



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

*Administrators*

*Principal: Cathy Horbas*  
*Acting Vice Principal: Rob Ens*



**PIZZA DAYS**

April 9  
 April 23  
 May 7  
 May 21  
 June 4

**HOT LUNCH**

April 16  
 April 30  
 May 16  
 May 28



**Upcoming Events**

- Day of Pink  
April 9th
- 30 Hour Famine  
Apr 11 - 12  
Grade 8
- PAC Meeting  
Apr 15 - 7:00 p.m.  
Free childcare provided.
- Health-a-Palooza  
Apr 17
- Good Friday - NO SCHOOL  
Apr 18
- PD Day - NO SCHOOL  
Apr 25
- Kindergarten Open House  
May 1 - 6:15-7:15 p.m.

# WEST ST. PAUL SCHOOL COMMUNITY NEWSLETTER

## APRIL, 2014

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

# CONGRATULATIONS

The staff and students of WSP School congratulate Mr. Ingram on his appointment to Principal of Forest Park School, effective Monday, April 7th.



Mr. Robert Ens will step in to assist Mrs. Horbas as Acting Vice-Principal of WSP School, effective Monday, April 7th until June 27th.

We also welcome Mr. Aaron Boila to our school as the Middle Years Phys.Ed teacher until the end of the school year.



Congratulations to Mrs. Horbas, who will be HC Avery's new principal effective September, 2014.

**Parent Advisory Committee (PAC)  
 Annual General Meeting  
 West St. Paul School**

Tuesday, May 13th

At this meeting, new executive members for the 2014-2015 year will be elected. All parents and guardians are welcome to attend.

Next PAC meeting is April 15th at 7 p.m. Childcare provided. See you there!

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

## 2014-2015 KINDERGARTEN OPEN HOUSE

Thursday, May 1, 2014

6:15 - 7:15 p.m.

Our 2014/2015 Kindergarten students and their families are invited to a very special evening in our school gymnasium.

This will be a great time to get to know new school friends and some of the teachers and adults who work at West St. Paul School.

The evening will be led by Ms Jaime Carpenter ~ Kindergarten Teacher ~ and will include stories and various other activities that our newest students will enjoy as part of the Kindergarten program.

## FROM THE GYM...Early Years

### Early Years Phys. Ed. News

The Divisional EY Badminton Tournament took place on March 19 at Garden City Collegiate. Our school was well represented by 19 doubles teams (9 teams from Grade 4 and 10 teams from Grade 5). Everyone did a great job playing fairly and having fun!

Our final three divisional events are:

**Spring Cross Country** ~ May 6 (rain date is May 8) for Grades 3-5. Practices will begin after Spring Break (indoor?!)

**WSP Track & Field Meet** ~ May 20 (rain date is May 7) for all Grades 4 and 5 students

**Seven Oaks Divisional Track & Field Meet** ~ June 3 (rain date is June 5) for some Grades 4 and 5 students

### Health-a-Palooza 3!

Our third annual Health-a-Palooza event will take place on April 17. All students will take part in four health, fitness and wellness sessions during the day in this special event. We are excited to have parents, staff, WKC students and other professionals lead a variety of sessions with our students such as karate, cooking, drama, tai chi, wrestling, hoop dancing and more! The students will be grouped in mixed grades which will encourage new friendships. Thank you to all of our presenters who have committed their time to this event. We look forward to a great day!

Mr. Chin ~ Early Years Phys.Ed Teacher





# FROM THE GYM...Middle Years



Indoor Track



Divisional Girls Basketball



Grade 6 Girls Basketball



Divisional Boys Basketball



Gr.7/8 Boys Basketball

Our teams have been really busy in February and March. This is the first year that we have participated in Indoor Track and Field. The team has participated in four "Track Attack" events at the University of Manitoba with excellent results. The team has been coached by Mr. Ens and Mr. Olson.

The Grade 8 Girls team participated in a weekend tournament at Lockport School and managed to win third place. Congratulations to the girls and their coaches Mr. Rempel and Mr. Skead.

We are now into Badminton with high numbers of participation at all grade levels.



