



Governor Semple School

150 Hartford Avenue

Winnipeg MB R2V 0V7

Ph.#204-339-7112 Fax #204-334-7356

Web site: <http://www.7oaks.org/school/governorsemples/>

Dear Governor Semple Families,

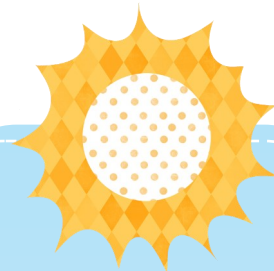
March has just flown by, and spring is emerging in so many ways in and around the school. We expect to have lots of water, squishy ground and mud on our playground. Please ensure that your child is dressed for the weather, and consider including an extra set of clothing and dry socks in his/her backpack.

Our teachers have been pursuing a book study as part of their professional development this year. The book we've chosen, Dr. Stuart Shankar's *Calm, Alert and Learning* provides many strategies for use in our classrooms. There is also a series of parent resources included, and we are happy to share one of these with you in this newsletter. We hope to be able to provide others in the future to encourage the home-school partnership that is so important for our children's well-being.

April brings with it a Manitoba Theatre for Young People show for all of our students, Hand-in-Hand sessions for our incoming Kindergarten students, a Family Night at the end of the month, and a special Star Dome mobile planetarium experience for all classes, among other activities and events. If you have any questions, please do not hesitate to contact us at (204) 339-7112.

Karen Hiscott, Principal

Governor Semple School started accepting Kindergarten registrations on Monday, February 23rd. Registrations will continue to be taken during regular office hours from 9:00 am to 4:00 pm. Please note that your child must be five years old by **December 31, 2015** 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.



NO SCHOOL ON:

Spring Break:

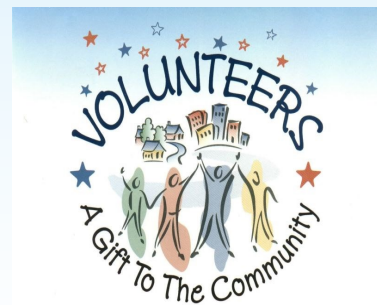
March 30-April 3rd

April 24th -P.D. Day

May 11th—P.D. Day

May 18th—Victoria Day

June 22nd—Admin. Day



Volunteer Appreciation Week

April 12-18, 2015



IMPORTANT DATES

- April 6 Classes resume after break (Day 5)
- April 8 ESOMS Open House @ 7:00 p.m.
- April 8 Pre-School Starts 9:00—11:30
- April 9 Pre-School Gym @ 6:30-7:30 p.m.
- April 15 Edmund Partridge Open House @ 6:30 p.m.
- April 20 1st session of Hand-In-Hand for new kindergartens 1:30—3:15
- April 24 **No School**
- April 27 2nd Hand-In-Hand 6:00-7:30 for new kindergartens
- April 29 Family Night
- May 1 3rd Hand-In-Hand 1:30-3:15 for new kindergartens
- May 4 X-Country gr. 3,4 & 5 Little Mountain Park 11:30-2:00
- May 6 Rain Date for X-Country
- May 8 Last Hand-In-Hand 1:30-3:15 for new kindergartens
- May 11 **NO SCHOOL**
- May 12 Track & Field gr. 4&5@ West Kildonan 9:30-2:00
- May 15 Rain Date Track & Field
- May 18 **NO SCHOOL**
- May 21 Gr. 4-3rd Hep B Shot
- May 27-29 Arts in the Park
- June 10 Tabloid Day
- June 29 Grade 5 Farewell

ÉCOLE SEVEN OAKS MIDDLE SCHOOL

800 Salter Street

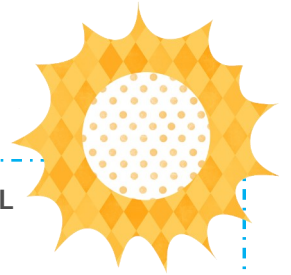
OPEN HOUSE

Wednesday, April 8th, 2015

7:00 p.m. (gym) & 7:20 p.m. (School Tours)

Come and learn together with your children about the experiences and programs of Middle School.

Following the information session in the gym, we invite you to visit various displays throughout the school and meet the teachers.



EDMUND PARTIDGE OPEN HOUSE

1874 Main Street

Wednesday, April 15th, 2015

@ 6:30 p.m.

