

Hawks Talk

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Choral Coffee House

Please join us for our Choral Coffee House on Thursday February 27th. This event will take place in the gymnasium at École Seven Oaks Middle School at 7pm. The Coffee House will feature performances by the grade 6, 7, and 8 choirs, as well as the Vocal Jazz. Students should be dressed in all black for this event (solid black tops, pants, and shoes). All choir students are asked to meet in the MPR for a short vocal warm-up at 6:30.

Congratulations to all of the grade 6 students who participated in the Winter Concert on January 30th!



Important Dates

February 3	School PD – No Classes
February 4	Parent Advisory Council 6:30 pm
February 17	Louis Riel Day – No Classes
February 27	Choral Coffee House 7:00 pm
March 3	ÉSOMS Winter Activity Day
March 4	Parent Advisory Council 6:30 pm
March 10	Student Reports go home
March 11	Parent/Teacher/Student Conferencing - Evening
March 13	Parent/Teacher/Student Conferencing - Evening
March 14	Parent/Teacher/Student Conferencing – No Classes
March 20-21	Brandon Jazz festival
March 28	Last day of classes before Spring Break
April 7	Classes resume after Spring Break – Day 5
April 7	First day for term 3 of TAS morning options.
April 8	Parent Advisory Council 6:30 pm
April 10	ÉSOMS Open House – 7:00 pm
April 15-17	ÉSOMS Musical Production – 7:00 p.m.
April 18	Good Friday (No Classes)
April 25	School PD – No Classes
May 6	Parent Advisory Council 6:30 pm
May 12	School PD – No Classes
May 13-16	Band Trip
May 19	Victoria Day – No Classes
May 29	Choir/ Fiddling Concert
May	Sustainability in Action 5:00 pm (Date TBA)
June 4	Parent Advisory Council 6:30 pm
June 11	Band Concert – North Kildonan Mennonite Church
June 25	Grade 8 Farewell Evening 6:00 pm – Sunova Centre
June 26	Administration Day – No Classes
June 27	Last Day of Classes





ÉSOMS has organized the first ever GSA (gay–straight alliance) group for all grades. The GSA is a group of students and teachers who work together to create a safe, positive space where all students feel welcome and supported. Our group hopes to achieve a school climate that encourages equality, supports all students and is aware of issues surrounding LGBTQ students. To help create change the GSA offers students a better understanding of the world around us. To reach our goals we meet every second Tuesday in room 24 and once a month (TBA) after school in room 27. We discuss current issues, plan outings, and work together to raise awareness throughout the school. The GSA is a great place to meet new people and enjoy a safe, positive environment. We have also created a GSA bulletin board on the glass window of room 17 that includes GSA meeting schedules, interesting news articles and other information regarding the GSA. We invite anyone interested to join us at one of our meetings to see what it’s all about! All students welcome!!



SEVEN OAKS
SCHOOL DIVISION
community begins here

SEVEN OAKS SCHOOL DIVISION

Invites the Community to the 2014 – 2015

Public Budget Consultation Meeting

The Board of Trustees of the Seven Oaks School Division invites the public to an open meeting to discuss the 2014-2015 school year budget. The purpose of the meeting is to inform the public about funding provisions and current budget discussions and to invite comment on educational and budget initiatives.

Monday, February 24th, 2014 – 7:00 p.m.
West Kildonan Collegiate - Library
101 Ridgcrest Avenue



MET SCHOOL
SEVEN OAKS SCHOOL DIVISION

Open House

See You
There!

Wednesday

Feb. 19

6:30—7:30pm

**Garden City Collegiate—Met School
East Gym**

Students entering grades 9—12
are invited to apply

Application deadline: **Wednesday, March 19th, 2014**

Come and learn more
about this innovative, challenging and
award-winning high school!



For more information contact:

Ms. Adair Warren
204-336-5050

Principal
adair.warren@7oaks.org



COLLÈGE GARDEN CITY COLLEGIATE

711 Jefferson Avenue

Winnipeg, Manitoba R2V 0P7

Telephone: (204) 339-2058 / Fax: (204) 334-7252

Homepage: <http://www.7oaks.org/school/gardencity/Pages/default.aspx>

PRINCIPAL:

VICE-PRINCIPALS:

Come and join us for our Open House Evening.

Veillez nous joindre pour notre soirée porte-ouverte.

