

West St. Paul School

3740 Main St. West St. Paul MB R4A1A4 204-339-1964
Principal: David Ingram Vice Principal: Tanya Kohut

May 2020

WILDCATS NEWS



West St. Paul
School is on Twitter!

For all the latest news and
activities at West St. Paul
School follow us:
[@WestStPaulScho1](https://twitter.com/WestStPaulScho1)

Important Links:

Here are some links to some fun hands on activities with the Janzens:

Stop Motion 1 You Tube

<https://youtu.be/ol2nOxyz39U>

Stop Motion 2 You Tube

<https://youtu.be/mTS-O3HjTy0>

Stop Motion 3 You Tube

<https://youtu.be/Ne0VRZGk-8s>

ADMINISTRATOR'S MESSAGE

Better news continues to build around the Coronavirus pandemic in Manitoba. With fewer active cases in Manitoba, we will be opening up our play structure and playground for children to play. Physical distancing and frequent hand washing is still important for community members using the school play areas. We hope all is well with all of our families.

Many students and parents have now been past the school to collect locker contents, shoes and gym clothes. If you have not done so yet, please come by the school during school hours between 9:00 and 3:00. A staff member will greet you at the front of the building and help direct you to the classroom(s) to pick up belongings.

Remote learning continues to be the norm at school. We are grateful for the help of parents and older siblings while working with youngers as we work to continue to teach from afar. Teachers are using Google Hangouts, Google Meet and Zoom meetings to see kids as they teach. Many cats and dogs have been in these meetings along with some fish and a hedgehog. One class even got to witness a chick breaking out of a shell, live on Zoom!

We are aware that many of our parents are essential workers who spend long hours for the benefit of us all. We owe them thanks for the work they do and the work they are continuing to do. Working all day or night and then helping kids with schoolwork can feel overwhelming. We hope kids and families do their best to complete assignments but recognize that all families are different – some wanting more work and others less. Teachers are working to balance the work they send home and adapt expectations for each family. We are very confident that each family is doing the best they can.

As a school division, we are proud of the ways we are trying to support families. With equity in mind, we are trying to provide resources to families (technology access, classroom materials, food hampers) who are looking for this support. Our Learning Support Teachers, Clinicians and Educational Assistants are active in providing supports. If your family, or you know a family in need of supports, please contact us at the school.

Please find the birthday announcements, O Canada and Land Acknowledgement at the following link: <https://youtu.be/Ne0VRZGk-8s>

David Ingram Tanya Kohut

Administrators

2020-2021 SCHOOL REGISTRATION IS OPEN!

Have you registered your child for the 2020-2021 school year? You can now do so online. Preliminary online registration forms can be found at:

<http://www.7oaks.org/registrations>

Once your preliminary registration form has been received, we will be contacting you for additional information and supporting documents.

Documents include birth certificate and proof of address.

Please share this information with any new families in the area.

If you have any questions or concerns please contact the office at 204-339-1964.



2020-2021 TRANSPORTATION APPLICATIONS—RENEWALS

There is a new process in place to re-apply for bussing:

Log into your Parent Connect, go to Profile-Basic Demographics and review your address, bussing and daycare information. Then go to the Forms tab and find the Transportation Application form and select your response.

Yes - Yes, bussing, same as last year

No – No longer require bussing

CHG - Yes, bussing, changes required (Complete the attachment with the changes and submit that to your school by email or make an appointment to drop it off.)

Changes could be your address, change of school, pick up or drop off locations. Please fill in the student name and school, and then only the changes required in the bottom section of the form. Email the completed form back to the school

Please respond by Friday, May 15th, 2020.

If you are required to pay for bussing the following applies:

Log into your Parent Connect, go to Profile-Basic Demographics and review your address, bussing and daycare information. Then go to the Forms tab and find the Transportation Application form and select your response.

