



HALK TALK

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The month of March marks the end of the wondrous winter season and the anticipated arrival of spring! At ÉSOMS, March also signifies the end our second term and the beginning of our last term of this school year. March is one of the times of the year when students, teachers and their families come together to share and celebrate student learning, to reflect about strengths and accomplishments, and to set goals for a successful culmination of the school year.

Report cards are scheduled to go home to families on Friday, March 8. Parent-student-teacher conferences will take place on the evenings of Tuesday, March 12 and Thursday, March 14 as well as the morning of March 15. You should have already received a letter asking for some possible meeting times. These letters are due back to your child's classroom teacher on Tuesday, March 5th.

TAS reports will be written by teachers once all TAS classes have been completed. We will send TAS reports home the week of April 8 -12. Teachers will let parents know by email when this is done, and we will post an announcement on our website.

While November and March are months when we host formal meetings, we welcome conversations about the progress and well-being of your children at any time. Please do not hesitate to call or email!

IMPORTANT DATES

March 4	Winter Activity Day
March 5	Parent Advisory Council 6:30 pm
March 6	Spring Band Concert 7:00 pm–NKMB Church
March 8	Student reports go home
March 12	Parent/Teacher Conferencing – Evening
March 14	Parent/Teacher Conferencing – Evening
March 15	Parent/Teacher Conferencing – No Classes
March 14–15	Brandon Jazz Festival
March 22	Last day of classes before Spring Break
April 1	Classes resume after Spring Break – Day 1
April 2	Parent Advisory Council 6:30 pm
April 4	Open House – 7:00 pm
April 16, 17, 18	Musical Production – 7:00 p.m.
April 19	School PD – No Classes
May 6	School PD – No Classes
May 7	Parent Advisory Council 6:30 pm
May 14 – 17	Gr 8 Band Trip
May 20	Victoria Day – No Classes
May 29 – 31	Arts in The Park/Plein d'arts au parc
June 4	Parent Advisory Council 6:30 pm
June	Choral Concert (Date TBA)
June 26	Grade 8 Farewell 6:00 pm Sunova Centre
June 27	Administration Day – No Classes
June 28	Last Day of Classes



Take Action in Schools Presentation

On Friday, March 8th we will be welcoming Constable David Schmidt to deliver the following crime prevention and responsible citizenship presentations as part of the Take Action in Schools program:

Grade 6 (Internet Safety): 12:20-1:40 am - Teaches kids how to be safe on the internet, internet predators, password safety, Twitter, Facebook, email, text messaging.

Grade 7 (Cyber Bullying): 9:55-11:15 am - Teaches kids how to be safe on the internet, internet predators, password safety, Twitter, Facebook, email, text messaging.

Grade 8 (Drug Awareness): 8:40-9:45 am - Explores the dangers of drug use/abuse, alcohol/binge drinking, prescription drugs, Meth, Cocaine, consequences of addiction (legal, personal, physical).

Free the Children Awareness Week

From February 11th – February 15th, ÉSOMS held our annual "Free the Children Awareness Week". The week was dedicated to educating students about "Free the Children" efforts and examining how we can make a difference both locally and globally around such issues as poverty, clean water initiatives, homelessness and homophobia. Throughout the week, we wore different colours in support of different social justice causes, had gym activities, sold buttons for Free the Children and had a bake sale. As a school, we raised \$500.00 for Free the Children to support clean water initiatives in Ecuador. The "We Day" group would like to thank all of the staff and students who helped make the week a huge success!

Many students are using the phone frequently throughout the day, particularly after school. We ask that families make every effort to make after school arrangements prior to students coming to school in the morning. Thank you.

IN THE GYM...

Physical Education Classes

Throughout the month of February students completed the basketball unit, started the badminton unit, completed the February's Fitness Run and ran the beep test (a cardiovascular fitness activity).

Please help remind your child to bring a change of clothes and their runners to gym class.

Special Olympics

Special Olympics Manitoba is hosting a floorhockey skills competition on March 13th at the Duncan Sportsplex. We are looking forward to it!

Extracurricular

Basketball: Our extensive basketball season is quickly coming to an end. However, before players can put their shoes away, we have our Annual EASTERN CHRYSLER Hawks Basketball Challenge on both March 1/2 (5th annual girls) and March 8/9 (10th annual boys).



Badminton: Badminton season is underway. Practices began the last week in February and will continue throughout March. Tournaments will begin in April.

Exercise Room: Come mid-March we will be hosting a few "exercise room" safety clinics. These clinics will allow those who attend, the opportunity to use the "exercise room" during designated "training sessions". The exercise room includes a home gym, a number of free weights, medicine balls and S.P.A.R.Q equipment. Look for more info as time draws closer. (after basketball season)

Band/Choir/Fiddle Concert

Wednesday, March 6th, 2013

7:00 PM-8:00 PM

at NKMB CHURCH, 1315 Gateway Dr.



