



# West St. Paul School Community Newsletter APRIL, 2011

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

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

## IMPORTANT DATES

Apr 4

Classes Resume

Apr 15

Grade 5 Science Camp  
Manitoba Museum

Apr 25

PD Day

**NO SCHOOL**

May 2

Lifetouch Spring Photos

May 3

Grade 5 Arts Camp  
9:00 a.m. - 2:30 p.m.

May 5

Kindergarten Family  
Open House

May 9

Gr. 4 Immunization  
Gr. 6 Girls Immunization

May 11

Early Years Cross Country  
Kilcona Park

May 12

Kindergarten Family  
Open House

May 24

Early Years Track & Field  
@ WSP

May 27

Divisional Track & Field



By: Haley N. and Julian B.

On the drive to Brandon, we took a Beaver bus. We came to school then warmed up with our instruments in the music room. Then we left at 9:00 and got on the bus which had another school on it called Valley Gardens. It was a two hour drive. On the way we had to stop and check another bus that was stopped. They ended up being fine, so we carried on.

When we got to Brandon, the bus dropped us off and Mr. Isaak checked us into the front entrance. Then we walked to the cafeteria and grabbed some lunch. After we were all done eating we went to the Evan's Theatre and watched some schools perform. Then we went to the Loran Watson Theatre and watched some more schools perform. After we watched about 2 performances we went to the Evan's Theatre Warm-up room and warmed up by playing all three songs. After a half an hour we went to the Evan's Theatre to play.

We played three songs. They were called; Evil Ways, Shifting Down, and Dark Eyes. In Evil Ways, there was one solo done by Hayley W. In Shifting Down, there were about 10 soloists. Then in Dark Eyes, there were five soloists. After when we were all done the songs, this guy came up onto the stage and talked to us about our performance and how to improve it.

After we took our instruments down the stairs into this hall and we got our picture taken. We were allowed to purchase the pictures for \$20. After we got our picture taken, we watched West K schools' choir in the WMCA theatre. They were really good. After that, we went to the Kingsman Theatre and watched one performance.

For supper, we went to the Brandon mall food court. After we were done eating, we were allowed to go anywhere in the mall and shop if you wanted to. We had about an hour to do that. At about 6:45 we went to catch the bus to go find our hotel. Our hotel was Canad Inns. When we got to the hotel we had a meeting in Mr. Isaak's hotel room. The meeting was about what we were planning to do the next day. After the meeting, some of us went to the pool in the hotel. At 10:00 we were sent to our rooms. We were supposed to go to bed at 10:45, but most of us stayed up because we couldn't fall asleep.

In the morning, we had to wake up at 6:45 and get ready to go to the breakfast buffet in the hotel. The breakfast was free, because we paid for it with the hotel fees. At 7:30 we had to go to the bus that was waiting for us. We loaded the bus with all of our stuff. The bus took us to the Brandon University. There we split into groups, and went anywhere we wanted to. All of the groups watched people perform.

At 1:00 all of our school went to clinics according to our instruments. After that, our groups split up again and went to watch more performances. At 6:00 we all met and the bus stopped at Subway and A&W for supper. Then, we made our way back to our school. On the bus we met some new friends from Valley Gardens School. We all had a great time.

# PHYS. ED NEWS



## MIDDLE YEARS BADMINTON

Times are 3:30 p.m. - 5:30 p.m.

### Grade 6

April 4 - Doubles @ HC Avery

April 11 - Doubles @ WSP

### Grade 7

April 5 - Doubles @ WSP

April 6 - Singles @ WSP

April 12 - Doubles @ Leila North

April 13 - Singles @ Leila North

### Grade 8

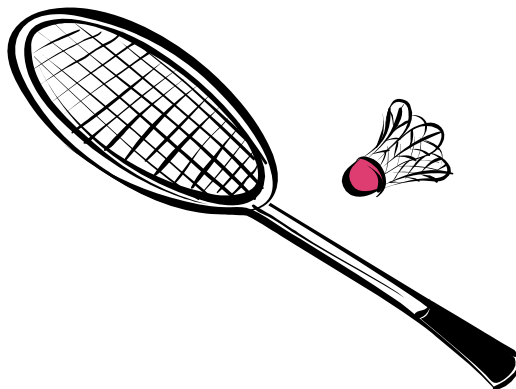
April 6 - Singles @ Leila North

April 7 - Doubles @ WSP

April 13 - Singles @ OV Jewitt

April 14 - Doubles @ WSP

April 20 - Grade 8 Divisional Singles & Doubles tournament @  
Maples Collegiate (10:00 a.m. - 2:00 p.m.)