# CBC RADIO broadcasts LIVE from West St. Paul School Wednesday, March 12, 2014



On Wednesday, March 12, CBC Information Radio broadcast live from West St. Paul School. This was in conjunction with their feature week on Education.

Brigit Forbes, producer, was here for two days before the broadcast doing interviews with Mrs. Mathwig, Mr. Olson's class and parent, Krista Pallen, and baby Jack about Roots of Empathy. Ms Forbes also interviewed Mr. Isaak and Miss Los' Grade 7 Band class, and four of our Grade 8 students.

On the day of the broadcast, our Glee Club were at school REALLY early to sing "live on the radio". There were lots of parents who also stayed to hear them sing. They did a really great job. Congratulations to the Grade 4 and 5 students of the Glee Club and to Mr. Wiebe and Mr. Isaak.

Some of the Grade 8 students who had been interviewed earlier, were also interviewed live. Pictured above are Talyne and Victor being interviewed by Marcy Markusa, the CBC host. Marcy also had her childhood dream fulfilled as she helped Mrs. Horbas do morning announcements.

All in all it was a very exciting morning for us here at West St. Paul School. It was a fantastic way to let people know about all the wonderful things happening at our school.



# Stand Up for Respect

April 9-12, 2014

Some highlights for the week are:

## **Monday, April 7th (12:45-2:00pm)**

We welcome motivational guest speaker Rachel Ashley to West St Paul School. Rachel has an important anti-bullying message. She will be sharing her own journey through personal stories and music.

## **Wednesday, April 9th, 2014**

### **Canadian Red Cross DAY OF PINK**

Students are encouraged to wear pink today as a sign that we STAND FOR RESPECT.

We welcome Constable Human and Constable Ledet. Constables will be visiting all classrooms to deliver age appropriate messages on the topics of respect, bullying awareness and cyber-bullying (Grades 7-8).



**Wednesday, April 23rd ~ 6:00 - 7:30 p.m. ~ WSP School Library**

**For all families with children of any age.**

Does the thought of starting Kindergarten make your child anxious?

Are you or your child anxious about the transition to Middle School or High School?

Does your child get butterflies or get nervous about going to school or after a school break?

Does your child experience anxiety before a test or presentation?

Do you want some strategies to help you and your child understand and cope with anxiety?

Please join us on Wednesday, April 23rd for a session presented by Shira Cohen, School Social Worker and Deborah Alby, School Psychologist. Free childcare will be provided. When calling the school to register, please let us know if you will require childcare.

To register or for more information,  
please contact Cheryl Rajfur or  
Cathy Gingera at the school (204-339-1964).

**REGISTRATION DEADLINE: APRIL 16, 2014**

# DAY OF PINK

## TIPS FOR PARENTS BULLYING PREVENTION

### IF MY CHILD IS BEING BULLIED:

- Listen to your child entirely before reacting
- Involve your child in finding solutions
- With your child's help, create a team of support for you and your child (teachers, school counselors, trusted family members, etc.)
- Help your child learn how to cope with stress and anxiety
- Build capacity within your child to respond effectively to the bullying
  - Abstaining from violence
  - Not counter-bullying
- Help your child to build their self esteem by:
  - Engaging them in activities they enjoy
  - Praising their good efforts and accomplishments
- Remind your child that you love them
- Know when the problem is getting too big for them, and seek appropriate intervention
- To get help: Kids Help Phone  
1-800-668-6868 or  
[www.kidshelpphone.ca](http://www.kidshelpphone.ca)

### IF MY CHILD IS ENGAGING IN BULLYING BEHAVIOUR:

- Stay calm and be firm—let your child know that bullying is not acceptable
- Find out what motivates your child to bully, and encourage an open and honest discussion
- Use non-violent and age-appropriate consequences; set rules
- Discuss how your child can take steps to

repair the damage caused by the bullying behavior

- With your child's help, create a team of support for both of you (teachers, school counselors, trusted family members, etc.)
- Be a positive role model in your child's life by being aware of how you use your own power