PC - Yes, same bussing, pay online (This is through Parent Connect, will be available to pay between August 15th and August 31st)

SCH - Yes, same bussing, pay csh/chq (Send cheque or cash to the school)

DD - Yes, same bussing, direct debit (Must attach a voided cheque or bank information form from your bank and fill out the Pre-Authorized Debit form – found on the Seven Oaks School Division website under Departments-Transportation)

NO - No longer require bussing

CHG - Yes, bussing, changes required

Changes could be your address, change of school, pick up or drop off locations. Please fill in the student name and school, and then only the changes required in the bottom section of the form. Email the completed form back to the school.

Please respond by Friday, May 15th, 2020 and submit payment forms, where applicable, to the school.

Information on NEW transportation applications will be sent home in the coming weeks. This includes incoming kindergarten students and students new to the school.

**BAND TOGETHER
FOR CHILDREN'S MENTAL HEALTH**

MAY 7TH 2020

CANADA'S NATIONAL CHILD & YOUTH MENTAL HEALTH DAY

**JOIN US IN WEARING A GREEN
HEADBAND OR HAT TO HELP START
A CONVERSATION ABOUT PREVENTION
AND EARLY INTERVENTION.**

**BECAUSE CHILDREN'S MENTAL HEALTH IS
IMPORTANT**



#BANDTOGETHERFORCHILDRENSMENTALHEALTH



WHAT IS MINDFULNESS ANYWAY?

A **FREE** student focused interactive webinar

In this interactive session, middle school students will learn about what mindfulness actually is, how a practice of mindfulness is part of creating a healthy mind and how it can reduce the effects of stress on the mind and body. Students will be guided through some basic information about mindfulness and led through a variety of mindfulness practices to see what might be a good fit for them.

Two identical webinars will be offered on

MAY 5th 1:30pm - 2:15pm

MAY 8th 11:00am - 11:45am

Register on our website kidthink.ca/events

Presented by



KIDTHINK.
healthy minds, thriving children

In collaboration with



WINNIPEG SCHOOL DIVISION

PARENTING FOR OUR CHILDREN'S MENTAL HEALTH

Insights from a Brain-Based Parenting Approach

A FREE WEBINAR



PRESENTED BY

KIDTHINK.

healthy minds, thriving children

FEATURING

Kari Deschambault, MSW, RSW
Mental Health Clinician,
Kidthink Children's Mental Health Centre Inc.

Wednesday, May 6th
7:00 PM - 8:30 PM

SUPPORTED BY



Bell
Let's Talk

IN COLLABORATION WITH



WINNIPEG SCHOOL DIVISION



**REGISTER ON
OUR WEBSITE**
kidthink.ca/events



NEW DIRECTIONS
FOR CHILDREN, YOUTH, ADULTS & FAMILIES

Parenting in Difficult Times

Family Therapy Services

500-717 Portage Ave. Winnipeg, MB R3M 0G8

204.786.7051 Ext. 2560

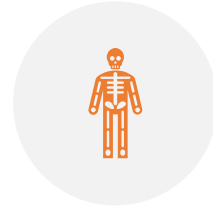
ftsadmin@newdirections.mb.ca

Managing Your Own Feelings

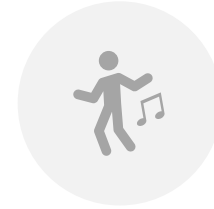
- It is normal to experience many feelings in one day, perhaps even in one hour.
- Sometimes we feel angry because of what we can't do, sometimes we feel sad, other times we forget for a few minutes and feel as if we are living our normal lives.
- Know that you are not alone in feeling this way. There is no right way to feel during this pandemic.



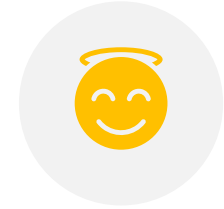
Settling Your Body Helps Settle Your Feelings



BREATHING IN A REGULAR BREATH (COUNT OF 4) AND SLOWLY EXHALING (COUNT OF 6) – DO THIS A MINIMUM OF 10-20 TIMES (SHORT RAPID BREATHS SIGNAL OUR BODY TO BE MORE STRESSED)



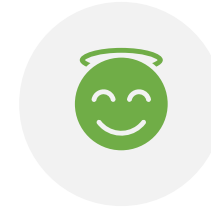
MOVE YOUR BODY - GO FOR A WALK, EXERCISE OR DANCE TO MUSIC



WRITING THINGS DOWN (INSTEAD OF SHOUTING AT OUR KIDS OR OUR PARTNER)



