

MARCH 2014

GOVERNOR SEMPLE

150 Hartford Avenue Winnipeg MB R2V 0V7
Phone #204-339-7112 Fax#204-334-7356
Web site:www.7oaks.org/school/governorsemples/

Dear Semple Families,

February was a bustling month with I Love to Read activities, Staff Appreciation Week, practicum students from Red River College and the University of Winnipeg, Games Family Night, our first successful lockdown drill and a whole lot of indoor recess! We are so hoping that the weather improves in March and that the children can spend more time outside in the fresh air. Please continue to send warm winter clothing regardless, because we offer outdoor play opportunities whenever we possibly can. There is significant research suggesting the positive correlation between recess and academic performance.

This month we bid a fond farewell to Toshio Nishimura, who taught the children in Room 6 during Jolene McFadyen-Nein's maternity leave. We wish Toshio all the best as he continues his work in Seven Oaks School Division. We welcome Jolene back and all the classroom experience, dedication and enthusiasm she brings with her to Governor Semple School.

If you have any questions or concerns about events and activities at our school, do not hesitate to contact us at (204) 339-7112.

Karen Hiscott, Principal

March 12	Parent-Teacher Conferences (evening)
March 13	Hot Lunch Forms Due
March 13	Parent-Teacher Conferences (evening)
March 14	Parent-Teacher Conferences (during the day—NO SCHOOL)
March 18	last swim class for Rooms 1&3
March 19	last swim class for Room 7
March 20	Badminton Tournament @ Maples Collegiate @ 5:00—8:30pm
March 21	Hot Lunch (pizza)
March 24-28	Milk Spirit Week
March 26	Family Night (Milk Olympic Games)
March 27	Last Heritage Language class
March 28	Theme Day (Helping Hand Day)
March 31– April 4	Spring Break (NO SCHOOL)
April 7	1st day back (Day 5)
April 17	Hot Lunch forms due
April 18	Good Friday (NO SCHOOL)
April 24	Pizza Hot Lunch
April 25	PD Day (NO SCHOOL)



ROOM 7 NEWS

Room 7 started the New Year off by sharing stories about our winter break. We shared two stars and one wish. Most of us wished that we could have played outside more but it was so cold- we're happy it's getting warmer out now! In Story Workshop we started to brainstorm our *That was Winter* poems. They are based on Marci Ridlon's original poem called *That was Summer*. We have been working on using descriptive language and thinking about our senses when we write. So far we have written poems for three of the seasons - Summer, Autumn and Winter. We hope you enjoy some of them!



That Was Winter

by Santiago

Have you ever felt winter?

Sure you have

Remember the time

*When you were making snow balls
and threw it at a wall?*

And your arm felt numb?

And how you were cold?

That was winter.

Remember that time

When you fell in the snow?

And how snow got in your face?

That was winter

If you try very hard

can you remember that time

*when you tried to ride your uncle's
snowboard?*

And then how you wiped out?

*Remember how you made a snow angel
that took you ten seconds?*

That was winter.

By Gleb

Have you ever touched winter?

Sure you have.

Remember that time

when you touched Santa?

And he was happy?

Remember opening your

Christmas presents?

And the feel of the shiny wrapping
paper?

That was winter.

Do you remember

when you touched the cold ice on
the skating rink?

And the hockey stick?

Remember how you touched the
snow?

And it was so cold?

That was winter.

Do you remember
building Superman in the snow?

And the moon?

Remember how you pushed your
car in the snow

and you were moving it?

That was winter.

If you try very hard

can you remember that time
when you were playing outside
and started throwing snowballs
with your friends?

Remember how soft the snow was
and how it broke when it hit your
friend?

Do you remember it was a great
time?

That was winter.

BY KARMAN

HAVE YOU EVER TOUCHED WINTER?
SURE YOU HAVE.
REMEMBER THAT TIME
WHEN YOU WERE AT YOUR NANA AND PAPA'S
AND YOU WERE PLAYING WITH YOUR COUSINS
AND KINGSTON PUSHED YOU INTO THE SNOW?
AND IT STUNG REALLY BAD?
AND YOU SAW IT TURNING RED?
THAT WAS WINTER.