## Middle Years Marathon Club

will start this week on  
Mondays and  
Wednesdays after  
school and Fridays at  
lunch.



### Early Years Phys. Ed.

Our Divisional Badminton Tournament on March 23 was well attended and very successful! The tournament took place at Maples Collegiate and WSP school entered 18 doubles teams (grades 4 and 5). The next divisional activity is Cross Country for students in grades 3-5, May 11 (rain date is May 13). Looking ahead, our school's grade 4 & 5 Track & Field meet is scheduled for May 24 (rain date is May 26). The divisional meet is June 8 (rain date is June 10).

Recently, we completed the Heart & Stroke Foundation's Jump Rope for Heart program. This program was fun and beneficial for all! Our students got an opportunity to jump rope and learn "heart smart" lessons (at lunch hours and gym classes). Our school received equipment and teaching materials. Our students had an opportunity to experience philanthropy and earn prizes. Our phys. ed. program received 10% of our funds raised and of course, the Heart and Stroke Foundation received valuable donations. Thank you to all of our students and parents who participated in this fundraiser!

R. Chin



Thanks to all the Parent volunteers who came to help with our Book Fair: Stephanie Thomas, Jennifer Towers, Sharon Church, Leslie Clark, Gracia Ardita and Kristin McDowell. We really appreciate all your help. Our total profits were \$3600. WOW! Thanks so much for your support. We were able to purchase books for both the classroom libraries and the school library. Keep Reading!

## S.W.A.T.

On March 24th, 2011 West Kildonan students came to give a presentation. The presentation was called S.W.A.T. It stands for **Students Working Against Tobacco**. This presentation was for middle years students to learn about tobacco and what it does to you. They chose students to present it because children will listen to their peers better and understand better than listening to an adult. They taught us what tobacco does to your lungs. They actually showed us, but with pig lungs instead of human lungs. They also told us a story about a guy who smoked for about 25-30 years and the treatments he has to go through now because he got cancer. I think it will work. Most kids got the message about it. Some even got grossed out because they had some sample ingredients that go into a cigarette. They combined only 12, but there are actually 4,000 chemicals that come from a cigarette. Some things were stuff that we use in our daily lives, but then people had to take out some of the stuff because they could kill you. The best part was when they showed some examples, let us smell the water thing and the pig lungs.

~ Khrystyna, Room 47



## D.A.R.E.



On March 23<sup>rd</sup> we had our D.A.R.E. graduation. It started like this, first we put up our posters for D.A.R.E. Then we moved things out of our way. We set up a bunch of chairs for us, parents and also the officers. After that, the officers arrived and so did some of our parents. We went over a couple of things about D.A.R.E. Then they gave us our certificates for

graduating from the D.A.R.E. Program. We got juice and cake after that. Then we took photos with all of the officers. Then we said our good-byes. We hope they come back again soon.

By Michelle, Lauren, Carson



## THE ECO EDGE MONTHLY FACTS + TIPS

The fight against grime is a battle we face every day. There are many cleaning products out there but they are expensive, are toxic, and can harm our environment. It is not only effective but safer for you and better for your planet if you do not use chemical cleaners. Do not underestimate the power of nature's most effective cleaner ~ **elbow grease**.

For some of those tough, hard to clean spots in bathrooms here are some remarkable common household products that we have in our homes that we can use:

- ⇒ **Garbage containers** ~ sprinkle some baking soda in the container after you have emptied it.
- ⇒ **Stains on porcelain tubs, sinks and tiles** ~ wet the surface and then spray with a mixture of ½ cup bleach with 6 cups of water.
- ⇒ **Mildew areas** ~ mix equal amounts of vinegar and water in a spray bottle and spray onto area and let sit for 15 minutes. Wipe clean.
- ⇒ **Dried-on Hairspray Residue** ~ that is left on walls, vanities and floors, use a mixture of 1 part fabric softener and 2 parts water. Spray on and wipe clean. You can also use a small amount of shampoo on a sponge to wipe down those sticky hairspray spots and then rinse with X-TRECO.
- ⇒ **Toilets** ~ once a week, overnight, pour 2 cups vinegar in the bowl and let sit (leave brush in bowl with lid closed to remind everyone that it is being cleaned).  
Brush toilet well and flush. This will keep hard-water stains away, clean and freshen your bowl.
- ⇒ **Showerheads** ~ clogged? Put ½ cup baking soda and 1 cup vinegar in a glad zipped sandwich bag and secure around showerhead with a rubber band and leave overnight.
- ⇒ **Stubborn Rust Stains** ~ in showers + toilet bowls – make a paste of lemon juice and borax scrub on and then rinse.
- ⇒ **Shower Curtains** ~ spray vinegar once or twice a week on the curtain to keep it free from mildew and soap scum.
- ⇒ **Drains** ~ for a slow drain, drop in a couple of Alka-Seltzer tablets and then 1 cup of vinegar. Flush with hot water.

Let us all get eco-friendly and clean chemical free!

The ECO Edge has a blog where we post everyday information including everyday useful eco facts & tips, promo codes and exclusive offers. Join our blog today @ <http://www.theecoedge.com/blog.php>.

Visit our [website](#) today to learn more about fundraising with X-TRECO ~ the new revolutionary cleaning cloth.



The ECO Edge Company  
[www.theecoedge.com](http://www.theecoedge.com)





# The Ultimate Penny Drive

*100 Days of Pennies*

A Room 9  
UNESCO Project



Who will the pennies help?

Help us decide.

Fill out a suggestion slip and place it in the suggestion box next to penny pot.

## February 22 to June 3

Most Canadians think that pennies are useless and annoying. Some people want to get rid of the penny all together. We think that the pennies can be useful. Recycling pennies makes “cents” by helping the environment and helping others in our community when donated to an organization that needs our help.

For the next 100 days, we are collecting pennies. So look in your pockets, drawers, wallets, under the couch , on the driveway and in jars or containers where you save pennies and any where else pennies might be hiding. Bring your pennies to our school library and drop in the penny pot. So far, we have collected over 15,000 pennies (\$150).

*Recycling Pennies makes “Cents”*

Tell your family, friends, neighbours, pets and bring in those pennies.



### A VISIT TO THE MANITOBA CANADIAN JAPANESE CULTURAL CENTER

By: Allison P. and Tyler S.

We had lots of fun at the Canadian Japanese Cultural Center. We had a traditional Japanese tea ceremony and made origami. In origami we made a crow, swan, boat and piano. We had some great teachers.

During the tea ceremony the host first gives the guests a sweet candy and then the host has to get the

utensils to make the tea. The tea ceremony is like a dance. My favourite part was having the green tea. Mr. Brzoza and Mrs. Myco came on the trip with us and they had fun too.

I learned that tea can be served in different ways around the world and that having tea with others is a great way to get to know them. Our room likes to sometimes have tea with special guests.



# GARDEN CITY COLLEGIATE 50<sup>TH</sup> REUNION !!!

1961-2011  
50 Years of Gopher Pride!



May 20, 21, 22, 2011

Attention all graduates and alumni of Garden City Collegiate. Your 50<sup>th</sup> reunion is going to be one fabulous and memorable weekend you won't want to miss!

Take a walk down memory lane and meet former classmates, teachers, and staff of both Jefferson Junior High and Garden City Collegiate!

Have a blast at the Friday night BBQ, Saturday evening Dinner and Dance, and Sunday Pancake Breakfast! Check out the old & new G.C.C.I., take a school tour, visit the decade rooms, play games and sports, etc...

Registration is now open at [gc50threunion.ca](http://gc50threunion.ca) or call us at 339-2058 for info or to volunteer.

## **MANITOBA ANAPHYLAXIS INFORMATION NETWORK (MAIN)**

A local affiliate of Allergy/Asthma Information Association (AAIA)

Phone: 204-654-2676 Email: [mainmanitoba@shaw.ca](mailto:mainmanitoba@shaw.ca)

March 2011

Our next support group meeting will be on Wednesday April 6, 2011 from 7:00 – 8:30 pm.

### **Are You Prepared for a Severe Allergic Reaction?**

You are welcome to join our support group meeting. Our evening will include a presentation on the ways you can prepare yourself, and others caring for your child, to respond to a severe allergic reaction. This will be followed by a demonstration on how to administer an EpiPen and some time for discussion and sharing of ideas.