Wednesday, February 26, 2014
mercredi, le 26 février, 2014

6:30PM – Presentation in Main Gym
7:00PM – Club Expo and Building Tours

Reminder to Incoming Students:

Please submit the completed applications to your Middle School Homeroom Teacher by **Friday, March 7th**.

West Kildonan Collegiate

101 Ridgcrest Avenue
Winnipeg MB R2V 4T6
204-339-6959

February 27th, 2014

5:30 - 8:00 p.m.



OPEN HOUSE



ENJOY A CUP OF COFFEE
AND

SEE WHAT WE ARE ALL ABOUT!



www.7oaks.org/school/westkildonan

MARK YOUR CALENDARS...

More registration information coming soon

MARCH 3RD @ 7 pm

GRADE 9

**REGISTRATION NIGHT AT
WEST KILDONAN COLLEGIATE**

www.7oaks.org/school/westkildonan

A Very Important Message for Parents/Guardians

Are you trying to reach our School, yet find yourself using Google and calling the wrong location?

That is because the Google Search App is sometimes incorrect in searching Schools in Seven Oaks School Division. The Seven Oaks Website is found at www.7oaks.org and we encourage you to add it to your iPhone, iPad, Computer or add our school's phone number to your frequently dialed phone numbers on your home/cell phone. You will always be able to reach us on the first try !!!

Visit the Seven Oaks School Division Website www.7oaks.org to keep updated on current events in Seven Oaks, (including Transportation information) and our Divisional Calendar and visit each School's Webpage to see what's happening there !!!



Winter Activity Day March 3, 2014

A reminder to families that planning has begun for our upcoming Winter Activity Day. This is a day organized for our school to participate in a variety of activities that allow us to celebrate and enjoy the outdoors. Yes, winter can be fun! A letter was sent home highlighting this year's menu of choices. A reminder that registration forms are now past due. Please return your forms as soon as possible. Payment is due Feb. 20th.

In the Gym....

Physical Education Classes

Throughout the month of January, students participated in a number of physical education units: floorball, box hockey, broomball and snow soccer. The students also completed a yoga class and a number of fitness theme classes such as fitness testing and the timed fitness runs. Also, gym classes will continue to take place both indoors and outdoors, so please help remind your child to bring gym clothes that are suitable for the cold weather as well as for in the gym.

Special Olympics

Students continue to train for the upcoming snowshoeing event sponsored by Special Olympics Manitoba. The event will take place on Thursday, February 20th.

Extracurricular

Jan 24/25 6th Annual Girls Hawks Basketball Challenge. (Divisional Girls)

March 7/8 11th Annual Boys Hawks Basketball Challenge. (Divisional Boys)

Feb 20th, Gr. 8 School Teams will be attending the SOSD MY JamFest at the U of W.

Teams will be bused from ÉSOMS to the U of W at 9am and return by 2:30pm. Be sure to check on the school website (www.7oaks.org) for the sports calendar (found under the phys ed tab) and all team practice/ game times. This is each player's responsibility. The schedules can also be found on the phys ed calendar in the hallway by the gym. Game participation is dependent on practice attendance.



Congrats, Thank You & Welcome!

The Phys Ed department would like to welcome Mr. Russell to our staff, beginning in February. Mr. Russell will be in for Mr. Malaschuk, who will be off on paternity leave for the rest of the school year, working both at the rink during each TAS hockey class as well as in the gym. Congrats to Mally, thanks for your efforts this year and welcome to Mr. Russell.

Life and Learning at ÈSOMS

La vie et l'apprentissage

Salle 31 – Mme Brodeur

Our class has developed an e-mail friendship with grade 7 students from Heritage International School in Cairo, Egypt! Both classes are studying about the quality and ways of life around the world and the students are learning about each other's country through on-going email conversations. Not only are the grade 7 students learning about the quality and ways of life in another country, but they are also studying the quality of life in their own country to share information with their friend overseas!

As a holiday gift, Mme Lindsay's students sent art pieces to Egypt that represents life in Canada. The Egyptian students sent gifts all the way from Egypt to their Canadian friends! We look forward to continuing our friendship with the Egyptian students throughout the year!



Room 29 - Miss Koshelanyk Creative Writing

For the last few months our class has been diving deeper into the issue of poverty on both a local and global level. There is the old saying that goes something to the effect of “don’t judge a man until you have walked a mile in his shoes”. Even though we have visited both local food banks and shelters, we still had questions surrounding what it really was like to be in the midst of a *struggle*. As a class, we tried to put ourselves in a moment where there was a sense of urgency and struggle and explain what we were seeing, hearing and feeling. The results were some very powerful pieces of writing that give a glimpse into what someone might be going through at any given time.