Please come to the gym ready to enjoy some music and a brief message from grade 6 students & staff. You will end your evening with us meeting staff members and participating in a school tour.

If you have any questions about registration or need any information, please call the school at 204-339-9889



MILK INCREASE

Due to the increase in milk in February, we have to raise our milk prices effective April 6th

The cost of the milk cards will be as follows:

A card of 20 milks = 14.75

A card of 10 milks = 7.75

Payable by cash or cheque, exact amount only, no change will be given



What Is Self-Regulation?

(page 1 of 2)

by John Hoffman

When we were in school, most people believed that school success came from a combination of how smart you were and how hard you worked.

That's still partly true, of course, but research shows that something more basic than intelligence and effort is even more important for school and life success.

It's called self-regulation.

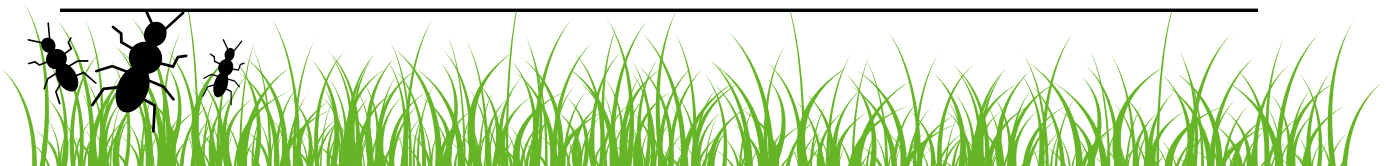
Self-regulation is a group of abilities we develop gradually throughout childhood and adolescence, and even as adults:

- **The ability to adapt your level of energy and state of arousal to the demands of a situation and then recover from the effort:** for example, to make yourself concentrate on your homework, wait for your turn in a game, get out of the way of a speeding car, and relax so you can sleep.
- **The ability to understand and manage your emotions:** for example, to be able to calm down and recover when you are upset, express your feelings in words, manage fears and anxieties, and be joyful without getting over-excited.
- **The ability to pay attention and shift your attention as needed:** for example, to focus on what a teacher is saying, tune out distractions when working, and move from one activity to another when necessary.
- **The ability to understand and take part in various types of social interaction:** for example, to be able to participate smoothly in conversations, get along with peers and adults, meet and get to know new people, manage conflicts, and "read" other people's feelings and thoughts.
- **The ability to understand and care about the feelings and problems of other people:** for example, to be able to listen to upset friends and understand what they are feeling and why, and to know what sorts of things will help them feel better.

It's not hard to see why these skills are related to school success. If children don't know what it feels like to be calm and how to get that way, if they have trouble controlling their feelings and behaviour, or paying attention, if they cannot get along with others, then at times they will struggle with school (and life) no matter how smart they are or how hard they try.

Written to accompany the book *Calm, Alert, and Learning: Classroom Strategies for Self-Regulation* by Stuart Shanker, ISBN 978-0-13-292713-0

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(page 2 of 2)

Parents play a big role in helping children develop the abilities related to self-regulation and you are most likely already doing many of the things that help.

Our job as parents is twofold: to “regulate” children at times, especially when they are young, and to help them build the skills that will enable them to regulate themselves.

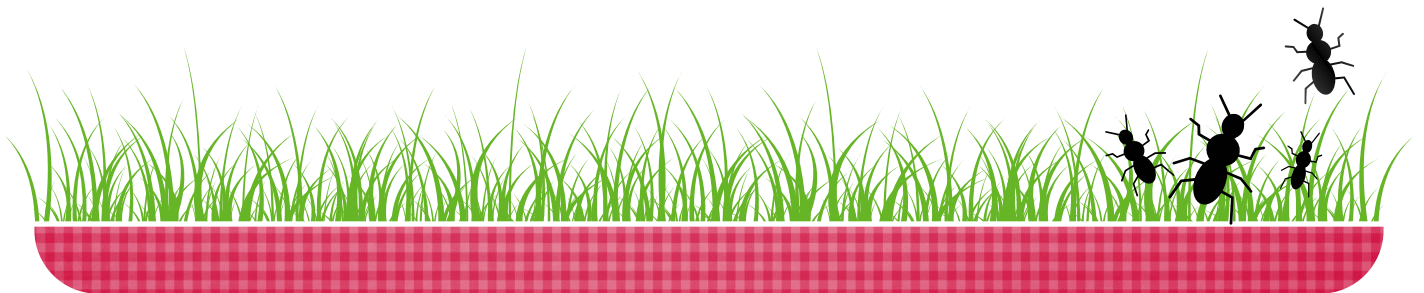
Regulating children is not the same as controlling them. It’s how we help them manage their daily lives, for example, by comforting them and helping them calm down, by providing stable, child-friendly daily routines, and by guiding them as opposed to “making” them behave in certain ways.