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.

This meeting will take place at The Gray Academy at 123 Doncaster Street (room number will be posted)

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.

Identification may be requested.

The Gray Academy is located off Kenaston Blvd near Academy Road. For directions go to:

[http://www.grayacademy.ca/about\\_visiting\\_directions.html](http://www.grayacademy.ca/about_visiting_directions.html)

Call or send an email with any questions.

Nancy Boni  
Manitoba Anaphylaxis Information Network (MAIN)  
[mainmanitoba@shaw.ca](mailto:mainmanitoba@shaw.ca)  
1-204-654-267



Manitoba Anaphylaxis Information Network (MAIN)

## LIFE THREATENING ALLERGIES

Understanding the Risks

Reducing the Risks

### Are You Prepared for a Severe Allergic Reaction?

You are welcome to join our support group meeting. Our evening will include a presentation on the ways you can prepare yourself, and others caring for your child, to respond to a severe allergic reaction. This will be followed by a demonstration on how to administer an EpiPen and some time for discussion and sharing of ideas.

Date:

**Wed April 6, 2011**

Time:

**7:00—8:30 pm**

Location:

**The Gray Academy  
123 Doncaster Street  
(room will be posted)**

**FREE PARKING & ADMISSION**

Manitoba Anaphylaxis  
Information Network (MAIN)

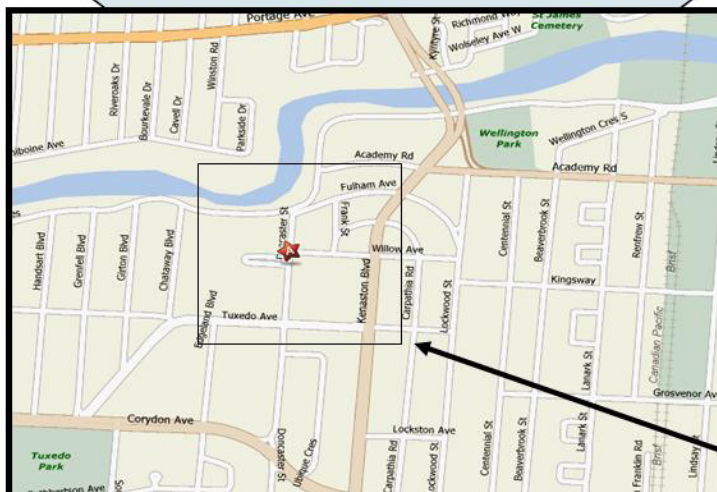
a subgroup of  
Allergy/Asthma Information  
Association (AAIA)

Contact: Nancy Boni

204-654-2676

Email: [mainmanitoba@shaw.ca](mailto:mainmanitoba@shaw.ca)

Helping Families Cope with  
Life Threatening Allergies



Enter the building through the main doors of the Asper Jewish Community Campus located at 123 Doncaster Street. Visitor parking is located across the street from the main doors. Please register at the security desk when you enter.



# APRIL, 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
<b>SPRING BREAK</b>						
3	4 – Day 6 Gr. 6 Badminton Doubles @ HCA (3:30 – 5:30)	5 – Day 1 Gr. 7 Badminton Doubles @ WSP (3:30 – 5:30)	6 – Day 2 <b>Hot Lunch</b> Gr. 7 Badminton Singles @ WSP Gr. 8 Badminton Singles @ LN (3:30 – 5:30)	7 – Day 3 Gr. 8 Badminton Doubles @ WSP (3:30 – 5:30)	8 – Day 4	9
					<b>30 HOUR FAMINE</b>	
10	11 – Day 5 Gr. 6 Badminton Doubles @ WSP (3:30 – 5:30)	12 – Day 6 Gr. 7 Badminton Doubles @ LN (3:30 – 5:30)  Gr. 7 Level One Band Festival	13 – Day 1 <b>Pizza Day</b> Gr. 7 Badminton Singles @ LN Gr. 8 Badminton Singles @ OVJ (3:30 – 5:30)	14 – Day 2 Gr. 8 Badminton Doubles @ WSP (3:30 – 5:30) <b>PAC MEETING</b> 7:00 p.m. – Rm. 43	15 – Day 3 Gr. 4 Science Camp Manitoba Museum  UNESCO Student Forum Vincent Massey Collegiate	16
17	18 – Day 4	19 – Day 5	20 – Day 6 <b>Hot Lunch</b> Gr. 8 Badminton @ Maples Collegiate (10:00-2:00)	21 – Day 1	22 <b>GOOD FRIDAY</b>  <b>NO SCHOOL</b>	23
24	25 – Day 2 <b>SCHOOL PD</b>  <b>NO SCHOOL</b>	26 – Day 3 MTYP – Gr. 7/8 “Will Work 4 Home” 1:00 p.m.  ESOMS Play “Back to the 80s”	27 – Day 4 <b>Pizza Day</b>	28 – Day 5 ESOMS Play “Back to the 80s”	29 – Day 6 Middle Years Tec Voc Play “The Boyfriend”	30

