



WEST ST. PAUL SCHOOL COMMUNITY NEWSLETTER

DECEMBER, 2014

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

3740 Main Street
West St. Paul MB R4A 1A4
Phone: 204-339-1964
Fax: 204-339-7204

Administrators

Principal: Bob McIntosh
Vice Principal: Angela Bubnowicz

PIZZA DAYS

December 3
December 17



Upcoming Events

- Vision Screening
Dec 1 - 5
- "I Need a Little Christmas Vacation"
Dec 17 & 18 - 7:00 p.m.
(Doors open at 6:00 p.m.)
- Pancake Breakfast
Dec 19
- Winter Break
Dec 22 - Jan 2
- Classes Resume
Jan 5 - School Day 6

Connecting to Community

November is the month for reflection. It is a time to recognize and acknowledge the hard work and effort that our children demonstrate as they continue on their educational journey. Connecting with our parent community is an integral part of that process. Having the opportunity to meet, share and celebrate children's progress through conferencing with families facilitates and deepens the relationship between home and school and strengthens the learning cycle. We appreciate and value the opportunity to have parents and teachers work collaboratively together for the success of our children.

On Monday, November 10, 2014, we gathered as a school community to pay our respects to those who heroically defended the rights and freedoms we value and enjoy today. The West St. Paul School Remembrance Day Ceremony, respectfully lead by the students of Ms. Sharpe's class, consisted of: student narratives... a salute to our Canadian military personnel; two songs; "In Flanders Fields" and "Clouds", performed by the 4/5 choir, and a video tribute. Sergeant Steven Champ played the Last Post and Reveille as we stood for a moment of silence.

Members of our very active Parent Advisory Committee were thrilled by the turnout to their annual Christmas Craft sale, which was held on Sunday, November 16, 2014. The sale was an overwhelming success due to the expertise and excellent coordination from many parent volunteers. We extend our thanks to all of those people who contributed to this fine effort.

Looking ahead into December and the start of the holiday season, we are excited about the plans for the upcoming annual Christmas concert. Mr. Wiebe and Mr. Isaak, along with the classroom teachers and some volunteers, are currently in the midst of planning and orchestrating a delightful program for your enjoyment. Performances will be the evenings of Wednesday, December 17, 2014 and Thursday, December 18, 2014. Families and extended relatives are welcome and encouraged to attend the dress rehearsals each of the respective afternoons as seating will be limited during the evening performances. One other West St. Paul tradition is the pancake breakfast, which is held the last day of school on Friday, December 19, 2014, which is another way we connect within the school community.

Wishing you a happy and safe holiday with many blessings!

Our DECEMBER newsletter is now available for viewing on our school website. Please visit www.7oaks.org/school/weststpaul/Pages

WSP School's Partnership with Middlechurch Home



Reading,
Making Chocolate Fudge
and
Playing Card Bingo



From the Gym...

EARLY YEARS PHYS. ED.

The annual Divisional Team Handball tournament for grade 4 and 5 students took place on November 15th. WSP entered four teams for a total of 52 participants and everyone had a great time. Thank you to Mr. Skead, Mr. Zylstra and Mr. Mackay for coaching a team.

Remaining event dates are:

March 18 - Badminton - Grades 4 & 5

May 1 - Health-a-Palooza 4

May 4 - Cross Country (rain date May 6) - Grades 3-5

May 25 - WSP Track and Field (rain date May 27) - Grades 4 & 5

June 3 - 7 Oaks Divisional Track & Field (rain date June 5) - Grades 4 & 5

I wish everyone a happy and safe Christmas break!

R. Chin

Early Years Phys. Ed. Instructor



From the Gym...

Flow the @lw...

MIDDLE YEARS PHYS. ED.



Please mark your calendars. Basketball practices have started and will take place after school on the following days until late busses. Games will start in January. A game schedule will be provided as soon as it is available.

PRACTICE SCHEDULE	TUESDAY Coach Mr. Rempel	WEDNESDAY Coaches Mr. Robertson & Mr. Bencharski	THURSDAY Coaches Mr. Skead & Mr. Olson	FRIDAY Coach Mr. Chin
	Gr. 7/8 School Team - Girls	Gr. 7 Boys Gr. 7/8 Boys	Gr. 6 Boys	Gr. 6 Girls



GRADE 6 BOYS
Coaches
Mr. Mackay & Mr. Zylstra

Approximately 50 Middle Years students participated in the volleyball program this fall.