Because each and every student at ÉSOMS makes a huge contribution to the sound of the band, we want to be sure all students are in attendance that evening so that we can make great music! Please make any required arrangements such as car pooling, finding subs for sports teams, etc. should any conflict arise.

We ask that parents please attend the full 1 hour concert in support of all our ÉSOMS performers. We will not be holding a silent auction this year, but will have a silver collection at the door.

Students MUST bring their instruments from home that evening and return home with them. Students are to arrive at the church by 6:30 and go to the assigned practice rooms.

Students in grade 7 and 8 may wear their band T-Shirt and dark pants. Students in grade 6 may wear dark pants and a white shirt. Shirts are available for new students in grade 7 and 8 on request.

On Tuesday, March 5th at 2:45 pm Incredibows grade 7 and 8 students must come to the fiddle room to pack up the violins. Violins will be ready at the church before the concert.

Parent Volunteers are welcome! Please indicate your desire to help at our concert by emailing John.Racciatti@7oaks.org

BRANDON JAZZ FESTIVAL

March 14th and Friday March 15th: For Sr Jazz band and So Bop/So Vocal. Please hand in your form and final payment by March 12. A trip itinerary will be sent home soon.

UPCOMING FUNDRAISERS

Due to popular demand we will be holding a second Double D Chesscake fundraiser for all grade 6-8 band students from March 11th - 21st. Forms will be sent home shortly.

FIDDLING

The grade 7 fiddle classes are preparing to give performances for some of the elementary schools in the Seven Oaks School Division in the next few months.

The fiddle students in Ms. Courchene's and Ms. Springer's classes will be performing at Collicutt School on March 1st at 9:30 a.m.

Fiddlers in Ms. Korsunsky's and Mr. Barkman's classes will be performing at Victory School on May 9th, time TBA, and those from Mme Persaud's and Mme Pancotto's classes will perform at Belmont School on May 13th, in the afternoon.

The Incredibows 7 & 8 will perform at the Spring Instrumental Concert on Wednesday, March 6th at 7:00 p.m., at North Kildonan Mennonite Brethren Church, 1315 Gateway, at Springfield.

On March 19th, 1:00 p.m., a group of Grade 6 and 7 fiddle students will perform with the Winnipeg Symphony Orchestra in one of their school concerts, Adventures in Music. In the audience will be grade 5 classes from schools all over the city. This is a special project that will only involve the 20 or so students that faithfully attend at least 10 of the 18 scheduled practices (including lunch and after school times), as well as memorize the performance music. Students have already been practicing hard for this very special event!

The Incredibows 7 & 8 will be performing at Arts in the Park, May 29th - 31st. Days and times to be scheduled.

On Thursday, May 30 there will be a performance at 7:00 p.m. which you will not want to miss: Mass fiddle performance!! 250 - 300 fiddlers will play together and perform a set of eleven tunes. Every school with a fiddle program will send about 25 students to take part in this special performance, and our Incredibows will represent ÉSOMS.

