

March 2018

Governor Semple School
150 Hartford Ave.
Winnipeg, MB R2V 0V7
Ph. (204) 339-7112 / Fax (204) 334-7356
website: www.7oaks.org/school/governorsemple/
Twitter: @GovernorSemple

Dear Governor Semple Families,

February has been a very busy month here at Governor Semple. We celebrated I Love to Read month with many guest readers, from school division staff, politicians, students from our sister school and parents.

Room 7 celebrated their week outside and we are thankful to all of the volunteer support that we had to make this week a success!

Learn to Skate programming is in full swing for our grade 1/2 classes and it never ceases to amaze me how quickly skating skills develop. Children who have never skated before are already gliding and learning stopping techniques. Parents are encouraged to attend sessions if possible!

Learn to Swim programming is also in full swing for our grade 3/4 classes and students have been enjoying the opportunity to work on their swimming skills! Parents are also welcome to attend the swimming classes!

Please be reminded that we also offer a preschool program every Wednesday and Friday morning with our Community Coordinator Dave. Our program is for children ages birth - 5 years accompanied by a parent or caregiver. If you have a neighbour or friend living in the Seven Oaks School Division who may be interested, please encourage them to phone us for details (204-339-7112).

Jenny Hughes,
Principal



Governor Semple School is accepting registrations for Kindergarten!

Registrations can 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, 2018** in order to be eligible for registration for fall Kindergarten classes. Please bring your **child's birth certificate, medical card and proof of address** when coming to register.

REMINDER NO SCHOOL ON THE FOLLOWING DAYS:

Friday, March 2—School PD

Friday, March 16—Parent/Teacher Conferences

March 26-March 30—Spring Break

Friday, April 20 - School PD

Friday, May 18— Prof. Dev. Day

Monday, May 21—Victoria Day

Friday, June 8—Prof. Dev. Day

VISION SCREENING

Both the school screening and the Lions Kidsight screening are now complete. If you received a letter please follow-up with the eye doctor as letters were sent home. If you have any questions, please call Sabrina at the school.

DAYCARE NEWS

Governor Semple Children's Place will be having a St. Patrick's Day Dance Fundraiser on **Friday, March 16, 2018 from 6:00—8:00 p.m.** We will be having a DJ, a bake sale and a 50/50 draw. Food will be available for purchase. Hotdogs, chips and drink for \$5.00.

Please see the poster to come out this week for more information!

Bring your family and wear green!!



Homestay Family Opportunity

Student Ages: From 10 to 14 Years Old

Length: 3 weeks—

Dates: July 8th to 28th, 2018

Program Description

An English program for children from **FRANCE** combining a homestay experience with activities/ excursions once a week with their local coordinator. Each child wanting the experience of sharing the life and culture of a Canadian family.

- Students will participate in all host family activities with an emphasis on learning about the English language and improving communication skills.

- Children will require parental supervision at all times.

- A \$500.00 stipend (non taxable) will be provided to each homestay family

"Hosting is a very unique and rewarding experience"

For more information on hosting please contact-

Lisa Jitoboh—Local Coordinator for Nacel and 7oaks School Division International Student Program

Email to: ljitoboh@nacelcanada.org

Program Website: <http://nacelcanada.org>



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 filled with fun and exciting programs for everyone. The Spring/Summer 2018 edition features spring skating lessons and a number of exciting camps to keep the kids busy this summer, including a full-day format for our “L’il Critters” preschool camps and new sport camps.

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 2018 Leisure Guide at the beginning of March! Registration for swimming lessons only will begin on March 13 at 8:00 am. Registration for all other programs will begin on March 14 at 8:00 am.

Register for any 2018 City of Winnipeg summer camp by May 4 and you could win your camp for FREE!

City of Winnipeg Priceless Fun

Winnipeggers now have easy access to information about free recreation, leisure and library programs with the free programming guide, Priceless Fun.

The Spring/Summer edition of Priceless Fun, available at the end of March, provides information about the free programs for children and youth being offered by the City of Winnipeg throughout the city, all in one convenient guide.