THANK YOU
to all the coaches for their time and dedication to our athletes.



GRADE 6 GIRLS
Coach
Mr. Wiebe



GRADE 7/8 GIRLS
Coaches
Ms Los
Ms Greening



DIVISIONAL GIRLS
Coaches
Ms Gingera
Miss Etkin



TELL THEM FROM ME SURVEY

Grades 4-12 Student Survey on Bullying and School Safety

This November, Education and Advanced Learning will implement an online student survey called ***Tell Them From Me (TTFM)***. This is a well-known survey tool which gives students the opportunity to express their thoughts on various topics and provides schools and school divisions with information to improve student learning and foster safe and welcoming environments for all students.

TTFM is an online survey that allows students to provide their input anonymously in terms of school improvement initiatives. Each student receives a randomly generated username and password so that their identity and responses cannot be linked. All students from Grades 4 to 8 will be given the opportunity to participate in the survey.

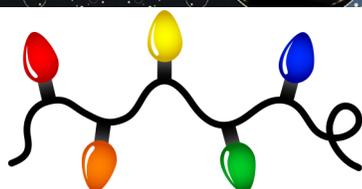
Parent Advisory Council

26th Annual Christmas Craft and Bake Sale



On Sunday, November 16th the West St. Paul Parent Advisory Council hosted the 26th Annual Christmas Craft and Bake Sale. While a great fundraiser for the school, this has also become a neighbourhood event that welcomes the holiday season to the community. More than five hundred shoppers visited the sale where they could purchase baking, donated by parents in the school, get their photo taken with Santa, take their kids to the carnival games or buy that early Christmas present!

A huge thank you to all the sponsors and parents that donated baking and silent auction prizes to the sale. This year the Parent Advisory Council raised more than \$7500, of which a large portion will be dedicated to the green space initiative for the school playground. The craft sale could not have happened without the organizing committee that donated countless hours of time to ensure that this annual event was, again, such a huge success. Great job team!



Next PAC Meeting
Tuesday, January 13, 2015
7:00 p.m. in Room 41
Free childcare is provided.
We look forward to seeing you there!

ALLERGY ALERT



We have students in our community who are highly allergic to nut products and oils. With the advent of the holiday season upon us, we would like to remind families that we are a nut-aware school. When enjoying holiday treats, please be mindful of any items that are sent with your child as a snack or donation for hampers. Please consider nut-free alternatives.

FRIENDLY REMINDERS

**NO
CELL
PHONES**

Students are able to make phone calls with a permission note from their teacher during class time or during breaks. Cell phones should not be used for telephone calls or texting during school hours (8:00 a.m.-2:30 p.m.) Please be aware that students may not take photos of others on personal phones (or cameras) in the school, on the playground or on the buses.

**NO
PARKING
PLEASE**

When picking up or dropping off students during the school day, please be courteous and use parking stalls in Visitor's Parking on the south-side of the parking lot facing the playground. Parking in front, facing the school, is not permitted as that area is reserved for school busses and service vehicles. We thank you for your consideration.

Before and after school parents are encouraged to use the "Stop, Drop and Go" area next to the gym wall on the south side of the school. Supervisors will receive your children and watch them walk to the back play area. Refer to the map provided.



KEYSTONE KIPS GYMNASTICS

RECREATIONAL PROGRAMS

GIRLS & BOYS AGES 3 YEARS AND UP

Mini Kips Classes for 3 & 4 years old

New Session starts the week of January 5/15

GIRLS COMPETITIVE PROGRAMS

REGIONAL & PROVINCIAL STREAM



LOCATION: West St. Paul School ~ 3740 Main Street (north of the Perimeter)

