

APRIL 2010

West St. Paul School Community Newsletter

3740 MAIN STREET
WEST ST. PAUL MB R4A 1A4
PHONE 339-1964
FAX 339-7204



Home of the Wildcats

IMPORTANT DATES

- Apr. 5: **Classes resume**
- Apr. 7: Kindergarten Parent Information Evening ~ 7:00–8:00 pm
- Apr. 13: Gr. 4 Science Camp
- Apr. 14: PAC Meeting~ 7:00pm in the Library
- Apr. 22: Movie Night ~ 6:00 pm
- Apr. 23: PD Day ~ **NO SCHOOL**
- May 14: PD Day ~ **NO SCHOOL**
- May 18: Grade 5 Arts Camp
- May 20: Immunization

Take Care of yourself, Take Care of each other, Take Care of this place.



*The Grade 7 & 8 Jazz Band had two great days at the Brandon Jazz Festival. They played three tunes: **Freddie Freeloader, Sway and Comes Love.** After their performance, they participated in a 1-hour workshop with jazz saxophonist, Tyler Summers, from Nashville, TN. The band responded really well to the clinic. They also attended a concert at the Westman Centennial Concert Hall by Brandon University Jazz Band with guest soloists, heard some amazing school bands and jazz choirs and had lots of fun!*

Congratulations to our Jazz Band members...

Alex, Andrew, Cameron, Cassidy, Christine, Courtni, David, Evan, Jill, Lisa, Madison, Mikael and Shelby

KINDERGARTEN PARENT INFORMATION

EVENING REMINDER!!

Our kindergarten information/orientation evening for parents and caregivers will take place on Wednesday, April 7th at 7:00 p.m. This will be an opportunity to come to the school and hear about what kindergarten will be like for your child next year - what to expect, anticipate and get excited about. It will be a chance to meet the people that will spend time with your child at school.

This is an evening for parents only, so please try and make child-care arrangements (think of it as an evening out - maybe you could take in a movie later!)

Kindergarten is a very exciting time, and we look forward to meeting all of you. Our meeting will be held on the steps adjacent to the school library.

We hope to see everyone on April 7th!

Mrs. Horbas ~ Principal
Ms Molyneux ~ Vice-Principal
Ms Carpenter ~ Kindergarten Teacher
Ms Robertson ~ Learning Support Teacher
Mrs. Rajfur ~ Community Coordinator



Please visit our newsletter on-line to view the photos in colour.

FROM THE GYM...

MIDDLE YEARS BADMINTON

Times: 3:30 pm—5:30 pm

GRADE 6

Doubles April 5 @ West St. Paul

GRADE 7

Singles April 6 @ West St. Paul
April 12 @ Seven Oaks Middle School
Doubles April 7 @ West St. Paul
April 13 @ West St. Paul

GRADE 8

Singles April 8 @ West St. Paul
April 14 @ OV Jewitt
Doubles April 8 @ West St. Paul
April 15 @ West St. Paul



MY BADMINTON TOURNAMENTS

April 16 ~ 10:00 am—2:00 pm
Grade 7 & 8 Doubles @ West Kildonan Collegiate

April 20 ~ 10:00 am—2:00 pm
Grade 7 & 8 Singles @ Maples Collegiate



MIDDLE YEARS WINTER ACTIVITY DAYS

2010 Aseissippi Ski Trip

by: Mr. Rempel

On February 24th to the 26th a group of middle years' students and teachers went on an adventure to Aseissippi. The adventure started with a three and a half hour bus ride filled with movies, munchies, a short trip to McDonalds and over excited students. During the first and second day the students spent the majority of their time skiing or snowboarding at the hill. In the evenings the students and teachers spent the time, watching the Olympics, playing cards, eating and playing in the pool.

One of my highlights was seeing the students' skills improve in skiing and snowboarding in such a short time. At first a number of students had difficulty going down the bunny hill and by the end of the second day a number of students were skiing and snowboarding from side to side on black diamond runs.

Another highlight that all of the teachers enjoyed was being able to connect with students outside of the classroom. We were able to connect with students by skiing/snowboarding alongside of them down numerous runs and by trying out the terrain park. In addition to this, we enjoyed learning about students' interests such as sports, future dreams and caffeinated drinks.



MIDDLE YEARS WINTER ACTIVITY DAYS

Holiday Mountain

For winter activities, some of our students went on the one day ski/snowboarding trip to Holiday Mountain. Students had to meet at the school at 6:45 am and we left at 7:00 am sharp. We arrived there around 9:45 am and we were on the hill at 10:00 am. When we got our gear on we had to take a test to see how experienced we were. Then we were given a color; green, blue, black, or orange. Green being beginner and orange being the best. Depending on what color you got would determine what hills you could go on. To get to the top of the hill you need to take a chairlift and then you could choose a hill to ride down. There was a terrain hill with tons of jumps, rails and boxes. You would need orange to ride on that hill. It had 2 jumps, one was big with a 7 foot gap and one was small with a 3 foot gap. There were tons of rails, some for beginners and some for the advanced. There was also a box that was for beginners too. We left Holiday Mountain at about 3pm and got back at about 5pm, on the way back we watched Hannah Montana and Napoleon Dynamite.

