



3740 Main Street  
 West St. Paul MB R4A 1A4  
 Phone: 204-339-1964  
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*Administrators*

Principal: Bob McIntosh  
 Vice Principal: Angela Bubnowicz

**PIZZA DAYS**

APRIL 20  
 MAY 4  
 MAY 18  
 JUNE 1



**Upcoming Events**

- Apr. 13: Day of Pink
- Apr. 21: WSP Gala 7:00 p.m.
- Apr. 22: PD Day No Classes
- Apr. 25/26: Band Choir Concert
- Apr. 27: Kindergarten Open House 6-7 p.m.
- Apr. 29: International Dance Day
- May 4: Spring Photos
- May 6: Healthapalooza
- May 12: Gr. 6 Girls Immunizations
- May 16: PD Day No Classes
- May 23: Victoria Day No Classes
- June 22: Early Years Tabloid Day
- June 27: Admin Day No Classes
- June 28: Middle Years Activities
- June 29: Middle Years Activities

# WEST ST. PAUL SCHOOL COMMUNITY NEWSLETTER

## APRIL, 2016

Our Beliefs: Take care of yourself. Take care of each other. Take care of this place.

### ADMINISTRATORS' MESSAGE

#### Counting Our Blessings

In the fast paced busyness of the lives we lead, we need, from time to time, to stop, and appreciate the many gifts that surround us. Popular sayings would have us "smelling the roses" or "counting our blessings". Unlike many other places in the world, we can be thankful for our freedom. Freedom to say, freedom to go and freedom to do, basically, what ever we want within the guidelines of a respectful and accepting society. All reasons to celebrate!

In the upcoming month we shall be celebrating two major events. The week of April 11 to 15, 2016 is diversity week where we focus on learning about each other and accepting what makes us unique within our family units, our gender orientation, or our cultural beliefs. Wednesday has universally become known as the Day of Pink where we unite in our stance against bullying.

Then, the week of April 18-22 sees us join the West St. Paul Community in celebration of its Centennial, one hundred memorable years! The school children are contributing in a number of ways. They have been hard at work practicing a choral piece as the Grade 4/5 choir of 100 harmonious voices, preparing some creative watercolour samples of art and stating what they like about West St. Paul. They hope to help commemorate the park by planting trees, open a time capsule and participate in the evening family event all at the current Willis Park site. Some speculation has ensued as to the true contents of the copper box time capsule, which has been recovered from the brick wall of the school. What secrets does it hold? Looking ahead to the future, what should be hidden in the new time capsule for discovery in the next 100 years?



# From the Gym...

## MIDDLE YEARS PHYS. ED.

### MY Indoor Track and Field:

**Congrats to our 40 MY students at indoor track and field. We had a great indoor season. Outdoor will start at the end of April.**



**GRADE 6 INDOOR TRACK AND  
FIELD**



**GRADE 7/8 INDOOR TRACK AND  
FIELD**

### MY Badminton:

**Badminton clubs have begun. Practices are after school. Gr.8 on Monday, Gr.7 on Thursday, and Gr.6 on Wednesday. Locations aren't determined yet, but the dates have.**

- **Gr. 6 Doubles - Apr. 11, 18, 25, May 2**
- **Gr. 7 Doubles - Apr. 5, 12, 19, 26**
- **Gr. 7 & 8 Singles - Apr. 6, 13, 20, 27**
- **Gr. 8 Doubles - Apr. 7, 14, 21, 28**



# FROM THE OFFICE...

Kindergarten registration continues in the office from 9 a.m. until 2 p.m. Bring your child's birth certificate, MB medical card and proof of residence in the West St. Paul catchment area. Registration for all other grades will begin after spring break. Please bring the same identification mentioned above.

