



WEST ST. PAUL SCHOOL COMMUNITY NEWSLETTER

SEPTEMBER, 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



We are a nut and fish aware school. Please do not send nuts or fish with your student.

Upcoming Events

- PAC Meeting
Sep 9 - 7:00 p.m. - Rm. 41
Childcare provided.
- Middle Years at Roseau River
Sep 18 & 19
- Picture Day
Oct 1
- Thanksgiving - NO SCHOOL
Oct 13
- Divisional PD - NO SCHOOL
Oct 20
- SAGE In-service - NO SCHOOL
Oct 24
- Remembrance Day - NO SCHOOL
Nov 11
- Parent/Teacher Conferences
Nov 21
- Winter Break - SCHOOL CLOSED
Dec 22-Jan 2

ADMINISTRATORS' MESSAGE

The Changing Face of West St. Paul...

It is a great honour to become part of the West St. Paul community. We have received a very warm and friendly welcome by students, parents and staff. We have had the opportunity to meet and begin to know many of you as families during the Orientation days and we look forward to meeting you as the year progresses. Our doors are always open. Please don't hesitate to drop in to say hello and introduce yourselves. As experienced administrators, we recognize the rich history and positive relationships that exist between the school and the community. It is our wish to continue to work together to strengthen these bonds. It is our belief, as administrators, that it is important to parents that children feel that their school is a "home away from home", a place where children are learning, having fun and feel safe.

Not only are we new faces, but we are pleased to also welcome Ms Amy Ledet as a new Educational Assistant. In addition, returning from leaves of absence, are Kim Greening who is teaching Grade 3 and Linda Janzen who is another one of our valued Educational Assistants. Mr. Robert Ens has resumed his position as Physical Education teacher of Middle Years students after four months as Acting Vice Principal. Lastly, we would like to welcome the 34 new students Grades 1-8 and the Kindergarten children who have joined us.

In addition to changes in personnel, we have undertaken various other projects, which have included removal of chain link fences at the front and a fresh paint job throughout the school. We have implemented other procedures to ensure the safety of our students, an example of which is the wearing of reflective vests for all adult outdoor supervisors.

It has been a great start and we will learn and grow together !



Mr. Bob McIntosh



Mrs. Angela Bubnowicz

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

PARENT ADVISORY COMMITTEE

2014-2015 EXECUTIVE

CHAIR	Crystal Spence
VICE-CHAIR	Still looking!
SECRETARY	April Bertrand
TREASURER	Shannon and Don Petrie
HOT LUNCH COMMITTEE CO-CHAIRS	None at the moment. Are you interested?
QSP FUNRAISING COMMITTEE CO-CHAIRS	Sharon Church and Shawna Poloway
CRAFT SALE COMMITTEE CO-CHAIRS	Carrie Tanchak and Wendy Nachtigall
AD-HOC COMMITTEE FOR PLAY SPACES	Lisa Davis and Crystal Spence

Welcome Back from the PAC!

The West St. Paul Parent Advisory Council would like to welcome all the students, staff and fellow parents back for the 2014/15 school year!

We look forward to an exciting year that will include our annual craft sale and working toward developing a new play space for students to enjoy.

The Parent Advisory Council (PAC) meets in the second week of each school month. It is a great opportunity to meet with administrators and staff to help make West St. Paul the best school for our children. It allows time for discussion of concerns, current projects and long term goals.

We encourage all parents to become involved by attending PAC meetings. The first meeting of the year will take place on Tuesday, September 9th at 7:00 p.m in Room 41. Free childcare is provided at all meetings.

If you have any questions or concerns feel free to contact the Chair, Crystal Spence at crystalspence1@gmail.com.

Mark your calendars...

**West St. Paul School Craft & Bake Sale
Sunday, November 16, 2014**

WELCOME BACK MS GREENING!