### IF MY CHILD IS WITNESSING BULLYING:

- Explore the different options for your child to stand up against bullying
- Intervening immediately to stop the bullying
- Approaching the person being bullied afterwards to provide support
- Getting help to intervene if it is unsafe to do so without an adult present
- Explain the difference between 'tattling' and reporting in order to stop someone from getting hurt
- Encourage your child to come up with creative ways to intervene in a bullying situation, such as changing the subject or starting a game
- Set a good example for your child by showing that you care about others

For more information and resources, visit  
[www.redcross.ca/RespectED](http://www.redcross.ca/RespectED)

For resources on online exploitation visit  
[www.cybertip.ca](http://www.cybertip.ca)



## CALLING ALL BABIES AND THEIR CAREGIVERS

The Parent, Child preschool program is offering families an opportunity to learn massage techniques with their baby.

Amber Maric is a Registered Massage Therapist with over 10 years of experience. She is also a Certified Infant Massage Instructor with the International Association of Infant Massage (IAIM), the owner of Yay for Babies specialized infant massage, and a mother of a 2 year old daughter.

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 greatly improve the ability of parents and babies, to bond more closely and communicate with one another. It may sound strange initially, but touch is one of the ways an infant has to communicate and express themselves to the world around them. It is the first sense to develop in utero, and the only sense we cannot live without. 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!

Please join us for our 3 week program to share and promote health and happiness through the ancient art of infant massage.

When: 4 Fridays - May 2, 9, 16 and 23 ~ 9:30 – 11 a.m.

Where: West St Paul School (3740 Main St) ~ Community Corner, Lower Level

Please register by calling Cheryl at 339-1964.



# EDGE

## EXTENDED DAY GROWTH EDUCATION GREAT AFTER SCHOOL - *MIDDLE YEAR ACTIVITIES!*

### ***EDGE SPRING SESSION WELCOMES ALL GRADE 5 - 8 STUDENTS!***

EDGE will be offering a variety of after school activities for grades 5 – 8 students this spring. Participation begins after regular class times and in most cases – right in your own school! Parents and students who are looking to fill the gap between school and the supper hour can check out the affordable programs provided by EDGE. We offer up to 18 hours of instruction plus all materials are supplied - that works out (with a class registration fee of *maximum* \$50.00) to only **\$2.78** an hour! *Many classes are less and some are even FREE!*

You can pre-view the activities offered on the Seven Oaks School Website by the end of March!

Registration booklets and registration forms will be available on the **Seven Oaks Website** (click on **Parents** and then click on **EDGE**). Find your school, booklet and registration forms all on-line. Limited paper copies will be available at your school office/classroom right after spring break on April 7<sup>th</sup>. There is even an **EDGE** calendar available!

Programs will begin the *week of April 28<sup>th</sup>* (NO CLASSES ON VICTORIA DAY – Monday MAY 19<sup>th</sup>) through to June 23<sup>rd</sup>. Courses are fun and educational, but spaces are limited. So...don't delay, register as soon as possible to ensure participation in **EDGE** programming at your school. Registration is due **Monday, April 21<sup>st</sup>**.

*Questions?*

Contact Penny Raymond, Extended Day Coordinator at:  
204-885-4333 or

# The 1st **KILDONAN PARK** **Fiesta** **DUATHLON**

**JULY 6, 2014**

**PRESENTED BY: SULONG TRIATHLON GROUP INC.**

<b>EVENTS</b>	<b>SHORT DUATHLON</b>	<b>1KM RUN / 2KM CYCLE / 1KM RUN</b>
	<b>LONG DUATHLON</b>	<b>2KM RUN / 4KM CYCLE / 2KM RUN</b>

This is a family-oriented event aimed at promoting family fitness and an active lifestyle, and to promote youth participation in the world of multi-sport. The event is open to children ages five and up, and adults of all ages. We encourage parents to participate alongside their young athletes! The course is entirely contained within Kildonan Park, with minimal vehicle traffic.

