

GOVERNOR SEMPLE SCHOOL

150 Hartford Ave. Winnipeg MB R2V 0V7

Ph 204-339-7112 & Fax 204-334-7356

web site: www.7oaks.org/school/governorsemple/

Dear Governor Semple Families,

The month of September flew by! We've had a very good start to our school year together. Highlights of September included:

- ◆ welcoming students and families during Orientation Days
- ◆ seeing families at our Welcome Back Family BBQ
- ◆ raising funds to support cancer research through our Terry Fox Walk
- ◆ welcoming families to our preschool parent-and-child programs

October brings with it students participating in the Unite to Change conference, cross-country running, bus evacuation practice and various other activities to enhance and expand on the learning within their classrooms. If you have questions about the events and activities taking place both inside and outside our school, please don't hesitate to contact your children's teachers or me at any time.

Karen Hiscott, Principal

Mark your calendars!

Halloween Family Dance
Wednesday, October 21, 2015
6:30—8:30pm
Governor Semple School



Watch for an email
with further
details!





DATES TO REMEMBER

Oct. 5	Room 7 starts swimming		
Oct. 8	Room 8 starts swimming	Oct. 21	Halloween Dance
Oct. 12	Thanksgiving Day—NO SCHOOL	Oct. 22	Div. P.D. Day—NO SCHOOL
Oct. 13	Heritage Language classes start	Oct. 23	SAGE—NO SCHOOL
Oct. 13	Div. X-Country-gr's 3,4 & 5 Little Mountain Park @ 11:30	Oct. 26	Picture Day
Oct. 15	Rain Date for X-Country		

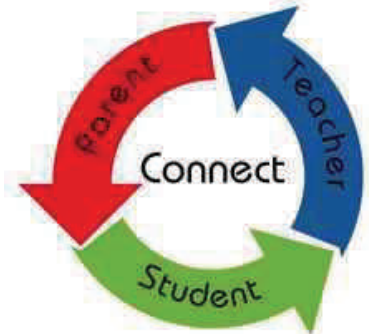
You talk, we listen...

Thank you to those parents and community members who offered their thoughts, ideas and feedback in the spring through our Thoughtstream survey.

At Governor Semple School, we want to know what you think we're doing well, where we can improve and what we might be missing. Our goal is to get a sense of shared values and priorities from our parents and community members.

In upcoming newsletters, we'll be responding to some of the most commonly voiced questions, comments and concerns about our school.

For example, a number of parents let us know that they enjoyed watching children learn modern dance techniques alongside Artist in the School Ofield Williams last year.



This year we're pleased to let you know that we'll be welcoming Phoebe Man from the Artists in the Schools program in early December. Phoebe has been playing the traditional Japanese art form of taiko drumming since 1989 and is a founding member of local taiko group Fubuki Daiko.

Students will learn the history of taiko as well as its basic playing techniques. They can look forward to learning exercises such as stretching, breathing, body and voice strengthening as well as hands-on drumming.

NO SCHOOL ON THE FOLLOWING DAYS:

Monday, October 12—Thanksgiving

Thursday, October 22— PD Day

Friday, October 23—SAGE

Wednesday, November 11—
Remembrance Day

Friday, November 20—Parent/Teacher
Conferences

December 21-January 1— Winter Break

Monday, January 18—P.D. Day

Friday, February 5—P. D. Day

Monday, February 15—Louis Riel Day

Friday, March 18—Parent/Teacher
Conferences

Friday, March 25—Good Friday

March 28-April 1—Spring Break

Friday, April 22—P. D. Day

Monday, May 16—P.D. Day

Monday, May 23—Victoria Day

Monday, June 27—Administration Day



PRESCHOOL STORY TIME

This **FREE** program is for children 5 and under accompanied by a parent or caregiver.

- Songs Rhymes Stories Crafts
- Snacks Free play activities Structured activities Parent magazines
- Lending library **Children learn and develop best through play.**

Governor Semple School WEDNESDAYS 9:00 – 11:00

& FRIDAYS 9:00 – 11:30

Come join the fun! Bring a friend! Meet other families!
You will all have a great time! See you there!



(If you do not have a preschool child, please pass this on to someone who does!)

For more information call Community Coordinator Dave Mathers at 204-339-7112

david.mathers@7oaks.org

***please note this program is for residents of the 7 Oaks School Division only.**



ARE WE GETTING ENOUGH SLEEP????

Welcome back to staff, students and families! I also offer a warm welcome to any newcomers. In the caring tradition of Governor Semple School, I'm sure that our new additions are already feeling right at home.