After taking a leave of absence for the 2013-2014 school year, I am so pleased to be back teaching at West St. Paul School once again. I had a fabulous time throughout my 9 months of travels and now have countless memories of wonderful people, places, and adventures. South Africa, Namibia, Botswana, Zambia, Australia, New Zealand, Fiji, and Bali rounded out the countries that were explored. It is impossible to pick a favourite country or single event that stands out from the others, but here are a few memorable highlights from my time abroad:

- 1) Volunteering at the Door of Hope Orphanage: Port Elizabeth, South Africa
- 2) Climbing to the top of Dune 45 which is part of the oldest desert in the world, to watch the sunrise: Namib Desert, Namibia
- 3) Seeing Africa's "Big Five" animals and all others except for the elusive leopard: Etosha National Park, Namibia
- 4) Jumping into "The Devil's Pool" and hanging over the top of Victoria Falls: Victoria Falls, Zambia
- 5) Becoming a PADI certified scuba diver and completing dives in Australia's Great Barrier Reef as well as several others off the coasts of Fiji and Bali
- 6) Volunteering to work first hand with all of Australia's most iconic animals at the Currumbin Wildlife Sanctuary: Gold Coast, Australia
- 7) Completing my very first bungee jump: Taupo, New Zealand
- 8) Conquering unwanted house guests... spiders the size of dessert plates: Everywhere in Australia.
- 9) Hiking through the rugged jungle that lead to an amazing series of waterfalls: Viti Levu, Fiji
- 10) Coming face to face with 5 great white sharks during my cage dive: Port Lincoln, Australia

I would like to thank my wonderful Grade 3 students as well as the staff & families of West St. Paul School for helping to make my return such a welcome one. I look forward to the new adventures this school year will bring.

It's great to be back!



FRIENDLY REMINDERS



STUDENT ABSENCES

We ask that parents call in student absences at anytime, as the school has 24-hour voicemail. **The school phone number is 204-339-1964.** An advance note to the classroom teacher and office is appreciated when extended absences will occur. We have great concern for the safety of your children. Advance calls regarding absences allow us to focus more quickly on students who are unaccounted for each morning, due to either missed busses or morning delays. Also, please call if your child will be late for any reason. Thank you for your cooperation.



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.

The policy for lice is outlined by the WRHA, which is included in this newsletter. At WSP we will: inform both by letter and in person the family affected with lice including the procedures required before their child may return to school. Shampooing must take place before returning and daily lice checks at home must occur until all nits are eliminated. Lice is considered a nuisance issue not a disease by the WRHA but we realize that it is a major inconvenience for families. We will do our best to follow up with those children upon their return as an additional proactive measure. Teachers also will speak with their children reminding them not to share combs or items of clothing.