REMEMBER THAT TIME
WHEN YOU SPILLED HOT CHOCOLATE ON YOURSELF?
AND IT BURNED REALLY BAD?
AND THEN IT FINALLY STARTED TO COOL DOWN?
THAT WAS WINTER.

IF YOU TRY VERY HARD
CAN YOU REMEMBER THAT TIME
WHEN YOU WERE OPENING PRESENTS
AND THE WRAPPING PAPER FELT SO GLOSSY
AND SLIPPERY?
AND YOU THREW IT BEHIND YOU?
THAT WAS WINTER.



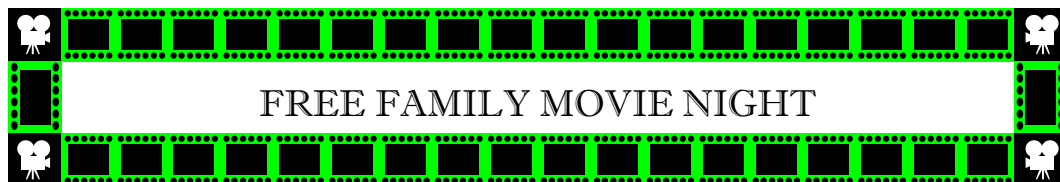
By Casha

Have you ever seen winter?
Sure you have.
Remember that time when you went outside for recess
and you thought you should play tag?
And then you went to ask your friends
and they all wanted to play with you
but you kept on falling down?
That was winter.

Do you remember that time when you were outside
and it started snowing?
And you started to catch the snowflakes with your tongue?
And it started to slowly melt on your tongue?
That was winter.

If you try really hard
can you remember that time
when your hands got really cold?
and you went inside to warm up
and then you rested your hands on the heater
and they got really warm?
That was winter.

We hope you enjoy the rest of winter before it's gone!



Where? Sinclair Park Community Center (490 Sinclair St)
When? 1st Monday & 3rd Friday of each month @ 6:30pm

Upcoming Movies:

March 3: Cloudy With a Chance of Meatballs 2 (PG, 2013)

March 21: Oz: The Great & Powerful (PG, 2013)

April 7: Smurfs 2 (G, 2013)

Canteen will be open!
Serving FRESH popcorn!



TANTRUMS!!!!

Even normally well behaved children have tantrums from time to time. 60-90% of 2 year old children have tantrums. The frequency peaks between 2 ½ and 3, with many of these kids having tantrums daily. Most stop by age 5, but it's common for older children to have the odd melt down.

Parents can't control their children's emotions, but can have an affect on the situations that cause tantrums. Here are some common triggers with suggestions to avoid them.



TIRED TRIGGER – Children are not at their best when tired, and to compound the problem, they can't understand why they feel out of sorts.

Try to keep nap/rest schedules as much as possible, but there will be times when you can't avoid it. For these times, it helps to take a special sleep object with you, a favourite stuffed animal or blanket for example. If a visit is going to be a long one, bring pyjamas and try to find a comfortable place for your child to rest, even if it's on your lap.

HUNGRY TRIGGER – Just like fatigue, hunger prevents a child from coping with emotions and being on their best behaviour.

If you are out and about, pack extra nutritional snacks. (Sugary snacks are empty calories that don't keep the hungry feeling at bay for very long.) Children need to eat smaller amounts more often throughout the day. This is something to keep in mind even at home.



DISTRACTED PARENT TRIGGER – All children crave attention from their parents, and most can tantrum when they don't get it. When you can't just drop what you are doing to give that attention, it's important to acknowledge the request for it. Ignoring the plea will only add fuel to the fire.