<http://purewinnipeg.com/event-registration/?ee=39>

<http://purewinnipeg.com/event-registration/?ee=40>



<http://www.kidsbowlfree.com/bowlcanada.php>

Please visit our school website for information on the following programs:

- Belmont Before & After School Program
- 7 Oaks School Division—Substitute Bus Educational Assistant
- Let It Out! Summer Rock Camp
- Making Waves Summer Camp
- 7 Oaks Settlement Program
- 7 Oaks Education Foundation



# APRIL, 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
<b>SPRING BREAK</b>						
6	7 – Day 5 Classes Resume	8 – Day 6	9 – Day 1 <b>PIZZA DAY</b> Gr.7/8 Singles Badminton at TBA	10 – Day 2 Gr.8 Doubles Badminton at TBA	11 – Day 3 <b>30 Hour Famine</b>	12
13	14 – Day 4 Gr.6 Doubles Badminton at TBA	15 – Day 5 <b>PAC Meeting</b> 7:00 p.m. Childcare provided. Gr.7 Doubles Badminton at TBA	16 – Day 6 <b>HOT LUNCH</b> Gr. 7/8 Singles Badminton at TBA	17 – Day 1 HEALTH-A- PALOOZA Gr.8 Doubles Badminton at TBA	18 <b>GOOD FRIDAY</b>  <b>NO SCHOOL</b>	19
20 <b>EASTER</b>	21 – Day 2 <b>SCHOOL IS OPEN</b> Gr.6 Doubles Badminton at TBA	22 – Day 3 Gr.7 Doubles Badminton at TBA	23 – Day 4 <b>PIZZA DAY</b> <b>Anxiety Presentation</b> 6:00 p.m. Gr.7/8 Singles Badminton at TBA	24 – Day 5 Gr.8 Doubles Badminton at TBA	25 – Day 6 <b>PD DAY</b>  <b>NO SCHOOL</b>	26
27	28 – Day 1 BAND CONCERT Gr.6 Doubles Badminton at TBA	29 – Day 2 Gr.7 Doubles Badminton at TBA	30 – Day 3 <b>HOT LUNCH</b> Gr.7 Band Festival <b>Gr.7/8 Singles Badminton</b> at TBA			

## 2013-2014 IMPORTANT DATES AT A GLANCE...

Apr 7	Classes Resume
Apr 11-12	30-Hour Famine (Grade 8)
Apr 15	PAC Meeting ~ 7:00 p.m. (Childcare provided.)
Apr 17	Health-a-Palooza
Apr 18	Good Friday ~ NO SCHOOL
Apr 21	Easter Monday ~ SCHOOL OPEN ~ Classes are in session
Apr 23	Anxiety Presentation ~ 6:00 p.m.
Apr 25	PD Day ~ NO SCHOOL
Apr 28	Band Concert ~ 7:00 p.m.







