

December 7, 2018

WILDCATS NEWS

West St. Paul School Newsletter



Important Dates:

Dec. 7 Family Games Night
5:30-7:30 p.m.
Dec. 12 Pita Pit Lunch
Dec. 13 WSP Firefighter
Volleyball game at noon
Dec. 14 Hans Kai
Dec. 19 Pizza Day
Dec. 19 Christmas Concert
Dress rehearsal 1:00 p.m.
Evening performance 7:00 p.m.
Dec. 20 Christmas Concert
Dress rehearsal 1:00 p.m.
Evening performance 7:00 p.m.
Dec. 21 WSP Pancake
Breakfast 8:00 a.m.-10:30 a.m.
All are welcome to attend.
Dec. 22-Jan. 6 Winter Break
Jan. 7 Classes resume - Day 1
Jan. 21 P.D. Day - no classes

“Happy Holidays” Christmas Concert

This year’s holiday concerts will take place on Wednesday, December 19 and Thursday, December 20 in our school gym. Dress rehearsals will run both days at 1:00 p.m. for any family members wishing to attend. Evening performances begin at 7:00 p.m. Students are asked to arrive at school by 6:30 p.m. The school gym will open at 6:00 p.m. for parents wishing to come early. Wednesday’s performers will be Kindergarten-grade 3 students, grade 6 band and grades 3 and 6 tappers. Thursday’s performers will be grade 4 and 5 students, grades 7 and 8 band and grades 4, 5 and 7 tappers. As always we will hold a silver collection at the door in support of Santa for Seniors.

Community Christmas Hamper Program

This year West St. Paul School staff and student will join together to collect hamper items for families in need. Gift items for all members of the family will also be collected. We ask that all donations be sent to the school no later than Tuesday, Dec. 11th. Suggested items include juice, canned foods, cereals or oatmeal, pasta, tea/coffee/ hot chocolate, macaroni and cheese, pancake mix/ syrup, jam, baby food, pet food, just to name a few.

Notes From The Office

For everyone’s safety we ask all parents and visitors to report to the office before proceeding through the school. We need to know who is in the building at all times so that we can account for everyone in case of an emergency.

Please ensure your children are dressed for the weather. All students are expected to go outside during breaks..



**West St. Paul
School is on
Twitter!!**

**For all the latest news and
activities at West St. Paul
School follow us:
@WestStPaulScho1**

Administrator’s Message

We were pleased to welcome so many parents to the school for conferences over the past few weeks to celebrate the successes of their children. It is always important to celebrate your child’s learning and to discuss next steps and goals for the future. We always appreciate seeing parents engaged in the learning of their children.

With the short period of time until the winter break, students continue to prepare for our upcoming Christmas concert. We have nearly 450 students in the school and we have concerts on two nights in order to allow all children to perform. The days that each class will perform are included in this letter. We look forward to performing for parents and families on December 19th and 20th.

We will continue our tradition of having a pancake breakfast and pyjama day on the Friday morning before the winter break. It is a wonderful sight to see children sharing fellowship and a meal together in the gym. Equally exciting and encouraging is the large group of volunteers who work so hard to make this day come together – parents, grandparents, community members and leaders.

It has definitely become winter. Please be sure to check that your children are dressed for the weather. We expect all of our students to be outside enjoying our Manitoba climate during breaks.

Remember to look up the school on Twitter and follow us. We tweet interesting things going on in our classrooms and throughout the school.



West St. Paul School is entering it's 11th year of supporting Middlechurch Home's Be A Santa To A Senior program.

There are a number of seniors at Middlechurch without anyone in their lives to get them a gift for Christmas. Thanks to the generosity and kindness of the school community, we have been able to make donations to Middlechurch for the past 10 years, which has allowed the home to provide some Christmas cheer to all residents.

Community News

Free Theatre Program for Youth!
The Winnipeg Jewish Theatre is offering a free theatre program to youth ages 11-15.

Up to 25 youth from Winnipeg's Jewish community will work with award winning playwright and storyteller Leigh-Anne Kehler to develop a world premier perform a new play based on the Jewish folktale Stone Soup.

