

West St. Paul School

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

November 2019 WILDCATS NEWS

Important Dates:

- Nov. 5: Photo Retakes—a.m. only
- Nov. 6: Pizza Lunch Day
- Nov. 6: PAC Meeting 6:00 p.m.- light supper at 5:45 p.m.
- Nov. 8: Remembrance Day Assembly 11:00 a.m.
- Nov. 11: Remembrance Day—No Classes
- Nov. 13: Pita Pit Lunch Day
- Nov. 15: Family Pizza & Games Night 6-8 p.m.
- Nov. 17: 31st Annual West St. Paul School Christmas Craft & Bake Sale 10-4
- Nov. 18: After 8:30 a.m. book your Parent/Teacher Conference online.
- Nov. 20: Pizza Lunch Day
- Nov. 27-28: Parent Teacher Conferences 2:30-7:00 p.m.
- Nov. 29: Parent Teacher Conferences 8:00-11:00a.m.
- Dec. 4: Pizza Lunch Day



West St. Paul School is on Twitter!!

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



TIME TO DRESS FOR THE WEATHER

As the temperature begins to drop, we remind parents to ensure your children are dressed for the weather. Students are expected to go outside for breaks even if it is wet and cold. **Indoor recess is called when the combined temperature and windchill reach -27 degrees celcius.**

When taking the bus, students are expected to wear a jacket and have proper cold weather clothing. There is always a possibility of bus breakdown and the students may have to walk. Bus drivers can refuse transportation to students not dressed properly. If combined temperature and wind chill is -45 C or colder at The Forks at 6:00 a.m. buses will not run for the entire day. For full details on inclement weather please go to: [http://www.7oaks.org/Departments/Transportation/Pages/InclementWeather.aspx#/="](http://www.7oaks.org/Departments/Transportation/Pages/InclementWeather.aspx#/=)

ADMINISTRATOR'S MESSAGE

November has arrived and since the big snowfall a few weeks ago, winter has been on everyone's minds. Our classes continue to go outside to learn from the animals and plants during the changing of seasons and we always try to be outside for recess no matter the weather.

Volleyball season is in full swing with practices after school and at break times and games taking place after school and on weekends. This past weekend we hosted the West St. Paul Classic for our grade 8 boy's divisional team. It was a wonderful, well-attended event with about a hundred children playing volleyball representing 8 different schools. Our West St. Paul Wildcats were runners up in the final to Ecole George McDowell in a thrilling three set match. We are grateful to a parent volunteer (LC) for running our canteen and to all of our coaches and teachers who volunteer their time to teach our kids sports as well as life lessons about competition and friendships.

It's craft sale time again! The West St. Paul Christmas Craft Sale will take place on Sunday, November 17th from 10 AM to 4 PM. The craft sale is always a highlight of the fall season and brings our community close together. More information is available in this newsletter about opportunities to volunteer. See you there!

Our students have been busy learning in class and from each other. Report cards will be available on Parent Connect on the afternoon of Monday, November 25th. Kids will have the opportunity to show their parents the things they have been learning on the evenings of November 27th and 28th, and the morning of Friday, November 29th. Parents can book Parent/Teacher appointments on Parent Connect beginning Monday, November 18th.

We look forward to seeing you soon!



Congratulations West St. Paul Community!! Your generosity resulted in an extremely successful Koats for Kids campaign. We collected hundreds of items of winter outerwear that will help to keep so many children warm this winter. Miss Davison would like to thank the students from Room 6 who helped to gather, sort and package up all of your donations. Thank you West St, Paul families for helping to make this year's Koats for Kids collection a HUGE success!!

October 2019 Assembly

On Wednesday, October 30th, students and staff were gifted knowledge of the treaty land acknowledgment & Ojibwe medicine wheel teachings by one of our 2 divisional elders, Elder Dan. He is a Knowledge Keeper, or geteya'aa, in the Ojibwe language.

Elder Dan first taught us about why every morning, we acknowledge that we are on treaty land. He also shared how the medicine wheel is really a circle of life, and that as the earth goes around, so too does our life. Each day, we begin in the east with our thoughts and move to the south where we make a decision. Following the decision is the behaviour or action in the west, and finally, the consequence in the north. This teaching can be applied to our lives every day - at school and at home. We are very thankful for his visit and his willingness to share his knowledge with us.



On Friday, November 8 at 11:00 am West St. Paul School will hold a Remembrance Day Ceremony. All parents and community members are invited to attend.