LA VIE ET L'APPRENTISSAGE

LIFE & LEARNING AT ÉSOMS

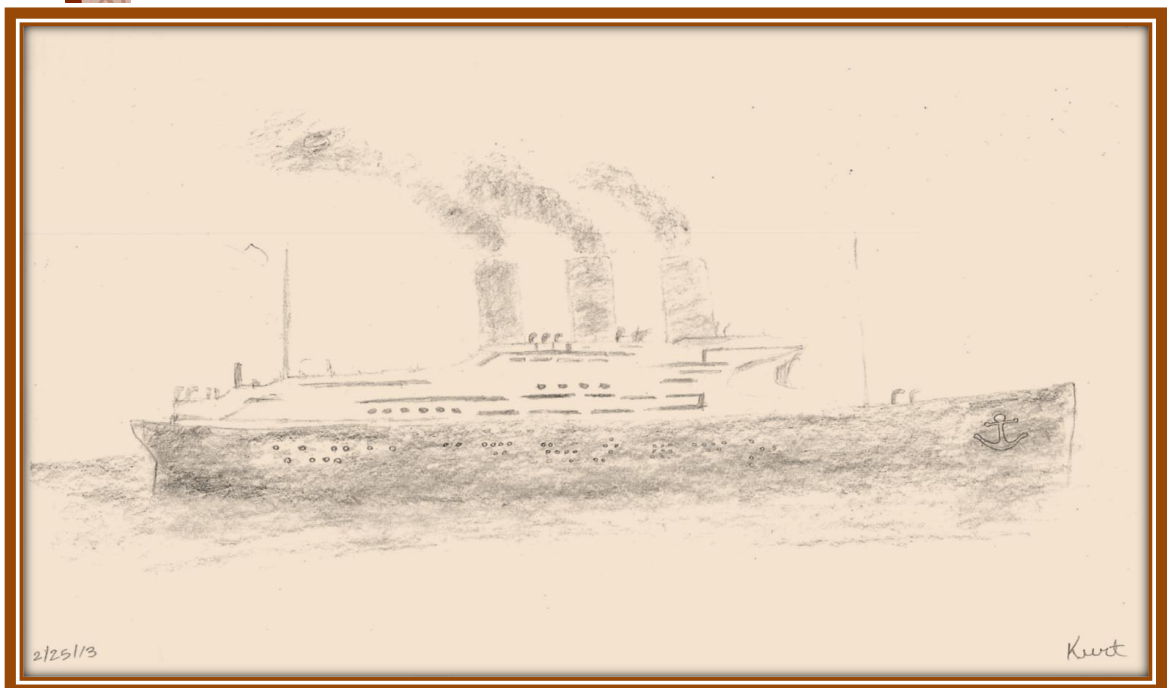
Summer

Mikayla
Room 5



The Arrival

Kurt
Room 5



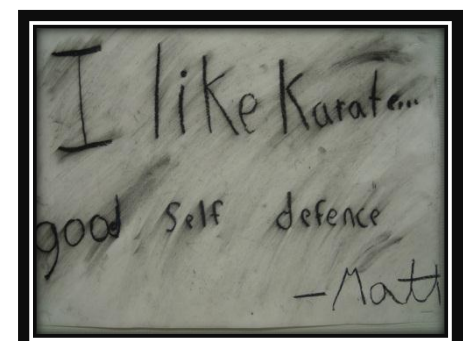
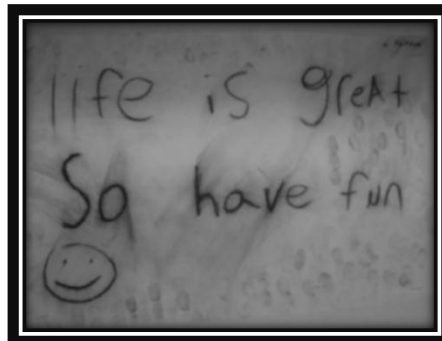
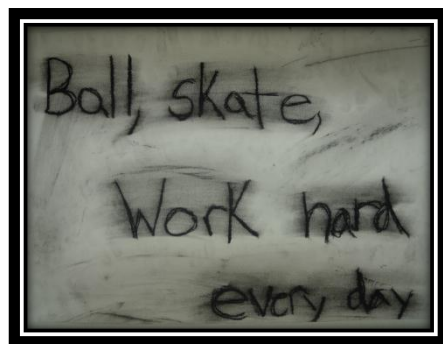
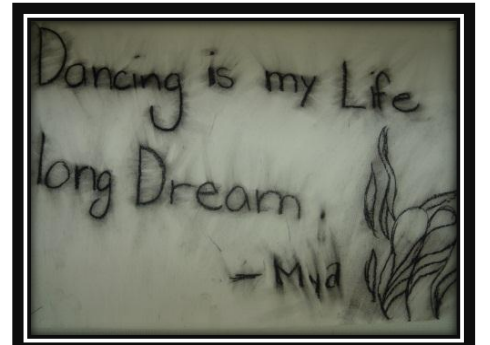
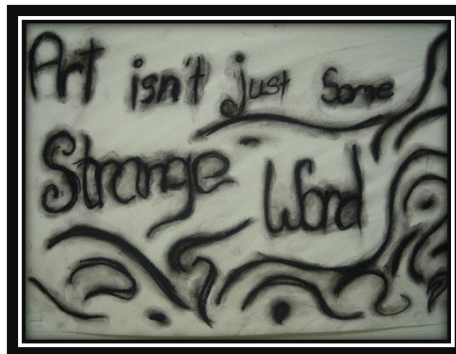
SIX WORD MEMOIRS

Room 25 – Mr. Barkman

A thousand glimpses of humanity—six words at a time. One Life. Six Words.

What's Yours? Ernest Hemingway once famously wrote, "For Sale: baby shoes, never worn". He proved that an entire story can be told using a half dozen words. Here are

some of the life stories that students from room 25 wanted to share:



Abstract Art

Room 26 – Mr. Serzu

In room 26 we have been examining abstract. We have learnt that abstract art is a way to represent people, scenes and real world objects in a non-life manner. We were introduced to this topic through a simple activity.

Art Rubbings Projects

Steps:



Take a piece of card stock and cover the edges with painter's tape. This created a border.



