



# WEST ST. PAUL SCHOOL COMMUNITY NEWSLETTER

## OCTOBER, 2014

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

### PIZZA DAYS

October 8  
October 22  
November 5  
November 19  
December 3  
December 17



### HOT LUNCH HELP NEEDED!

Still looking for a parent volunteer to coordinate the Hot Lunch Program. If you are interested, please call the school.

### Upcoming Events

- School PD Day  
Oct 6 - NO SCHOOL
- Thanksgiving Day  
Oct 14 - NO SCHOOL
- PAC Meeting  
Oct 15 - 7:00 p.m.  
Free childcare provided.
- Divisional PD  
Oct 20 - NO SCHOOL
- SAGE PD  
Oct 24 - NO SCHOOL
- Picture Retakes  
Oct 30

Autumn is a time of year when many environmental changes take place. Leaves fall. Plants, trees and animals prepare for the cold days ahead. During the time of harvest, the crops grown during those hot summer days ripen and become the bounty we share. We too, are affected by these changes. Community members pull together to work alongside each other in a caring and celebratory manner. Many families have the opportunity to share a Thanksgiving meal. Thus, it is only natural that school activities also portray a similar theme of the sharing of gifts and thanksgiving.

In recent weeks, students have learned about the giving nature and passion of a young Terry Fox who took up the cause of raising awareness of cancer. Students carry on his legacy each year by participating in running or walking a route through the neighbourhood and collecting pledges. Due to this commitment and an overwhelming response from the community, who supported Cancer Research by generously donating the sum of over **\$6500**, people demonstrated their care for one another.

As many of you may be aware Randy McGunigal was an educator of many extraordinary talents. Throughout his long career, as teacher and guidance counsellor, he touched the lives of many students, and parents alike. We had the sincere pleasure of having him on staff as our guidance counsellor for many years. In his memory the current staff of West St. Paul participated in the ALS ice bucket challenge in a very unique way. They invited the volunteer firefighters from the West St. Paul fire station to bring two pumper trucks to spray them down. On Sept. 15, 2014, to the glee and delight of the students, 25 staff members were doused by three hoses with ice cold water. We are truly honoured and thankful that Mr. McGunigal was a part of our lives. Donations to ALS graciously were accepted.



Our **OCTOBER** newsletter is now available for viewing on our school website.  
Please visit [www.7oaks.org/school/weststpaul/Pages](http://www.7oaks.org/school/weststpaul/Pages)

# From the Gym...

## Early Years - Cross Country

October 7 ~ Little Mountain Park ~ 11:30 a.m.-2:00 p.m. (rain date Oct. 9)



## Middle Years - Volleyball

### Practices

Grade 6 Girls - Thursdays after school until late busses  
Grade 6 Boys - Wednesdays after school until late busses  
Grade 7/8 Girls School Team—Mondays after school until late busses  
Divisional Girls - Day 2 at lunch and Tuesdays after school until late busses



### Games - 3:30 to 5:30 p.m.

#### **Grade 6 Boys & Girls - Mondays**

##### **BOYS**

October 27 - at Edmund Partridge (1874 Main Street)  
November 3 - at West St. Paul  
November 10 - at Edmund Partridge  
November 17 - at ESOMS (800 Salter Street)

##### **GIRLS**

October 27 - at West St. Paul  
November 3 - at OV Jewitt (66 Neville Street)  
November 10 - at West St. Paul  
November 17 - at West St. Paul



#### **Grade 7/8 Girls School Team - Thursdays**

October 9 - at HC Avery (10 Marigold Bay)  
October 16 - at Edmund Partridge  
October 23 - at West St. Paul  
October 30 - at Edmund Partridge  
November 6 - at AE Wright (1520 Jefferson Avenue)  
November 13 - at Edmund Partridge



#### **Divisional Girls - Wednesdays** at West St. Paul, except November 5th

October 15 vs. ESOMS  
October 22 vs. Faith Academy (437 Matheson Avenue)  
October 29 vs. Leila North  
November 5 at HC Avery  
November 12 vs. HC Avery

Games are played at various schools throughout the division and are completed anytime between 4:30 and 5:30 p.m. Students will be bussed from West St. Paul School to the game location and parents must pick up their student from the host site by 5:30 p.m. at the latest.

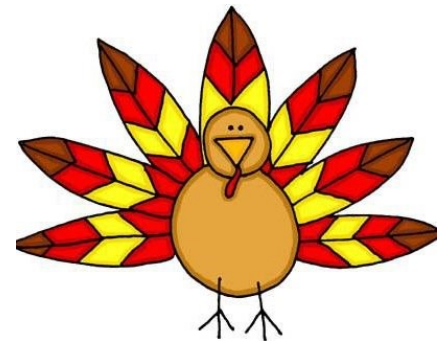
# SPEED WATCH



Mrs. Arjoon's Grade 5 class went "speed watching" on September 18th. We saw lots of people speeding. The municipality dropped the speed limit from 70 km per hour to 50 km per hour in front of the school. We also had the opportunity to use the radar gun!