I am……I am lost. I am terrified. I don’t know when I’m going home. I **don’t** even know if I will ever be going home. As I sit in these dark, lonely woods trying to sleep, I think about the good days. The softness of my comfy bed. The warmth of the fire place after a long day. I feel hopeless. I know that no one will come to rescue me. They all have better things to do than search through the woods for a beat up, worthless person like me. They are all probably enjoying the cool winter weather with their families, skating and sledding. I am snapped back to reality with a coyotes howl in the distance, and minutes later, afraid and lonely, I fall asleep.
By Kalie

I am……I am waiting. Waiting for a family to come and choose the lucky one to take home. I hope this time they choose me. I love seeing my friends jump up and down with joy, but it also hurts to see them go. Mrs. Mary tells us they are coming and we all stand in a line. I feel good this time because there are only five of us. I hear the footsteps coming in the room. I feel the pressure rise up in my body and I try to look my best. I look up and there they are, smiling at each and every one of us. The time has finally come!
-Anonymous



I am……I am hungry. I am tired. I am freezing. I stand outside the grocery store, waiting to be fed. Maybe, just maybe, someone might give me food or some water. I am waiting. I am trying to get money to travel back home. Still not enough. I sleep in a bus shack on the bench. As the cars pass by, I hear their horns. I am hungry, I am tired, I am freezing.
By Cameron

I am……I am desperate. So very desperate. I need help, but the people that pass me don’t care. I am so anxious that I ask a man for money. He starts yelling and shaking his head, saying “no, no no.” I go to bed thinking about my life. What would it be like if I wasn’t here? People say I’m a waste of space, a mistake. Sometimes I believe them. The days that come after are all the same. I am sad, hungry and lonely. I am Desperate.
By Mya

Room 24 – Ms Conner

How to Make a Scrumdialicious Piece of Toast

By Monica

Okay, I'm going to show you guys how to make the most superb toast you'll ever eat in your whole entire life. (Okay, maybe not, but just go along with it ok?)

So first thing you are going to have to do is to make sure you have a toaster (obviously, how else are you going to make toast?) Or you can use an oven...whatever floats your boat.

Next I want you to get the things you will need. These include: How many slices of bread you want (I'm using 1 because...why not?), some butter or whatever you like to put on your toast (I will be using both butter and Nesquick Chocolate Syrup), your butter knife and a plate. OH! And you obviously don't carry those things all at once, what are you, an octopus? Put them on your counter, or on a table close to your toaster. Now get your bread and butter knife and scoop some butter and carefully (yes carefully!!!) spread it on your bread.

Now pick up your bread with the butter on it and carefully place it into the toaster. Once that's done pull the timer on your toaster and pull down the lever.

Now...we're going to play the waiting game, it's simple. You pretty much wait for the bread to pop out, while this happens you will hear a bell kind of sound. After that you take out your bread with a tong, or your hands (just make sure you don't burn yourself because if you do, your parents are going to be blaming me for your pain!) and put it on your plate.

After this, spread some of the chocolate syrup on top! And you're done!

Congratulations genius, you made your own superb toast! Now go on...scram!!!