Let your child know that you want to give it and will give it as soon as you are done your task. "I'd love to play blocks with you! I just need to finish what I am doing. I'll be ready in 5 minutes." Offer a distraction to fill their waiting time, but be sure to follow through with your promise. The distraction could be something as simple as singing a song together, providing a drawing activity, a picture book or getting the blocks ready.

TOO FAST TRIGGER – Sometimes we rush from one thing to another without giving ourselves any wiggle room. Young children live in the moment and need time to change from one activity to the next.

Try not to schedule too many activities/plans in your child's day, and allow time between the ones you do plan to avoid being rushed. Children need time to finish what they are doing, especially when they are learning to master new skills such as dressing themselves. They also need time to finish an activity before moving on to the next one. A 10 minute and 5 minute warning routine lets them know that a transition is coming and allows them to bring a conclusion to their play.

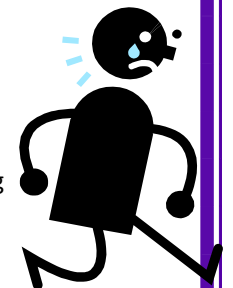
So, even with these tools, a tantrum can still happen. What then?

Avoid trying to reason with them; they can't hear you or think rationally at this point. Keep your cool. If you're upset, it only adds to their emotional frenzy, and models behaviour you are trying to discourage.

The classic advice of ignoring the tantrum is perfect for situations that stem from your child wanting something like candy or the toy another child is using. To give in teaches them that tantrums get them what they want. You may have to gently remove them from the area until they calm down, but avoid talking to them.

Ignoring can have the opposite effect when the tantrum stems from a reasonable request such as picking up toys. Every minute spent in the tantrum is a minute avoiding the task requested. If the child does not comply with the request, follow up by gently placing your hands over the child's hands to pick the toys up.

It is best to discuss tantrums, expected behaviours and what the consequences might be, at a different time, when the child is calm and able to listen and understand. During or immediately after a tantrum is the worst possible time for a discussion.





THINK TWICE ABOUT THIN ICE



Power of Community Family Fun Day

FREE ADMISSION

Sunday, March 9, 2014
MTS Centre
300 Portage Avenue, Gate 1
1 - 3:00 P.M.

Strong communities are safe communities. Join us for a FREE family fun event and learn how to be safe around ice while enjoying a friendly hockey game between the Winnipeg Firefighters and the Winnipeg Police. For more information visit redcross.ca/thinice.

Presenting Sponsor:



Partners:



2ND Annual World Autism Day Awareness Walk

APRIL 2, 2014 at 5:30pm

Walk starts at 6:00pm

THE MANITOBA LEGISLATIVE BUILDING
450 BROADWAY



April 2 is World Autism Awareness day. Please join us in a walk and small 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 cupcakes available

Bring your kids, parents, grandparents, aunts/uncles, neighbours, respite workers anyone you want.

Don't forget to wear BLUE

There will be Autism Jewelry and PACE t-shirts available for purchase

Organized by Autism Winnipeg PACE (Parents of Autistic Children Everywhere)- like us on Facebook.

Check out our Website for more information at pacewithasd.com



SEVEN OAKS INC.
EDUCATION FOUNDATION INC.

Seven Oaks Education Foundation Inc.

invites you to attend the

ANNUAL GENERAL MEETING

TUESDAY, MARCH 18, 2014

5:00 p.m. – 6:00 p.m.

CANAD INN GARDEN CITY

2100 MCPHILLIPS STREET

(Refreshments Provided)

Vision

A supportive community where all students believe they can continue their education and training beyond high school.

Mission Statement

To make post secondary education accessible for as many students as possible by engaging the financial support of the Seven Oaks Community.

We value education beyond high school, community, sustainability and inclusion.



City of Winnipeg Leisure Guide

The City of Winnipeg is proud to provide a wide variety of recreation and leisure opportunities that contribute to the overall well-being of our community. The Leisure Guide is published three times per year and is filled with fun and exciting programs for everyone, including a number of camps to keep the kids busy this summer!