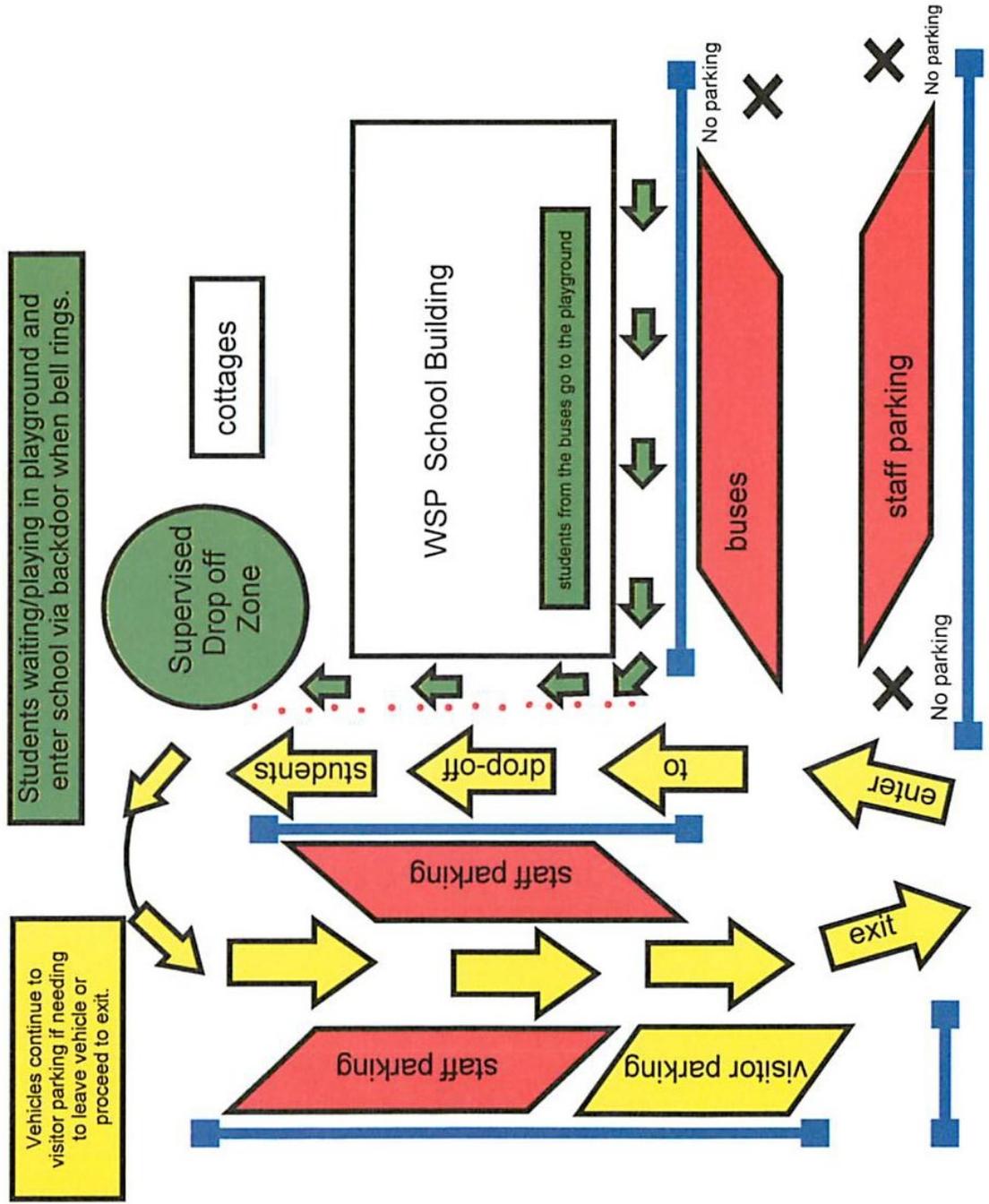
FOR INFORMATION CALL: 204-694-8096

E-MAIL us at keystonekips@mts.net

or visit our website at

www.keystonekipsgymnastics.ca

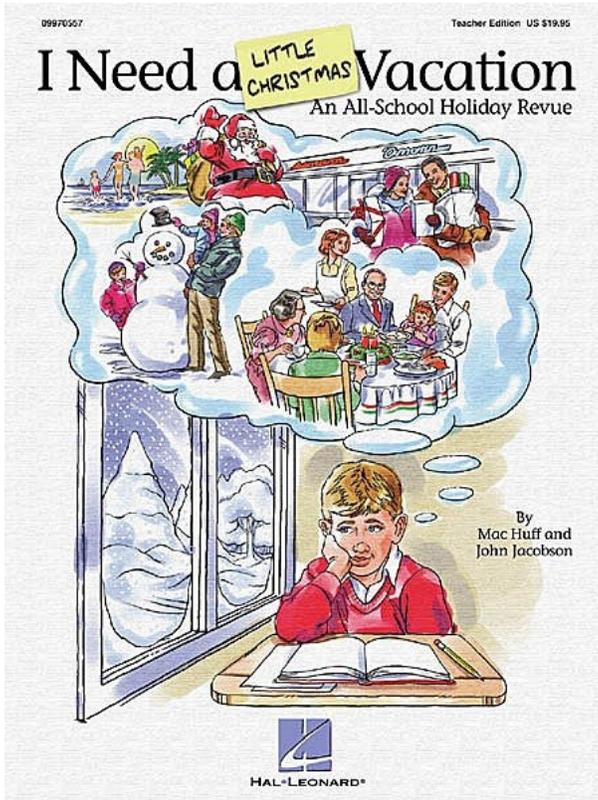
STUDENT DROP-OFF



I Need A Little Christmas Vacation

MARK YOUR CALENDAR...

Wednesday, December 17th and Thursday, December 18th
7:00 p.m. (Gym door will open at 6:00 p.m.)



December 17th Line-up...

Mrs. Campbell's AM and PM Kindergarten Classes
Mrs. Rempel's Grade 1 Class
Mrs. Walker's Grade 2 Class
Miss Yeo's Grade 2/3 Class
Ms Carpenter's Grade 3 Class
Mr. Skead's Grade 4 Class
Ms Sharpe's Grade 5 Class
Grade 8 Band

December 18th Line-up

Mrs. Moniz's Grade 1 Class
Miss Schur's Grade 2 Class
Miss Greening's Grade 3 Class
Mr. Zylstra's Grade 4 Class
Mr. Mackay's Grade 4/5 Class
Mrs. Arjoon's Grade 5 Class
Grade 6 Band
Grade 7 Band



Please visit the 7 Oaks Divisional website
for information on:

<http://www.7oaks.org/Pages/Community-Information.aspx>

City of Winnipeg Leisure Guide Priceless Fun Info
Learn Lacrosse

Oak Hammock Marsh Winter Camp 2014
Nov 2014 - Settlement Newsletter
SOEF Newsletter Fall-Winter 2014



West St. Paul School raised
\$417.73
for *Spare Change for Brains*.
THANK YOU
for your generosity.

MINI HOCKEY STICKS

A message from the Transportation Department...

It has come to our attention that mini hockey sticks are re-appearing on the buses. While some sticks can be fully enclosed in larger back packs, others are left with the handles sticking out. This could be a potential hazard for the student holding a back pack on their lap with the end of the stick outside the bag should the bus have to come to an abrupt stop or if the stick is just sitting in an un-zipped bag, it could become a projectile and injure someone else.

On the subject of ice skates, a reminder that they are to be transported with blade guards and inside a protective bag. Plastic grocery bags do not serve the purpose of keeping the blades from cutting or poking through the material.