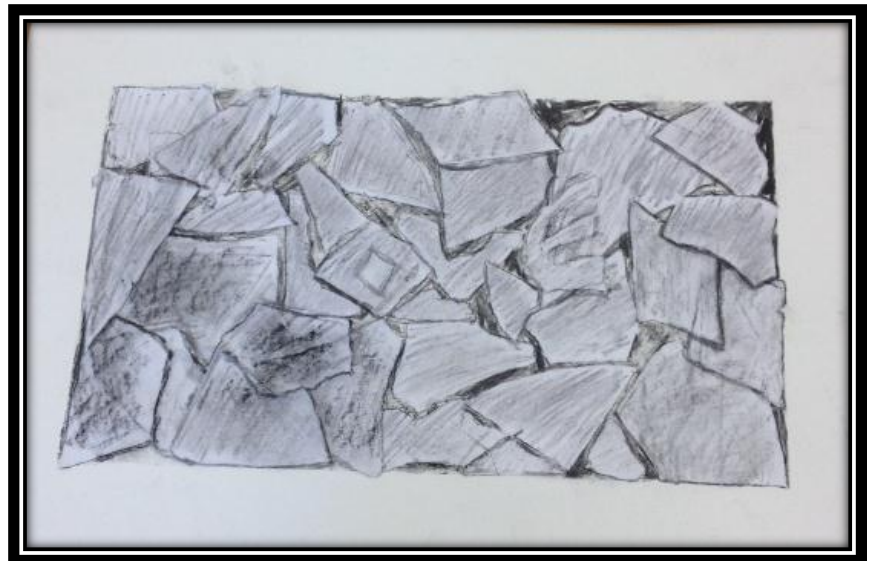
Take a piece of regular white paper and tear it into pieces.



Take your ripped up pieces of paper and one by one glue them to the cardstock, shading the edges with charcoal and rubbing it with your fingers. You should keep doing this until you are happy with the look of your piece.



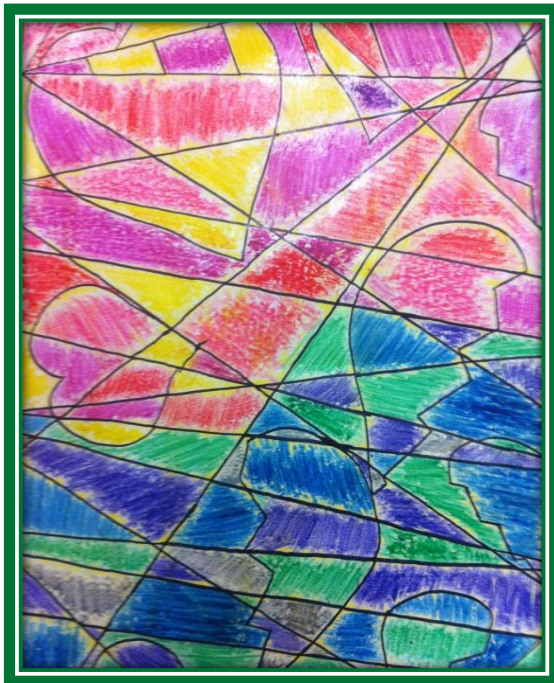
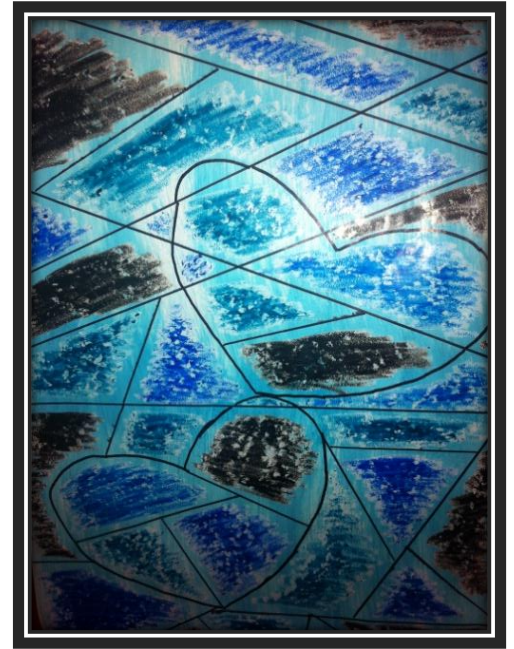
You can then carefully peel the tape off your picture.



Love and Loss Wax Resist Pictures

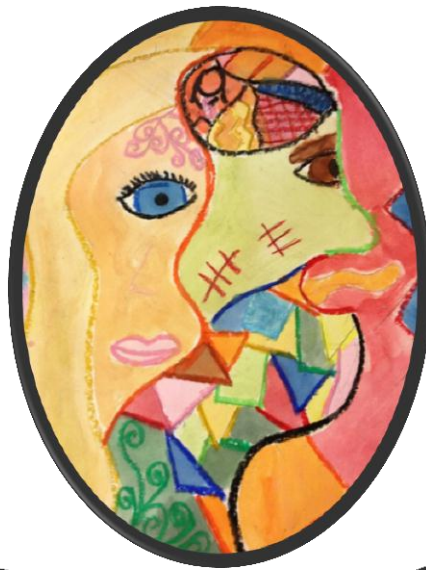
Room 17 – Ms Korsunsky

For the Valentine's Day Coffee House, our class created original pieces of art that represented the theme of Love and Loss. We experimented with colour, texture, and line to create emotion. This was our first opportunity to use liquid water colour paints. It was a lot of fun! Enjoy!