How to Make a Perfect Piece of Toast

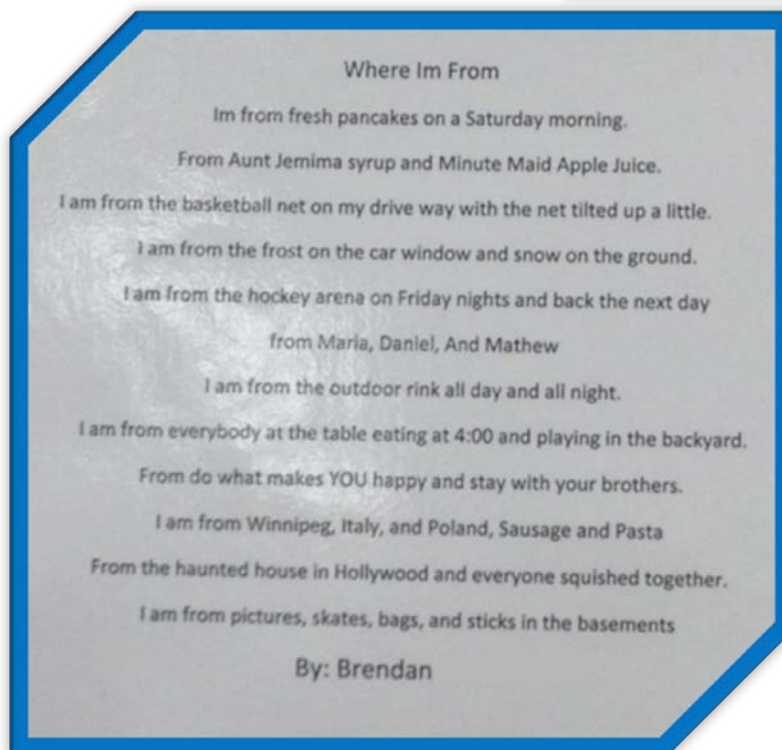
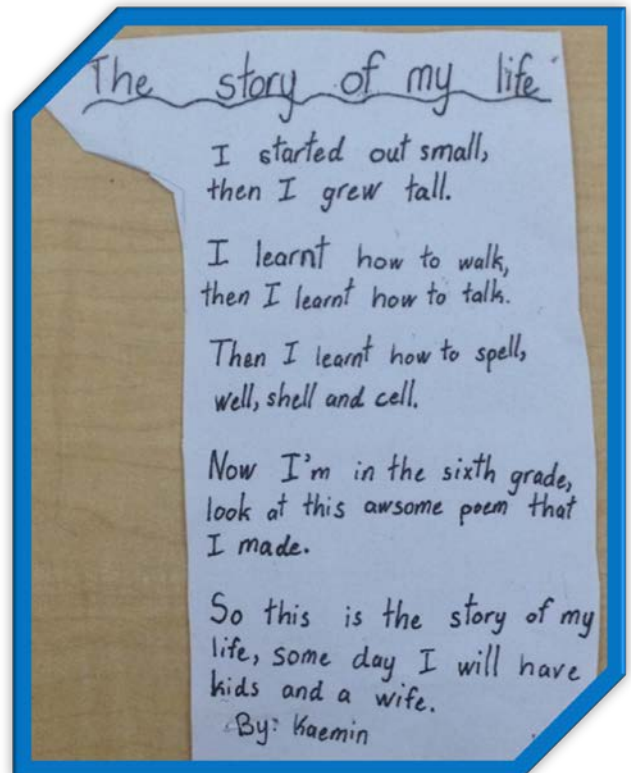
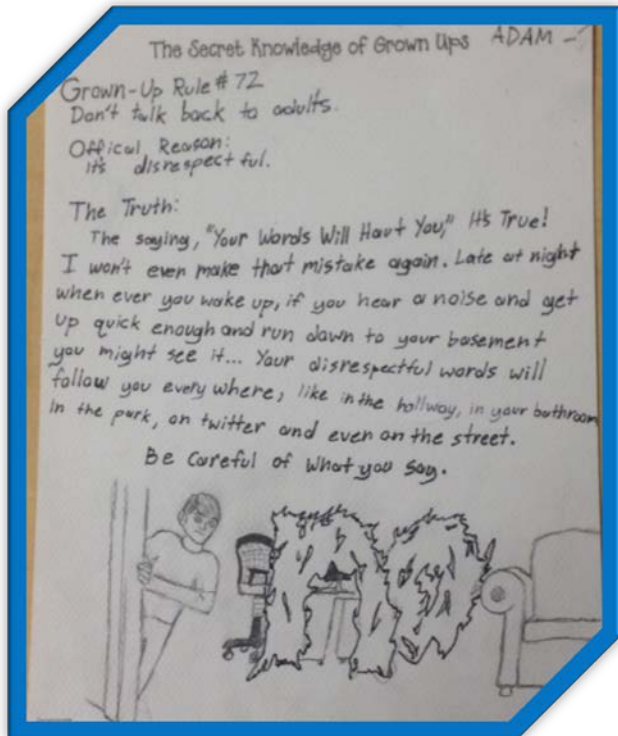
By Ronel

Hi everyone! Today, I am going to show you the steps of how to make a perfect and the most wonderful piece of toast. For you to make it you will have to follow my steps and by the end of this tutorial I assure you that the toast will lighten up your day.