We saw people driving under the limit. It was cold when we went, so we had to wear jackets. We also had lots of fun!

~ Angelina and Kayla ~ Mrs. Arjoon's class



Please visit the 7 Oaks Divisional website for information on:

City of Winnipeg Leisure Guide Priceless Fun  
Intro to Speed Skating - Sargent Park Arena  
MB Minor Ball Hockey Winter League Information  
Sadok Nursery School at RF Morrison School  
Virology Lab Open House October 2014  
Winnipeg Synchro Swimming Fall/Winter Programs

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

# National Play-Doh Day!



Monday, September 16th



Several Grade 4 students from Mr. Mackay's, Mr. Skead's and Mr. Zylstra's classes went to Middlechurch Home to read and make play-doh with some seniors for National Play-Doh Day.

It was a lot of fun. There were lots of colours and it was easy to make. The people at Middlechurch Home talked to the students, telling stories while making play-doh.

Written by: Jaylene A. and Kaylie G.





## Parent/Child Preschool Program

### 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, and relief from the pain associated with colic, gas and teething. Aside from these 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 benefit children and babies regardless of physical or mental ability. It is a practice that can be shared by all families, regardless of religious, cultural, or socio-economic background. Essentially, infant massage is a universal practice that can be enjoyed by everyone!

Amber Maric is a Registered Massage Therapist with over 10 years of experience. She is a Certified Infant Massage Instructor with the International Association of Infant Massage (IAIM) and the owner of "Yay for Babies" specialized infant massage.

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

**When:** Thursday Oct. 9, 16, 23, 30<sup>th</sup>, 2014 9:30 - 11 a.m.

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

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

The class is limited to 10 families.

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

#### Administrators

Principal:  
Vice Principal:

Bob McIntosh  
Angela Bubnowicz



# OCTOBER, 2014

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
			1 – Day 4 <b>PICTURE DAY</b> MY Cross Country Harbourview	2 – Day 5	3 – Day 6	4
5	6 – Day 1 <b>PD DAY</b> <b>NO SCHOOL</b>	7 – Day 2 EY Cross Country Little Mountain Park	8 – Day 3 <b>PIZZA DAY</b> WSP vs. Fire Dept. Volleyball Game	9 – Day 4	10 – Day 5 MY Cross Country Birds Hill Park	11
12	13 <b>THANKSGIVING DAY</b> <b>NO SCHOOL</b>	14 – Day 6	15 – Day 1 <b>PAC Meeting</b> 7:00 p.m. Free childcare provided.	16 – Day 2	17 – Day 3	18
19	20 – Day 4 <b>DIVISIONAL PD</b> <b>NO SCHOOL</b>	21 – Day 5	22 – Day 6 <b>PIZZA DAY</b>	23 – Day 1	24 – Day 2 <b>SAGE PD</b> <b>NO SCHOOL</b>	25
26	27 – Day 3	28 – Day 4	29 – Day 5	30 – Day 6 <b>PICTURE RETAKES</b>	31 – Day 1	

## 2014-2015 IMPORTANT DATES AT A GLANCE...

Oct 1	Picture Day
Oct 6	PD Day ~ <b>NO SCHOOL</b>
Oct 13	Thanksgiving ~ <b>NO SCHOOL</b>
Oct 15	PAC Meeting ~ 7:00 p.m. (Free childcare provided.)
Oct 20	Divisional PD ~ <b>NO SCHOOL</b>
Oct 24	SAGE PD ~ <b>NO SCHOOL</b>
Oct 30	Picture Retakes
Nov 6	Immunization Day ~ Grade 4 students and Gr. 6 girls
Nov 11	Remembrance Day ~ <b>NO SCHOOL</b>
Nov 16	WSP PAC Craft Sale ~ 10:00 a.m. – 4:00 p.m.
Nov 21	Parent/Teacher Conferences ~ <b>NO SCHOOL</b>
Dec 22 – Jan 2	Winter Break ~ <b>SCHOOL CLOSED</b>

The OCTOBER newsletter is now available for viewing on our school website: [www/7oaks.org/school/weststpaul](http://www/7oaks.org/school/weststpaul).