REACHING OUT TO ANOTHER ADULT WHO WILL LISTEN



WATCHING A FAVOURITE SHOW OR LISTENING TO A GOOD PODCAST (WHILE DOING THE BREATHING)


Helping Your Kids Manage Their Feelings

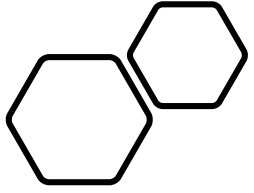
- Kids are feeling all the same feelings you are.
- Sometimes they feel angry because of what they can't do, sometimes they feel sad, other times they forget for a few minutes and feel as if they are living their normal lives.
- Sometimes their feelings are very full and then a small thing happens, and they have a meltdown.



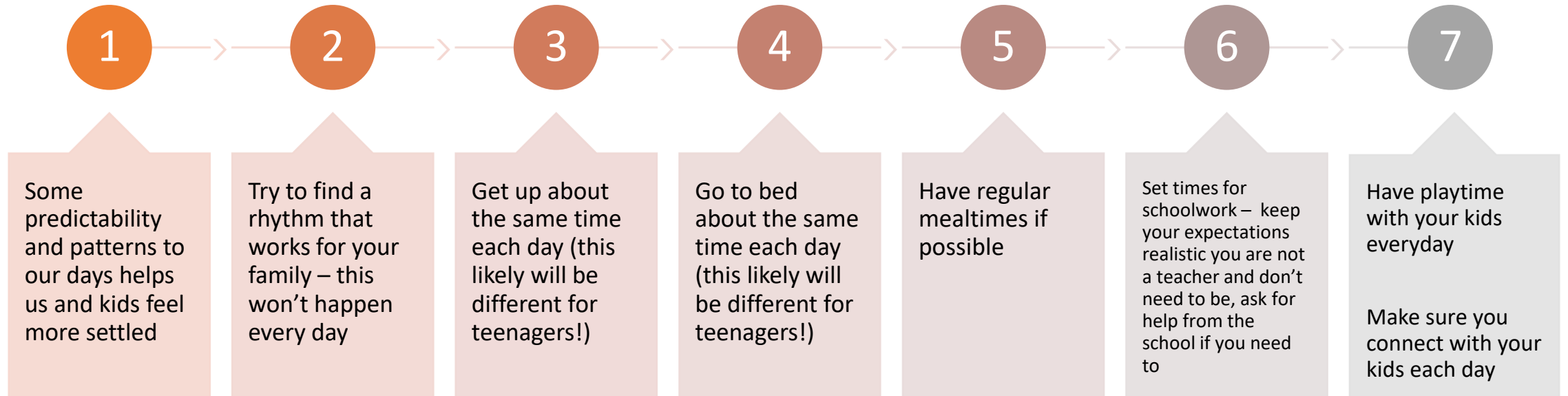
So, What Do Kids Need?

First, they need you to be settled and then they need...

- To settle their body which helps settle their feelings
 - Breathing in a regular breath (count of 4) and slowly exhaling (count of 6) – do this a minimum of 10-20 times (do it with your child(ren) and add a kid friendly feature such as pretending to smell fresh baked cookies and then blowing on them to cool)
 - Take breaks - go for a walk, get some exercise or dance to music
- 



Kids Need Routine



Kids Need Someone To Listen To Them

Just like you, kids need to have someone to listen to them

Try to hear them out - often they are trying to tell you about a struggle they are having

Hear about their worries – try not to tell them about your worries, reach out to another adult to talk about those

Kids Try To Tell Us About Their Feelings Through Their Behaviour

1

Worry, boredom, sadness and frustration come and go for kids (just like it does for us) throughout the day.