**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>


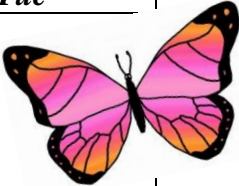


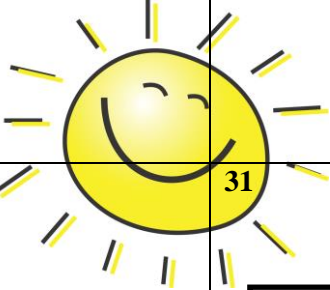
**PARENT/CHILD PROGRAMS**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
	<b>SPRING BREAK</b>					
6	7	8	9	10	11	12
	<b>Parent/Child Storytime</b> 9:00 – 10:30 a.m. 3 – 5 years	<b>Parent/Child Music with Sonja</b> 9:30 – 11:00 a.m. 0 – 5 years <b>Dad's Gym Program *</b> 6:15 – 7:00 p.m.	<b>Come Play Room</b> Open 9:00 – 11:00 a.m. <b>Mothers &amp; Daughters In Touch</b> 6:30-8:30 p.m. Riverbend School	<b>Hans Kai</b> 9:15 – 11:00 a.m.	<b>Pre-Schoolers in the Kitchen</b> 9:30 – 11:00 a.m. <b>MUST REGISTER.</b>	
13	14	15	16	17	18	19
	<b>Parent/Child Storytime</b> 9:00 – 10:30 a.m. 3 – 5 years	<b>Parent/Child Rhymes &amp; More</b> 9:30 – 11:00 a.m. 0 – 5 years <b>Dad's Gym Program *</b> 6:15 – 7:00 p.m. <b>PAC Meeting</b> 7:00 p.m. Childcare provided.	<b>Come Play Room</b> Open 9:00 – 11:00 a.m. <b>Mothers &amp; Daughters In Touch</b> 6:30-8:30 p.m. Riverbend School	<b>Come Play Room</b> Open 9:00 – 11:00 a.m.	<b>GOOD FRIDAY</b> <b>SCHOOL CLOSED</b>	
2 <sup>a</sup>	21	22	23	24	25	26
	<b>Parent/Child Storytime</b> 9:00 – 10:30 a.m. 3 – 5 years	<b>Parent/Child Rhymes &amp; More</b> 9:30 – 11:00 a.m. 0 – 5 years <b>Dad's Gym Program *</b> 6:15 – 7:00 p.m.	<b>Come Play Room</b> Open 9:00 – 11:00 a.m. <b>Anxiety Workshop</b> 6:00-7:30 p.m. Must Register. Childcare provided.	<b>Come Play Room</b> Open 9:00 – 11:00 a.m.	<b>PD DAY</b> <b>NO SCHOOL</b>	
27	28	29	30			
	<b>Parent/Child Storytime</b> 9:00 – 10:30 a.m. 3 – 5 years	<b>Parent/Child Rhymes &amp; More</b> 9:30 – 11:00 a.m. 0 – 5 years <b>Dad's Gym Program *</b> 6:15 – 7:00 p.m. (Last Day)	<b>Come Play Room</b> Open 9:00 – 11:00 a.m.			

**2014**



**WEST ST. PAUL COMMUNITY SCHOOL**  
 Advancing Community Schools  
 Serina Shewchuk - Learning Support Teacher - Early Years  
 Cheryl Rajfur - Community Coordinator  
 204-339-1964  
 School Website: <http://www.7oaks.org/school/weststpaul>

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Kindergarten Open House 6:15-7:15 p.m.	2 Infant Massage 9:30-11:00 a.m.	3 
4	5 Parent/Child Storytime 9:00 – 10:30 a.m. 3 – 5 years Music with Sonja	6 Parent/Child Rhymes & More 9:30 – 11:00 a.m. 0 – 5 years	7 Come Play Room Open 9:00 – 11:00 a.m.	8 Hans Kai 9:15 – 11:00 a.m.	9 PD DAY NO SCHOOL	10
11 	12 PD DAY NO SCHOOL	13 Parent/Child Rhymes & More 9:30 – 11:00 a.m. 0 – 5 years	14 Come Play Room Open 9:00 – 11:00 a.m.	15 Come Play Room Open 9:00 – 11:00 a.m.	16 Infant Massage 9:30-11:00 a.m.	17
18	19 VICTORIA DAY NO SCHOOL	20 Parent/Child Rhymes & More 9:30 – 11:00 a.m. 0 – 5 years	21 Come Play Room Open 9:00 – 11:00 a.m.	22 Come Play Room Open 9:00 – 11:00 a.m.	23 	24
25	26 Parent/Child Storytime 9:00 – 10:30 a.m. 3 – 5 years	27 Parent/Child Rhymes & More 9:30 – 11:00 a.m. 0 – 5 years	28 Come Play Room Open 9:00 – 11:00 a.m.	29	30	31

**2014**

# PARENT/CHILD PROGRAMS





# MY camp

# MY summer. MY sports. MY way. 2014

## WHAT?

Affordable, accessible sports and activity camps plus one-week intensive hockey camp.

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

## WHO?

Participants: students who live in the Seven Oaks community entering Grades 4 through 9 in September 2014.

Instructors: Coaches, Teachers and Educational Assistants from Seven Oaks School Division

## WHY?

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

## WHEN & WHERE?

### Two Week Sessions

SESSION	DATES	LOCATION	COST
1	July 2-11	West Kildonan Collegiate	\$50
2	July 14-25	West Kildonan Collegiate	\$50
3	July 28-Aug 8	Maples Collegiate	\$50
4	August 11-22	Maples Collegiate	\$50

### Intensive Session

SESSION	DATES	LOCATION	COST
5 Hockey Intensive	Aug 25-29	Maples Multiplex & Maples Collegiate	\$150

Space is limited, so register early!