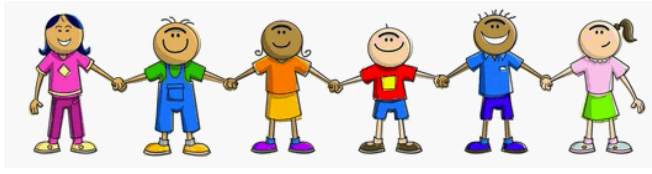
Helping children build their ability to regulate themselves is mostly about getting them to understand what sorts of experiences or activities leave them drained or overwhelmed and what they can do to feel better when this happens. It’s about helping children to understand themselves and their place in the world. These are all things parents do every day.

Please keep in mind that self-regulation skills take years and years to develop fully and that there is a huge variation in “normal” self-regulation ability among children. Even an individual child’s ability to regulate his or her behaviour, attention, emotions, and social interactions will vary from day to day and situation to situation. The key here is not to get angry or irritated when a child is being overly impulsive or withdrawn or even aggressive, but to help him or her learn how to deal with the stressors that are leading to these behaviours.

Written to accompany the book *Calm, Alert, and Learning: Classroom Strategies for Self-Regulation* by Stuart Shanker, ISBN 978-0-13-292713-0

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Parent & Child Evening Gym Program

A free program for you and your children ages 1 to 5
(PARENT/CAREGIVER PARTICIPATION)

We are pleased to invite you and your children (ages 5 and under) to our **free** evening Gym Program. (Older siblings can attend too!) Our programs will include gym activities, games, yoga stretches and stories. We encourage families to participate together and enjoy the benefits of physical activity and a healthy lifestyle.

Governor Semple School 150 Hartford Avenue 6:30-7:30 pm

Thursday, April 9th
Thursday, April 16th
Thursday, April 23rd
Thursday, April 30th
Thursday, May 7th
Thursday, May 14th

If you have any questions, please contact:

Debbie Talling, Community Coordinator Margaret Park School 338-9384
David Mathers, Community Coordinator Governor Semple School 339-7112

Please complete and return the tear-off registration form below to your school office or your Community Coordinator.

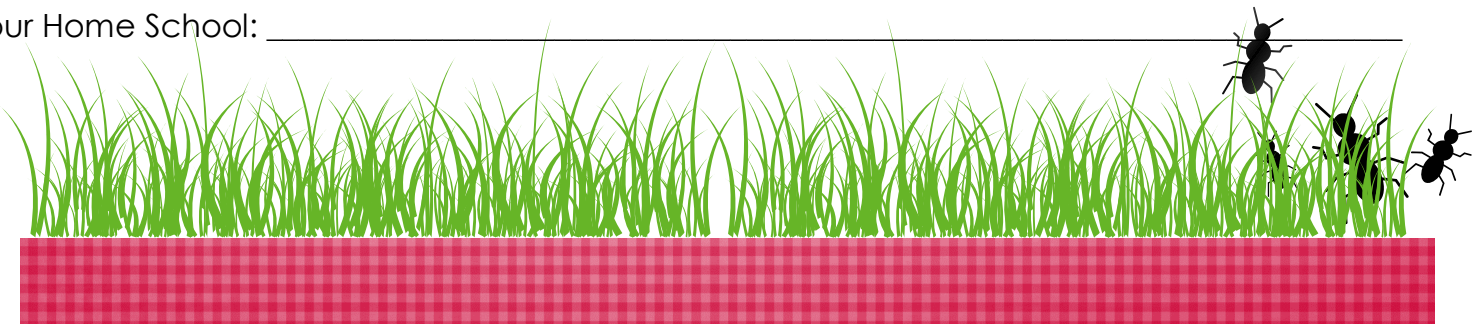
Parent & Child Evening Gym Program 2014/2015 Registration Form

Children's Names & Ages: _____

Parent/Caregiver's Name(s): _____

Phone: _____ Email: _____

Your Home School: _____



APRIL 2, 2015
6:00pm
THE MANITOBA LEGISLATIVE BUILDING
450 BROADWAY

3RD ANNUAL
PACE

**WORLD AUTISM AWARENESS DAY
WALK**

April 2 is World Autism Awareness day
Don't forget to wear BLUE

Please join us in a walk and rally to bring Acceptance and Understanding to those living with an
ASD (Autism Spectrum Disorder).
Beginning and ending at the Manitoba Legislative Building

We will have coffee (thank you to Starbucks Canada) and treats available.
Bring your kids, parents, grandparents, aunts/uncles, neighbours, respite workers anyone you want.