For more information on leisure, sport and fitness programs, please pick up a copy of the Leisure Guide, call 311 or visit Winnipeg.ca. Guides are available for pick up at civic pools, libraries and leisure centres, and at a number of retail locations including Safeway, 7-Eleven and Mac's.

Watch for the Spring/Summer 2014 Leisure Guide at the beginning of March! Registration for swimming lessons only will begin on March 18 at 8:00 am. Registration for all other programs will begin on March 19 at 8:00 am. Registration will be ongoing after these start dates.

Helping People Save Lives – Every Day!

This training is being provided by:



Office #: (204) 233-CFAT (2328)
Website: www.Canadian-Training.ca
Email: Training@cfat-fesc.ca

Unit B – 390 Provencher Blvd.
Winnipeg, MB. R2H 0H1

PHILIPS

AED Authorized Master
Stocking Distributor



Babysitting Course

(Caring for Babies, Toddlers, Preschoolers, School-Aged Children & First-Aid modules)

***Pre-course Requirements: Participants must be 11 years of age or older**

Full Course: \$49.00 / person + GST (8 hours)

In-House Training available: Unit B – 390 Provencher Blvd. Winnipeg

March 29th, March 31st, April 1st, April 3rd & April 4th, 2014

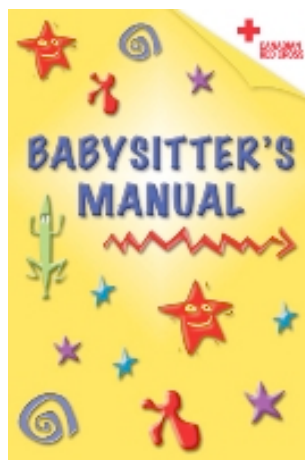
Full course training takes approx. 8 hours to complete
(e.g. 8:30am - 4:30 pm)

***Babysitter Certification card included**

Group Training Also Available!

- * Minimum 10-person charge**
- * Large groups welcome**
- * Train at our facility or yours – Same price!**

Receive this manual!



**CANADIAN
RED CROSS**
TRAINING
PARTNER

**CROIX-ROUGE
CANADIENNE**
PARTENAIRE
DE FORMATION

To register for one of our in-house courses or to set up training at your facility, please contact us at:

Office #: (204) 233-CFAT (2328)

Email: Training@cfat-fesc.ca

For more information, visit our website at: www.Canadian-Training.ca

Helping People Save Lives – Every Day!

Here is what you'll learn about!

The Babysitting course includes the following modules:

<p>Chapter 1: GETTING STARTED</p> <ol style="list-style-type: none"> 1. The Business of Babysitting 2. Your Role 3. Rules and Routines 4. Family's Expectations 5. Discussion 	<p>Chapter 2: CARING FOR BABIES</p> <ol style="list-style-type: none"> 1. Stages for Babies 2. Holding, Diapers, Dressing, Feeding, Food Find 3. Sleeping, Crying, Getting Along 4. Be a Problem Solver 5. Precaution for Babies 6. Toys and Games for Babies 7. Matching Toy with Age 8. Discussion + Practical Component
<p>Chapter 3: CARING FOR TODDLERS</p> <ol style="list-style-type: none"> 1. Stages for Toddlers 2. Diapers, Dressing, Feeding, Food Find 3. Sleeping, Getting Along 4. Be a Problem Solver 5. Precaution for Toddlers 6. Toys and Games for Toddlers 7. Matching Toy with Age 8. Discussion 	<p>Chapter 4: CARING FOR PRESCHOOLERS</p> <ol style="list-style-type: none"> 1. Stages for Preschoolers 2. Feeding, Food Find, Toilet Learning 3. Dressing, Sleeping, Getting Along 4. Be a Problem Solver 5. Precaution for Preschoolers 6. Toys and Games for Preschoolers 7. Matching Toy with Age 8. Discussion
<p>Chapter 5: CARING FOR SCHOOL-AGED CHILDREN</p> <ol style="list-style-type: none"> 1. Stages for School-Aged Children 2. Feeding, Food Find, Bedtime 3. Getting Along, Be a Problem Solver 4. Precautions for School-Aged Children 5. Toys and Games for School-Aged Children 6. Matching Toy with Age 7. True-or-False Brain Teaser 8. Summary of Decision-Making Abilities 9. Discussion 	<p>Chapter 6: INJURY IS NO ACCIDENT: CREATING SAFE ENVIRONMENTS</p> <ol style="list-style-type: none"> 1. Home Safety 2. Outdoor Play Safety 3. Fire Safety 4. Water Safety 5. Personal Safety and Security 6. Rural Babysitting 7. Safety Search 8. Discussion
<p>Chapter 7: HOW TO HANDLE EMERGENCIES AND FIRST AID</p> <ol style="list-style-type: none"> 1. Handling Emergencies 2. Preventing Injury and Illness 3. How to Call for Help 4. What to Do in an Emergency 5. Illness, Choking, Bleeding, Sprains, Strains, and Fractures 6. Poison, Burns, Special Health Problems 7. First Aid Kit Explanation 8. Discussion + Practical Component 	<p>Chapter 8: SPECIAL CONSIDERATIONS</p> <ol style="list-style-type: none"> 1. Appropriate and Inappropriate Touching 2. Child Abuse and Neglect 3. Discussion
<p>For Your Information:</p> <p>2 x 15 minute breaks 30 minute lunch break</p> <p>*Light afternoon snack provided!</p> <p>*Please bring lunch!</p> <p>*Please note, we are a nut <i>AND</i> peanut-free environment</p>	<p><u>Hi Parents! Interested in upgrading your training?</u></p> <p>Take the 1 day training to be certified in Emergency Child Care First-Aid w/ CPR Level B & AED for only \$89.00</p> <p><u>Cover the following modules:</u></p>  <ul style="list-style-type: none"> • Adult, Child & Infant: • Choking • CPR (Cardio Pulmonary Resuscitation) • Cuts, Scrapes, Bleeds, Wound Care • Medical Conditions: Fainting, Seizures, How to Use Epipens® • And much more!

Helping People Save Lives – Every Day!

🍁 Looking For Value Added Training For Your Training Dollar? We Do That!

" The bitterness of poor quality lingers long after the sweetness of low cost is forgotten"

- L. Porteous Fenster -

CANADIAN FIRST-AID TRAINING Ltd. provides the following list of value added components to **all** our in-house and out-course **First-Aid, CPR, Babysitting and Automated External Defibrillation (AED)** training. This includes:

- Professional, fun and knowledgeable staff certified as Authorized Providers with the **CANADIAN RED CROSS**.
- We can teach at your location and at your convenience
- Show up early for course set up (30 minutes).
- Provide course specific manuals for students to keep. We only use recognized material developed by the **CANADIAN RED CROSS**, which is recognized in over 185 countries around the world!
- **CANADIAN FIRST-AID TRAINING Ltd.** teaches to the new 2010 ILCOR (International Liaison Committee On Resuscitation) guidelines for which the **CANADIAN RED CROSS** is a participating member.
- Relaxed atmosphere when teaching.

At CANADIAN FIRST-AID TRAINING Ltd., we:

1) Adhere to best practice recommendations for all training. We provide the following:

- 1 manikin/person ratio for all CPR (**No sharing with other people!!!**)
- Floor mats for CPR training (**no more sore knees!!**)
- Flat screen TV w/ DVD capability *(Out course groups only)
- Whiteboard *(Out course groups only)

2) Only use top of the line equipment. This includes:

Demonstrate, fully explain & use:

- **Automated External Defibrillator (AED) trainer units: Philips Health Care Canada**
- *Gauze roller and triangular bandages, gauze non-stick pads, splints, etc. for all first-aid practical exercises (course specific)*
- **Epipen® & Twinject®** trainer units for practical exercises (i.e. severe allergies – anaphylaxis) *(first-aid courses only)*
- **Manitoba Regulations First Aid kits.** *(All courses)*
- Asthma puffers and Aero-Chambers® - i.e. (Spacers), etc. *(first-aid courses only)*