L'Art inspiré de Picasso

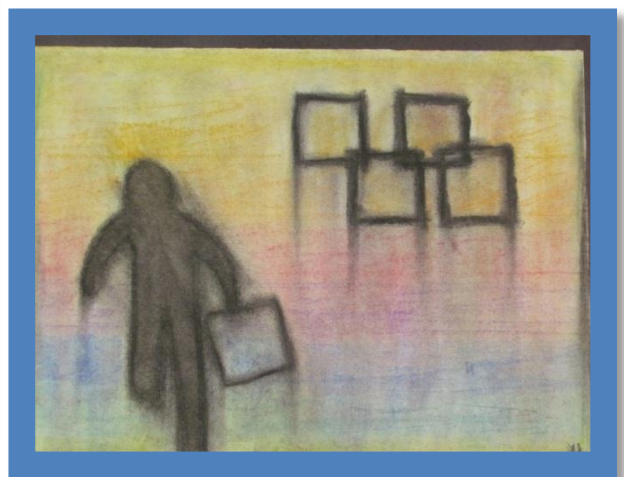
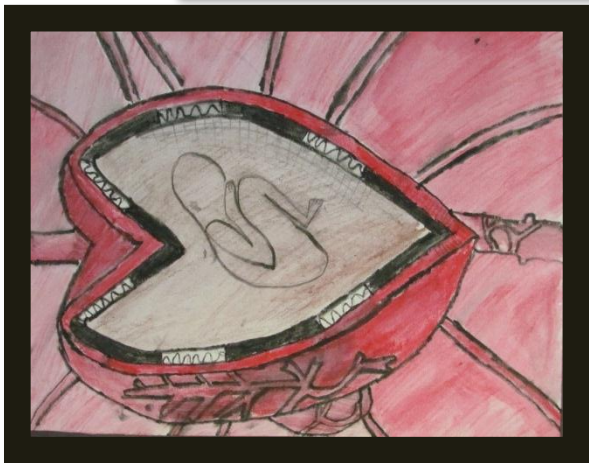
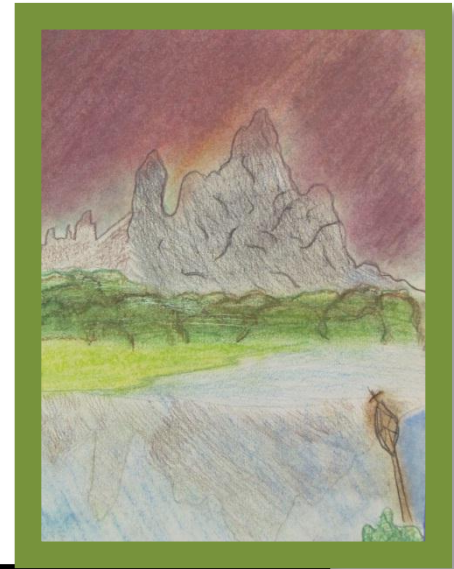
Salle 33 Mme Pancotto



La classe de Mme Persaud

Students have been working on research on various artists. They have analyzed some of their work and done renditions. Soon they will create their own versions of famous master works. Various styles of art from different periods have been studied. Some artists are from the Renaissance, like Leonardo Da Vinci. Others, are graffiti artists. Some surrealist artists studied were Magritte, Dali and Kush. There is even one sculptor, Henri Moore. You can check out their renditions on the bulletin board by Room 30.

Keep your eyes open for "New Versions" of master works coming soon....



La classe de Mme Henry et de M. Hall

Nos deux classes de sixième année ont étudié les histoires de Petit Monsieur/Petite Madame par Roger Hargreaves. On a imaginé nos propres caractères et des histoires pour l'accompagner! Ce sont les travaux en cours et on espère les publier dans les prochains mois. Voici une avant-première privée!



Restez avec nous pendant les prochains mois pour se divertir en lisant nos livres! Soyez prêt de les trouver dans notre bibliothèque d'école!

M. ÉTOURDI par Gracie

M. Étourdi oublie tout. Il même oublie ou il vive! M Étourdi a beaucoup d'amies à Oopsville aussi, mais il ne peut pas rappeler ou ils habitent non plus! Un jour quand M. Étourdi marche autours d'Oopsville, il a entendu son estomac. "Oh! J'ai faim!", dit M. Étourdi, et il va au Stupidstore pour acheter la nourriture.

M. MÉCHANT par Sarah

M. Méchant est très méchant. M. Méchant vie dans la forêt à l'extérieur de Oopsville. Il marche sur le trottoir et il crie aux personnes parce qu'ils mettent le mauvais pied avant. Un jour, M. Méchant va à la ville pour acheter des fruits.