There will be Autism PACE merchandice available for purchase

Organized by
Autism Winnipeg PACE
(Parents of Autistic Children Everywhere) - you'll find us on Facebook.



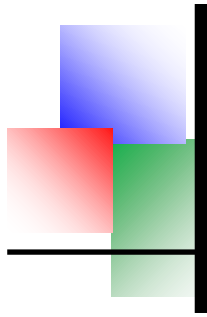
APRIL

2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3 GOOD FRIDAY	4
	← SPRING BREAK →					
5 	6 FIRST DAY BACK Day 5	7 Day 6	8 Bus Evac. @ 9:15 Rm. 11 - Swimming 10:45-12:10 ESOMS Open House @ 7:00 Day 1	9 Pre-School Gym 6:30-7:30 Day 2	10 All classes to Collicutt School for MTYP show 9:05-10:45	11
12 Day 4	13 Day 5	14 Day 6	15 Rm. 11 Swimming 10:45-12:10 Edmund Partridge Open House @ 6:30 Day 6	16 Day 1	17 Gr. 4 & 5's to Pantages 9:30-11:30 Day 2	18 
19 Day 3	20 1st session Hand-In-Hand 1:30-3:15 -New Kindergartens Day 3	21 Star Dome class presentations Day 4	22 Rm. 11 - Swimming 10:45-12:10 (Earth Day) Day 5	23 Day 6	24 NO SCHOOL P.D. DAY Day 1	25
26 Day 2	27 Hand-In-Hand 6:00-7:30- New Kindergartens Day 2	28 Day 3	29 Rm. 11 - Swimming 10:45-12:10 Family Night Day 4	30 Rm. 11— Wpg. Harvest 10:10-11:30 Jump Rope for Heart Day 5		

Jump Rope for Heart & Stroke
 April 6-10 Consent forms sent home
 April 15th- Consent forms due
 April 30th—Jump Off Date

spring is here



Kildonan Youth Activity Centre (KYAC)



APRIL 2015

KYAC Program Coordinator: chelsea.volkart@7oaks.org OR (204)470-9460

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

What is KYAC?

KYAC is a non-profit youth drop-in centre concerned with meeting the needs of youth, in Seven Oaks School Division.

Our drop-in programs offer a wide variety of activities ranging from low organized games, recreational sports, movie nights, guitar lessons, art classes and crafts. Programming hours are as follows for the month of **April!**

Drop-in Gym Hours:

Edmund Partridge Community School EP:
Monday, Wednesday and Friday 6-9pm

École Seven Oaks Middle School (ESOMS):
Tuesdays and Thursdays 6-9pm
Saturdays 12-5pm

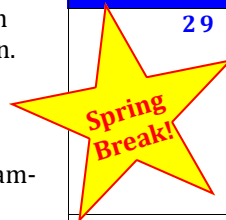
Structured Program Hours:

Governor Semple School
Wednesdays 3:30-5:30pm

Forest Park School (FP students only)
Thursdays 3:30-5:30pm

École Riverbend Community School:
Tuesdays 3:00-5:00pm
Fridays 6-9pm

****Please note: all structured program hours consist of organized games and activities and also provide a snack and beverage for participants.****



Sun	Mon	Tue	Wed	Thu	Fri	Sat
29	30	31	1	2	3	4
	KYAC Open Gym: 11-4pm	KYAC Open Gym: 11-4pm	KYAC Open Gym: 11-4pm	KYAC Open Gym: 11-4pm	No KYAC @ ESOMS	No KYAC @ ESOMS
5	6	7	8	9	10	11
12	13	14	15	16	17	18
			NO KYAC @ Edmund Partridge			
19	20	21	22	23	24	25
					NO KYAC @ Riverbend And EP	
26	27	28	29	30		
		NO KYAC @ Riverbend	NO KYAC @ Governor Semple and EP			