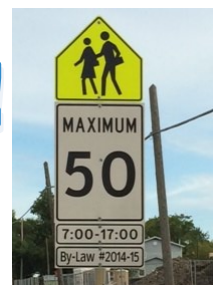


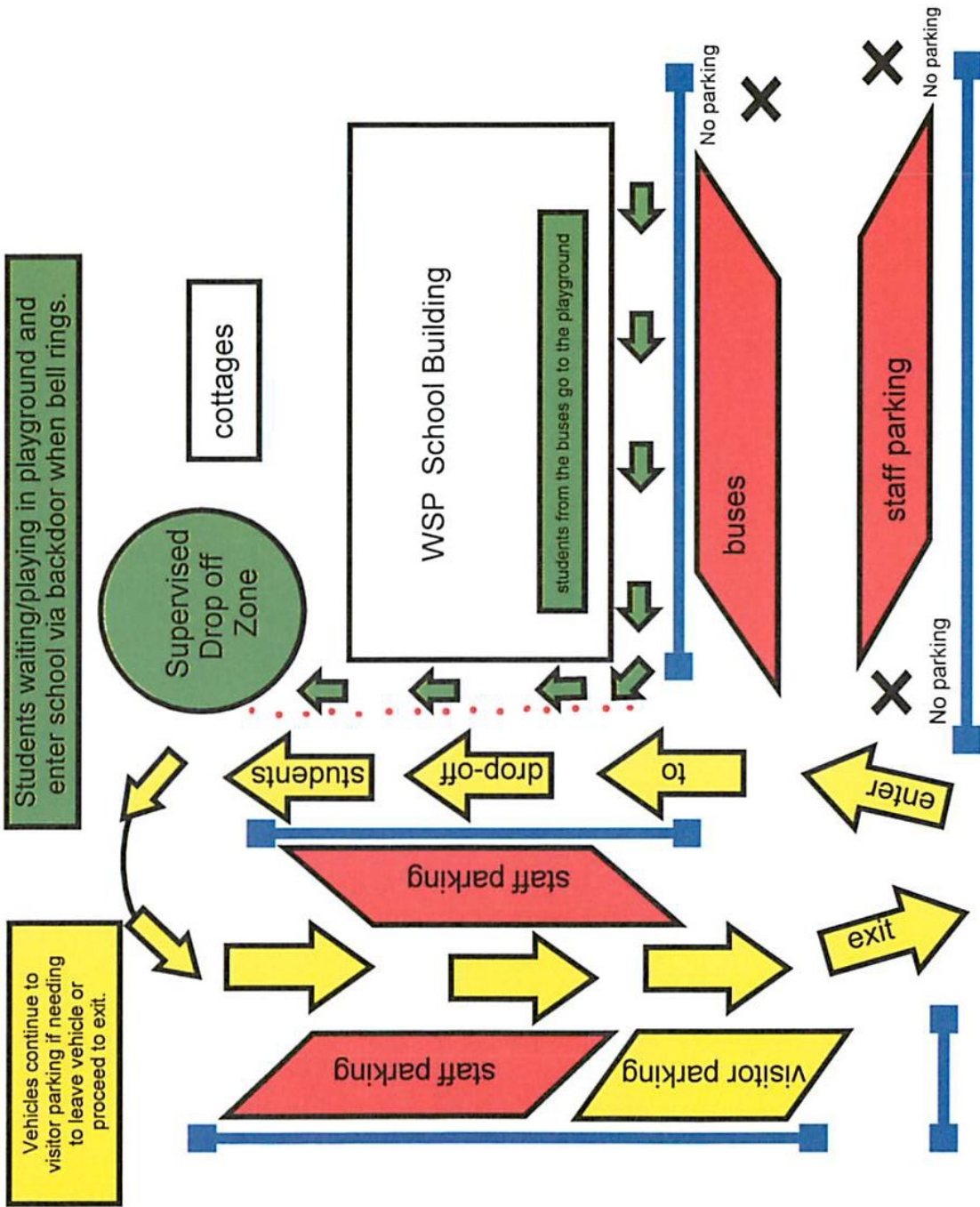
When picking up or dropping off students during the school day, please be courteous and use parking stalls in Visitor's Parking on the south-side of the parking lot facing the playground. Parking in front, facing the school, is not permitted as that area is reserved for school busses and service vehicles.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

Slow up so our children can grow up!

The speed limit in front of the school has been reduced from **70 km/hr** to **50 km/hr**.





Students waiting/playing in playground and enter school via backdoor when bell rings.

cottages

Supervised Drop off Zone

WSP School Building

students from the buses go to the playground

No parking

buses

No parking

staff parking

No parking

No parking

Vehicles continue to visitor parking if needing to leave vehicle or proceed to exit.

students

drop-off

to

enter

staff parking

exit

staff parking

visitor parking

From the Gym

Early Years Phys.Ed

Welcome back to school! I hope everyone had a terrific summer break! I would like to remind students and parents that, occasionally, phys. ed. Classes take place outdoors. Students need to be dressed appropriately for outdoor activities and recesses each day. In addition, children require proper indoor running shoes for the gym and students in Grades 2-5 require a change of clothes...shorts and a t-shirt.