M. GAMER par Braydon

Mr. Gamer vit dans le sou sol de la maison de sa mère. La maison est dans la ville d'actif. Il n'a pas d'amis et il reste dans sa maison 24 heures sur 7. Quand il doit sortir (seulement pour acheté un autre jeu vidéo) il joue sur son PSP, son DS, son iPod, son iPad, son iPhone, ou son Wii U. Il est gros, il a des dents qui sont plus jaune qu'un citron, il porte toujours des lunettes 3-D et un sweat band, et il a un grosse barbe noire parce qu'il ne se rase pas. Il est vraiment dégoûtant!

M. MALADROIT par Alaska

M. Maladroit tombe toujours et roule sur le trottoir en pente. Il toujours fait mal à lui même et aux autres. Un jour, il roule sur le trottoir dans Oopsville et heurte contre M. Étourdi.

M. CHEF par Molly

M. Chef aime cuisiner. Il a un restaurant appelé le Gros Chapeau dans Mme et Monsieur monde (population 789 091). Il sert du poulet et les pâtes, mais son plat préféré est la tarte aux pommes. Mais il a le béguin pour Nigella Lawson.

M. SARCASME par Angel

Monsieur Sarcasme est la plus solitaire personne à la ville Ami. Il veut vraiment un ami mais il a la difficulté de faire des amis parce qu'il ne peut pas faire des blagues. Quand Monsieur Sarcasme parle sa voix est plate et il n'a pas d'expression de tout alors les personnes ne veulent pas être autour de lui.

M. BARBE par Ashley

Monsieur Barbe a la plus longue barbe à Petersville, mais il avait deux problèmes. Son premier problème c'est qu'il est toujours grincheux et il n'aime pas avoir contact avec les personnes. Son autre problème est que sa barbe se fait prendre dans toutes les choses. Quand ceci arrive, il est forcé de demander pour l'aide mais il n'aime pas les personnes.

M. POILU par Nick

À la ville Poilu tout le monde est un petit peu poilu mais... Monsieur Poilu est extrêmement poilu. Un jour il décide de faire des plans avec ses amies mais pauvre Monsieur Poilu est pris dans sa salle de bain pour trop de temps parce qu'il prépare pour l'anniversaire. Il était en train de se raser parce qu'il ne veut pas être trop poilu pour la fête mais il coupe son visage et il doit appeler 911!

Mme ANIMÉE par Katrina

C'était une journée contente pour Madame Animée parce que c'était sa fête! Madame Animée est toujours animé, elle parle toujours et quand elle parle elle bouge ses bras. Madame Animée vit à une place très contente qui s'appelle Ville Contente. Pour célébrer sa fête, elle décide d'aller à un concert avec Monsieur Cool.

M. GRAND par Josh

C'était une bonne journée. Le soleil brille et la vie était bonne. Tout le monde dans la ville de Petit Personnes sont petites, vivaient dans des petites maisons et ils conduisent des petites voitures. Tout le monde est toujours content même avec les petites choses, sauf une personne. Est-ce que tu peux deviner qui est cette personne? Bien sûr, c'est Monsieur Grand!

M. PUANT par Cameron

Monsieur puant vit à la ville Parfait. Tout le monde ne lui aime pas parce qu'il est très puant. Mais tout le monde qui vit à la ville Parfait ne sait pas que Monsieur Puant est allergique de l'eau. Il a honte de le dire à ses amis.

Poems from Mme Laurie and Mme Joni's class...

Where I'm from

I am from the shirt that Grandma bought but grandpa paid for, from TY toys and Disney.

I'm from the tiny blue bungalow and its big bright window.

I am from the birch tree we have all claimed as our own and the lilies that are always half my size.

I am from Clear Lake thanksgivings and hollow left legs. From Kev, who bit ankles and Lily, who had 6 claws, and every corny joke my grandfather tells.

From photo taking and memory making, from "today is now" and "smile at the camera".

I am from church at Christmas and Easter to please my grandparents.

I am from fantastic people and amazing places, from perogies and eggrolls.

From Avril Lavigne and Dora dominos.

I'm from the songs we sing while ice fishing and giggling with my cousins because we're all ridiculous.

I am from every windy beach day we sit through for the crazy waves.

I am from every picture file on our computer and every photo album my family owns.

I'm from laughing until I can't breathe and oatmeal baths.

From every experience I've ever had and every memory I can remember.

Emily

Where I'm from...

I am from skates, from Bauer and Sherwood

I am from the rink.

I am from the ice, the snow

I am from Thanksgiving dinner and hockey, from Chad, Leslie and Diesel

I am from the eating and athletes

From looking at the big picture and be good.

I am from not really religious

I am from Germany, potatoes and pretzels

From the war, the NHL and the hockey players

I am from skates in the entry way and sticks behind the door.