I will make an effort to provide periodic columns in the school newsletter. I welcome topics, feedback and connections with families.

This particular column I offer has become a yearly tradition; it's back by popular demand. The chart below indicates how much sleep people of different ages require in order to function fully and effectively. As you examine the numbers below you will realize that most of us aren't getting enough sleep.

AGE: TOTAL SLEEP:

0-3 months---14-16.5 hours

3-9 months---14-15 hours

1 year---13.75-14 hours

2 years---12.75-13 hours

3 years---12-12.5 hours

4 years---11.5-12 hours

5 years---11 hours

6 years---10.75-11 hours

7 years---10.5-11 hours

8 years---10.25-10.75 hours

9 years---10-10.25

10-12 years---9.75-10

13-24 years---9-9.5

25 and older---8-8.5

People are often quite surprised by these numbers. If you realize that your child(ren) aren't getting enough sleep, having them ease into an earlier bedtime by tucking them in 15 minutes earlier every few days helps them become accustomed to the change. Having some quiet time before bed, a warm bath, and/or a nice night-time ritual can all help kids transition to sleep time. Well-rested children (and adults!) are at their best for learning and for getting along well with others.

I hope you'll sleep on this!

Sweet dreams!

Terry Klan (your School Counsellor)



Please let us know.....

Just a reminder: if there has been or will be a change in your child(ren)'s situation, whether positive or negative, please let us know.

We're not trying to be nosy—we are simply trying to anticipate and support your child(ren) in ways she/he might need during times of transition.

So, if, for example:

- ◆ a new baby is on the way,
- ◆ someone close has died or is dying,
- ◆ you're moving,
- ◆ a change in visitation with a parent is coming,
- ◆ special visitors are at your home,
- ◆ extended travel is planned,
- ◆ there is a serious illness...please contact us.

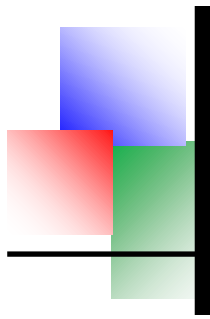
Always, our goal is to respect your privacy while planning together for your child(ren). We believe that it takes a village to raise a child...and we're glad to be part of your village.

October

2015



Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
				Day 6	Day 1	
4	5 Bus Evac. @ 9:15 Rm. 7 first class of swimming @ 10:30 Day 2	6 Day 3	7 Day 4	8 Rm. 3 first class of swimming @ 10:00- 11:15 Day 5	9 Day 6	10
11 	12 Thanksgiving NO SCHOOL	13 Heritage Language classes start Div. X-Country Little Mountain Park @ 11:30 Day 1	14 Day 2	15 Rain date Div. X-Country @ Little Mountain Park Rm. 3 swimming Day 3	16 Day 4	17
18	19 Rm. 7 swimming 10:30-11:45 Day 5	20 Day 6	21 NO KYAC Halloween Dance 6:30-8:30 Day 1	22 Div. PD Day NO SCHOOL Day 2	23 SAGE NO SCHOOL Day 3	24
25	26 Picture Day Rm. 7 swimming 10:30-11:45 Day 4	27 Day 5	28 Day 6	29 Rm. 3 swimming Day 1	30 Day 2	



Kildonan Youth Activity Centre (KYAC)



OCTOBER 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, ages 8-17, 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.

To register: visit our website, click "online registration" and fill our your child's information. Or contact the program coordinator.

Programming Hours :

Drop-in Gym Hours:

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

École Seven Oaks Middle School (ESOMS):
Tuesday and Thursday 6-9pm
Saturday 12-5pm

Structured Program Hours:

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

Forest Park School:
Thursdays 3:30-5:30pm

École Riverbend Community School:
Tuesdays 3:00-5:00pm
Fridays 6-9pm **(students from all schools welcome!)**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	Guitar Program	6	Art Program	8	9	10
11	No KYAC: Thanksgiving	13	Art Program	15	16	17
18	Guitar NO KYAC @ Riverbend	20	Art Prog. NO KYAC @ Governor Semple	No KYAC: @ Forest Park and ESOMS	No KYAC: @ Riverbend and EP	24
25	Guitar Program	27	Art Program	29	30	31

KYAC Art Program (supplies provided):
Wednesdays 6:30-8:30pm
@

Edmund Partridge Community School
in the Multi-Purpose Room.

Please note: the class is now full, check back in December for winter session registration.

KYAC Guitar Program (guitar provided):
Mondays 6-7pm or Mondays 7-8pm
@

Seven Oaks Middle School
in the Band Room!

Please note: classes are now full, check back in December for winter session registration.