EVENTS:

Fall Cross Country - October 7 (rain date Oct. 9) for Grades 3-5 at Little Mountain Park (11:30-2:00)

Team Handball - November 15 for Grades 4-4 (9:00-2:30)

Badminton - March 18 for Grades 4-5 (5:00-8:30)

Spring Cross Country - May 4 (rain date May 6) for Grades 3-5 at Little Mountain Park (11:30-2:00)

WSP School Track & Field Meet - date TBD for Grades 4-5

7Oaks Divisional Track & Field Meet - June 3 (rain date June 5) for Grades 4-5 at West Kildonan Collegiate

Also, late registrations for indoor soccer for ages 9+ will be accepted at the Sunova Centre until September 17th.

Middle Years Phys.Ed.

Cross Country Practice Days 1,3,5 first break (9:50)
Cross Country Meet September 24 ~ Bird's Hill Park

Volleyball for Grades 6,7,8

Grade 6 Boys	Wednesdays after school until late bus
Grade 7 Girls	Day 4 at lunch
Grade 7 Boys	Mondays after school until late bus
Grade 8 Girls	Tuesdays after school until late bus



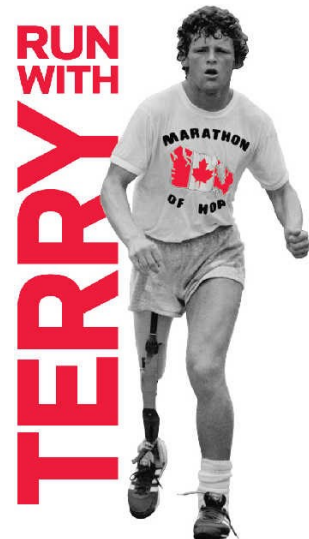
Terry Fox Walk

West St. Paul School has a long tradition of participation in the Terry Fox Walk.

We will continue that tradition on September 25. Our route will be “the horseshoe” along Hiawatha and Minnehaha. All students will be participating from 1:00-2:30 (except Morning Kindergartens!)

If students and parents wish to support the Terry Fox Foundation, you may do so through a pledge form that will go home next week or through a donation.

Parents and community members are welcome to join us for this event.



EXCITING NEWS: Tap Club is starting up again!!!



For students interested in Tap Club, there will be a meeting on Wednesday, September 17th at 9:50 in Ms. Greening's classroom (Room 5).

1. Who can join? Girls & Boys in Grades 3 & 4
2. What will we do? Learn how to Tap Dance!
3. Where will it happen? West St. Paul School Gym
4. When? Day 2 (9:45-10:30am) Starting Sept. 29th
5. Why? Have fun & enjoy the art of tap dancing!

More information and a permission slip will be coming home to Grades 3 & 4 students.



Picture Day
Wednesday, October 1st
In the Gym

PIZZA DAYS

Pizza Days are held on Wednesdays.
Please mark your calendars for the following dates:

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



Look for an order form to come home with your student.

SHOW & SAVE DISCOUNT CARD & COUPON BOOK

The **GRADE 8s** will be raising money this September by selling the Show & Save Card and Coupon Book.

We are very excited to announce that **Superstore** will once again be participating in the upcoming Fall Show & Save Book!

The Coupon Book has over \$10,000 in money saving offers including coupons for purchases at numerous grocery stores, restaurants and businesses throughout the city. For only **\$20** you can experience endless savings with the Re-usable Card and Coupon Book.

By purchasing your Show & Save from us, you will be supporting our School while at the same time saving your family a lot of money.

Books will be available at Orientation in September from any Grade 8 student or Ms Torz.

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, 30th, 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.



City of Winnipeg Leisure Guide

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 Leisure Guide is published three times per year and is filled with fun and exciting programs for everyone.

For more information on leisure, sport and fitness programs, please pick up a copy of the Leisure Guide, call 311 or visit Winnipeg.ca. Guides are available for pick up at civic indoor pools, libraries and leisure centres, and at a number of retail locations including Safeway, 7-Eleven and Mac's.

Register now for fall programs!

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 fall edition of Priceless Fun, available in September, provides information about the free programs for children and youth being offered by the City of Winnipeg throughout the city, all in one convenient guide.

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/cms/recreation/leisureguide.stm. Information about programs is also available by calling 311.