-Ryan P. and Reid H.



Fort Whyte & Kildonan Park



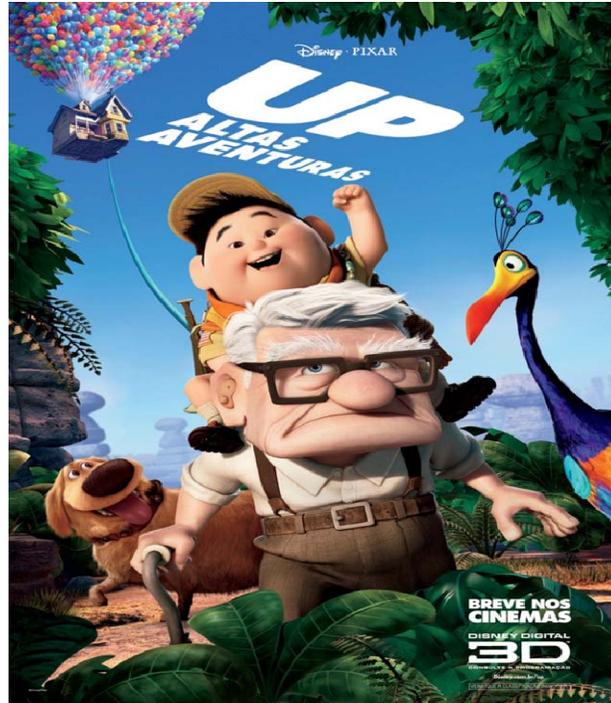
When we went to Fort Whyte we made bannock on the fire and went into a tipi. We learned how to make a fire with wax. We went tobogganing down the twenty foot high slide. There were eighty kids from West St Paul School who went.

When we went to Kildonan Park we went skating and tobogganing. There were ice slides and a big hill to go tobogganing on. We got to skate on the pond at Kildonan Park. You got to wander around with your friends.



By: Derek M. & Niall R.

West St. Paul School Movie Night



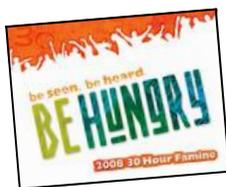
West St. Paul School will be hosting a MOVIE NIGHT on Thursday, April 22nd at 6:00 pm.

Everyone is welcome to come and enjoy the movie with popcorn and drinks.

ADMISSION: \$2 per person ~ includes entrance fee, popcorn and drink.

The movie presentation will be **UP** (rated G).

Pizza will also be available for \$2/slice. Order forms will be sent home after Spring Break.



WORLD VISION 30 HOUR FAMINE

APRIL 16—17

A group of Grade 8 students have been organizing themselves to take part in the World Vision 30 hour famine. The purpose of the 30 hour famine is for the participants to learn about issues of hunger and poverty that other children their age face on a daily basis. The secondary purpose is to do some fund-raising to support hunger projects around the world. Participation and agreement forms have been sent home with those students interested.

These students have been working together with the adult supervisors to make all of the arrangements and organized activities for the 30 hours during fasting. If you know one of the participants, please give them your support. If you would like to support their efforts by making a donation, please call the school. Their fund-raising goal is \$2500. All monies raised will go to World Vision projects to feed hungry children.

Look for more details to come home.

PAC NEWS

NEXT PAC MEETING

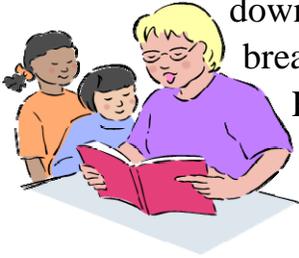
Wednesday, April 14th

7:00 pm

School Library

Free childcare provided.

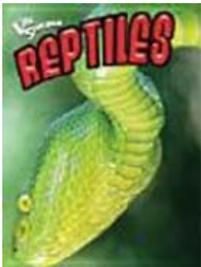
The staff at West St Paul School dedicate countless hours towards educating our children. Let's show them how much we appreciate all their hard work. The Parent Advisory Council is putting on a luncheon for the staff at West St Paul School on Tuesday April 20, 2010. Here is how you can help. We need volunteers to help set-up, take-down, and supervise the students during the lunch break and lunch recess break. For more information please call or email D'Anna



Routley at 338-2224 or feanddee@shaw.ca. Thank you for making this a great school and community.

LIBRARY NEWS

Library books are now being catalogued with a new visual feature, so that when the book is searched in the OPAC system or signed out in the Circulation system the student can see the cover of the book.



Reptiles by Janice Parker ISBN 9781590367117

These images are from Google images books and while copying images I discovered most books have previews. Parents and students may wish to preview books online. Here are the instructions:

Go to <http://www.google.com> Google images, More, Books, enter an ISBN, Title, or Author.

I entered ISBN 9780375856006 and previewed The Blue Shoe by Roderick Townley.