In order for our buses to transport the students safely, from home to school or from school to event, we ask for your assistance in this matter.

Full size hockey sticks are not a problem at this time as those students in the hockey program have their parents transport them. Full size sticks are not allowed on the bus and students will be refused transportation, should they attempt to board with one.

Thank you

Sent on behalf of Don Remillard, Director of Transportation



Change in School Bus Cancellation Policy

Metro Winnipeg School Superintendents have made a change in the policy for cancellation of school bus service due to cold weather. The new policy will use the temperature reading at The Forks instead of the Airport.

School bussing will be cancelled if the wind-chill reading is -45 or colder at 6:00 a.m. at The Forks according to Environment Canada. Notice of school bus cancellations will be provided to media outlets and posted on school division websites as soon as the 6:00 a.m. reading is posted by Environment Canada.

Metro Winnipeg School Divisions are: Louis Riel, Pembina Trails, River East Transcona, St. James Assiniboia, Seven Oaks and Winnipeg. Catholic schools and the Gray Academy also follow the same policy.

The change was made as weather conditions at The Forks are closer to weather conditions in most residential areas where children are waiting for school buses. This should result in fewer cancellations.

Cybertip.ca ALERT!

The Canadian Centre for Child Protection, through its Cybertip.ca program, is informing the public about an app called *Communit: Student Chats & Confessions* currently trending with youth in Canada. The app allows users to anonymously post comments under sections that are broken out by school name. In many cases, youth are being singled out by name in comments used for personal attacks related to appearance, sexuality, race, threats or harassment.