2

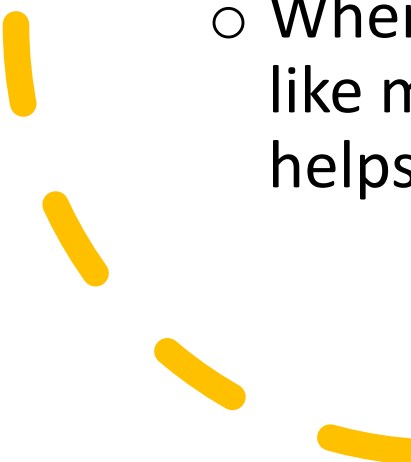
Some kids will say this out loud and some will show it through their moods or behaviour.

3

Read their body language and try to catch subtle signs of struggle. Offering them comfort before their feelings get too big will help kids manage their upset better.



Kids Need...To Feel Involved And Have A Sense Of Control

- It's really hard for older kids and teens to feel the loss of choice and sense of control in their everyday lives
 - When possible, get them involved in some practical decision-making like menu planning, whose playlist to listen to, what game to play - this helps them feel connected and involved
- 

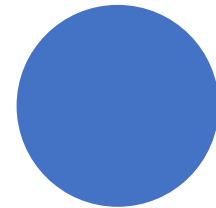
Kids Need Us: To Connect And Play

- Board games, cards, playing catch etc.
- It's good for us and our kids to play – even with our teenagers!
- Kids need time to just be with you
- Being connected helps kids feel safe

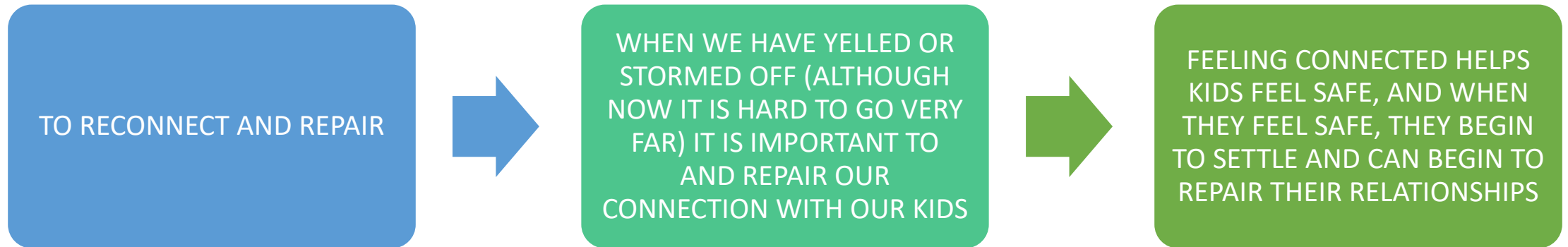


- We know it is hard to keep our cool all the time.
- It is very important to keep everyone safe and to figure out what to do after a meltdown.

What About When I Or My Kids
Have a Melt Down?




So, What Do Parents And Kids Need?





What Can We Do?

- We grown-ups need to go first to reconnect and repair when this happens
 - Comfort, soothe and help your kids calm down (after you are calm)
 - Ask what could we learn from what happened?
 - Ask what do we need to do now?
 - Remind and reassure them that feelings get big and you are both learning how to handle them in this new situation
- 



Fact Check

- Most kids get the news from each other rather than from reliable sources, and accuracy is oftentimes lost as it travels from one child to the next.
- Misinformation (fake news!) can be a cause for confusion and anxiety.
- Be their news source.
- Share age-appropriate information about what is going on and continue conversations around what you can do as a family to stay safe.



Remember!

- Spend time connecting with your kids each day
- Be patient and gentle with yourselves!

Protect Your Kids Online

- Check-up on what your kids are doing online
- www.protectkidsonline.ca



Here Are Some Helpful Links

- Big Feelings Come and Go (Storybook)
 - www.protectchildren.ca/en/order/product/301:en/
 - Read aloud version of the book coming soon to YouTube!
- Making Sense of Trauma Practical Tools for Responding to Children and Youth
 - www.makingsenseoftrauma.ca
- Big Bird's comfy cozy nest
 - https://www.youtube.com/watch?v=ciGL9fCa8uk&feature=emb_title
- Just Breathe
 - www.youtube.com/watch?v=RVA2N6tX2cg
- Why do we lose control of our emotions?
 - www.youtube.com/watch?v=3bKuoH8CkFc