TAS ~ HOCKEY (TERM 3)

After Spring Break, the hockey students will begin off-ice sessions. The students **are not** to be dropped off at West Kil-donan Arena at 8:00 am, but rather board the TAS bus from West St. Paul School. They will be picked up, as usual, from the arena and returned to school for afternoon classes. Students are asked to bring a change of shorts/shirt and water bottle, as well as athletic shoes (not skate shoes). Off-ice sessions will be held both in the arena and outside. However, the rink will be available for showers, should the students feel it is necessary.

COMMUNITY LEGAL EDUCATION ASSOCIATION



LAW DAY 2010

Law Courts Open House
408 York Avenue
Sunday, April 18, 2010

Featuring:

- ⇒ A special sitting of Citizenship Court
- ⇒ Mock court trials
- ⇒ Legal information panel presentations on Family Law and Criminal Law
- ⇒ Tour of the Law Courts Building
- ⇒ Exhibits by various law-related agencies and government departments

The WRHA is currently looking for volunteers for the Seven Oaks and Inkster Community Health Advisory Council. The Council explores and shares ideas about issues that impact the health of their community. Council members are supported with babysitting paid for and transportation arranged for those who require it. Contact Colleen Schneider if you have any questions at 940-8569. You can apply on-line at www.wrha.mb.ca



Come Celebrate Arbor Day

Trees Winnipeg (Coalition to Save the Elms) is presenting our annual Arbor Day, "All Trees Tell a Story" celebration on the last Saturday of May 29th, 2010 at the Canadian Mennonite University (CMU) at 500 Shaftsbury Blvd from 1000 AM to 330 PM.

We invite you and your family to spend the day with Winnipeg's most professional arborists. Whether it's an exciting, yet effortless, zip-line ride into the upper canopy of a wonderful elm, or a self propelled climb to see how high you can get into one of the oldest and largest spruce trees in the area. Our tree climbing rides are sure to thrill both kids and adults and are said to be one of Winnipeg's best kept secrets. For the less adventurous, there will be children's crafts and storytelling tents which will be buzzing all day long. If it is workshops you are interested in attending, there is a busy schedule of topics related to the well being of trees, as presented by a host of professionals.

For a FREE, full day of fun and learning, come out and celebrate Arbor Day and experience how "All Trees Tell a Story".

MANITOBA ANAPHYLAXIS INFORMATION NETWORK (MAIN)

a sub-group of Allergy/Asthma Information Association (AAIA)
Ph: 204-654-2676 Email: mainmanitoba@shaw.ca

March 2010

Manitoba Anaphylaxis Information Network will be holding a meeting on
Tuesday April 20, 2010 from 7:00 – 8:30 pm.

Topic: **PLANNING FOR AN EMERGENCY**

We will offer a presentation on the ways you can be prepared to respond to an anaphylactic reaction. This will include the steps you can take to prepare others who are caring for your allergic child to know what to do if your child has an allergic reaction.

We will follow with a demonstration on how to administer an EpiPen and time for discussion and sharing of ideas.

This meeting will take place at The Gray Academy at 123 Doncaster Street (Room 237)

Enter the building through the main doors of the Asper Jewish Community Campus located at 123 Doncaster Street. Free visitor parking is located across the street from the doors. Upon entering you must check in with the security desk and provide identification.

The Gray Academy is located off Kenaston Blvd near Academy Road For directions visit

http://www.grayacademy.ca/about_visiting_directions.html

Although the majority of our attendees are parents, staff and volunteers working in the schools with students who have life threatening allergies are welcome to attend.

Call me or send an email with any questions.

Nancy Boni

Manitoba Anaphylaxis Information Network (MAIN)

204-654-2676

mainmanitoba@shaw.ca

APRIL

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
SPRING BREAK						
4 EASTER 	5 Day 6 Gr. 6 Badminton (Doubles) @ TBA	6 Day 1 Gr. 7 Badminton (Singles) @ TBA	7 Day 2 Kindergarten Parent Info Evening 7-8pm Young Women's Conference 9am-3:30pm Gr. 7 Badminton (Doubles) @ TBA	8 Day 3 Gr. 8 Badminton (Doubles) @ TBA Wee Be Jammin' 6:00 – 7:00 pm	9 Day 4 Gr. 8 Badminton (Doubles) @ TBA	10
11	12 Day 5 Gr. 7 Badminton (Singles) @ TBA	13 Day 6 Grade 4 Science Camp Gr. 7 Badminton (Doubles) @ TBA	14 Day 1 PAC Meeting 7pm – Library Gr. 8 Badminton (Singles) @ TBA	15 Day 2 Gr. 8 Badminton (Singles) @ TBA Wee Be Jammin' 6:00 – 7:00 pm	16 Day 3 Gr. 7 Band @ Festival Gr. 7 Badminton Tournament @ WK	17
18	19 Day 4	20 Day 5	21 Day 6 MTYP @ 9:45am (K-5)	22 Day 1 Movie Night 6:00 pm Wee Be Jammin' 6:00 – 7:00 pm	23 Day 2 PD DAY NO SCHOOL	24
25	26 Day 3	27 Day 4	28 Day 5	29 Day 6	30 Day 1	