3) Also do the following at no extra charge:

- We bring products (i.e. first-aid kits, key chains and pocket masks) available for purchase.
- We customize the course to the knowledge of the group (i.e. take prior history into account).
- Full Explanation of **Manitoba Good Samaritan Protection Act** (Enacted – Dec. 7th, 2006).
- Full Explanation of **Manitoba - The Defibrillator Public Access Act (Bill 20)**

After training has been completed, we will:

- Stay afterwards to answer all questions, concerns and comments resulting from the training and leave each participant with contact information for any concerns, which may result from training.
- Students receive 1 wallet certificate (CPR & AED courses) and 1 wall certificate* (8.5x 11) (First-Aid courses only)
- Company/organization will receive copies of all certificates in a separate folder and all participants will be entered into our course management system. 90, 60 and 30-day notification of expired responders after 3 year period or upon request.



SEVEN OAKS SCHOOL
DIVISION

SEVEN OAKS SCHOOL DIVISION

SETTLEMENT PROGRAM

FOR IMMIGRANTS TO SEVEN OAKS

MARCH 2014

www.7oaks.org/programs/settlement

All events and programs are for newcomers to Canada. They are CIC funded and hosted by the Seven Oaks Settlement Program.

BRING YOUR PERMANENT RESIDENT CARD TO REGISTER.

Questions? Phone 204-632-1716 or 204-697-5961

CONTACT INFORMATION

Seven Oaks Adult Learning and Settlement Services

Website: www.7oaks.org/programs/settlement

Call us: 204-632-1716

Email us:
settlement@7oaks.org

Visit us:
950 Jefferson Ave

OFFICE HOURS
Monday to Thursday
10am- 8pm
(extended hours starting this month)

Drop-in Computer Use, Help or Information
660 Sheppard St.
Monday to Thursday
1-4pmor

Settlement Team: Shane, Rowena, Jose, Randeau and Sally

PRESENTATIONS, PROGRAMS AND WORKSHOPS

March is a special month to help parents attend our programs. Fee Childcare is available for most programs. Please consider taking this opportunity to join in.

- **Men's Cooking** Classes— Saturday March 1st, 8th, 15th, 10am--12 noon at Maples Collegiate (1770 Jefferson Ave.) Call Jose if you have questions or to Register
- **Computer Classes** – Saturdays starting March 1, 1-3pm at 950 Jefferson Ave. OR Wednesdays 1-4pm at 660 Sheppard St (Wednesdays include child-care). Beginner level classes at your own pace— Call Jose if you have questions or to Register
- **Manitoba Start Employment Program** with free childcare— Saturdays March 8, 15, 22, and 29, 950 Jefferson Ave. Programs includes career planning, job search, resumes, interview skills, networking— Call Randeau if you have questions or to Register.
- **Income Tax Clinic** with free childcare— Saturday, March 22 and 29, April 5, 12, and 26 at 10am-2pm at 950 Jefferson Ave. Volunteers will help you with your 2013 income tax if you income is below \$30,000 and your taxes are simple. Please see page 2 to know what to bring to do your taxes. Phone Randeau if you have questions or to book an *appointment*.
- **Mom and Me** – Tuesdays starting March 4th, 1-4pm at 660 Sheppard St. This is a parent/pre-school child time of games, songs, crafts. Call Rowena if you have questions or to Register
- **Women's Zumba and Sharing Circles** with free childcare— Fridays starting March 7, 5-8pm at 950 Jefferson Ave.
- **Career Coaching** with free childcare— Mondays starting march 10th, 1-3pm at 660 Sheppard Ave. Call Shane if you have questions or to register
- **Conversation Classes with free childcare** continue Saturdays only. 1-3pm at 950 Jefferson Ave. Call Randeau to register.