SEPTEMBER, 2014

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
	1 LABOUR DAY	2 – Day 1 ORIENTATION DAYS	3 – Day 2 ORIENTATION DAYS	4 – Day 3 First Day of Classes	5 – Day 4	6
7	8 – Day 5	9 – Day 6	10 – Day 1	11 – Day 2	12 – Day 3	13
14	15 – Day 4	16 – Day 5	17 – Day 6	18 – Day 1 MIDDLE YEARS AT ROSEAU RIVER CAMP	19 – Day 2 MIDDLE YEARS AT ROSEAU RIVER CAMP	20
21	22 – Day 3 Grade 1 Learn to Skate Begins	23 – Day 4	24 – Day 5	25 – Day 6	26 – Day 1	27
28	29 – Day 2	30 – Day 3				

2014-2015 IMPORTANT DATES AT A GLANCE...

September 1	Labour Day
September 2 & 3	Orientation Days
September 4	First Day of Classes
September 9	PAC Meeting ~ 7:00 p.m. (Free childcare provided.)
September 18 & 19	Middle Years at Camp Arnes
October 13	Thanksgiving ~ NO SCHOOL
October 20	Divisional PD ~ NO SCHOOL
October 24	SAGE PD ~ NO SCHOOL
November 11	Remembrance Day ~ NO SCHOOL
November 21	Parent/Teacher Conferences ~ NO SCHOOL
Dec 22 – Jan 2	Winter Break ~ SCHOOL CLOSED

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

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 PICTURE DAY	2 – Day 5	3 – Day 6 MY Cross Country Birds Hill Park	4
5	6 – Day 1	7 – Day 2 EY Cross Country Little Mountain Park	8 – Day 3 PIZZA DAY	9 – Day 4	10 – Day 5 MY Cross Country Birds Hill Park	11
12	13 THANKSGIVING DAY NO SCHOOL	14 – Day 6	15 – Day 1	16 – Day 2	17 – Day 3	18
19	20 – Day 4 DIVISIONAL PD NO SCHOOL	21 – Day 5	22 – Day 6 PIZZA DAY	23 – Day 1	24 – Day 2 SAGE PD NO SCHOOL	25
26	27 – Day 3	28 – Day 4	29 – Day 5	30 – Day 6 PICTURE RETAKE	31 – Day 1	

2014-2015 IMPORTANT DATES AT A GLANCE...

October 1	Picture Day
October 13	Thanksgiving ~ NO SCHOOL
October 20	Divisional PD ~ NO SCHOOL
October 24	SAGE PD ~ NO SCHOOL
November 11	Remembrance Day ~ NO SCHOOL
November 21	Parent/Teacher Conferences ~ NO SCHOOL
Dec 22 – Jan 2	Winter Break ~ SCHOOL CLOSED

VOLLEYBALL

GAME SCHEDULE COMING SOON

MONDAYS	GRADE 6
TUESDAYS	GRADE 7
WEDNESDAYS	DIVISIONAL
THURSDAYS	GRADE 8

SEPTEMBER



WEST ST. PAUL COMMUNITY SCHOOL

Advancing Community Schools

Joey Robertson - Learning Support Teacher - Early Years

Cheryl Rajfur - Community Coordinator

339-1964

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
	1 LABOUR DAY	2 Orientation Day	3 Orientation Day	4	5 	6
7 	8	9 PAC Meeting 7:00 p.m. Free childcare provided.	10	11	12	13
14	Welcome Back!					20
21	22	23 Let's picnic at Kildonan Park 12:00 - 2:00 p.m. (weather permitting)	24	25	26 Parent/Child Let's Play Drop In 9:30 - 11:30 a.m.	27
28	29 Parent/Child Storytime 9:30 - 11:00 a.m. 3 - 5 years	30 We're off to the ZOO 10:00 a.m. Must register.	PARENT/CHILD PROGRAMS			