We are creating a slide presentation with photos of family members who have fought in any war, served for any military service or are currently in the Canadian Armed Forces. If you have a photo of a family member *in uniform*, who meets this criteria, you can either scan and email the photo, take a photo of the photo and email it or drop off the photo to be scanned and returned. All photos should be sent to tanya.kohut@7oaks.org. Please write the name of the person in the photo, the year and the name of the student to whom they are related. All photos need to be submitted by Wednesday, November 6 by 2:30.

Thank you in advance for keeping Remembrance Day relevant and meaningful to our students.

Breakfast Program at West St. Paul School



**We have begun a breakfast program at
West St. Paul School.**



All students do not eat breakfast at home every morning. We know this to be true. Reasons for not having breakfast each morning vary but we know our school day begins early, busses arrive in the dark very early in the morning, parents and kids are rushed, some kids do not want to eat when they first wake up, some homes don't have breakfast items ready to eat, etc. Nevertheless, research shows that children do better at school when they have had something to eat before classes begin.

With support and a grant from the Child Nutrition Council of Manitoba and the Seven Oaks School Division, our breakfast program will aim to allow all students to have something nutritious to eat before going to class each morning.

The breakfast program takes place each morning in Red River Hall. Beginning at 7:30 when some students arrive on the bus, those who have not eaten are invited to go downstairs where something nutritious will be waiting to eat. We will always strive to have at least 3 food groups represented each morning.

Examples of offerings are fresh fruit, vegetables, yogurt, milk, cereal, toast and granola bars. After eating, students will clean up their spot, return their bowl, plate and cutlery and then proceed to class.

Our breakfast program is now accepting donations of whole grain breads, jam, and whole grain cereals that are low in sugar (such as corn flakes, rice crispies and plain Cheerios).

HALLOWEEN FUN



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.

31ST ANNUAL CHRISTMAS CRAFT & BAKE SALE

Sunday, November 17th, 2019

West St. Paul School – 3740 Main Street
10:00 am until 4:00 pm

More than 50 Crafters • Bake Sale • Silent Auction • Kids Crafting Table
Photos with Santa • Take a Break at the Canteen

Silent Auction Grand Prize Draw

40" Sharp Smart TV (approx. value \$290)

Santa and Family Holiday Photos

by *Lifetouch Canada*

11:00 am to 1:00 pm

\$5.00 sitting fee includes a 5 X 7 printed picture

(100% of proceeds will be donated to the school)

Admission: Adults \$2.50

Children under 12 are FREE

(Includes one FREE coffee, tea or hot chocolate with admission)

31st Christmas Craft and Bake Sale

West St Paul School, November 17th, 2019
(10:00 am until 4:00 pm)



Dear Parents,

We are excited to be in the process of planning our 31st Annual Christmas Craft and Bake sale which is the largest fundraising event for West St. Paul School. All revenue goes toward improving the school environment for our children including enhancing the play space, purchasing equipment and technology such as smartboards as well as financial support for student groups.

Thank you so much to all of you who have already offered to volunteer or to donate baking or silent auction prizes. The Parent Advisory Council would like to strongly encourage all West St. Paul families to contribute to this annual community event! **As an extra bonus – this year anyone who volunteers or donates will be entered into a draw to win 4 reserved front row seats for the Christmas Concert.**

If you have not yet committed to helping please fill in the form below and either return it to the school or e-mail it to the craft sale committee chair: Elana Spence – elanaspence@shaw.ca

On behalf of West St. Paul School Parent Advisory Council, thank you for all your support!

Name: _____ Phone: _____

e-mail: _____

1. I will help by donating:

Baking - please wrap products individually and attach an ingredients label (see attached page). West St. Paul School is a nut free environment - **please ensure that your baking does not contain nuts of any kind.**

Silent Auction Prize – any requests for an official letter can be addressed to Elana Spence – elanaspence@shaw.ca

2. I will help by volunteering my time (we are scheduling 2-hour time blocks for the following):

Saturday, November 16 th 10 A.M.-2:30 P.M.	Sunday, November 17 th
<input type="checkbox"/> Help set up <input type="checkbox"/> Help pricing items for the Bake Sale	<input type="checkbox"/> Selling items at the Bake Sale <input type="checkbox"/> Selling tickets at the door <input type="checkbox"/> Selling Silent Auction Tickets <input type="checkbox"/> Working at the Canteen <input type="checkbox"/> Help clean up

Thank you so much for your support!