2010

IMPORTANT DATES AT A GLANCE

April 7	Kindergarten Parent Info Evening – 7:00 - 8:00pm
April 13	Gr. 4 Science Camp
April 14	PAC Meeting – 7:00 pm in the Library
April 21	MTYP – 9:45am (Kindergarten – Grade 5)
April 22	Movie Night - 6:00 pm
April 23	Professional Development Day – NO SCHOOL
May 11	Early Years Cross Country @ Little Mountain Park (11:45 – 2:00)
May 12	PAC Meeting – 7:00 pm in the Library
May 13	Early Years Cross Country Rain Date
May 14	Professional Development Day – NO SCHOOL
May 18	Grade 5 Arts Camp
May 20	Immunizations – Grade 6
May 25	WSP Early Years Track & Field (Grade 4 & 5)
May 27	WSP Early Years Track & Field Rain Date
May 28	Middle Years Track & Field @ Selkirk (7:30 am – 2:00 pm)
May 31	Middle Years Track & Field Rain Date
June 25	Professional Development Day – NO SCHOOL

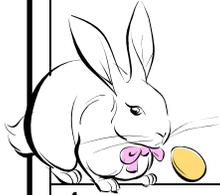
The newsletter for the month of **APRIL** is now available on our website at

www.7oaks.org/school/weststpaul/Pages

A paper copy of the newsletter will only be sent home if it has been requested.

APRIL

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

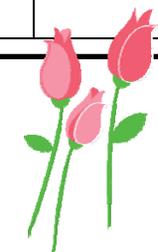


**Happy
Easter**



Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2 GOOD FRIDAY	3
4	5 Parent/Child Storytime 9:00 – 10:30 am 3-5 years	6 Parent/Child Rhymes & More 9:15 – 10:30 am 0 – 5 years Dad's Program TBA	7 Parent Kindergarten Information Evening 7:00 – 8:00 pm	8 We Bee Jammin' Music Program 6:00 – 7:00 pm Must Register	9 Parent/Child Drop-In 9:00 – 10:30 am 0 – 5 years	10
11	12 Parent/Child Storytime 9:00 – 10:30 am 3-5 years	13 Parent/Child Rhymes & More 9:15 – 10:30 am 0 – 5 years Dad's Program TBA	14 PAC Meeting 7:00 pm – Library All welcome. Childcare available.	15 We Bee Jammin' Music Program 6:00 – 7:00 pm Must Register	16 Parent/Child Drop-In 9:00 – 10:30 am 0 – 5 years	17
18	19 Parent/Child Storytime 9:00 – 10:30 am 3-5 years	20 Parent/Child Rhymes & More 9:15 – 10:30 am 0 – 5 years Dad's Program TBA	21	22 We Bee Jammin' Music Program 6:00 – 7:00 pm Must Register	23 PD DAY NO SCHOOL	24
25	26 Parent/Child Storytime 9:00 – 10:30 am 3-5 years	27 Parent/Child Rhymes & More 9:15 – 10:30 am 0 – 5 years Dad's Program TBA	28	29 We Bee Jammin' Music Program 6:00 – 7:00 pm Must Register	30 Parent/Child Drop-In 9:00 – 10:30 am 0 – 5 years	

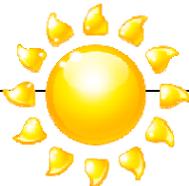
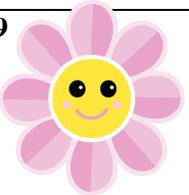
2010



PARENT/CHILD PROGRAMS

MAY

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
						1	
2 	3 Parent/Child Storytime 9:00 – 10:30 am 3-5 years	4 Parent/Child Rhymes & More 9:15 – 10:30 am 0 – 5 years	5	6	7 Parent/Child Drop-In 9:00 – 10:30 am 0 – 5 years	8 	
9 Mother's Day 	10 Parent/Child Storytime 9:00 – 10:30 am 3-5 years	11 Parent/Child Rhymes & More 9:15 – 10:30 am 0 – 5 years	12	13	14 PD DAY NO SCHOOL	15 	
16	17 Parent/Child Storytime 9:00 – 10:30 am 3-5 years	18 Parent/Child Rhymes & More 9:15 – 10:30 am 0 – 5 years	19	20	21 Parent/Child Drop-In 9:00 – 10:30 am 0 – 5 years	22 	
23 	24 VICTORIA DAY NO SCHOOL	25 Parent/Child Rhymes & More 9:15 – 10:30 am 0 – 5 years	26	27	28 Parent/Child Drop-In 9:00 – 10:30 am 0 – 5 years	29 	
30 	31 Parent/Child Storytime 9:00 – 10:30 am 3-5 years	PARENT/CHILD PROGRAMS					

2010

Family Routines

Life with children can seem chaotic, at times even out of control. Establishing some basic routines can restore a sense of order that will make life easier for both parents and children. A routine doesn't mean a rigid schedule; young children need structure with flexibility (especially on weekends). For most families, things work better when everyday activities follow a predictable pattern.