If your child is in Kindergarten moving to Gr. 1, out-of-catchment (ie: Riverbend residents) or Gr. 8 moving to high school (except Riverbend residents), please check your child's back pack for transportation applications for the 2016-2017 school year. They are being sent home during the first week after spring break. **Please submit your transportation applications as soon as possible.**



## Spring photos will take place on Wednesday, May 4 in the morning.

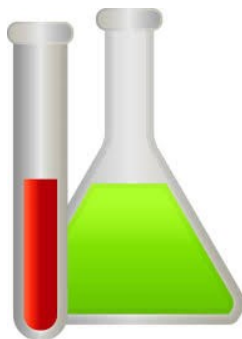
### FROM THE LIBRARY...

Another successful book fair was held March 14 to 18! The winner of the door prize was Allie in Ms Greening's grade 3 class! Congratulations Allie! Thank you to everyone who came by and to Mrs. Larocque and daughters for volunteering!

Students will be voting for their favourite MYRCA book after spring break! 18 titles were picked by the Manitoba Young Readers Choice Awards committee and West St Paul students have been reading and enjoying them! Ms. Mathis will be accepting voting ballots the week students return from spring break. See the MYRCA site here: <http://www.myrca.ca/>

### NEWS FROM MS JOPKA'S CLASS...

Students in Miss Jopka's grade 7 class were asked to choose a science experiment of their choice. We had a great day watching all the demonstrations.



# SUPERCHEF ACADEMY!!

March is Nutrition Month. The students in Ms. Greening's grade three class have been learning all about healthy eating and having a blast while doing it. After learning about the four food groups and how to prepare healthy and balanced meals and snacks, they spent a morning cooking up a storm at the Superchef Academy. They also gained their Superchef certificates!



## Explorations in Room 44

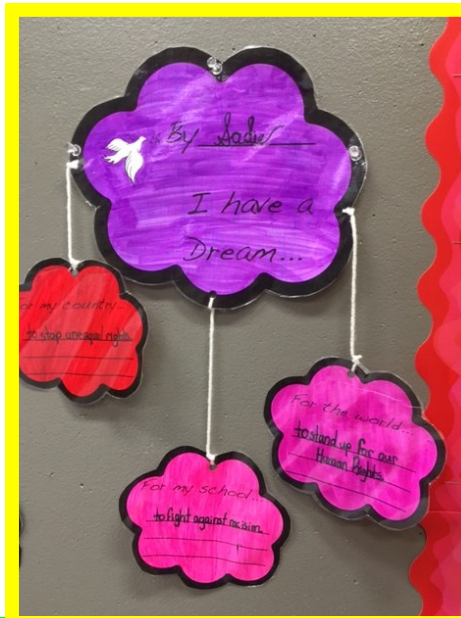
This month, Room 44 participated in some science explorations of light. Each activity focused on a different aspect of light, and each activity appealed to different “Types of Smart”. These hands-on opportunities to learn about light “Sparked” some BIG questions about light, which can be found in our classroom! Come and check them out!



# news from room 5...

The grade 4 students in Mrs. Cross' class have been busy the last three months. They created milk jug totem poles during their study of Canada and the Haida people of British Columbia. During Black History month they learned about Martin Luther King and his speech "I Have A Dream" and created a dream mobile of their hopes for their school and the world.

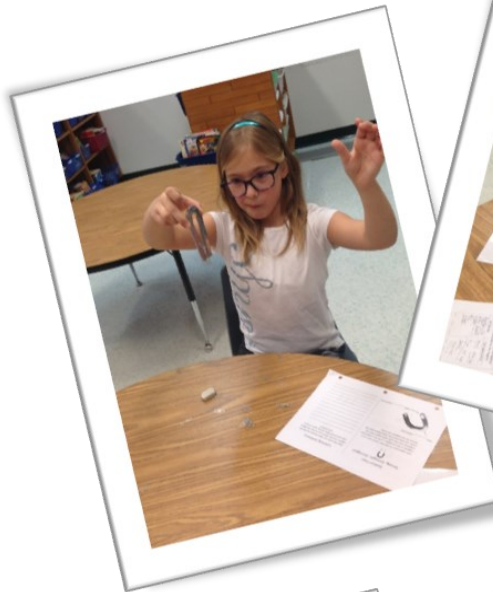
They have been building an igloo since January while learning about the Inuit people of the North. Students have been saving their 4l milk jugs and to date they have recycled 350 milk jugs. They are hoping to complete their Igloo by the end of April. The project has provided the students with lessons in math, science, and social studies.



