 330-530pm KYAC @ EP 6-9pm | 30 KYAC @ FP 330-5pm KYAC @ ESOMS 6-9pm | 31 KYAC @ EP 6-9pm KYAC @ RB 6-9pm | |

COME CELEBRATE

KYAC IS TURNING 20!



May 8th 2013, 4:00pm

Edmund Partridge School

1874 Main Street

Join us for a community
BBQ and activities!

Cost: FREE!



RSVP: kyac@7oaks.org

R. F. Morrison is Celebrating 50 years!



All former staff and students of R. F. Morrison School in Seven Oaks School Division are invited to join us in celebrating 50 vibrant years of learning. There will be two events:



Fashion Show Through the Decades *April 25*

Drop in to R. F. Morrison to visit between 5:00 and 8:00 pm
Program at 6:30

Anniversary Barbeque

June 7

4:00 to 7:00 pm

Join us at 25 Morrison Street

For information please call 204-338-7804

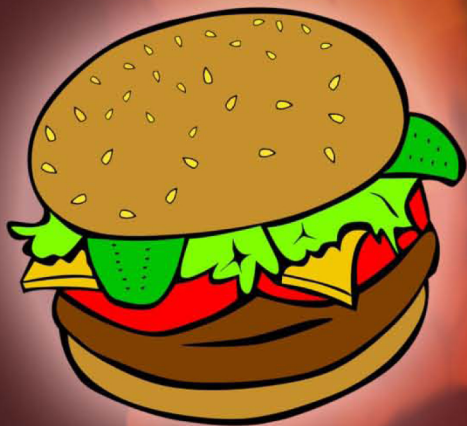


We are preparing an Anniversary presentation and we are looking for R. F. Morrison memorabilia and photos of R. F. Morrison events from the 1960's and 1970's. If you can help us out, please call the school at 204-338-7804. We will be happy to photograph the memorabilia items, scan any Morrison photos and return them to you.

Thank you!

West Kildonan Collegiate

Community



BBQ

101 Ridgecrest Ave.

Saturday, May 11, 2013

12:00 - 3:00 p.m.

**Kids
\$5.00**

**For tickets
call WKC
339-6959**

**Join us for great food, entertainment, awesome silent
auction prizes, and a 50/50 draw!**

Food provided by Shooters

All proceeds from the BBQ will go towards Safe Grad 2013

**Adults
\$10.00**

MY camp

MY summer MY way 2013

WHAT?

Affordable, accessible activity camps, combining activities from arts to sports, plus one-week intensive hockey camp. All sessions are Monday to Friday, 9:00 a.m. to 4:00 p.m. Students are required to bring their own lunch.

WHO?

Participants: students entering Grades 4 through 9 in September 2013.

Instructors: Coaches, Teachers and Educational Assistants from Seven Oaks School Division

WHY?

Because SOSD students are bright, talented and energetic – our camp offers a safe, fun and high-energy way to spend summer vacation.

WHEN & WHERE?

Two Week Sessions

| SESSION | DATES | LOCATION | COST |
|---------|----------------|--------------------------|------|
| 1 | July 2-12 | West Kildonan Collegiate | \$50 |
| 2 | July 15-26 | West Kildonan Collegiate | \$50 |
| 3 | July 29- Aug 9 | Garden City Collegiate | \$50 |
| 4 | August 12-23 | Garden City Collegiate | \$50 |

Intensive Session

| SESSION | DATES | LOCATION | COST |
|--------------------|-----------|-------------------------------|-------|
| 5 Hockey Intensive | Aug 26-30 | Maples Arena & Community Club | \$150 |

Space is limited, so register early!