EVENTS

Budget Shopping Tour— Saturday, March 2014 11am-3:30pm. Learn some of the best places in Winnipeg to shop and save money for clothes, furniture, food and electronic by joining on the bus tour. Call Randeau if you have questions or to register. No children.



COMMUNITY NEWS IN THE SEVEN OAKS AREA

- ◆ **Free Women's Craft Day**– celebrating International Women's Day -- on Saturday, March 8th, 2014 from 12pm-4pm at 611 Main St. Craft workshops on beads, medicine pouches, Metis sashes. Includes child-minding and multi-cultural snacks. No need to pre-register.
- ◆ **Presentation on Post-Secondary Education Supports for Immigrants**– Wednesday, March 12 at 6:30pm at 950 Jefferson Ave. Do you want to further your education? This presentation will help you know about the extra supports you can use to help you succeed. Bring your PR card to register for this presentation.
- ◆ **Red River Community College Presentation** – Thursday, March 13th at 6:30pm at 950 Jefferson Ave.

SCHOOL NEWS FOR SEVEN OAKS SCHOOL DIVISION

- ◆ **Kindergarten Registration** started Monday, Feb 24th in Seven Oaks School Division. If you have a child ready for school, please contact your local school or see our website: www.7oaks.org
- ◆ **Spring Break in Seven Oaks School Division** is March 31st-April 4th, 2014



C O M M U N I T Y B E G I N S H E R E

What you need to get ready to file your 2013 Income Tax

* Bring these items with you when you attend your appointment with the free Community Income Tax Clinic in March (see first page for details including eligibility, registration and times)

You must have the following information and documents when filing your Income Tax Return:

- Your income information – T4, T5007, T4A, T4E, T5, etc.
- Date of birth
- Date of entry to Canada
- Your spouse's net income (if applying for GST rebate)
- Your spouse's SIN
- Proper address with the right postal code
- Void cheque to be attached to the Income Tax Return if you require direct deposit for GST or CTB.
- All receipts for medical expenses if you want to claim them. Ask your pharmacist for a printout of all your prescriptions.
- All receipts for charitable donations you made to claim deductions.
- A copy of your last year's tax return; it will help volunteers to ensure they have all the necessary information.
- If you received a T1 package in the mail with personalized identification label, bring it with you.
- Report any changes to your family situation or to your income since last year.

If you are bringing a return for someone else, bring their SIN and their personal identification information such as, date of birth, address, and spouse's name.

March 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 Men's Cooking 10am-12, Maples Collegiate Conversation Class 1:00-3:00, 950 Jefferson Computer Class 1:00-3:00, 950 Jefferson
2	3	4 Mom & Me 660 Sheppard 1:00-4:00pm	5 Computer Class 660 Sheppard 1:00-4:00pm	6	7 Women's Zumba 950 Jefferson 5:00-7:00pm	8 MB Start 9-12am, 950 Jefferson Men's Cooking 10am-12Maples Collegiate Shopping Tour! 11am-3:30 Meet at 950 Jefferson Computer Class 1-3pm 950 Jefferson Ave.
9	10 Career Coaching 660 Sheppard 1-3pm	11 Mom & Me 660 Sheppard 1:00-4:00pm	12 Computer Class 660 Sheppard 1:00-4:00pm PRESENTATION Global Welcome Centre 6:30-7:30pm 950 Jefferson,	13 PRESENTATION Red River College 950 Jefferson 6:30-7:30pm	14 Women's Zumba 950 Jefferson 5-7pm	15 MB Start 9-12am, 950 Jefferson Ave. Men's Cooking 10am-12, Maples Collegiate Computer Class 11-3pm, 950 Jefferson Ave. Conversation Class 1-3pm 950 Jefferson Ave.
16	17 Career Coaching 660 Sheppard 1-3pm	18 Mom & Me 660 Sheppard 1:00-4:00pm	19 Computer Class 660 Sheppard 1:00-4:00pm	20	21 Women's Zumba 950 Jefferson 5-7pm	22 MB Start 9am-12pm, 950 Jefferson Computer Class 11-3pm, 950 Jefferson Ave. Conversation Class 1-3pm 950 Jefferson Ave Income Tax Clinic 10am-2pm, 950 Jefferson
23	24 Career Coaching 660 Sheppard 1-3pm	25	26	27	28 Women's Zumba 950 Jefferson 5-7pm	29 MB Start 9-12am, 950 Jefferson Income Tax Clinic 10am-2pm, 950 Jefferson Computer Class 11-3pm, 950 Jefferson Ave. Conversation Class, 1-3pm, 950 Jefferson Ave