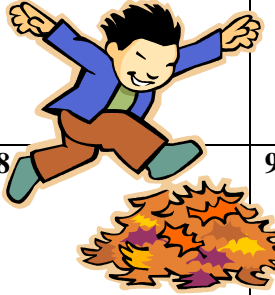
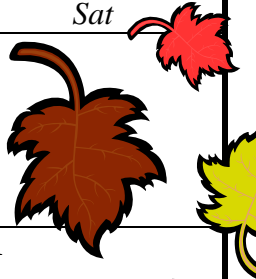
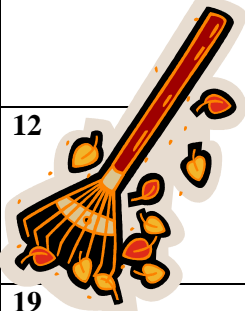

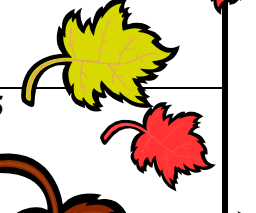
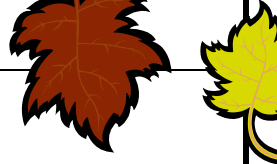

2014

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	3 Parent/Child Let's Play! 9:30 – 11:30 a.m. 0 – 5 years	4 
5 	6 Parent/Child Storytime 9:30 – 11:00 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	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! Party 9:30 – 11:30 a.m. 0 – 5 years Wear a costume!	

2014



Come Join Our Group!!

Hans Kai is a community based health and wellness group that meets one morning a month, at West St. Paul School. The goal of the program is to improve the health and well-being of residents and employees within the community. We create opportunities to support healthier lifestyle choices and develop peer leaders. As a group, we select health topics we want to discuss and programs of interest to us. In the past these have included women's heart health, osteoporosis, first aid and CPR, Zumba, Yoga, and many more. Free Child care is provided! To join our group or for more information, contact:

Michelle Kirkbride

Community Development Coordinator

NorWest Co-op Community Health Centre

mkirkbride@norwestcoop.ca

204-938-5996

Or

Tanya Pilat (WSP School group contact)

204-453-6984



Community of West St. Paul



4th Annual Fall Supper
Sunday October 05, 2014
4-7pm

Sunova Centre (West St. Paul Community Centre)
48 Holland Drive



Hosted by West St. Paul Lions Club
Roastbeef Dinner with Salad

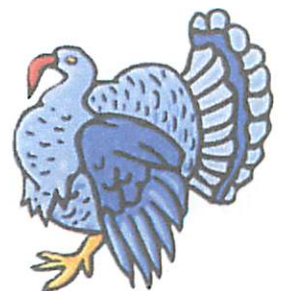
Dessert & Beverages

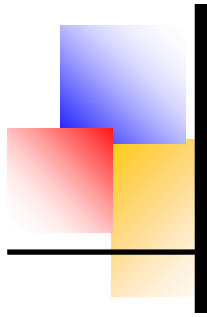
Adults(12-64) \$15.00
Senior(65+) \$12.00
Children(5-11) \$ 7.00
5 & Under Free

Tickets Available:

Damara @ Sunova Centre 204-336-0294
Glenn @ Candle Co. Antiques 204-338-7291
Rm Office 204-338-0306
Any West St.Paul Member !

**** Limited Tickets at the Door ****
Please try to purchase tickets in Advance





Kildonan Youth Activity Centre (KYAC)



SEPTEMBER 2014

KYAC Program Coordinator: 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	3 First Day of School	4 KYAC CLOSED	5 KYAC CLOSED	6 KYAC CLOSED
7	8 KYAC CLOSED	9 KYAC CLOSED	10 KYAC CLOSED	11 KYAC CLOSED	12 KYAC CLOSED	13 KYAC CLOSED
14	15 First Day of KYAC!	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				



Keep your eyes peeled for exciting upcoming KYAC programs this year...!

- Guitar, art and dance classes
- Girls Nights
- Basketball Tournaments
- Field Trips
- Christmas & Spring Break Programs
- Summer Camp