PAC Craft Sale Committee

Product Name: _____

This Product contains NO nut products.

Major Ingredients:

Product Name: _____

This Product contains NO nut products.

Major Ingredients:

Product Name: _____

This Product contains NO nut products.

Major Ingredients:

Product Name: _____

This Product contains NO nut products.

Major Ingredients:

Product Name: _____

This Product contains NO nut products.

Major Ingredients:

Product Name: _____

This Product contains NO nut products.

Major Ingredients:



Orders Due: Thurs. November 14 2019
Delivery Date: Wed. November 27, 2019
Please make cheques payable to West St. Paul School

A Fresh Take on Fundraising

Raise funds with fresh Manitoba vegetables!



\$12 VEGETABLE BUNDLE A

\$6 Profit

- 2 lbs carrots
- 5 lbs red potatoes
- 2 lbs yellow cooking onions



\$22 VEGETABLE BUNDLE B

\$11 Profit

- 3 lbs carrots
- 10 lbs red potatoes
- 3 lbs yellow cooking onions
- 1 lb parsnips
- 1 head green cabbage

Let's Grow Healthy Together *Why choose Farm to School for your next fundraiser?*

Health

- Help promote healthy eating
- Increase intake of fresh vegetables
- Develop food skills

Great Profit Margin

50% of total sales goes back to your school or daycare

\$414,045 raised by 410 groups in one season alone!

Convenience

- FREE delivery to schools and daycares **ANYWHERE** in Manitoba
- Includes pre-portioned vegetables, bags and recipe booklets
- FREE delivery of food bank donations

Support Local Food & Local Community

- Fresh vegetables grown by Manitoba farmers
- Donate fresh produce to Manitoba food banks
- 72,557 lbs of vegetables donated in 2017!

An initiative of



Manitoba Association of Home Economists

Manitoba Food Banks



Manitoba



STUDENT ORDER FORM



Your Farm-to-School Coordinator is :

Name : **Tanya Kohut**
 Phone : **(204) 339-1964**
 Email : **tanya.kohut@7oaks.org**

Cheques Payable To : West St. Paul School

Student _____

Teacher _____

School West St. Paul School

Orders Due Thursday, November 14, 2019

Order Pick Up Wednesday, November 27, 2019

Farm to School Manitoba
 Phone: 1.888.289.7325 ext 224
 FarmToSchool@PeakMarket.com
 1200 King Edward Street
 Winnipeg, Manitoba, R3H 0R5

SELLING REMINDERS

- Avoid carrying large amounts of cash, that can be lost or stolen
- Focus fundraising efforts on family and friends
- Take a parent or buddy along, when fundraising
- When available, remind customers of the delivery date
- Make sure any cheques for payment are made payable to your school

BUNDLE A
 2lb Carrots, 2lb Onions, 5lb Red Potatoes

BUNDLE B
 3lb Carrots, 3lb Onions, 10lb Red Potatoes,
 1lb Parsnips, 1 Head Green Cabbage

Customer Information	For the School		For Donation		Total Collected	
	Bundle A \$12	Bundle B \$22	Bundle A \$12	Bundle B \$22		
Example: Mr. Carrot	3 x \$12 = \$36	4 x \$22 = \$88	3 x \$12 = \$36	4 x \$22 = \$88	\$36 + \$88 + \$36 + \$88 = \$248	
School Totals		Donation Totals		Total Collected		
	Bundle A x \$12	Bundle B x \$22	Bundle A x \$12	Bundle B x \$22	Cash \$	Cheques \$





Vegetable Bundle Storage and Preparation Tip Sheet

Learn about the health benefits of fresh veggies and how to easily prepare and store them at home.



CABBAGE

Storage: High humidity crisper in your refrigerator

Nutrition: Contains many vitamins and minerals important for healthy metabolism, and protecting against inflammation and disease

Preparation:

- Wash, cut cabbage in half and cut off the coarse stem portions; chop or shred
- Boil, steam, sauté or roast

Cooking tips: Add shredded cabbage when making stir-fries or soups; add to salads or tacos.