Benefits for children

- **Sense of security** - When things happen in the same order every day, children learn to predict what comes next. They feel safe and secure because someone else is taking care of things for them; they don't have to worry.
- **Trust** - Children learn to trust when the people who care for them follow a dependable routine. This is the foundation on which they build their trust in the larger world.
- **Self-confidence** - Children's confidence in themselves also increases when they are able to predict what will come next.
- **Good habits** - Routines, such as regular exercise, build good health habits that teach children to look after themselves.

Benefits for parents

- **Planning** - Having a routine helps parents plan to accomplish necessary chores. Especially with a small baby, finding time to take a shower and buy groceries can be a challenge!
- **Discipline** - Children are less likely to test the rules by misbehaving when regular tasks become part of an established routine. If tidying up toys always comes before washing hands and sitting down to eat, most children will stop protesting and get to work fairly quickly. If bath is always followed by bed, a story, a song, a goodnight kiss and a wave from the bedroom door, sleep will come more easily.

What makes a good routine?

We are all individuals; there is no recipe for a routine that works for every family. Here are some factors to consider, along with examples of questions to ask yourself when planning a routine. Remember to take into account the needs and preferences of both parents and children.

- **Physical needs** - Is everyone fed and well rested before taking part in other activities? Is there time for physical activity (a walk to the park, energetic dancing in the living room) every day? Does the routine let everyone get enough sleep?
- **Social needs** - Are toddlers getting together with

other children their age? Are parents seeing friends? (Playgroups can answer both these needs.)

- **Intellectual needs** - Do children get time to play in ways that stimulate their understanding of their surroundings? Are parents getting enough adult conversation?
- **Emotional needs** - Are babies getting the comforting they need? Do children feel secure in their parents' attention? Are parents getting support?
- **Stage of development** - Does the routine take into account how needs change as children grow? More snacks during a growth spurt? More choices offered to toddlers? (For instance, "Will you brush your teeth before the bath or after?") More responsibilities transferred to older children. (For instance, helping to prepare snack or making a school lunch.)
- **Individual differences** - Does the routine allow for a child's particular temperament? For instance, limiting the number of errands because this child has trouble making transitions from store to car to store to car... Or lots of flexibility because this child has irregular body rhythms and isn't hungry at the same time every day. Or always the same routine because this child doesn't like surprises.

Changing the routine

Sometimes, changing the routine can solve behaviour problems.

- **Change the sequence** - Even if people tell you a bath before bed calms children, your child may get excited and have trouble going to sleep. The problem might disappear if you move bath time before supper.
- **Recognize a need** - If your child always has a tantrum before supper, maybe she's hungry. Try adding an afternoon snack to the routine. Or maybe she needs to be sure of your attention. Try a short playtime with you before you start cooking or let her shred the lettuce beside you.
- **Smooth transitions** - Children often misbehave when it is time to change activities. To avoid trouble, try adding a song to the routine to signal upcoming changes. For example, if a toddler has to stop playing to go meet an older brother's school bus, sing "Johnny's bus is coming soon, we will go to meet him," sung to the tune of "Frère Jacques." The song gives children time to adjust and make the transition.

Routines are never set in stone; they will always need to be adapted as conditions change. By observing your children, by knowing your own needs, you will be able to make a predictable routine that suits your family.

by Betsy Mann, with help from Linda Martin, Family Visitor Program Coordinator, Better Beginnings, Better Futures, Ottawa.



(Online) Community Begins Here

New SOSD website adds personality and possibilities

If you've visited 7oaks.org lately, you already know the Division has a brand new website. What you might not realize is just how different from the old one it really is.