## IMPORTANT DATES AT A GLANCE

April 14	PAC Meeting ~ 7:00 p.m. in Room 43 (childcare provided)
April 15	Grade 4 Science Camp ~ Manitoba Museum
April 22	Good Friday ~ <b>NO SCHOOL</b>
April 25	School PD ~ <b>NO SCHOOL</b>
May 2	Lifetouch Spring Photos
May 5	Kindergarten Family Open House ~ 8:15 a.m. & 12:00 p.m.
May 3	Grade 5 Arts Camp ~ 9:00 a.m. – 2:30 p.m.
May 9	Immunizations ~ Grade 4 Students & Grade 6 Girls
May 11	Kindergarten Family Open House ~ 8:15 a.m. & 12:00 p.m.
May 23	Victoria Day ~ <b>NO SCHOOL</b>
June 1, 2, 3	Arts in the Park ~ Kildonan Park
June 24	School PD ~ <b>NO SCHOOL</b>
June 30	Last Day of School ~ Early Dismissal

# MAY, 2011

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
<b>1</b>	<b>2</b> – Day 1 Spring Photos	<b>3</b> – Day 2 Grade 5 Arts Camp (9 a.m. – 2:30 p.m.)	<b>4</b> – Day 3 HOT LUNCH	<b>5</b> – Day 4 Kindergarten Family Open House 8:15 a.m. – 10:45 a.m. 12:00 p.m. – 2:15 p.m.	<b>6</b> – Day 5	<b>7</b>
<b>8</b>	<b>9</b> – Day 6 Immunizations (Grade 4 Students, Grade 6 Girls)	<b>10</b> – Day 1	<b>11</b> – Day 2 EY (Grades 3-5) Cross-Country @ Kilcona Park <b>PAC Meeting</b> 7:00 p.m. – Rm. 46 Kindergarten Family Open House 8:15 a.m. – 10:45 a.m. 12:00 p.m. – 2:15 p.m. PIZZA DAY	<b>12</b> – Day 3	<b>13</b> – Day 4 Early Years Cross-Country Rain Date	<b>14</b>
<b>15</b>	<b>16</b> – Day 5	<b>17</b> – Day 6	<b>18</b> – Day 1 HOT LUNCH  Eco-Fair Sunova Centre 4:30-7:30 p.m.	<b>19</b> – Day 2	<b>20</b> – Day 3	<b>21</b>
<b>22</b>	<b>23</b> <b>VICTORIA DAY</b> <b>NO SCHOOL</b>	<b>24</b> – Day 4 EY (Grades 4 & 5) Track & Field @ WSP  School Musical “Taking Care” 7:00 p.m.	<b>25</b> – Day 5 PIZZA DAY	<b>26</b> – Day 6 EY (Grades 4 & 5) Track & Field Rain Date  School Musical “Taking Care” 7:00 p.m.	<b>27</b> – Day 1 Divisional Track & Field Meet @ TBA (8:30 a.m. – 2 p.m.)	<b>28</b>
<b>29</b>	<b>30</b> – Day 2	<b>31</b> – Day 3 MY Track & Field Rain Date				

## NOTES:




## BEAUTIFUL BEGINNINGS

**Are you having a baby?**

**Do you have children birth – 3 years of age?**

**Beautiful Beginnings is for YOU!**

Join us for 6 fabulous Saturdays to talk and share ideas about babies, toddlers, moms, dads and family—all growing healthy and happy together.

**Where:** O.V. Jewitt Community School  
66 Neville Street

**When:** April 16, 30, May 7, 14, 28,  
June 4, **11:00 am-3:00 pm**

Older brothers and sisters are welcome!