We encourage parents to have an open and honest discussion with their children about cyber-bullying and harassment to limit the harmful impacts of this extremely concerning online activity. If a parent/guardian becomes aware of her/his child using the app on a personal device, we highly recommend the parent/guardian discuss and advise his/her child to discontinue use of the app and remove it. Parents encountering issues with this app are also strongly encouraged to notify their child's school to ensure those regularly intersecting with your child are attuned to any issues being faced among peers.

The Canadian Centre for Child Protection has also created a number of new resources for educators related to cyber-bullying to address the diverse and complex nature of this type of online activity. For more information on these resources, visit Kids in the Know. We encourage everyone to get involved in addressing the issue of cyber-bullying and pass on information related to these valuable resources.

DECEMBER, 2014

WEST ST. PAUL SCHOOL

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 – Day 3	2 – Day 4	3 – Day 5 PIZZA DAY	4 – Day 6	5 – Day 1	6
HEARING SCREENING						
7	8 – Day 2	9 – Day 3	10 – Day 4	11 – Day 5	12 – Day 6	13
14	15 – Day 1	16 – Day 2	17 – Day 3 PIZZA DAY "I Need A Little Christmas Vacation" 7:00 p.m.	18 – Day 4	19 – Day 5 PANCAKE BREAKFAST	20
21	22 WINTER BREAK BEGINS	23	24	25 CHRISTMAS DAY	26	27
28	29	30	31 NEW YEAR'S EVE	JANUARY 1	2 WINTER BREAK ENDS	

2014-2015 IMPORTANT DATES AT A GLANCE...

Dec 1- 5	Hearing Screening – Kindergarten, Grade 1, referrals and new students to WSP School
Dec 17	"I Need A Little Christmas Vacation" – 7:00 p.m. (Classes performing - Mrs. Campbell's AM & PM Classes, Mrs. Rempel, Mrs. Walker, Miss Yeo, Ms Carpenter, Mr. Skead, Ms Sharpe, Grade 8 Band)
Dec 18	"I Need A Little Christmas Vacation" – 7:00 p.m. (Classes performing – Mrs. Moniz, Miss Schur, Miss Greening, Mr. Zylstra, Mr. Mackay, Mrs. Arjoon, Grade 6 Band, Grade 7 Band)
Dec 19	Pancake Breakfast
Dec 22- Jan 2	Winter Break ~ SCHOOL CLOSED
Jan 5	Classes Resume ~ School Day 6
Jan 16	PD Day ~ NO SCHOOL
Jan 29	Immunizations – Dose #2 – Grade 4 Students & Grade 6 Girls
Feb 2	PD Day ~ NO SCHOOL
Feb 11-13	Middle Years Asessippi Ski Trip
Feb 12-13	Middle Years Winter Activity Days (Thursday – Harbourview; Friday – Gateway CC)
Feb 16	Louis Riel Day ~ NO SCHOOL

The **December** newsletter is now available for viewing on our school website: <http://www.7oaks.org/school/weststpaul>

DECEMBER

PARENT/CHILD PROGRAMS

WEST ST. PAUL COMMUNITY SCHOOL

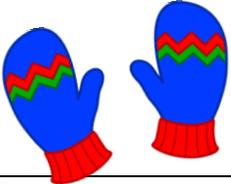
Advancing Community Schools

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	Fri	Sat
	1 Parent/Child Storytime 9:30 – 11:00 a.m. 3 – 5 years	2 Parent/Child Rhymes & More 9:30 – 11:00 a.m. 0 – 5 years	3	4	5	6
7	8 Parent/Child Storytime 9:00 – 10:30 a.m. 3 – 5 years Music Time w/Sonya	9 Parent/Child Rhymes & More 9:30 – 11:00 a.m. 0 – 5 years	10	11 Parent/Child GYM TIME at SUNOVA CENTRE 9:30 – 10:30 a.m.	12	13 
14 	15	16	17	18	19 Please join us for WSP School's Pancake Breakfast 8:00 a.m.	20
21	22	23	24	25 Christmas Day	26	27
28	29	30	31	Happy Holidays		
						