Hard copies of Priceless Fun are available for pick up at all civic indoor pools, libraries and leisure centres. You can view the current edition of Priceless Fun online at: winnipeg.ca/leisureguide Information about programs is also available by calling 311.



Is happy to announce our registration is now open,
Come join in the excitement of the 2018-2019 school year!

At James Nisbet Nursery School, our Early Childhood Educators implement a play-based, developmentally appropriate curriculum. Our program is structured to offer a balance of activities to nurture your child’s social, emotional, physical and cognitive development.

We offer four class options to children between the ages of 3-5.

To reserve placement; visit us at 70 Doubleday Drive

Or contact via Email: nisbetns@mymts.net

Or visit our website: www.jnns.ca



The week leading up to Spring Break, we are going to celebrate Spirit Week!

Please make note of the daily themes:

Monday, March 19 - Hat Day (wear your favourite hat or tuque)

Tuesday, March 20 - Crazy Hair Day

Wednesday, March 21 - Fancy/Wacky Day (wear your favourite formal attire or dress as wacky as you can!)

Thursday, March 22 - Pattern Day (wear as many patterns as you can)

Friday, March 23 - PJ Day



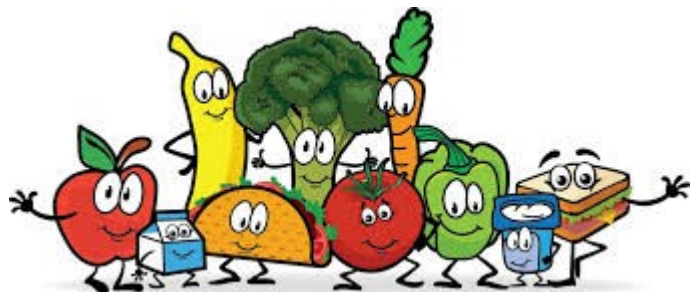
School Lunches

Please remember that with our balanced school day children have two opportunities throughout the day to eat. We encourage children to eat about half of their food during our first nutrition break and the other half of their food during the lunch period in the afternoon. We have been noticing many students eating all of their food during the first nutrition break resulting in them being very hungry for the remainder of the afternoon. A reminder as well that as children grow, their appetites do as well! Some great good lunch ideas for snacks and lunches are:

- | | | |
|--------------------|--------------------------|---------------------|
| - Raw fruits | -Raw Veggies | -Dried Veggies |
| - Crackers | - Muffins | -Meat |
| - Cheese | - Dried fruit | -Soup in a thermos |
| - Sandwiches/wraps | - Leftovers in a thermos | -Pita Chips and Dip |
| - Yogurt | -Salad | -Energy Bites |
| - Hard Boiled Eggs | -Sushi | - Dry Cereal |

*Kids can also participate in our milk program where 10 milks (white or chocolate) are sold for \$8.25 or 20 milks (white or chocolate) are sold for \$16.25.

*Children do not have use of a microwave here at school so please make sure that you are not sending food items that need to be microwaved.

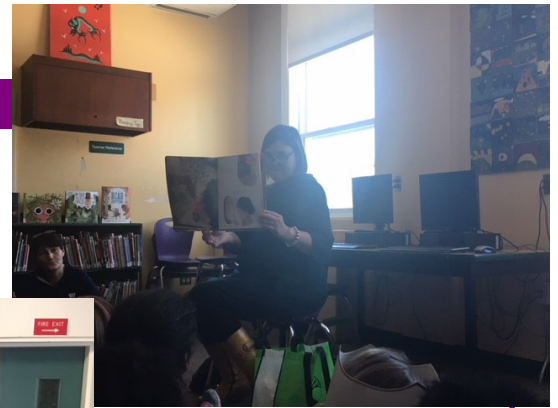


Governor Semple Loves to Read!

For I Love to Read Month in February, we were lucky to have several guest readers come and share their favourite books with our students.