# OCTOBER



**WEST ST. PAUL COMMUNITY SCHOOL**  
 Advancing Community Schools  
 Serina Shewchuk - Learning Support Teacher - Early Years  
 Cheryl Rajfur - Community Coordinator  
 339-1964

**PARENT/CHILD PROGRAMS**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 	2 Hans Kai 9:15 – 11:15 a.m.	3 Parent/Child Let's Play! Drop In 9:00 – 11:30 a.m. 0 – 5 years	4 
5 	6 Parent/Child Gym Time 10:00 – 11:30 a.m. 3 – 5 years	7 Parent/Child Rhymes & More 9:30 – 11:00 a.m. 0 – 5 years	8	9 Infant Massage 9:30 – 11:00 a.m. Must Register	10	11 
12	13 HAPPY THANKSGIVING DAY	14 Parent/Child Rhymes & More 9:30 – 11:00 a.m. 0 – 5 years PAC MEETING 7:00 P.M. Free childcare.	15	16 Infant Massage 9:30 – 11:00 a.m. Must Register	17	18 
19	20 DIVISIONAL PD  NO SCHOOL	21 Parent/Child Rhymes & More 9:30 – 11:00 a.m. 0 – 5 years	22	23 Infant Massage 9:30 – 11:00 a.m. Must Register	24 SAGE IN-SERVICE  NO SCHOOL	25 
26	27 Parent/Child Storytime 9:30 – 11:00 a.m. 3 – 5 years	28 Parent/Child Rhymes & More 9:30 – 11:00 a.m. 0 – 5 years	29	30 Infant Massage 9:30 – 11:00 a.m. Must Register	31  Parent/Child Let's Play! Drop In 9:00 – 11:30 a.m. 0 – 5 years Wear a costume!	







**2014**

# NOVEMBER

## 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>

# PARENT/CHILD PROGRAMS

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 
2 	3 Parent/Child Storytime Music with Sonja 9:30 – 11:00 a.m. 3 – 5 years	4 Parent/Child Rhymes & More 9:30 – 11:00 a.m. 0 – 5 years	5	6	7	8
9 	10 Parent/Child Storytime 9:30 – 11:00 a.m. 3 – 5 years	11 	12	13 Hans Kai 9:15 – 11:15 a.m.	14 Parent/Child Let's Play! Drop In 9:00 – 11:00 a.m. 0 – 5 years	15 
16 WSP School Christmas Craft Sale 10:00 a.m. - 4:00 p.m.	17 Parent/Child Storytime 9:30 – 11:00 a.m. 3 – 5 years	18 Parent/Child Rhymes & More 9:30 – 11:00 a.m. 0 – 5 years	19	20	21 Parent/Teacher/Student Conferences <b>NO SCHOOL</b>	22
23 30	24 Parent/Child Storytime 9:30 – 11:00 a.m. 3 – 5 years s	25 Parent/Child Rhymes & More 9:30 – 11:00 am 0 – 5 years	26	27	28 Parent/Child Let's Play! Drop In 9:00 – 11:00 a.m. 0 – 5 years	29

# 2014





# West St. Paul Fire Department

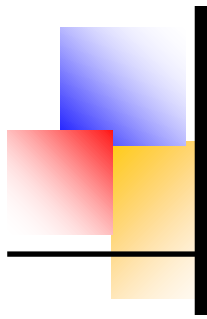
## FIRE PREVENTION WEEK OPEN HOUSE

**October 5, 2014**

**Noon - 3 p.m.**

- Interactive Activities
- Smoke House
- Vehicle Extrications
- High Angle Demos
- Fire Safety Trailer
- Fire Truck Bouncer Slide
- Free BBQ





Kildonan Youth Activity Centre (KYAC)



# OCTOBER 2014

KYAC Program Coordinator: [chelsea.volkart@7oaks.org](mailto:chelsea.volkart@7oaks.org) OR (204)470-9460

<http://www.7oaks.org/Programs/KYAC/Pages/default.aspx>

## KYAC Program Hours:

### **Drop-in Gym Hours:**

Edmund Partridge Community School:

Monday, Wednesday, Fridays 6-9pm

École Seven Oaks Middle School (ESOMS):

Tuesdays and Thursdays 6-9pm

Saturdays 12-5pm

### **Structured Program Hours:**

Governor Semple School

Wednesdays 3:30-5:30pm (snack/  
beverage)

Forest Park School (FP students only)

Thursdays 3:30-5:30pm (snack/beverage)

École Riverbend Community School:

Tuesdays 3:00-5:15pm (after school  
snack/beverage)

Fridays 6-9pm

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2 NO KYAC @ Forest Park	3	4
5	6 Guitar class begin today!	7	8	9	10	11
12	13 No KYAC @ EP Thanksgiving	14	15	16	17	18
19	20 NO KYAC @ EP Divisional Inservice	21	22 NO KYAC @ EP City Elections	23	24 KYAC IS OPEN @ EP and Riverbend	25
26	27	28	29	30	31 NO KYAC @ EP or Riverbend	

### KYAC Art Program:

Keep your eyes peeled for KYAC's art program information later this month!

Art classes will be ran one day a week for six weeks! The type of art will change with every class!

### KYAC Guitar Program:

**Mondays 6:30-7:30pm** (beginner class) - **FULL**

**Mondays 7:30-8:30pm** (intermediate class) - **FEW sports remaining.**

**Note:** no classes on October 13th (Thanksgiving)