Program dates:

Rehearsals will occur Sunday afternoons from 1 - 4 PM

January 13th until March 10th, 2018.

There will be a dress rehearsal on Thursday March 14 from 4:00 PM - 9:00 PM and 2 public

performances on Sunday March 17 at 12:30 PM and 3:00 PM.

Participants must be available for all rehearsals and performances.

For more information and to book an audition

please email info@wjt.ca or call 204-477-7515

Wander into Winter Camp at Oak Hammock Marsh Interpretive Centre December 27, 28 and January 3, 4!

Come and join us for a snowy good time at one or all of our Winter Day Camps. Activities may include snowshoeing, pond hockey, cool crafts, winter games and more. Camp runs daily from 9 a.m. to 4 p.m. and costs \$27 for members & \$33 for non-members. For more information or to register a camper please visit: <http://www.oakhammockmarsh.ca/plan/camp/> or call (204) 467-3300.

Seven Oaks School Division is now hiring Bus Drivers.
Excellent benefits, starting wage \$25.02 per hour. For more information, call 204-338-7991.



FC NORTHWEST
FC Northwest Winnipeg's First Choice for Youth Soccer!

Soccer Information Session

Bring your child out for FUN soccer drills, while learning about the positive impact of enrolling with FC Northwest's Soccer Program.

Seven Oaks Soccer Complex
725 Kingsbury Avenue
Sunday, January 13, 2019
Starts at 1 PM

Open to 8-11 year olds! Develop your skills with us!

For more information contact Heather (204) 222-3269 gm3.fcnorthwest.com



West Kildonan Collegiate Winter Solstice Family Feast

December 13th, 5pm in the Commons

Join us for drumming, fiddling, good food and a Winter Solstice teaching from Elder Dan Thomas All Welcome. Free

RSVP to peter.krahn@7oaks.org

Please check the West St. Paul School website for full calendar details and additional information at <http://www.7oaks.org/school/weststpaul/Pages/default.aspx> . Please check back frequently as all dates and events are subject to change.

IMMANUEL NURSERY SCHOOL

A New private nursery school located in Immanuel Lutheran church
2528 King Edward St. off Inkster Blvd.

Now Registering for January 7, 2018

Ages: 3yrs. to 5yrs

Classes: mornings- 8:45 to 11:15

Meets all provincial requirements

Qualified and experienced teachers

All Welcome!

ONLY 20 SPACES PER DAY

***LET'S LEARN TOGETHER IN A CHILD-CENTRED
NATURAL PLAY ENVIRONMENT
THAT ENCOURAGES EARLY CHILDHOOD GROWTH AND
DEVELOPMENT***

Contact: 204-294- 9810 or kdburron@shaw.ca



City of Winnipeg Leisure Guide Skating and Swimming

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 Winter 2019 Leisure Guide Skating and Leisure Guide Swimming brochures are now exclusively available online winnipeg.ca/leisureguide.

Registration for Winter 2019 Skating lessons and Winter 2019 Swimming lessons begins Tuesday, December 11 at 8:00 a.m. Registration for all other Winter 2019 Leisure Guide activities is already open. Choose your activities now by viewing the Fall 2018/Winter 2019 Leisure Guide and register today!

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 Winter 2019 edition of Priceless Fun will be available on December 13. All in one convenient guide, Priceless Fun provides information about free programs for children and youth being offered by the City of Winnipeg throughout the city.

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

sunova
centre

West St. Paul's Recreation Site
48 Holland Rd.
West St. Paul, MB
Phone: 204-336-0294
Email: recreation@weststpaul.com

*Spend Winter Break
with us!*



Winter Break SPECIAL Activity Days!

Join us for some SPECIAL Activities at the Sunova Centre over the Winter Break! Along with these awesome activities kids will also have free time in the gym, do crafts and play outside (weather dependent!). Each participant should bring a labeled water bottle, gym shoes, a peanut-free snack and appropriate clothing for indoor & outdoor activities.