By Griffin



Where I'm from...

I am from fraggles, from Barbies and webkinz.

I am from the energetic and lazy.

I am from the old crab apple tree in the park, the tulips in the garden.

I am from eating and tall people, from Wayne and Angie and my older sister Devon.

I am from the singing and talking.

From if you can't see me then I cant see you and I love you.

I am from most Sundays at church.

I'm from Canada, mash potatoes and grandmas fudge.

From spending Easter morning eating pancakes and hunting for Easter eggs.

I am from photo albums in the living room and boxes full of memories in the basement.

I am from spending the day with family on Christmas.

Tatiana

Where I'm from

I am from the long grass in a field blowing in the wind, from the fresh blanket of snow on a cool winter day and the rain on a dark depressing day.

I am from a very peaceful small brown happy place that I can call a home.

I am from the daisies on the porch in a peaceful suburban scenery and roses that have been picked carefully from a garden in the back yard.

I am from the twinkling yellow star on the peak of the tall plastic Christmas tree and the intelligent, smart and thoughtful people I have met and love dearly.

I am from the Andersons and the Catalans and I love it.

I am from the loud, exciting people that love everyone.

I am from the most honest family ever and respect is appreciated in my family every day.

I am from the big brown sticks nailed together to form a cross that hangs above the window sill in the family room.

I'm from the city of Winnipeg with over 684,100 people living in its presence.

I'm from the energetic, the fun and the short.

I am from the box in the very back of my closet, shut with all my dearest memories closest to my heart.

Kaitlyn

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 log on to Winnipeg.ca/leisureonline. 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 2013 Leisure Guide at the beginning of March! Registration for swimming lessons only will begin on March 12 at 9:00 am. Registration for all other programs will begin on March 13 at 9:00 am. Registration will be ongoing after these start dates.

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 in 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/cms/recreation/pdfs/Free_programs.pdf. Information about programs is also available by calling 311.

Red River Community Centre

Red River Community Centre has joined the Winnipeg Minor Basketball Association and is taking registration beginning this spring. The spring league will run from April to June beginning with kids born in 2005 to 1995.

- What:** RRCC Spring Sports Registration
- When:** February 25, March 5 & March 10
- Where:** 294 Murray Avenue
- Time:**
- | | |
|-------------|---------------------|
| February 25 | 6:00 PM to 8:00 PM |
| March 5 | 6:00 PM to 8:00 PM |
| March 10 | 12:00 PM to 2:00 PM |
- Other:** See our website for more information about all sports at redrivecrc.com.

MANITOBA ANAPHYLAXIS INFORMATION NETWORK (MAIN)
A local affiliate of Allergy/Asthma Information Association (AAIA)
Phone: 204-654-2676 Email: mainmanitoba@shaw.ca

MAIN presents an evening information session on Thursday April 4, 2013 7:00 – 8:30 pm with guest speaker Dr. Michael Teschuk.

Please register by contacting Nancy at 654-2676 or email mainmanitoba@shaw.ca

Vigilance Without Fear:

Helping Parents and Kids Cope with Life Threatening Allergies

Dr. Michael Teschuk, Psychologist with the University of Manitoba and Winnipeg Regional Health Authority, will discuss strategies to help parents and their children cope with anxiety and stress that arises from living with life threatening allergies.

Although the majority of our attendees are parents of children with allergies we also invite staff and volunteers working in the schools with students who have life threatening allergies to attend.

This meeting will take place at The Gray Academy at 123 Doncaster Street (room number will be posted)

Enter the building through the main doors of the Asper Jewish Community Campus located at 123 Doncaster Street. Free visitor parking is located across the street from the doors. Upon entering you must check in with the security desk. Identification may be requested.

The Gray Academy is located off Kenaston Blvd near Academy Road. For directions go to:

http://www.grayacademy.ca/about_visiting_directions.html

Call or send an email with any questions.

Nancy Boni
Manitoba Anaphylaxis Information Network (MAIN)
mainmanitoba@shaw.ca

1-204-654-267

Hop into spring break at Oak Hammock Marsh!



From March 25 – 28, have fun participating in daily themed activities at Oak Hammock Marsh Interpretive Centre or register for one or all of our day camps. Camp runs daily from 9 a.m. to 4 p.m. and is for children ages 6 to 9. Camp is filled with fun indoor and outdoor themed activities that may include scavenger hunts, animal tracking, outdoor cooking and nature crafts. For more information on daily themes or to register a camper please visit: <http://www.oakhammockmarsh.ca>, or call (204) 467-3300.

Helping People Save Lives – Every Day!

This training is being provided by:

Office #: (204) 233-CFAT (2328) AED Authorized Master

Website: www.cfat-fesc.ca Stocking Distributor

Email: First-Aid@cfat-fesc.ca

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

Saturday February 23, 2013

Spring Break: March 25, 27 & 28, 2013

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!