**Free Lunch, Snack & Child Care Provided**

For more information call Chris 633-1714

**Babies Growing...**




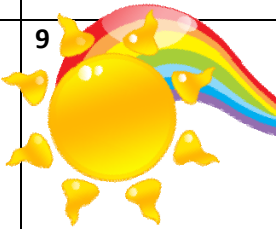

**Families Connecting...**  
**Communities Celebrating...**



April, 2011

# PARENT/CHILD PRESCHOOL

WEST ST. PAUL COMMUNITY SCHOOL  
 Advancing Community Schools  
 Ms Joey Robertson - Learning Support Teacher (K - 4)  
 Cheryl Rajfur - Community Coordinator  
 339-1964

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
	<b>SPRING BREAK</b>					1	2
3 	4 Parent/Child Storytime 9:00 – 10:30 am Ages 3-5 years	5 Parent/Child Rhymes & More 9:15 – 10:30 am Ages 0-5 Dad's Program 6:15 – 7:00 pm Ages 2-6	6	7 Wee Be Jammin' Music Program 6:00 – 7:00 p.m. Please register.	8 Parent/Child Drop-In 9:00 – 10:30 a.m. Ages 0-6 years	9 	
10	11 Parent/Child Storytime 9:00 – 10:30 am Ages 3-5 years	12 Parent/Child Rhymes & More 9:15 – 10:30 am Ages 0-5 Dad's Program 6:15 – 7:00 pm Ages 2-6	13	14 Wee Be Jammin' Music Program 6:00 – 7:00 p.m. Please register.	15	16 Beautiful Beginnings 0 – 3 years 11 a.m. – 3 p.m. Please register.	
17	18 Parent/Child Storytime 9:00 – 10:30 am Ages 3-5 years	19 Parent/Child Rhymes & More 9:15 – 10:30 am Ages 0-5 Dad's Program 6:15 – 7:00 pm Ages 2-6	20	21 Wee Be Jammin' Music Program 6:00 – 7:00 p.m. Please register	22 <b>GOOD FRIDAY</b> <b>NO SCHOOL</b>	23	
24 	25 <b>PD DAY</b> <b>NO SCHOOL</b>	26 Parent/Child Rhymes & More 9:15 – 10:30 am Ages 0-5	27	28 Wee Be Jammin' Music Program 6:00 – 7:00 p.m. Please register.	29 Parent/Child Drop-In 9:00 – 10:30 a.m. Ages 0-6 years	30 Beautiful Beginnings 0 – 3 years 11 a.m. – 3 p.m. Please register.	

May, 2011

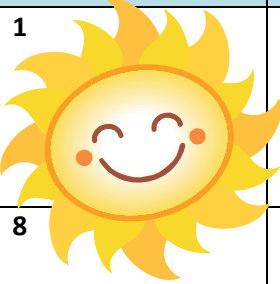

WEST ST. PAUL COMMUNITY SCHOOL

Advancing Community Schools

Ms Joey Robertson - Learning Support Teacher (K - 4)

Cheryl Rajfur - Community Coordinator

339-1964

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1 	2 Parent/Child Storytime 9:00 – 10:30 am Ages 3-5 years	3 Parent/Child Rhymes & More 9:15 – 10:30 am Ages 0-5	4	5	6 Parent/Child Drop-In 9:00 – 10:30 a.m. Ages 0-6 years	7 Beautiful Beginnings 0 – 3 years 11 a.m. – 3 p.m. Please register.	
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15	16 Parent/Child Storytime 9:00 – 10:30 am Ages 3-5 years	17 Parent/Child Rhymes & More 9:15 – 10:30 am Ages 0-5	18	19	20 Parent/Child Drop-In 9:00 – 10:30 a.m. Ages 0-6 years	21 Beautiful Beginnings 0 – 3 years 11 a.m. – 3 p.m. Please register.	
22	23 <b>VICTORIA DAY</b>  <b>NO SCHOOL</b>	24 Parent/Child Rhymes & More 9:15 – 10:30 am Ages 0-5	25	26	27	28 Beautiful Beginnings 0 – 3 years 11 a.m. – 3 p.m. Please register.	
29 	30	31	<b>PARENT/CHILD PRESCHOOL</b>				