Time: Noon-4pm **Ages:** 4yrs+

Registration Fee: \$20.00/Participant/Day



NERF GUN BATTLES
Friday December 28th
Wednesday January 2nd
Sunday January 6th

**LASER
TAG**

Saturday December 29th
Friday January 4th

THE PORTAL

VIRTUAL REALITY - Ages 7yrs+
Saturday January 5th - 1-4pm
Only 20 Spots Available!



Everyone who's tried it agrees: Virtual Reality is mind-blowing! Join The Portal, Winnipeg's First Virtual Reality Arcade, at the Sunova Centre to explore and interact with a three-dimensional, computer-generated virtual world. Once you strap on that headset, you will truly believe you've been transported to another dimension! The Portal has a wide variety of games to choose from and will be on-site to guide participants through their virtual reality experience!

Pre-Registration Required! Follow these steps to REGISTER!

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

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

Step #3: Complete the Winter Break SPECIAL Activity Days On-Line Registration Form

Step #4: Payments can be submitted on the day of the Session

Payments are accepted in cash or cheque (payable to the RM of West St. Paul)

**Winter Break
OPEN GYM**

at the
Sunova Centre - West St. Paul's Recreation Site

ALL AGES WELCOME:

Saturday December 22nd - 1-3:30pm
Monday December 24th - 10:30am-3:30pm
Wednesday December 26th - 10:30am-3:30pm
Friday December 28th - 9-11:30am
Saturday December 29th - 9-11:30am
Monday December 31st - 10:30am-3:30pm
Wednesday January 2nd - 9-11:30am
Friday January 4th - 9-11:30am
Sunday January 6th - 9-11:30am

TEEN & ADULT - 13yrs+ WELCOME:

Thursday December 27th - 5-6:45pm
Thursday January 3rd - 5-6:45pm

FREE Unstructured Gym Time! Come out & get active at the Sunova Centre!

Various Gym Equipment is available to use!

Guardians/Caregivers **MUST** stay & supervise children during times listed.

Individuals taking part must **CLEAN-UP** after they are done using the equipment.

NEW!!!

Sportball - Multi-Sport Programs for ages 16 months-5yrs

Sportball is a Multi-Sport program that keeps children moving and engaged! New skills from a different sport is instructed each class. These well-rounded classes provide an amazing foundation for a lifetime of active living - bundling soccer, baseball, basketball, football, hockey, volleyball, golf and tennis into one program. That's 8 sports per session for one registration! All games, activities and instructions have a purpose and expected outcome. Sportball's goal is to build your child's confidence, competence and Physical Literacy. Sportball programs target three key areas of childhood development, helping them build skills for life!

Sportball Winter Session

**8-Sessions: Sundays - January 13th-March 17th
(No Class: February 10th & 24th)**

Sportball Junior - Ages 16 months-30 months - 10:15-11am

Toddlers and parents/caregivers focus on physical movements and social exploration, learn fundamental sport skills and participate in creative motor games, songs, stories, bubble time and more. Children are challenged according to their individual skill level and Coaches help grownups understand proven teaching techniques that can be applied outside of Sportball classes.

Multi-Sport Parent & Child - Ages 2-3.5yrs - 11:15am-Noon

Sportball Parent & Child program helps pre-schoolers to refine their motor skills, such as balance and coordination, as well as develop their social skills such as confidence, following instructions, turn-taking and sharing. Coaches introduce a different sport each class using developmentally appropriate games and activities.

Multi-Sport Coach & Child - Ages 3.5-5yrs - 12:15-1:15pm

Refine, rehearse, repeat. Multi-Sport classes are the heart of Sportball programming. Coaches focus on the basic skills common to all sports, like balance, coordination, stamina and timing in a fun, supportive, non-competitive setting that emphasizes teamwork. Each class focuses on one of eight different popular sports: hockey, soccer, football, baseball, basketball, volleyball, golf and tennis.