# Science Centers

## Room 3

*Last month the students in room three were learning about forces that repel and attract through science centers. The opportunity for students to participate in inquiry based learning helps provide greater potential for them to learn, and the ability to take risks without the fear of failure. Each group of students tested materials in all five centers multiple times, while also working through a learning journal where they could document their experiences. They had a blast learning through hands on, engaging centers, and enjoyed sharing their learning during student led conferences with their parents.*





## Parent Council Update

It's hard to believe that spring is just around the corner! With spring comes melting snow, rubber boots and in our case, the construction of phase 2 of the new natural playground!

With your support, your parent council has raised approximately \$58,000 to fund the development that you see in our school field including beautiful trees and an outdoor classroom under our new pergola.

Your parent council annual General meeting (AGM) is fast approaching in May, this is our final meeting of the year, used to reflect on the past year, plan for the coming year and most importantly elect a new executive. This year, we have many familiar faces leaving the school and as a result there is a need to fill the vacated positions on the executive. If you are interested in learning more or know someone who would be interested, why not come to our next meeting to meet us and ask questions.

The Parent Advisory Council is a great way to learn more about what is happening within the school as well as meet new people. Without a strong executive and dedicated volunteers, we can't continue to deliver exciting events for your school or support the continued development of the play space. **WE NEED YOU!** Our next meeting will be Tuesday April 12<sup>th</sup>; at 7pm. Child care is provided. All West St. Paul School parents are welcome.

## PARENT ADVISORY COUNCIL

**NEXT MEETING IS ON  
TUESDAY, APRIL 12, 2016  
AT 7:00 P.M. IN ROOM 41.  
FREE CHILDCARE WILL BE  
PROVIDED.**

**WE LOOK FORWARD TO SEEING  
YOU THERE!!**

## Aleph-Bet Child Life Enrichment Nursery Program

Located at 1007 Sinclair Street  
Open house & registration for  
September 2016 has already begun!  
For more information call (204) 586-1110  
or

**Email:** [alephbet@mymts.net](mailto:alephbet@mymts.net)  
**Website:** [www.alephbetdaycare.ca](http://www.alephbetdaycare.ca)



# Parent Council Annual General Meeting (AGM)

## WEDNESDAY, MAY 11<sup>th</sup> 7:00 p.m.

Nominations are now being accepted for the executive of the Parent Advisory Council (PAC). Election of the 2016-2017 Executive will take place during the AGM.

### The duties and responsibilities of the Executive include:

**Chair** – Shall preside at meetings of the PAC Executive; shall set the agenda in consultation with the school Principal; shall chair meetings of the PAC; shall be ex-officio member(s) of all PAC committees; shall act as authorized signing officer(s) on bank accounts; shall have signing authority on official correspondence; shall coordinate all activities of the PAC executive between regular meetings.

**Vice-Chair** – Shall assist the Chair and in the absence of the Chair shall chair meetings and supervise the affairs of the PAC. In the event of resignation, incapacity or leave of absence of the Chair shall fulfill those responsibilities.

**Secretary** – Shall maintain all records pertaining to the PAC and its committees; shall be responsible for any correspondence issued under the direction of the PAC; shall provide copies of meeting minutes within two weeks to all Executive members, and in addition shall provide a copy to the school for distribution to the general public.

**Treasurer** – Shall keep an account of all financial transactions of the PAC as per School Division guidelines; shall be responsible for banking the PAC's funds and for arranging banking services; shall present a financial report at each meeting of the PAC and an annual financial statement at the Annual General Meeting; shall submit a copy of each financial report to the Principal, who shall retain one copy on file at the school for a five year period.