1. The first step would be to get out your toaster from your cabinet in the kitchen, put it on your table
2. The next step is going to be getting your loaf of bread on top of your table and take two pieces of it first. It depends on you to pick the kind of bread you want.
3. Next, place your bread into the two slots of the toaster.
4. Then plug in your toaster to the nearest outlet on your table. Caution: When plugging in the toaster, be careful when you're doing it.
5. Moving on to the next step, you must set up the toaster and the push the handle/lever down.
6. For this step you must wait for five minutes or until the bread has turned golden brown.
7. While waiting for the toast, you need to get a plate from the cupboard.
8. And, then place the bread on the plate when it pops out of the toaster but be careful because it might be hot.
9. Next thing you are going to do is to unplug and turn off your toaster to prevent causing a fire in the house.
10. This following step would be getting your sugar out from the pantry and the knife in the drawer.
11. Also get the butter from your fridge and now you just need to spread the butter. To spread it, scrape some butter on your knife and spread it all over the toast.
12. Now, you just need to spread the sugar on the toast. Grab a spoon and some sugar, then just spread it with the butter.
13. Finally the last step would be to put away all your stuff and you're done.
14. Enjoy you're lovely toast and surely you will start your day right!!!

Room 26 – Mr. Serzu

In room 26 we have been focusing on developing our writing skills. We have been able to develop these skills through our writer's workshop. We have had the chance to write memoirs, fictional pieces and poetry. Some of these pieces have included a piece inspired by the book, "The Secret Knowledge of Grown-ups", written by David Wisniewski and a poem called, "Where I am From", which encouraged to look at our past experiences, family and objects that are important to us.





Seven Oaks School Division is once again pleased to offer language classes in Cree and Ojibwe to its division community

The Ojibwe classes will run as a **12 week program on Wednesday evenings from 4:30-6:30pm** at Elwick Community School, 30 Maberley Road. This series will incorporate experiential learning opportunities and work to build community through interactive learning. Mark your calendar to include these dates:

February 5th, 12th, 26th
March 5th, 12th, 19th, 26th
April 2nd, 9th, 16th, 23rd & 30th

The Cree classes will run as a **12 Week program on Monday evenings from 4:30-6:30** at the Murdo Scribe Building, 510 Selkirk Avenue. This series will incorporate experiential learning opportunities and work to build community through interactive learning. Mark your calendar to include the following dates,

February 10th, 17th, 24th
March 3rd, 10th, 17th, 24th, 31st
April 7th, 14th, 21st & 28th

***A light snack will be provided at each class.**

The last class will be a celebration of learning that will include a feast!

For more information please contact Bernadette Smith

bernadette.smith@7oaks.org, 204-250-7253

If you are an employee of 7 Oaks School Division please register on Employee Connect

PLEASE FILL OUT THE ATTACHED REGISTRATION FORM

WE LOOK FORWARD TO SEEING YOU THERE!

***Class dates are subject to change**



SOSD ABORIGINAL LANGUAGES REGISTRATION FORM

Applicant Information:

Name: _____

Address: _____

City: _____, Province: _____ Postal Code: _____

Phone number: _____

Emergency Contact Person: _____ Relationship: _____

Phone Number: _____ E-Mail Address: _____

Choose a Language Program:

Teacher: Shirley Cook

Cree ___

Teacher: Pat Ningewance

Ojibwe ___

Have you taken a language program before

YES ___ NO ___

Are you of Aboriginal descent

YES ___ NO ___

PLEASE SUBMIT REGISTRATION FORM TO:

Bernadette Smith

EMAIL: BERNADETTE.SMITH@7OAKS.ORG

FAX: 204 632-6198

MAIL: 1520JEFFERSON AVENUE

TELEPHONE: 204-250-7253

If you are a staff member of the division (i.e EA, teacher, admin, bus driver) please register on employee connect to participate.

FUNKY MONKEY



Movement Education For Kids

"Where passion for movement comes alive"

NOW OFFERED AT THE
Sunova Centre – 48 Holland Rd.
West St. Paul

Rainbow Stew– Fun for 6–9 year olds

This class is all about running, hopping, jumping, skipping, throwing, catching, kicking, and striking all through the use of cooperative games, freestyle dance and everyone's favorite...TAG!

Two 8-Week Sessions to choose from!

Wednesdays–February 5th–March 26th–
7pm–8pm

OR

Sundays–February 2nd–March 23rd–
10:30a.m–11:30am

\$60/participant/session



Down with Dodgeball–Fun for 10–14 year olds

Basic movement and manipulative skills (running, hopping, skipping, throwing, catching, kicking etc.) are developed with a focus on strategic and cooperative play through a variety of dodgeball activities.