Sessions will consist of a variety of different activities. These could include:

| | | | | |
|--------------|-----------------|------------|------------|----------|
| Dance | Drama | Tennis | Soccer | Softball |
| Art | Track and Field | Swimming | Hockey | Yoga |
| Audio/Visual | Wrestling | Basketball | Combatives | Bowling |
| Tech | Football | Volleyball | Fitness | |



SEVEN OAKS
SCHOOL DIVISION
community begins here

MY Camp Registration Form 2013

Session number 1 2 3 4 5

Name

Birthdate mm/dd/yr

School (June 2013)

School (Sept 2013)

Home Address Postal Code

Home Phone number

T-shirt size youth S M L adult S M L XL XXL (check one)

Parents' names Medical conditions

Daytime phone numbers Medications

Cell phone numbers Allergies

Emergency contact Previous injuries

Phone number Emergency contact 2

Phone number

Is your child funded or receiving any support services? yes no

Is he/she using adaptive equipment? yes no

Parent/guardian signature

Payment Options:

- Cash
- Cheque (payable to Seven Oaks School Division)
- Interac
- Visa
- MasterCard

Card number

Expiration date

Name on card

Card holder signature

Payment is accepted in three ways:



In person, by mail or at your child's school:

Cheque or credit card information addressed to:

SOSD IT Centre, BZERC
 375 Jefferson Ave
 R2V 0N3
 Attention: Continuing Education
 Phone: 204.927.3700



By phone:

204.927.3700 ext. 6
(credit card only)



Securely online:

www.7oaks.org

For more MY Camp information, contact Cindy Burkett at cindy.burkett@7oaks.org or 204.479.0803.



GET CONNECTED!

On site dietitian

**Child care provided for
older children**

Healthy Snacks



**Community
Outreach and
Support**

**Meet the Public Health
Nurse**

***Milk Coupons
and Bus Tickets**

Monday Mornings

10-12 noon

395 Jefferson

Victory School

For more info. call

947-2422 ext 113

Families Connecting is a Healthy Baby Community Support Program designed to assist pregnant women and parents of children under the age of one in connecting with other parents, families and health professionals.

*Milk Coupons provided for pregnant women and up to 6 months postnatal.

Time for a “Friends of Kildonan Park”?



In the last two years, there has been a lot of talk about green space and its usage in Winnipeg.

We receive many calls from people concerned with what is happening in Kildonan Park. Many say there should be a group to advocate for good experiences in our regional park.

We have grown up with Kildonan Park, and as residents in the region, we have come to love this green space for leisure / recreation.

Come out to a meeting to discuss and possibly form a “friends of Kildonan Park” group.

Sponsored by Councillors Ross Eadie, Mynarski Ward; Mike Pagtakhan, Point Douglas Ward; and Devi Sharma, Old Kildonan Ward.

Where: Kildonan United Church (187 Kilbride) upstairs hall

When: Monday, April 29th

Time: 5:30pm

Pizza and refreshments will be served

SPRING CLEAN-UP

Join a clean-up crew at the following location – where you'll find everything you need to pitch in:

McGowan Park

Rupertsland Blvd. & Jones St.

Saturday May 11th

10:00 am – Clean-Up

12:00 pm – Free BBQ

with PRIZE DRAWS

(for clean-up participants)



SEVEN OAKS

Residents' Association
and other Northside

pick up, clean up, join up!

residents' associations
working together

JULY & AUGUST 2013

LOWER FORT GARRY
**COMPANY OF
ADVENTURERS**
Day Camp



Have you ever wanted
to travel back in time?
Here's your chance!

JOIN THE
**COMPANY OF
ADVENTURERS**
AND DISCOVER
WHAT LIFE WAS LIKE
150
YEARS AGO!

-
- Meet the people of Lower Fort Garry
 - Dress like a fur trader
 - Bake bannock over a fire
 - Churn your own butter
 - Help the blacksmith make a nail
 - Get up close with the furs
 - Go behind the scenes of the Big Stone Fort
 - Visit the ghosts in Manitoba's first jail
 - Go on a fort-wide scavenger hunt
 - Train with the North West Mounted Police
 - Write with a feather and ink
 - Try your hand at beading and woodworking
 - Play fur trade games
-

For more information and to register, visit our
website www.FriendsofLowerFortGarry.com

Register before June 1, 2013
for the Early Bird Price of \$165

Lower Fort Garry National Historic Site
5925 9 Hwy, St. Andrews, Manitoba
Only 15 minutes north of the Perimeter!