POTATOES

Storage: Dry, cool and dark place; well ventilated at temperature of 7 C

Nutrition: Good source of potassium and vitamin C which are important for heart health and protecting against chronic disease

Preparation:

- Wash them well; leave the skin on for extra nutrition
- Boil, steam or roast

Quick recipe: Garlic potatoes: Cut red potatoes into quarters, spread on a baking sheet. Combine some butter, minced garlic, salt, pepper and lemon juice. Pour over potatoes. Sprinkle parmesan cheese. Cover and bake at 350°F for 30 minutes. Uncover and bake for additional 10 minutes or until golden brown.



PARSNIPS

Storage: Cold, humid spot like the crisper in your refrigerator

Nutrition: High in vitamin C, an antioxidant important for protecting against chronic disease; good source of dietary fibre important for heart and gut health

Preparation:

- Wash and peel them
- Boil, steam or roast

Quick recipe: Parsnip fries: Slice into 3-inch strips. Toss parsnips with olive oil, garlic powder, salt, pepper and chopped or dried rosemary. Spread on baking sheet and roast at 450°F for 15-20 minutes, turning halfway through cooking.



CARROTS

Storage: Cold, humid spot like the crisper in your refrigerator

Nutrition: Important for healthy eyes and skin; good source of dietary fibre that are important for heart and gut health

Preparation:

- Wash and peel them
- Boil, steam or roast

Quick recipe: Roasted carrots: Slice into 1-inch pieces, toss with olive oil, salt and pepper. Spread on baking sheet and roast in oven at 425°F for approximately 10 minutes.



ONIONS

Storage: Away from potatoes; keep in mesh bag in well ventilated space; choose a cool and dry place for longer storage

Nutrition: Packed with antioxidants which play a role in protecting against chronic conditions like diabetes and heart disease

Preparation:

- Peel off skin and slice or dice into small pieces

Cooking tip: Add onions to the pan first when cooking to soften them and sweeten their flavour before adding other ingredients.

For additional recipes, preparation tips and nutrition information, visit:

Peak of the Market Recipes - peakmarket.com/recipesearch.cfm

Farm to School Manitoba Healthy Choice Fundraiser - Facebook Page

Canola Eat Well For Life Recipes - canolaeatwell.com/recipes/

Health Canada - food-guide.canada.ca/en/



Allergy Aware School



At West St. Paul School, we have students and staff with life-threatening allergies. We are a nut and fish aware school. Please check snacks, lunches and baking to be certain that no nut or fish products are sent to school. Your cooperation is appreciated.

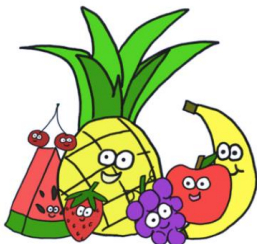
Healthy snacks for recess and treats for school parties

It is recommended that you use the 3 check rule when purchasing pre-packaged foods:

1. Read the label before you purchase the product in the store.
2. Read it again once when you are putting it away at home.
3. Read it a third time before you serve/prepare it for the allergic individual.

These foods generally do not contain peanuts or nut products. **Always read food labels to be sure.**

- Fresh fruit, fruit cups
- Dried fruit (raisins, dried apricots, dried cranberries), 100% fruit leathers
- 100% fruit juices
- Fresh veggies
- Milk and chocolate milk
- Plain low fat cheese
- Low sodium pretzels
- Plain popcorn
- Whole grain crackers
- Homemade trail mix (without peanuts or other nuts)
- Yogurt
- Fruit juice popsicles
- Homemade muffins or baked goods made without peanuts/nuts or peanut/nut oil





Your WILDCATS Store is OPEN!!



**SIZING SAMPLES AVAILABLE AT SCHOOL FROM NOV 1-8 & NOV 25-DEC 6
ORDERS PLACED BEFORE NOVEMBER 10 WILL BE DELIVERED BEFORE CHRISTMAS**

**OPEN UNTIL
SUNDAY,
DECEMBER 8, 2019**

Open browser and visit:
tom.balticathletics.com

Enter your case-sensitive
password: **MAIN**





**WEST
ST. PAUL
SCHOOL**



23051 Mun 43-N,
Ile des Chenes East, MB R0A 0T3
info@balticathletics.com
204.781.3342
balticathletics.com

TO PURCHASE YOUR CUSTOM CLOTHING



Open browser and visit:
tom.balticathletics.com



Click on
West St. Paul School



Enter your case-sensitive
password: **MAIN**

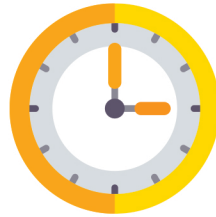


Shop away!