Faith Ekakitie (Winnipeg Blue Bomber), Nahanni Fontaine (MLA for St. John's), Greg Makie (Radio personality with CJOB), Bernadette Smith (MLA for Point Douglas), Verland Force (Assistant Superintendent), Lydia Hedrich (Assistant Superintendent), Ben Carr (SOSD Divisional Principal), Grade 6&7 students from Edmund Partridge and numerous parents all showed the enduring value in learning to read and enjoying great literature.

A special thank you to all of the staff who helped to organize these readers!





Donations Needed! Each good book deserves a second look...

We are very pleased to announce that Governor Semple School will be hosting a BOOK DISCO! This is a chance for kids to come dance to some disco music and mingle with some gently used books, resulting in them taking one home for FREE! This will provide a new way for your children to find a great book to

read and to recycle books they've finished with.

Students may donate gently used books to their classroom teachers **between now and Wednesday, March 14th**, as the Disco will take place during the March parent teacher conferences, in lieu of a Scholastic Book Fair. **All students** will have an opportunity to take home a book of their choice from the Book Disco, free of charge regardless of a donation.

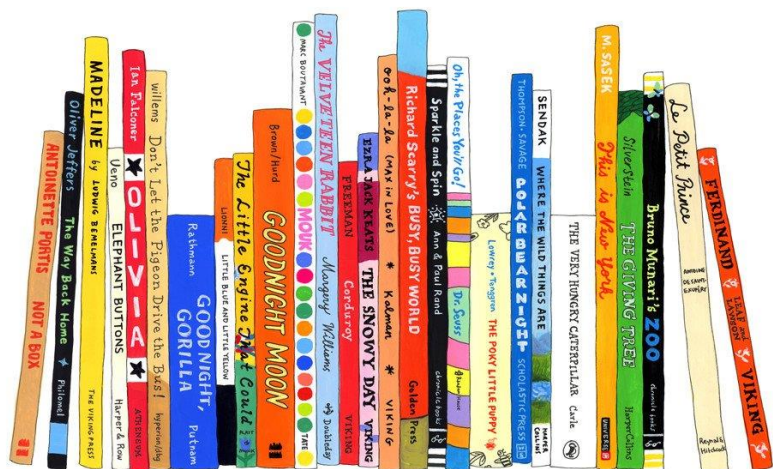
Please do not send in any coloring, activity or sticker books. Book donations must:

- be appropriate for grades K-5 only
- be in gently used condition: cover on, no rips, tears or water damage

Governor Semple School Book Disco is all about supporting children in developing a love for reading for pleasure. We hope our Book Disco will provide a small way of helping children keep reading new books without incurring any cost, as well as learning the value of recycling.

If you have any questions, please contact *Sara Wilson*
Governor Semple School
Librarian Technician
(sara.wilson@7oaks.org)

Thanks in advance for your support!



FATHER FIGURES MATTERS

SUPER DADS=SUPER KIDS

WHEN

Five Mondays Starting April 2, 2018

(Apr 2, 9, 16, 23, 30)

6-730pm

WHERE

RF Morrison School

25 Morrison Street

AN INTERACTIVE PROGRAM FOR FATHER FIGURES AND THE KIDS IN THEIR LIVES. SUITABLE FOR CHILDREN AGES 3-8

DEEP CONNECTIONS COME FROM ENJOYING YOUR CHILD, KNOWING YOUR CHILD AND PAYING ATTENTION TO WHO THEY ARE

To register, please call or email your name, your children's name and ages and a contact number to: cheryl.rajfur@7oaks.org, 204-339-1964.

MALE PRESENCE IN A CHILD'S LIFE IS IMPORTANT, WHETHER IT'S A DAD, UNCLE, OLDER SIBLING, GRANDFATHER OR STEPDA.

THEY ACTIVATE THEIR CHILDREN EMOTIONALLY, PHYSICALLY AND CONGNITIVELY

WHY SHOULD I TAKE PART?

Super kids... they come from Super Dads. This is an opportunity to spend time with your child in the gym and other hands on activities together.

You will also get a chance to connect with other father figures about the rewards and challenges of being involved in your children's lives.