COME FOR A FREE DEMO OF SPORTBALL Sunday December 30th

Sportball Junior - Ages 16 months-30 months - 10:15-11am

Multi-Sport Parent & Child - Ages 2-3.5yrs - 11:15am-Noon

Multi-Sport Coach & Child - Ages 3.5-5yrs - 12:15-1:15pm

To register or for more information on Sportball please visit www.sportball.ca/winnipeg/

Sportball



Stay Connected with the Sunova Centre!



For all the info on program listings & registrations and events at the Sunova Centre

Visit the

RECREATION

RECREATION Tab on www.weststpaul.com

Join our **Email Distribution List** to receive regular email updates about all the programs, events & activities happening at the Sunova Centre



Email recreation@weststpaul.com

Subject: Email Distribution



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twitter



Check out the Sunova Centre's Facebook Page

**West St. Paul
Recreation -
Sunova Centre**



Winter 2019 Programs

According to the PartcipACTION 2018 Report card

**Canadian children need to move more and sit less. Let us help ...
Sign up for a program today.**



To Register
Call 204-632-3900
or Visit
wellnessinstitute.ca

Registration opens December 19th

Non-members welcome!

All our children & youth programs are 10 weeks in length. Karate classes are led by Sensei Boyko

Tigers Karate

Parents are encouraged to participate with the child (no added cost). For children aged 5-8 years.
Tuesdays; January 8 – March 12; 5:30-6:30pm \$100

Karate Kids I

For children aged 9-13 years & 14-17 years too. Classes may be divided dependent on enrollment.
Tuesdays; January 8 – March 12; 6:30-7:30pm \$100

Karate Kids II

Intermediate level for children aged 6-12 years with a minimum of yellow belt.
Saturdays, January 5 – March 16th; 11:30am-12:30pm \$100

Advanced Youth Karate

An advanced class for youth aged 13-17 years with a minimum of yellow belt, or equivalent skill set.
Saturdays, January 5 – March 16th; 10:30am-11:30am \$100

Wee Swim -Parent and tot will enjoy swimming in our warm water pool, with a focus on movement, fun, and gaining comfort in the water. For ages 6 months to 2 ½ years.

Wee Swim Classes start and run for 10 weeks:

Thursdays; January 10th from 4:50-5:20pm
Saturdays; January 12th from 12:00-12:30pm & 12:30-1:00pm \$70
Sundays; January 13 from 11:30am-noon & 12:00-12:30pm \$70

Wee Move - An introduction to music & movement for toddlers who are walking to 2½ years.

Saturdays; January 12th – March 16th 9:15-9:45am - \$65

Mini-movers - Enhance motor skills with jumping, hopping, climbing, throwing, running, balancing & dancing, for ages 2 ½ - 4yrs

Saturdays; January 12th – March 16th 10:00-10:45am \$75

Mini Indoor Soccer - Soccer drills and activities geared for 4-5 year olds.

Wednesdays; January 16- March 20; 1:00-1:45pm \$80

Beginner Ballet - Develops the foundations for ballet technique in a fun & active way; for ages 4-6 yrs.

Saturdays; January 12th – March 16th 12:00-12:45pm \$75

Preschool Ballet - A fun introduction to movements and positions, with rhythm, songs and games, for ages 3-5 yrs.

Saturdays; January 12th – March 16th 11:30-11:55am \$65

Parent & Tot Dance -Focused on coordination, movement, music and FUN, for ages 2-3 yrs.

Saturdays; January 12th – March 16th 11:00-11:25pm \$65

Parent & Child Gym & Swim - A semi-structured hour of fun gym activities and swimming for you and your child.

Fridays, January 11th 5:30-6:30pm for 2-3 year olds & 6:45-7:45pm for 4-5 yrs. \$90

Zumbini –Created by Zumba and BabyFirst for ages 0-4 yrs.

A combination of music, dance and educational tools for 45 minutes of can't-stop won't stop bonding, learning and fun!

Sundays; January 27- March 24; 10:30-11:15am
\$135 - includes a take home materials; CDs, songbook and plush toy.

Try it out! **Zumbini Demo Class**

January 13th – 10:30-11:30pm \$10

To Register Call 204-632-3900 or Visit wellnessinstitute.ca