2014

West St. Paul School Website: <http://www.7oaks.org/school/weststpaul/Pages>



JANUARY

PARENT/CHILD PROGRAMS

WEST ST. PAUL COMMUNITY SCHOOL

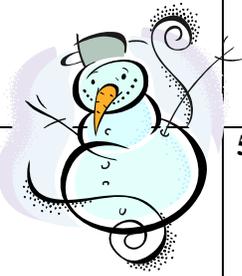
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Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3 
4	5 Parent/Child Storytime 9:30 – 11:00 a.m. 3 – 5 years	6 Parent/Child Rhymes & More 9:30 – 11:00 a.m. 0 – 5 years	7	8 Hans Kai 9:15 – 11:00 a.m.	9 Parent/Child Let's Play Drop In 9:00 – 11:00 a.m. 0-5 years	10
11	12 Parent/Child Storytime 9:30 – 11:00 a.m. 3 – 5 years	13 Parent/Child Rhymes & More 9:30 – 11:00 a.m. 0 – 5 years	14	15 Parent/Child Gymtime 9:00 – 10:15 a.m.	16 PD DAY NO SCHOOL	17 
18 	19 Parent/Child Storytime 9:30 – 11:00 a.m. 3 – 5 years	20 Parent/Child Rhymes & More 9:30 – 11:00 a.m. 0 – 5 years	21	22	23 Parent/Child Let's Play Drop In 9:00 – 11:00 a.m. 0-5 years	24
25	26 Parent/Child Storytime 9:30 – 11:00 a.m. 3 – 5 years	27 Parent/Child Rhymes & More 9:30 – 11:00 a.m. 0 – 5 years	28	29	30 Parent/Child Let's Play Drop In 9:00 – 11:00 a.m. 0-5 years	31

2015

* Dad's Program ~ Please register for this program by calling the school at 204-339-1964.



Parenting: The Big Picture

Parents need practical information, for instance how to remove gum from hair, where to find a toy library and how to monitor Internet use. They also need tips to handle challenging situations, like how to get out of the house on time in the morning and how to motivate children to do homework.

Beyond information and tips, parents can also use some higher level principles that will apply to a broad range of situations, thoughts to guide their interactions with their children through the years. Here are a few such thoughts to meditate on in those quiet moments while you sit waiting for your little child to fall asleep. They'll still be relevant when you're waiting up for your teenager to come in from an evening with friends.

When raising children, it is more important to be helpful than to be accurate.

Where is your focus: on having the "right" answer or on giving children the help they need to move forward now?

Keep track of your child's development and abilities so you don't ask so much that he is set up to fail, or so little that he has nothing to be proud of.

- Penelope Leach

Do you know enough about the stages of behaviour and development that are typical for the ages of your children? Do you know your own children well enough to see their unique abilities, temperament and pattern of development? Where is the right place to set the bar today, this week, this year?

Your children need your presence more than your presents. - Jesse Jackson

Does this statement agree with your values? How are you achieving a balance?

When children are least likeable is often when they most need us to show them our love.

Often, children's behaviour is at its worst when they are under stress or anxious. They need us to draw

them close, not push them away. How easy is it for you to reassure your children that you still love who they are, even if they have done something you don't like? While you react to correct their bad behaviour, can you also help them find a better way to deal with the problems that are bothering them?

Your children's behaviour usually tells you more about what's going on inside them than about what they think of you. They aren't acting this way just to drive you crazy.

Do you tend to take children's bad behaviour personally, as an attack on you? In fact, when children behave badly, it is often because they need to express something about how they're feeling. They may not understand themselves well enough to tell you about it directly. Can you step back and look for the message they are trying to send you?

When you see anger, in yourself or others, look for the fear, disappointment, frustration, or anxiety that is hiding under all that surface noise.

People often express anger when the real problem is that they have encountered obstacles or they feel threatened. While it's important to deal with the yelling and hitting that may come with anger, it is easy to get distracted from the real problem. Can you also look for the underlying emotion so you can find a long-lasting solution?

Sometimes, parents need to take a time-out too.

Nobody makes wise choices in the heat of anger. Do your actions show your children that we all need to take a break when we are likely to say or do something we will regret later?

In the end, as a wise and caring parent, you can listen to all of the advice offered and then choose what you think is best for you and your child. - Barbara Coloroso

by Betsy Mann