A nutritious snack will be provided

**RSVP BY WEDNSDAY
MARCH 21, 2018**

**REGISTER EARLY,
MAXIMUM 16 FAMILIES!**



Ages 5 to Adult!
Box lacrosse is played on a standard sized Arena floor with six players on the floor at one time, 5 players and 1 goaltender. The strategy is similar to basketball. .



Canada's Official Summer Sport!

Registration is now open for season from April to June 2018!

Lacrosse is the fastest sport on two feet and is happening right here with North Winnipeg Falcon's Lacrosse!

Questions? Comments!

Email: nwpgfalconslox@gmail.com

www.falconslox.net

Facebook: [@nwpgfalconslox](https://www.facebook.com/nwpgfalconslox)



sunova
centre

For more information on any of the programs listed please contact the
Sunova Centre - West St. Paul's Recreation Site
 48 Holland Rd. West St. Paul
 Phone: 204-336-0294
 Email: recreation@weststpaul.com

sunova
JUNIOR
Leadership Program

The Sunova Junior Leadership Program is open to pre-teens and teens over the age of 12yrs that are looking to make a difference by volunteering! Junior Leaders will work alongside Camp Staff, acting as Volunteer Camp Staff, for our Camp Programs geared towards kids ages 4-11yrs.

Time Commitment: Sunova Spring Break Camp 2018 runs from 8am-5pm Monday March 26th to Thursday March 29th. The schedule for Junior Leaders can be flexible in terms of the days and times they are on-site. Please contact the Sunova Centre to arrange times!

Registration Fee: There will be a Registration Fee of \$5/Day to attend the Sunova Junior Leadership Program.

Pre-Registration Required!
 Complete the On-Line **Sunova Junior Leadership Program Registration Form** under the RECREATION TAB on www.weststpaul.com

sunova
Spring Break Camp!



Monday	Tuesday	Wednesday	Thursday
March 26 Bubble Soccer	March 27 STAR DOME <small>mobile planetarium</small>	March 28 LASER TAG	March 29 FIT KIDS HEALTHY KIDS Morning Motion ZONE PJ & Movie Afternoon <small>*Wear your PJ's and bring blankets, stuffed animals, etc... to Camp!</small>


Monday March 26th-Thursday March 29th - 8am-5pm
 (NO CAMP: Friday March 30th - Good Friday)

Ages: 4-11yrs

Registration Fees: 4-Day Week: \$95/Camper; 3-Day Week: \$75/Camper; 2-Day Week: \$55/Camper; Single Day: \$30/Camper
Spots Are Limited - Pre-Registration Required!

Complete the On-Line **Sunova Spring Break Program Registration Form** under the **RECREATION TAB** on www.weststpaul.com

SPRING BREAK Engineering Workshops!!!!

Monday March 26th - 10am-Noon	Tues. March 27th - 10am-Noon	Wed. March 28th - 10am-Noon
 <p>Age: 8yrs + NOTE: Participants will need to bring their own device (tablet, laptop, etc...) with a web browser! Scratch is a programming language that can be used to program and share interactive media such as stories, games, and animation. As children create with Scratch, they learn to think creatively, work collaboratively, and reason systematically. Scratch is designed for ages 8-16, but is used by all ages. Millions of people are creating Scratch projects in a wide variety of settings. The ability to code computer programs is an important part of literacy in today's society. When people learn to code in Scratch, they also learn important strategies for solving problems, designing projects & communicating ideas.</p>	<p>Build your own working ELECTRIC MOTOR!</p> <p>Age: 6yrs + In this workshop, we'll explore some of the different types of motors, how they work and where they're used. Kids will get to see a real motor made of Lego in action and explore how it works. As part of this hands-on workshop, kids will also be able to choose one or two different simple motor designs to build on their own. There are two options, one simpler version for younger kids, and a more complicated one for older kids who have already completed the simpler one. Each child will receive a motor kit of their choice and will be able to build and test it during the workshop - and they will take home their creation!</p>	<p>Spaghetti Tower Building Competition</p> <p>Age: 6yrs + In this workshop, we'll use a fun hands-on competition to learn about structures and strength. Children will be able to work in teams or individually, to use spaghetti and marshmallows to build a tower. Everybody has the same materials and rules, but creativity will be unlimited! The tallest tower that can stand on its own for at least 3 minutes will win. The winning person or team will get a special prize. Kids will learn: the creative power of brainstorming, how to work within a team or individually, how to work within limitations and how to use different structural designs. Photos will be taken of the tower designs to show family & friends!</p>

Registration Fee: \$35.00/Participant/Workshop

MINIMUM of 10 Participants are needed to run each workshop!
 MAXIMUM of 15 Registrations will be taken for each workshop!