**SIZING SAMPLES AVAILABLE AT SCHOOL FROM NOVEMBER 1-8
& NOVEMBER 25-DECEMBER 6**



Accepts **Visa,**
MasterCard and
PayPal



Order deadline is
SUNDAY,
DECEMBER 8, 2019



Please allow
4-5 weeks for delivery.
Orders will be delivered to
your school for distribution.

ORDERS PLACED BEFORE NOVEMBER 10 WILL BE DELIVERED BEFORE CHRISTMAS

ABOUT US

TOM (Team Order Management) by Baltic Athletics is a website where you have the ability to order online and simplify the process of purchasing team clothing.

We are a Manitoba family-run company started in 2014. Rauno has been working in this industry for 33 years and he brings a lot of integrity and knowledge to your purchasing experience.

Have a great season! Play hard! Play smart! Have fun!

Rauno Ruus Corina Ruus

Rauno & Corina Ruus

Get your flu shot!

STOP

The spread of the flu!

The pediatric residents of the University of Manitoba want to encourage all children 6 months and up (and their families) to get their flu shot during the 2019-2020 flu season

Why?

- Influenza (“the flu”) outbreaks happen every year
- The flu shot helps protect you and the people you love from getting the flu! Influenza is different from a common cold or stomach flu and in some cases can cause you to get very sick.
 - Last flu season over 200 people were hospitalized with influenza and almost half of these patients were children
- The flu virus changes every year - so you need to get a new shot each fall, even if you got it last year
- The flu shot is safe! Almost everyone over 6 months can get it - even people who are pregnant, allergic to eggs, or have a cold!

Where?

- Pharmacies can give flu shots to anyone age 7 and up.
- For those younger than 7 you can get your flu shot at your doctors office, nursing station or visit a flu clinic. To find your nearest flu clinic visit:
<https://www.gov.mb.ca/health/flu/where.html>

Can I get more information about the flu shot?

Of course! We encourage you to visit these trusted resources to get more info!

Government of Canada → www.fightflu.ca

Canadian Pediatric Society → www.caringforkids.cps.ca/handouts/influenza_vaccine

Centre for Disease Control → www.cdc.gov/flu/pdf/freeresources/family/flu-guide-for-parents-2018.pdf

Government of Manitoba → www.gov.mb.ca/health/flu/index.html

You can also follow us on Social Media ☺

Instagram → @mbpeds_flufighters

Twitter → @mbflufighters

Signed, Dr. Lexa Fraser, Dr. Suzanne Robinson, Dr. Jonathan Ripstein, Dr. Duncan McGuinty, Dr. Linda Ding, Dr. Robyn McClelland, Dr. Flora Shan, Dr. Karen Ballinger, Dr. James Johnston, Dr. Habeeb Alsaeed, and Dr. Jessy Burns

“Un-plug to Connect With Your Child”

A message from the Seven Oaks School Division Speech/Language Pathologists

Speech/Language Pathologist Staci Jackson asks: “What impact does technology have on communication development in young children?” The implications of technology use on developing brains may not be fully understood, however we do know that human interaction is essential for the development of speech and language skills in children. With that in mind we provide some suggestions from the American Speech, Language and Hearing Association on how to manage children’s use of technology while creating meaningful alternatives to screen time that promote development of communication:

- Engage your child in pretend play by offering them age appropriate toys, craft supplies and dress-up props. These will keep them interested and inspire their creativity.
- Offer your child opportunities to help with daily chores while talking together, such as putting away groceries, sorting laundry, cooking and baking and watering plants.
- Read, tell and share stories with your children at any time of the day. Learning to tell stories and describe what is happening in books boosts speech and language growth.
- Play together! Games and imaginative play activities promote social skills in children and provide adults with the opportunities to model good language.
- Play outside with your child! Outdoor play can facilitate different experiences and opportunities to learn new vocabulary.
- Have more conversations with your whole family. Turning off your TV and other devices can limit distractions and create more opportunities for family discussions.
- When you do allow your child to use technology, make it a family experience by talking together about the activity.
- As children are always watching the adults around them, remember to model good technology habits.

For more information regarding technology use please visit www.asha.org/bhsm

Source: Jackson, S. (2015) Disconnect the Tech! Help Your Child “Plug-In” to Good Communication. Super Duper Publications www.handyhandouts.com

Allergy & Asthma Adventures



Location:
FE125 - 685 William Ave
Winnipeg, MB.
R3E 0Z2
PH: (204) 787-2551
Toll Free
(within Manitoba)
1-888-554-1141
FAX: (204) 787-5040
caaec@hsc.mb.ca
www.caaec.ca

Asthma & Allergy Adventures is a publication of the Children's Allergy and Asthma Education Centre.