8-Weeks

Sundays

February 2nd–March 23rd

11:30am–12:30pm

\$60/participant

Pre-registration is Required for the 8-Week Sessions

Contact the Sunova Centre!

Phone: 204–336–0294

Email: recreation@weststpaul.com

For more information go to

www.funkymonkeymovement.com

OR Email Bethany at

funkymonkeymovement@gmail.com



Mountain Equipment Co-op (MEC) Winnipeg & Active and Safe Routes to School present:

A Family Winter Cycling Celebration

Friday, February 14, 2014; 4-7 pm at the Forks

Programming will begin on the hour at 4pm, 5pm and 6pm

Try it, Love it!

Bring your bikes and get ready for a good time! Join in on:

- A child friendly clinic on winter cycling with MEC Kids of Mud coaches
- Test ride a winter road safety course
- Join our Group Ride Leaders for a fun cycle up the Riverwalk
- Warm up with hot cocoa & S'mores by the bonfire
- Meet other families that love to ride, and stay active outdoors!
- Learn more about MEC Kids of Mud Mountain Biking Club!

If you have any questions about this fun, family event please do not hesitate to contact MEC at 204-943-4202 or visit the website for more information! <http://events.mec.ca/event/13714/family-winter-cycling-celebration>



Kildonan Youth Activity Centre (KYAC)



FEBRUARY 2014

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

Drop-in Gym Hours:

Edmund Partridge Community School:
Monday, Wednesday, Fridays 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 (snack/beverage)

Forest Park School (FP students only)
Thursdays and Fridays 3:30-5:30pm (snack/beverage)

École Riverbend Community School:
Tuesdays 3:00-5:15pm (after school snack/beverage)
Fridays 6-9pm

Come check out changes to Friday's @ Riverbend
Each Friday will have organized games and activities and a movie or craft planned!

February 14th - Valentine's Day Craft
February 21st - Monster's University
February 28th - Make Your Own Robot

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 Guitar Class	4	5 Watercolor Art (FREE)	6	7 Girls Night!	8
9	10 Guitar Class	11	12 Watercolor Art (FREE)	13	14 Craft night @ Riverbend - Valentines Craft	15
16	17 KYAC Closed— Family Day	18	19 Watercolor Art (FREE)	20	21 Movie night @ Riverbend - Monsters Univerity	22
23	24 Guitar Class	25	26 Watercolor Art (FREE)	27 KYAC Closed @ ESOMS	28 Craft night @ Riverbend -Robots	

KYAC Watercolor Art:

Wednesdays 6-8pm @ Edmund Partridge (multi-purpose room)
All paint and supplies provided!

KYAC Guitar Program:

Classes are now FULL!
Note: no classes on February 17th due to Family Day!

KYAC Girls Night:

Movies, Spa Activities and Bracelets and Beading!
February 7th, 4:30-7:30pm @ ESOMS

February 2014

	MON	TUE	WED	THUR	FRI	SAT
						1
	3 Day 2 Divisional PD No Classes	4 Day 3	5 Day 4 SO Sustainable Pizza Day	6 Day 5	7 Day 6	8
	10 Day 1	11 Day 2	12 Day 3	13 Day 4	14 Day 5	15
	17 Louis Riel Day No Classes	18 Day 6	19 Day 1 SO Sustainable Pizza Day	20 Day 2	21 Day 3	22
	24 Day 4 Public Budget Consultation 7:00 pm West Kildonan Collegiate	25 Day 5	26 Day 6	27 Day 1 Choral Coffee House 7 pm	28 Day 2	

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

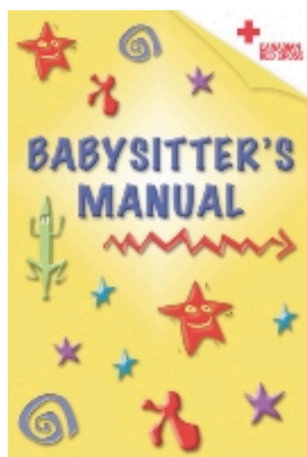
Full course training takes approx. 8 hours to complete
(e.g. 8:30am - 4:30 pm)

***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 AND 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> <div style="display: flex; align-items: flex-start;">  <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! </div>

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.