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: First-Aid@cfat-fesc.ca

Helping People Save Lives – Every Day!

For more information, visit our website at: www.cfat-fesc.ca

Here is what you'll learn about!

The Babysitting course includes the following modules:

Chapter 1: GETTING STARTED

1. The Business of Babysitting
2. Your Role
3. Rules and Routines
4. Family's Expectations
5. Discussion

Chapter 2: CARING FOR BABIES

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

Chapter 3: CARING FOR TODDLERS

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

Chapter 4: CARING FOR PRESCHOOLERS

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

Chapter 5: CARING FOR SCHOOL-AGED CHILDREN

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

Chapter 6: INJURY IS NO ACCIDENT: CREATING SAFE ENVIRONMENTS

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

Chapter 7: HOW TO HANDLE EMERGENCIES AND FIRST AID

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

Chapter 8: SPECIAL CONSIDERATIONS

1. Appropriate and Inappropriate Touching
2. Child Abuse and Neglect
3. Discussion

For Your Information:

- 2 x 15 minute breaks
- 30 minute lunch break

***Light afternoon snack provided!**

***Please bring lunch!**

*Please note, we are a nut AND peanut-free environment

Hi Parents! Interested in upgrading your training?

Take the 1 day training to be certified in **Emergency Child**

Care First-Aid w/ CPR Level B & AED for only \$90.00

Cover the following modules:

- 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.

North Winnipeg Minor Baseball Association Free Baseball Clinic

Where: North Centennial Recreation Centre, 90 Sinclair Street (under the Arlington Bridge)

When: Every Tuesday, from 6-8 pm (February 26-June 11, 2013)

What will I learn: Learn how to hit, throw, pitch and catch.

Who: All kids from 7-13 are welcome.

What do I have to bring?: Clean indoor runners, and a good attitude.

The last 45 minutes of every clinic will be an indoor baseball game. If you have a glove, bring it. If you don't, there will be equipment for you to use.

If there are any kids that would like to join teams for the spring and summer, we will provide information as to how you can do this and the funding that is available.

Dean McConnell
204-791-2490
dmccemail@shaw.ca

AA Director, North Winnipeg Minor Baseball Association

2013

2013

NORTH WINNIPEG MINOR BASEBALL

**ASSOCIATION
BASEBALL TRYOUTS
AAA and AA**



Indoor tryouts will be held at
Garden City Soccer Complex
725 Kingsbury Ave (next to Garden City Mall)
April 1 – April 5, 2013
\$25.00 per player
(Payable at first tryout)

Level	Day of the Week	Time
Mosquito (2002 – 2003)	Monday & Wednesday <i>April 1 & April 3</i>	6:00 pm – 8:00 pm
PeeWee (2000-2001)	Tuesday & Thursday <i>April 2 & April 4</i>	6:00 pm – 8:00 pm
Bantam (1998-1999)	Monday & Wednesday <i>April 1 & April 3</i>	7:45 pm – 9:45pm
Midget (1995 – 1996 – 1997)	Tuesday & Thursday <i>April 2 & April 4</i>	7:45 pm – 9:45 pm

PITCHERS & CATCHERS ONLY TRYOUT – FRIDAY April 5, 2013 AS FOLLOWS:

Mosquito (2002 – 2003)	6:00 pm – 8:00 pm
PeeWee (2000 – 2001)	6:00 pm – 8:00 pm
Bantam (1998 – 1999)	7:45 pm – 9:45pm
Midget (1995 – 1996 – 1997)	7:45 pm – 9:45pm

- **Equipment required: glove, athletic support, ball cap, bat, water.**
- **The NWMB is looking for committed athletes and parents that have a positive attitude and love the game of baseball.**
- **Parents who are interested in coaching or assisting can also apply online.**
- **Please visit our website for more information: nwmba.ca**
- **All athletes must participate in tryouts in order to be placed on a team.**
- **There may not be outdoor tryouts scheduled for this year for AAA or AA.**

MARCH 2013

SUN	MON	TUE	WED	THUR	FRI	SAT
	Scholastic Book Fair: March 12-15 Brandon Jazz Fest: March 14, 15 Classes Resume Monday, April 1 st Day 1 Term 3 TAS begins April 1 st				1 Day 3	2
3	4 Day 4 Winter Activity Day	5 Day 5 Parent Council 6:30 pm	6 Day 6 Spring Concert 7:00 pm NKMB Church	7 Day 1	8 Day 2	9
10	11 Day 3	12 Day 4 Parent/Teacher Conferences	13 Day 5	14 Day 6 Parent/Teacher Conferences	15 Day 1 Parent/Teacher Conferences No Classes	16
17	18 Day 2	19 Day 3	20 Day 4	21 Day 5	22 Day 6	23
24	25	26	27	28	29	30
<h1>SPRING BREAK</h1>						