**Committee Chairs** – Shall perform duties assigned by the PAC Executive; shall provide regular progress reports to be included in the minutes; shall provide financial reports relevant to the work of the committee. The standing committees shall be:

- Hot Lunch Committee
- Fundraising Committee
- Play space Committee

Ad-hoc committees will be established by the PAC or the Executive as the need arises.

If you would like to nominate yourself or if you would like to nominate someone you know who is interested. Please feel free to contact us at [weststpaulpac@gmail.com](mailto:weststpaulpac@gmail.com)

Kindest Regards,  
Crystal Spence, Chair  
Chad Schultz, Vice Chair

# WEE BE JAMMIN

## Music for Preschoolers and their Parents

At West St. Paul School on Monday April 18<sup>th</sup> and 25<sup>th</sup> 6:30 – 7:00 p.m. you could find Riverbend and West St. Paul preschool families singing, dancing, playing instruments and having lots of fun as they move and groove to the musical talents of Sonja Rasmussen, Children's Musical Educator. Sonja is very creative when it comes to teaching through music. If you would like to join the fun please contact Colleen Zahedi at 204 226-3228, Email [colleen.zahedi@7oaks.org](mailto:colleen.zahedi@7oaks.org) or Cheryl Rajfur at 204 339-1964, email [Cheryl.rajfur@7oaks.org](mailto:Cheryl.rajfur@7oaks.org) to register.



# EDGE

**EXTENDED DAY GROWTH EDUCATION**

**GREAT AFTER SCHOOL - MIDDLE YEAR ACTIVITIES!**

***PLUS! THE SPRING SESSION OF EDGE WELCOMES YOUR GRADE 5 STUDENTS!***

**EDGE** once again will be offering a variety of middle year after school activities. Participation begins after regular classes **and in most cases** – right in your own school! Parents and students who are looking to fill the gap between school and the supper hour can check out the affordable programs offered by **EDGE**. Courses like the Babysitter Certificate Program and Teen Club are regularly offered along with art programs and a variety of special interest courses as well.

Registration booklets and forms will be available right after spring break. Programs will begin the *week of April 25<sup>th</sup> to mid-June*. The courses are fun and educational, but spaces are limited. So...don't delay, register as soon as possible to ensure participation in **EDGE** programming at your school. Registration is due April 18<sup>th</sup>.

Don't have your registration information yet? You can pre-view the activities on the Seven Oaks School Website! Scroll down to Students – find **EDGE** and you can see your school registration booklets and all registration materials during spring break. There is even an **EDGE** calendar of events available when you click on your school.

*Questions? Contact Penny Raymond,  
Extended Day Coordinator at:  
885-4333 or  
E-mail: [penny.raymond@7oaks.org](mailto:penny.raymond@7oaks.org)*

## CALLING ALL BABIES (birth to a year)

The Seven Oaks School Division's Parent, Child preschool program is offering families an opportunity to learn massage techniques with their baby.

Infant massage is a daily practice shared by parents and caregivers all over the world looking to bond, communicate and care for their babies in a healthy, natural way. Babies who receive regular massage have been shown to have better quality of sleep, have an improved rate of healthy weight gain. Aside from physical benefits, infant massage has been shown to improve the ability of parents and babies, to bond more closely and communicate with one another. Touch is one of the ways an infant communicates with the world around them. It is the first sense to develop in utero, and the only sense we cannot live without. In essence, learning to share touch with your infant is a powerful, natural way to care for your baby's physical and emotional health.

Massage is a practice that can be shared by all families, regardless of religious, cultural, or socio-economic background.

Erica Lo, RMT, CPMT, CIMT has been practicing massage therapy for the past 14 years with a focus on infant/pediatric massage for the past 4 years. She currently practices out of her office in Osborne Village and also teaches at Nest Family Centre.

In this FREE four week series you will learn how to safely and effectively apply a full body massage on your child and also techniques to help relieve discomfort from digestion, colic, teething, and congestion issues. Oils and handouts will be provided, please bring a small blanket for your child to lie on.