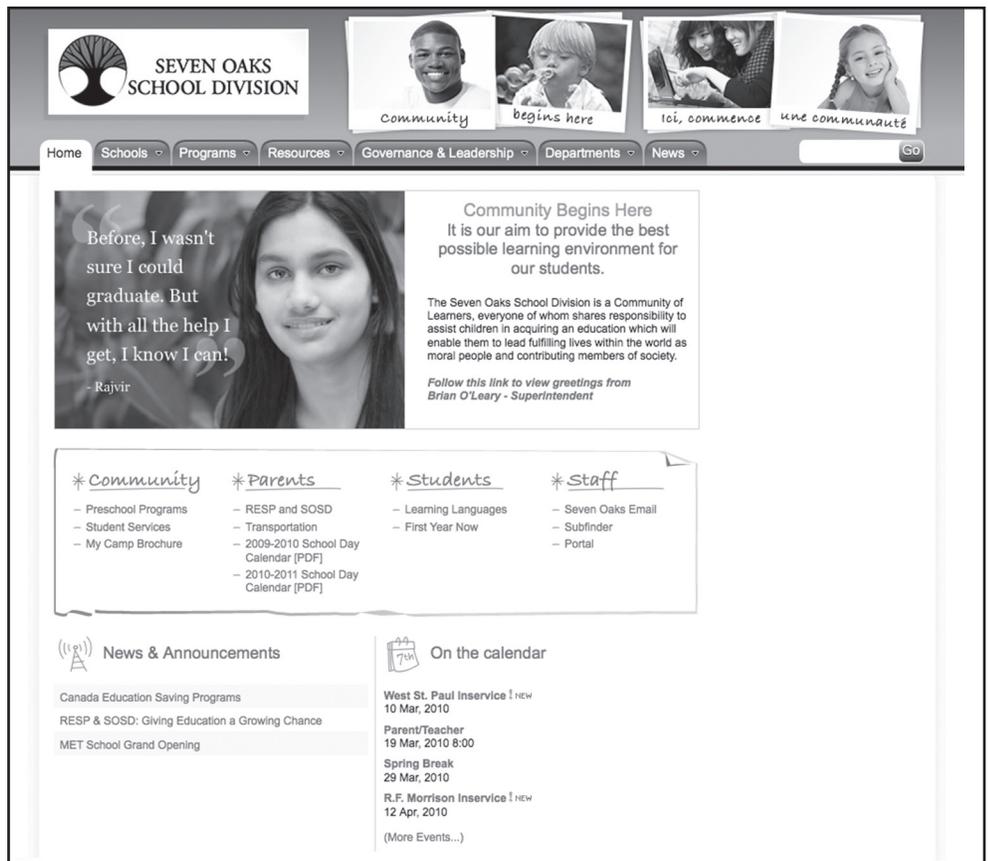
"We thought the website we had was a beautiful site," said Duane Brothers, Assistant Superintendent responsible for Human Resources (HR) and Information & Communication Technology (ICT) in the Division. "That said, in this day and age, our online presence needs to continually be refreshed."

The site certainly presents a brand new look to viewers, immediately greeting them with brighter colours, revamped navigation and – perhaps most noticeably – many more photos of staff and students from throughout the Division.

The new site aimed to reflect the spirit of community the Division is known for by incorporating more images and more opportunity for staff, students, parents and others to get involved and interact online. Information is now easy to find with just a couple clicks or a quick search, and the site is completely open to the public. There are no passwords required – just an interest in education.

"We recognize that it is necessary to build relationships and to provide information in a variety of forms, including through online means," says SOSD ICT Director Michael Pohorily.

"The strength of our interactions is the basis on which we build community."



Making Interactions and Information Easier

Making a good website better doesn't happen overnight. The process actually began almost a year and half ago with a thorough review of the original site to see what worked and what needed improvement.

The Division also spent considerable time looking at other school division websites and some high-profile sites (such as Apple and National Geographic), figuring out how to put the new SOSD site on par with some of the best in North America.

Making uploading and updating content easier for staff was a priority. Content, after all, gives people a reason to come back for up-to-date information. The development team took a 'simple is better' approach to encourage site users – specifically staff and administrators – to add and update often.

"The new sites are based on Microsoft SharePoint technology, which allows people to use a single username and password for access," explains Pohorily. "This means a separate set of username logons and passwords won't

be required for each different function the way it was with our old website.”

Brothers notes that, along with the enhanced ease of use, the number of options available for teachers has also increased.

“We developed some really easy to use templates so that all of our teachers, with a couple of clicks, can develop their own websites, wikis, blogs and other tools to enhance communications with other educators, their students and the parents of the students,” says Brothers.

Teachers can even access their documents from any computer in the world, anytime of day via a secure Seven Oaks portal that provides them with flexibility in their work schedules.

To encourage teachers to use the site even more, the Division developed a new ICT sub committee with representatives from each and every school. These representatives are getting to know the ins and outs of the site and will essentially become the website experts for their schools so when teachers have questions, they have on-site support.

As more teachers use the site, parents will have opportunities to become more involved and the ability to review progress on homework, projects or other class activities from any computer at any time of day. The Division feels that this will give busy parents an opportunity to check in more often and gain greater insight into how their children are doing in their daily work. If there are any concerns, they can even arrange a “virtual meeting” with a teacher and find solutions together.



Surfing Safely

With things like blogs, photos, video and even class projects going online within the SOSD website, the need for enhanced online safety was also an essential part of the website development.

The site incorporates all the latest safety protocols. User names and passwords are kept confidential. Blogs and wikis are monitored by the teachers who started them to ensure any questionable comments are stopped before they appear and any serious concerns are investigated. The Division has also prepared a legal form for parents to ensure any photos or materials that appear on the site appear with parental permission.

While some protocols will vary from school-to-school, the safety of the students is paramount.

Virtual Reactions

So how do people like the site so far? Response has been extremely positive with people describing it as “fresh,” “clean” and “easy to work with.” There have been plenty of compliments on the look in particular. And with plans to add more faces and functions, the site will continue to become a place where people can really connect on education.

“When people come to our site, we want them to be reminded very clearly that community really does begin here,” says Brothers.