**Pre-Registration & Pre-Payment is REQUIRED
 by Wednesday March 21st at NOON**

Complete the On-Line **Spring Break Engineering Workshops Registration Form** under the **RECREATION TAB** on www.weststpaul.com

Spring Break OPEN GYM

FREE Unstructured Gym Time!

Come out & get active at the Sunova Centre!

ALL AGES WELCOME:

From 5-6:45pm on
 Monday March 26th
 Tuesday March 27th
 Thursday March 29th

TEEN & ADULT - 13yrs+ WELCOME:

Monday March 26th - 7-9pm

Various Gym Equipment is available to use! Guardians/Caregivers **MUST** stay & supervise children during times listed below. Individuals taking part must **CLEAN-UP** after they are done using the equipment.

NEW!!! Introduction to Tennis

8-Sessions - Tuesdays - February 13th-April 17th
 5:30-6:30pm

No Class: March 13th and March 27th

Registration Fee: \$70/Participant



Introduction to Tennis is tailored a with step-by-step, easy to follow lesson plans that will introduce people of all ages to the game of Tennis. This introductory program is a great way to get everyone out and having fun! Come out to the Sunova Centre Gym and learn the basics of the game so your serve is ready for Spring and Summer!

**No tennis skills are required. Equipment will be provided!
 Open to kids and adults!**

These programs are delivered by a team of certified Instructors

Open to beginners, intermediate or advanced players!

A minimum of 8 participants are required to run the program

For more info on Tennis please visit the "Learn" Tab on tennismanitoba.com

Pre-Registration Required!

How to Register:

Step #1: Visit the **RECREATION Tab** on www.weststpaul.com

Step #2: Click on the **Sunova Centre Programs** option in the menu on the left

Step #3: Complete the **Winter/Spring 2018 Sunova Centre Program Registration Form**

Step #4: **Payments** can be submitted to the Sunova Centre Office prior to class or on the first class. Payments are accepted in cash or cheque (made payable to the RM of West St. Paul)

March 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Day 2 Rm.1/swimming 9:30-11:00 No Heritage Lang. class	2 Day 3 NO SCHOOL School PD	3
4	5 Day 4 Rm.7/ Swimming 10:00-11:30	6 Day 5 Rm.3/Skating 9:15-10:30	7 Day 6	8 Day 1 Rm.1/swimming 9:30-11:00 No Heritage Lang. class	9 Day 2 Rm.6/Skating 11:45-1:10	10 Baminton Tournament Maples Coll. 9:00-3:00
11  Time to Spring Ahead	12 Day 3 Rm.7/ Swimming 10:00-11:30	13 Day 4 Rm.3/Skating 9:15-10:30 Rm.11 WSO- Concert Hall 9:30-11:30	14 Day 5 Parent/ Teacher Conferences Evening	15 Day 6 Rm.1/swimming 9:30-11:00 Parent/ Teacher Conf. Evening No Heritage Lang. class	16 Day 1 NO SCHOOL Parent/Teacher Conferences	17 
18	19 Day 2 Rm.7/ Swimming 10:00-11:30 →	20 Day 3 Rm.3/Skating 9:15-10:30 ESOMS Fiddlers here 2-2:30 WEEK	21 Day 4	22 Day 5 Last Heritage Lang. class Rm.1/swimming 9:30-11:00 ←	23 Day 6 Rm.6/Skating 11:45-1:10	24
25 Palm Sunday						31 Classes resume April 2
					Good Friday	