Please join us for this FREE 4 week program that promotes health and happiness through the ancient art of infant massage.

**When: Thursday April 7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup>, and 28<sup>th</sup>, 2016 10:00 – 11:30 a.m.**

**Where: West St. Paul School 3740 Main St.**

**To register or questions, please call Cheryl at 204 339-1964 or Colleen at 204 226-3228.**

**The class is limited to 10 families.**

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Winnipeg Regional Health Authority    Office régional de la santé de Winnipeg  
Caring for Health    À l'écoute de notre santé

## We are looking for volunteers for...

Winnipeg Regional Health Authority's

# Seven Oaks and Inkster Local Health Involvement Group

We are looking for community members interested in health and the health system

Explore and be part of making our system better – share your experience, insights, and ideas about important issues impacting our health care system

Three year term – 6 meetings between September and May

Babysitting paid for, dinner provided, and transportation arranged

For information and application on-line – Google “Local Health Involvement Groups Winnipeg” or go to <http://www.wrha.mb.ca/about/engagement/lhig/application.php>


Please contact Colleen Schneider at (204) 803-7294 or at [cschneider1@wrha.mb.ca](mailto:cschneider1@wrha.mb.ca) for information and application.

**Deadline for applications is Friday, April 8, 2016.**



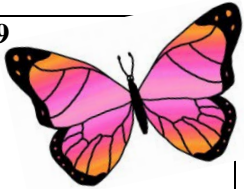
# PARENT/CHILD PROGRAMS

**WEST ST. PAUL COMMUNITY SCHOOL**  
 Advancing Community Schools  
 Serina Shewchuk - Learning Support Teacher - Early Years  
 Cheryl Rajfur - Community Coordinator  
 204-339-1964  
 School Website: <http://www.7oaks.org/school/weststpaul>

Sun	Mon	Tue	Wed	Thu	1	2
<b>SPRING BREAK</b>						
3	4 <b>CLASSES RESUME</b>  Parent/Child Storytime 11:00 – 12:30 p.m. 3 – 5 years	5 Parent/Child Rhymes & More 11:00 – 12:30 p.m. 0 – 5 years	6	7 Infant Massage 10-11:30 a.m. Must Register	8 Preschoolers in the Kitchen ages 3 - 5 yrs. 12 – 1:15 p.m. Must register  Family Games Night 6-7:30 p.m. Please register	9 
10 	11 Parent/Child Storytime 11:00 – 12:30 p.m. 3 – 5 years	12 Parent/Child Rhymes & More 11:00 – 12:30 p.m. 0 – 5 years  PAC 7p. m. Free childcare	13	14 Infant Massage 10-11:30 a.m.  Hans Kai 9:15-11:15 a.m.	15 Preschoolers in the Kitchen ages 3 - 5 yrs. 12 – 1:15 p.m. Must register	16
17	18 Parent/Child Storytime 11:00 – 12:30 p.m. 3 – 5 years Wee be Jammin 6:30 – 7 p.m. Please register	19 Parent/Child Rhymes & More 11:00 – 12:30 p.m. 0 – 5 years	20	21 Infant Massage 10-11:30 a.m. Must Register	22 PD DAY NO SCHOOL	23
24	25 Parent/Child Storytime 11:00 – 12:30 p.m. 3 – 5 years Wee be Jammin 6:30 – 7 p.m. Please register	26 Parent/Child Rhymes & More 11:00 – 12:30 p.m. 0 – 5 years	27 Kindergarten Open House 6-7 p.m.	28 Infant Massage 10-11:30 a.m. Must Register	29 Preschoolers in the Kitchen ages 3 - 5 yrs. 12 – 1:15 p.m. Must register	<b>2016</b>



**WEST ST. PAUL COMMUNITY SCHOOL**  
 Advancing Community Schools  
 Serina Shewchuk - Learning Support Teacher - Early Years  
 Cheryl Rajfur - Community Coordinator  
 204-339-1964  
 School Website: <http://www.7oaks.org/school/weststpaul>