Contributors:
CAAEC Staff

Like Us on  **FACEBOOK**

Follow us on  **TWITTER**
@CAAEC

See our videos on our **YouTube** Channel:
Allergy and Asthma Education.



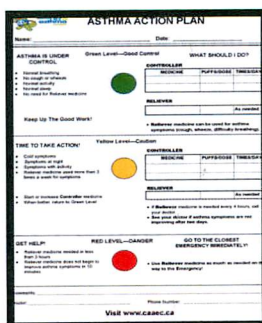
New Changes in Asthma Management

Asthma is a chronic disease of the airways that causes symptoms such as wheezing, coughing, shortness of breath and chest tightness. Muscles on the outside of the airways tighten and the inside of the airways become more swollen and make more mucous. When you have asthma, the inside of the airways are always a little bit swollen. Good control of asthma can be achieved by avoiding known triggers (colds, pets, tobacco smoke, pollens) and using the prescribed asthma medicines.

For years, Reliever medicines (eg Ventolin) have been prescribed as first line treatment for symptoms for those with mild asthma. Reliever medicine is used for symptom relief and works by relaxing the muscles on the outside of the airways. Recent studies have shown that reliance on a Reliever alone for symptoms can have bad effects. It can lead to worsening of asthma and more frequent emergency room visits. If more than 12 canisters of a Reliever medicine (Ventolin, the blue puffer) are used in a year there is a higher risk of death from asthma. Patients often rely on their Reliever because of it's quick action , its low cost and people often feel they do not need any further treatment.

The Global Initiative for Asthma (GINA) has recently published new recommendations for treatment of mild asthma. Their goal is to prevent asthma flare-ups and asthma related deaths. GINA now recommends adolescents and adults with asthma should receive a combination medicine having both a fast acting Reliever plus Controller as the preferred choice for asthma symptoms. It is no longer recommended that we treat asthma with just a blue puffer. An option would be to use regular Controller medicine to decrease the risk of worsening symptoms.

These are recommendations and it is important to work with your doctor to make an Asthma Action Plan that will work best for you.



Allergic Rhinitis

Allergic Rhinitis, also called hayfever, causes swelling of the lining inside the nose. Allergic Rhinitis is most common in children who have allergies. Symptoms include runny and itchy nose, sneezing and nasal congestion. Often children have trouble sleeping and can lead to tiredness during the day. Symptoms can occur seasonally due to allergies to pollens, molds, grass and weeds. Symptoms can occur year round due to allergies to pets and dust mites.

The first step in treatment is avoiding the allergens. Your doctor may also recommend corticosteroid nasal sprays. They are an effective treatment to reduce nasal congestion, sneezing and runny nose. Nasal sprays need to be used daily in order for them to be effective. Treating the nose can also help those that have asthma to get better control of their symptoms.

How to use nasal sprays

- ◆ Blow the nose first
- ◆ Shake the canister
- ◆ Keep head upright
- ◆ Block one nostril with your finger, insert spray nozzle and sniff gently as you spray
- ◆ Aim for the outer wall of your nostril (think of aiming for the top of the ear)
- ◆ Repeat for other side; avoid blowing nose following



Eczema Education now available at CAAEC

Is eczema causing red, burning and itchy skin?

The nurse educators at CAAEC can help!

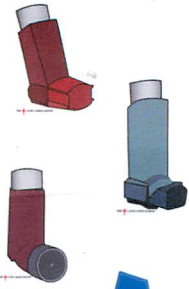
Come learn about :

- Keeping skin moist and healthy
- Coping with itch and burn
- Treating flare ups
- Avoiding eczema triggers
- Using prescribed creams

Individual or TeleHealth appointments are available for parents and children of all ages.

Call (204) 787-2551 or 1 (888) 554-1141 to book an appointment.