Seven Oaks School Division Board of Trustees

Bill McGowan (Ward II) 694-0808
 Claudia Sarbit (Ward III) Chairperson 339-8758
 Evelyn C. Myskiw (Ward I) Vice-Chairperson 339-1242
 Gary J. Fogg (Ward II) 694-8998
 Teresa Jaworski (Ward III) 334-3063
 Edward P. Ploszay (Ward III) 339-1260
 Dennis Ruggles (Ward II) 694-3976

Richard Sawka (Ward III) 338-1199
 Socorro (Cory) Juan (Ward II) 694-8517
 Ward I – West St. Paul
 Ward II – Maples, Riverbend note: all phone numbers provided
 Ward III – Garden City, West Kildonan are home phone numbers
 Website: www.7oaks.org Telephone Number: 586-8061



Vol. 8 Issue 8

March 2010



Current Unit

Mini Games :

- Coaches choice.
- Line "soccer"
 - #'s
 - "Check it"
 - Ringette.
 - "Dodgeball"

Coming up:

- Off-Ice Training.
- Floorball.

7 Oaks
HOCKEY DAY
 2010
 TueS MARCH 19th

On March 16th, over 50 alumni participated along with our 100+ 7ohsa students in our annual 7 Oaks Hockey Day.

This fun filled day of hockey is always a memorable experience for our students.



April Schedule

After the break, we will begin our t3 off ice sessions. Students are **not** to arrive at 8am as they have been doing, but rather are to go to school then either walk across to the rink after morning announcements (esoms) or board a TAS bus to come to the rink (hca/ep/wsp). Students will then be bussed back to their schools at 1105-1110 as usual. Each participant is asked to bring a change of shorts/ shirt and water bottle to each off ice session. We also ask that each student has athletic shoes, not skate shoes. We will be using the rink for off ice, as well as outside, however the rink will be available for showering if students feel it's necessary.

Jerseys

Students are asked to make sure they have their jerseys to hand in after their last session. Gr. 8's will have the option to purchase their jersey for a fee of \$25. These \$85 jerseys are a great keep-sake. (jersey's not submitted will result in a \$25 fee added to next years registration.)

Hockey Pool

Jordan (EP gr. 7) continues to lead our '09-'10 NHL pool, as he has done most of the year. In the teachers category, Mr. Reid leads Ms. Lindsay, Mr. Ruppenthal, Mr. Farmer, Mr. Malaschuk and Stu, in that order. The real battle however is between these last three, as Mr. Farmer's "Farmdogs" holds a slim 5pt advantage over Mr. Malaschuk's "N'Shape" who in turn leads Stu's "Blondies" by 4. This battle will go right down to the wire.

7ohsa.com

Off-Ice Conditioning

Skating Tradition

Checking Focus

Skating Tradition
Dedication Pride
Stickhandling

Checking Focus

Dedication Pride
Goaltending

Skating Tradition
Dedication Pride
Stickhandling

Checking Focus

Dedication Pride
Goaltending

**MY
camp**

**MY summer
MY way
2010**



**SEVEN OAKS
SCHOOL DIVISION**
community begins here



Summers should be fun.

At Seven Oaks School Division, we understand. But sitting in front of a screen surfing the net or watching daytime television isn't our idea of a summer vacation.

To that end, the second annual SOSD MY Camp offers a solution to dreaded days when going to the fridge to refuel is the definition of active living.

For 10 weeks this summer, our schools will transform into centres for activity, excitement and innovation – all for students entering Grades 6 through 9 in September.

Accessible activities – all summer long!

MY Camp is all about accessibility and inclusion.

In fact, we want it to be nearly impossible for any would-be participant to miss out because of economics or other concerns. We have limited scholarships available for those who qualify and also welcome students of all backgrounds, abilities and activity levels.

Come one, come all!

MY Camp - aka Middle Years Camp - has something for everyone. From basketball to hip hop dance, our inclusive programming caters to those with an interest in being active – regardless of skill level or previous experience.

Each session offers a variety of activities led by instructors from the Seven Oaks School Division, at a low student-to-leader ratio. In the intensive sessions, youth spend half the time building their skills in their chosen activity and the other half on a variety of activities to help maximize their fun!

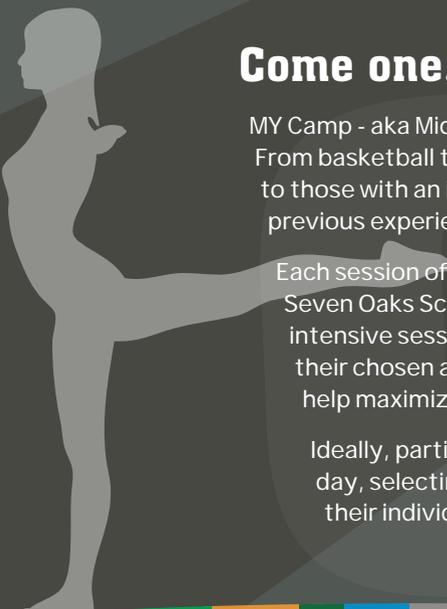
Ideally, participants will cycle through four fun-filled workshops each day, selecting the sports and performing arts activities that best suit their individuality, interests and style.