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						
1	2 <b>Parent/Child Storytime</b> 11:00 -12:30 p.m. 3-5 years	3 <b>Parent/Child Rhymes &amp; More</b> Music with Sonja 11:00 – 12:30 0-5 years	6	5	6	7
8 	9 <b>Inservice</b>  NO Class	10 <b>Parent/Child Rhymes &amp; More</b> 11:00-12:30 p.m. 0-5 years.	11  <b>PAC Meeting</b> 7 p.m. <b>FREE</b> Childcare	12  <b>Hans Kai</b> 9:15 – 11:30 a.m.	13	14  
15	16 <b>School Inservice</b>  NO SCHOOL	17 <b>Parent/Child Rhymes &amp; More</b> 11:00-12:30 p.m. 0-5 years	18	19	20	21
22	23 <b>Victoria Day</b>	24 <b>Parent/Child Rhymes &amp; More</b> 11:00-12:30 p.m. 0-5 years	25	26	27	28
29 	30 <b>Parent/Child Storytime</b> 11:00-12:30 p.m 3 – 5 yrs.	31 <b>Children's Museum</b> 9:45 a.m. <b>Must register</b>				

**2016**

**PARENT/CHILD PROGRAMS**



# APRIL, 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
<b>SPRING BREAK</b>						
3	4 – Day 5 <b>Classes Resume</b>	5 – Day 6 Pow Wow Club 2:30-3:30	6 – Day 1	7 – Day 2	8 Day 3	9
10	11 – Day 4  Grade 6 Badminton	12 – Day 5 Gr. 8 Doubles Badminton  <b>PAC MEETING 7 p.m.</b>	13 – Day 6 <b>Day of Pink</b> Gr. 7/8 Singles Badminton  <b>MBA Festival Gr. 7 Band</b>	14 – Day 1  Hans Kai 9-11:30  Gr 7 Doubles Badminton	15 – Day 2	16
17	18 – Day 3  Grade 6 Badminton	19 – Day 4 <b>Elections Manitoba</b> Pow Wow Club 2:30-3:30 Gr. 8 Doubles Badminton	20 – Day 5 <b>PIZZA DAY</b>  Gr. 7/8 Singles Badminton	21 – Day 6 <b>WSP Gala 7:00 p.m.</b> Gr 7 Doubles Badminton	22 – Day 1 <b>PD DAY  NO SCHOOL</b>	23
24	25 – Day 2  Band/Choral Concert 7:00 p.m. Grade 6 Badminton	26 – Day 3  Band/Choral Concert 7:00 p.m. Gr. 8 Doubles Badminton	27 – Day 4 <b>KINDERGARTEN OPEN HOUSE 6-7 p.m.</b>  Gr. 7/8 Singles Badminton	28 – Day 5  Gr 7 Doubles Badminton	29 – Day 6  <b>International Dance Day</b>	30

## Important Dates...

<b>April 13</b>	Day of Pink – Celebrate Diversity and promote Anti-Bullying
<b>April 21</b>	West St. Paul Gala 7:00 p.m.
<b>April 22</b>	PD Day – No school
<b>April 25/26</b>	West St. Paul School Band/Choral Concert
<b>April 27</b>	Kindergarten Open House 6:00-7:00 p.m.
<b>April 29</b>	International Dance Day hosted by West St. Paul School
<b>May 2-3</b>	Grade 8's to Camp Cedarwood
<b>May 4</b>	Spring Photos (in the morning)
<b>May 6</b>	Healthpalooza
<b>May 11</b>	PAC Annual General Meeting 7:00p.m. Free childcare will be provided.
<b>May 12</b>	Grade 6 Girls Immunizations
<b>May 16</b>	PD Day – No School
<b>May 23</b>	Victoria Day – No School
<b>June 27</b>	Administration Day – No School
<b>June 30</b>	Last day of classes – early dismissal