Get in the zone

DOs and DON'Ts of school zone safety

School zones can be dangerous places for kids walking, biking or even getting picked up or dropped off at school. In 2009, 42 traffic accidents involving kids under the age of 14 occurred on Manitoba streets. Together, we can make our roads safer by following these simple DO's and DON'Ts of school zone safety.

DOs

- 1 Slow down.** Slow to a safe speed where you can. Carefully watch for kids crossing in between parked cars.
- 2 Stop for buses.** When a bus' lights are flashing, it means that children are getting in or out. Traffic must stop in both directions until the lights stop flashing – and no sooner.
- 3 Put your car in park.** When dropping off your children, don't just come to a stop, but put your vehicle in park while they exit.
- 4 Pick a spot.** Discuss with your child a designated pick-up and drop-off spot that is easily and safely accessible. That way, kids aren't wandering the streets to find their ride home.
- 5 Always signal.** Signal when changing lanes, turning onto another street or when moving from a parked position.



Get in the zone






DON'TS

- 1 Don't be distracted.** Put down the coffee or cell phone and put your hands on the wheel and your eyes on the road.
- 2 Don't park in no parking or no stopping zones.** Waiting drivers may become impatient and attempt unsafe manoeuvres to pass, putting you and your child directly in harm's way.
- 3 Don't idle.** If you stop for longer than 10 seconds, it is more fuel efficient to shut your car off and turn it back on when it's time to go.
- 4 Don't roll through stop signs.** Make a complete stop at every stop sign and check for traffic both on the road and the sidewalk.
- 5 Don't ignore School Safety Patrols.** Patrols are there for one purpose: to protect youngsters as they cross the street. When crossing guards extend their flags and enter the street you must come to a complete stop and wait for all pedestrians to cross, proceeding only when the patrol has returned to the curb.



March 2014

Governor Semple School

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4 Rm. 1 Swimming 9:30—11:00 Rm. 3 Swimming 10:15—11:45	5 Rm. 7 Swimming 9:30—11:00	6	7	8
	Day 3	Day 4	Day 5	Day 6	Day 1	
 10 Patrols to Billy Mosienko Lanes 9:15—11:30 Time to Spring Ahead		11 Swimming Rm. 1 & 3	12 Rm. 7 Swimming Parent/Teacher Conf. -evening	13 Hot Lunch Forms Due Heritage Lang. Class cancelled P/T Conf.-evening	14 NO SCHOOL Parent/Teacher Conferences	15
	Day 2	Day 3	Day 4	Day 5	Day 6	
16	 Happy St. Patrick's Day!	18 Last swim classes for rooms 1 & 3	19 Last swim class for room 7	20 Badminton Tour. Maples Collegiate 5:00-8:30	21 Pizza Hot Lunch	22
	Day 1	Day 2	Day 3	Day 4	Day 5	
 24	⇐ MILK SPIRIT WEEK ⇒ Day 6	25	26 Family Night-Milk Olympic games	27 Last Heritage Lang. class	28 Theme Day Mb. Museum Rm.7-9:30-2:00 Last Day of school	29 Theme Day for Mar. 28 is "Helping Hand Day"
	Day 6	Day 1	Day 2	Day 3	Day 4	
30	31	⇐ SPRING BREAK—SCHOOL CLOSED ⇒			1ST DAY BACK APRIL 7, MONDAY DAY 5	