Sessions will consist of a variety of different activities. These could include:

Dance
Art
Audio/Visual Tech
Drama
Track and Field
Wrestling
Football
Tennis
Swimming

Basketball
Volleyball
Soccer
Hockey
Combatives
Fitness
Softball
Yoga
Bowling

All sessions are Monday to Friday, 9:00 a.m. to 4:00 p.m.
Students are required to bring their own lunch.





MY Camp



Regular Sessions (two weeks)

SESSION	DATES	LOCATION	COST
1	July 5-16	West Kildonan Collegiate	\$100
2	July 19-30	West Kildonan Collegiate	\$100
3	August 3-13	Garden City Collegiate	\$100
4	August 16-27	Maples Collegiate	\$100

Intensive Sessions (one week)

SESSION	DATES	LOCATION	COST
5 Volleyball	July 12-16	West Kildonan Collegiate	\$100
6 Basketball	August 9-13	Garden City Collegiate	\$100
7 Dance	August 16-20	Maples Collegiate	\$100
8 Hockey	August 23-27	Maples Multiplex	\$150

Space is limited, so register early!



MY Camp Registration Form 2010



SEVEN OAKS
SCHOOL DIVISION
community begins here

Session number 1 2 3 4 5 6 7 8

Name

Birthdate mm/dd/yr

School

Address

Phone number

T-shirt size youth S M L adult S M L XL XXL

(check one)

Parent's Names	<input type="text"/>	Medical conditions	<input type="text"/>
Daytime phone numbers	<input type="text"/>	Medications	<input type="text"/>
Cell phone numbers	<input type="text"/>	Allergies	<input type="text"/>
		Previous injuries	<input type="text"/>
Emergency contact	<input type="text"/>	Emergency contact 2	<input type="text"/>
Phone number	<input type="text"/>	Phone number	<input type="text"/>

Is your child funded or receiving any support services? yes

Is he/she using adaptive equipment? yes no

Parent/Guardian Signature

Payment Options:

- Cash
- Cheque (payable to Seven Oaks School Division)
- Interac
- Visa
- MasterCard

Card number

Expiration Date

Name on Card

Card holder Signature

Payment is accepted in three ways:



In person, by mail or at your child's school:

Cheque or Credit addressed to:
 SOSD IT Centre, Maples Collegiate
 1330 Jefferson Ave, 2nd Floor
 R2P 1L3
 Attention: Continuing Education
 Office hours: 8:30 - 12:30, 1:00 - 3:00



By phone:

927-3700
 (credit card only)



Securely online:

www.7oaks.org

For more MY Camp information, contact Sandee Deck
 at sandee.deck@7oaks.org or 223-3499.

MY Camp – The Details

What?

Four affordable, accessible two-week activity camps, combining activities from art to sports, plus four one-week intensive camps.

Who?

Participants: students entering Grades 6 through 9 in September 2010.

Instructors: coaches, teachers and paraprofessionals from Seven Oaks School Division

When and where?

Four general two-week sessions:

1. July 5-16 (West Kildonan Collegiate)
2. July 19-30 (West Kildonan Collegiate)
3. August 3-13 (Garden City Collegiate)
4. August 16-27 (Maples Collegiate)

Four intensive one-week sessions:

5. Volleyball: July 12-16 (West Kildonan Collegiate)
6. Basketball: August 9-13 (Garden City Collegiate)
7. Dance*: August 16-20 (Maples Collegiate)
8. Hockey**: August 23-27 (Maples Multiplex)

All sessions are Monday to Friday, 9:00 a.m. to 4:00 p.m.

* The Dance Intensive Session includes Tap, Jazz, Ballet and Hip Hop.

** Full equipment is required for the Hockey Intensive Session.

Why?

Because SOSD students are bright, talented and energetic – our camp offers a safe, fun and high-energy way to spend summer vacation.

What do participants get from MY Camp?

Each student receives days jam-packed with action, adventure and active living. SOSD will also provide customized t-shirts, emblazoned with the MY Camp logo.

What do participants require in order to attend?

Each student must have parental permission and transportation to and from camp each day. For the intensive sessions, equipment may be required. Each student must also bring a lunch and pay the \$100 registration fee. (\$150 for hockey)

Is financial assistance available?

There are limited financial scholarships available. Please contact Sandee Deck at sandee.deck@7oaks.org or 223.3499 for more information.

Seven Oaks School Division

Community and Activity Begins Here

Seven Oaks School Division is dedicated to making its students more active members of the community – and that means getting them moving and getting them involved.

As a division, we believe every student has the right to get involved and get moving. Our healthy living programming pairs acceptance with activity and encourages each and every student – regardless of ability, skill or socio-economic background – to participate.

Community begins here.
And our community is active, healthy and in motion.



Seven Oaks School Division
830 Powers St.
Winnipeg, MB R2V 4E7
204.586.8061 (p)
204.589.2504 (f)
www.7oaks.org