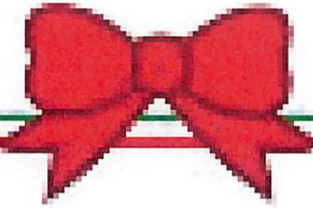


GOVERNOR SEMPLE SCHOOL

DECEMBER 2014



LET THE SPIRIT OF LOVE
GENTLY FILL OUR HEARTS
AND HOMES
IN THIS LOVELIEST OF SEASONS
MAY YOU FIND MANY
REASONS FOR HAPPINESS

HAPPY HOLIDAYS!

Sara

Erica

Lynn

Leah

Karl

Martha

Carol

Sabrina

Lari
Terry

Alysa
Colleen

Michelle
Carrie & Sara W.

Ric

Ric

Dave
Chantal

Alison

Jay!

Karen
Stacey



Positive Discipline

What it is and how to do it



We all know that parenting is a most rewarding, but challenging experience. Often we are presented with situations or behaviors in our children that leave us feeling confused, frustrated and unsure of how to respond.

Positive Discipline is an approach to parenting that teaches children and guides their behavior, based in research on children's healthy development and effective parenting.

Positive Discipline is not permissive parenting and is not about punishment. It is about long-term solutions that develop children's own self-discipline and their life long skills. Positive discipline is about teaching non-violence, empathy, self-respect, human rights and respect for others.

The 7-Oaks School Division will be offering a seminar on Positive Discipline in March and April, 2015. The seminars will start on Wednesday, March 4, 2015 in the morning from 9:15 am to 11:15 am and will run for 8 consecutive weeks. Childcare will be provided. The program will take place at the Ben Zaidman Educational Resource Centre (BZERC) at 375 Jefferson Avenue.

Registration forms will be sent home early Feb, 2015. For more information please contact the Community Coordinator at your school. We look forward to sharing information, ideas and experiences in these fun and informative parent seminars.

For more information please contact:

David Mathers - Community Coordinator
204-339-7112 david.mathers@7oaks.org





LEARN LACROSSE

Falcons Lacrosse Association is offering an introduction program to the sport of Lacrosse!

Clinics are FREE of charge, non-contact and open to boys and girls ages 5 - 11!

Where: Duncan Arena - 55 Duncan Street

When: Saturday mornings 10:30 - 11:30 a.m.

Sports teams welcome!

Please contact nwfalconsjax@gmail.com for more info or visit the Falcons Lacrosse website at www.falconslacrosse.net.



WINTER PROGRAMS

New Classes Begin in January

Classes available

Monday/Tuesday/Thursday/Saturday-Pan Am Pool

Tuesday/Thursday/Saturday/Sunday—Cindy Klassen Pool

For a complete list of programs, dates, times & locations

visit our web site:

www.winnipegsynchro.com

Winnipeg Synchro:





led by a team of outstanding, nationally certified coaches with years of experience on deck as well as in the Canadian & International Synchro Community.

Our programs support Long Term Athlete Development and ensure the development of physical literacy upon which excellence can be built.





January 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
				1	2		
	4 Day 6 1st day back	5 Day 1 1st Heritage Lang. class	6 Day 2	7 Day 3	8 Day 4	9	
		← VISION SCREENING →					10
11	Day 5 Swimming-rm 11 10:15-11:45	12 Day 6 Swimming-rm 1 9:30-11:00 Swimming-rm 3 10:15-11:45	13 Day 1 Swimming-rm 7 9:30-11:00	14 Day 2	15 Day 3	16 P.D. DAY NO SCHOOL	17
18	Day 4 Swimming-rm 11 10:15-11:45	19 Day 5 Swimming-rm 1 9:30-11:00 Swimming- rm 3 10:15-11:45	20 Day 6 Swimming-rm 7 9:30-11:00	21 Day 1 2nd Hep B shot Gr. 4's @ 9:00 Cooking fieldtrip- rm 7 @9:15-& rm 11 @ 11:00	22 Day 2	23	24
	25 Day 3 Swimming-rm 11 10:15-11:45	26 Day 4 Swimming-rm 1 9:30-11:00 Swimming- rm 3 10:15-11:45	27 Day 5 Swimming-rm 7 9:30-11:00 Family Night	28 Day 6 Cooking fieldtrip- rm 1 @ 9:15-10:45 & rm 3 @ 11:00- 12:30	29 Day 1	30 Wpg. Harvest-rm 6 10:00-11:30	31