Did you know that our Centre offers free sessions for children and parents and teens. See our list of sessions below:



Visit us @ www.caaec.ca

Asthma Education



PARENT ASTHMA SESSION

(For Parents of Children Under 7 years old) – only parents attend

Wednesday, October 9 7:00pm to 9:00pm

Friday, October 18 1:00pm to 3:00pm

Thursday, November 7 7:00pm to 9:00pm

Saturday, December 7 10:00am to 12:00pm

Friday, November 8 1:00pm to 3:00 pm * Held at Transcona Access Centre

To Register: Call 204-787-2551 or email caaec@hsc.mb.ca

SCHOOL AGE SESSION – Parents & Children Attend (kids ages 7-11yrs)

Thursday, November 14 6:30pm to 8:30pm

To Register: Call 204-787-4116 or email caaec@hsc.mb.ca

TEEN ASTHMA SESSION (ages 12-16 yrs)

Wednesday, November 27 6:30pm to 8:30pm

Teens bring a friend (friend does not need to have asthma)

To Register: Call 204-787-4116 or email caaec@hsc.mb.ca

Classes held at 685 William Avenue, Winnipeg, across from Children's ER.

*Class held at Transcona Access Centre, 845 Regent Avenue.

Food Allergy Education



PARENTS of Children Under 7 years old – only parents attend

Friday, October 25 1:00 to 3:00pm
Wednesdays, November 6 & 13 7:00 to 8:30pm
Friday, November 22 1:00 to 3:00pm
Mondays, Nov. 25 & Dec. 2 7:00 to 8:30pm
Thursday, December 5 1:00 to 3:00pm * Held at *Transcona Access Centre*
Friday, December 6 1:00 to 3:00pm

To Register: Call 204-787-2551 or email caaec@hsc.mb.ca

SCHOOL AGE FOOD ALLERGY SESSIONS For Parents and Child (ages 7-11yrs old)

Saturdays, November 16 & 23 10:00 to 11:30am
To Register: Call 204-787-4116 or email caaec@hsc.mb.ca

ALLERGY LOUNGE For Teens with food allergy (12-16yrs)

Thursday, November 21 6:30 to 8:00pm
Teens bring a friend (friend does not need to have food allergy)
To Register: Call 204-787-4116 or email caaec@hsc.mb.ca

Classes held at 685 William Avenue, Winnipeg, Across from Children's ER
*Class held at Transcona Access Centre, 845 Regent Avenue

Flu Immunization and Asthma

In Manitoba, the Flu Shot is available for anyone older than 6 months of age. The Flu Shot is especially important for those with chronic health conditions like asthma. All family members should receive the flu shot, including pregnant moms.

The 2019-2020 flu shot can be given to those with an egg allergy. The Flu shot will be available at doctor's offices and various flu clinic's around the city. If you are 7 years of age or older you can receive it at a pharmacy.

For more information:

<https://www.gov.mb.ca/health/flu/index.html>

CHECK OUT OUR
YOUTUBE CHANNEL!
go to
www.caaec.ca



You Tube

NOVEMBER

WEST ST. PAUL COMMUNITY SCHOOL
 Partners in Learning
 Cheryl Rajfur - Community Coordinator
 204-339-1964, Cheryl.rajfur@7oaks.org
 School Website: <http://www.7oaks.org/school/weststpaul>

PARENT/CHILD PROGRAMS

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Infant Massage 10:00 – 11:30 a.m. Must register	2 
3 Daylight Saving Ends Fall back 1 hr.	4	5 Parent and Child Rhymes & More 10:30 – 12:00 p.m. 0 – 5 years	6 PAC meeting 5:45 pm. Light supper Meeting begins at 6 Free Childcare	7 Parent and Child Storytime 10:30 – 12:00 p.m. 3-5 yrs.	8 Infant Massage 10:00 – 11:30a.m. Must register	
10	11 Remembrance Day 	12 Parent and Child Rhymes & More 10:30 – 12:00 p.m. 0 – 5 years	13 	14 Parent and Child Storytime 10:30 – 12:00 p.m. 3-5 yrs	15 Infant Massage 10:00 – 11:30 p.m. Family Pizza and Games Night 5:45 – 7:30 Must Register	16 
17 WSP School Christmas Craft Sale 10:00 a.m. - 4:00 p.m. 	18	19 Parent and Child Rhymes & More 10:30 – 12:00 p.m. 0 – 5 years	20	21 Parent and child Storytime 10:30-12:00 p.m. 3-5 yrs.	22	23 
24	25	26 Parent and Child Rhymes & More 10:30 – 12:00 p.m. 0 – 5 years	27	28 Parent and child Storytime 10:30-12:00 3-5 yrs.	29 Parent Teacher Conferences No School	30

2019