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

Dance	Track and Field	Tennis	Soccer	Softball
Arts & Crafts	Wrestling	Swimming	Hockey	Yoga
Floor hockey	Football	Basketball	Combatives	Bowling
Golf	Badminton	Volleyball	Fitness	Field Trips



SEVEN OAKS  
SCHOOL DIVISION  
*community begins here*

# MY Camp Registration Form 2014

Session number 1  2  3  4  5

Child's Name

Birthdate mm/dd/yr  Grade as of June 2014

School (June 2014)

School (Sept 2014)

Home Address  Postal Code

Home Phone number

T-shirt size adult XS  S  M  L  XL  XXL  (check one)

Parents' names  Medical conditions

Daytime phone numbers  Medications

Cell phone numbers  Allergies

Emergency contact  Previous injuries

Phone number  Emergency contact 2

Phone number

Is your child funded or receiving any support services? yes  no

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 card information addressed to:

SOSD IT Centre, BZERC  
 375 Jefferson Ave  
 R2V 0N3  
 Attention: Continuing Education  
 Phone: 204.927.3700 ext. 6

### **By phone:**

204.927.3700 ext. 6  
(credit card only)

### **Securely online:**

[www.7oaks.org](http://www.7oaks.org)

For more MY Camp information contact Cindy Burkett at [cindy.burkett@7oaks.org](mailto:cindy.burkett@7oaks.org) or 204.479.0803.



SEVEN OAKS  
EDUCATION FOUNDATION INC

# Foundation

NEWS

Spring 2014

## The Foundations of the Seven Oaks Education Foundation 2

Volunteering is something many do... but the reasons why are unique as the people themselves.

Case in point? When Seven Oaks Education Foundation (SOEF) Board of Directors are asked what motivates

them to volunteer their time to making scholarships possible.

The answers say as much about the person as they do about the Foundation itself.

### Margaret Brett

After having been a Seven Oaks teacher, vice-principal and administrator for more than 30 years, retirement simply meant Margaret Brett would continue to give back in a different way.

“When I retired in 2003, I was asked to consider organizing a gala dinner with proceeds going to the SOEF,” Margaret recalls. “That evening was a great success, not only raising about \$20,000 for scholarships but also allowing us to showcase our very talented grads in musical selections.”

Ultimately, her absolute belief in the values of the Seven Oaks School Division, along with her personal experiences over a long career led Margaret to continue giving back and contributing through the Seven Oaks Education Foundation,”

Margaret and her husband enjoy travelling. In fact, she had two very interesting trips to China while her daughter was teaching there. Now these visits are a little closer as Megan teaches in Seven Oaks School Division (another incentive for Margaret’s Foundation work.) She works with the Children’s Hospital Guild and another private foundation. And, of course, she always makes time for their three grandchildren.

But SOEF holds a special place in her heart. Over the years, Margaret has



served as Dinner Chair, Secretary and President of the SOEF Board.

“It has been such a rewarding experience, and it’s allowed me to continue my connection with former colleagues and students. Moreover, I live in this community and enjoy being part of it,” she says.

“I have been asked what keeps me working with this Board. Obviously, I embrace the belief in importance of post secondary education and the access of all students to this. This is important work and needs a working group that will support this,”

Margaret wants to see the community becoming more active in education, in support of SOEF and its efforts.

“My hope would be a greater community involvement, particularly in our business sector,” she says.

“We live, work and support the greater Seven Oaks community and I would welcome the day that any graduate of Seven Oaks would have the skills and financial stability to attain their dreams!”

### **Cory Juan**

Cory Juan is adamant one of the greatest strengths of the SOEF Board of Directors is how it reflects the community it serves.

“It consists of vibrant members that represents the multicultural groups of the Seven Oaks community,” says Cory. “We all put our talent, time and sometimes treasure to make things happen, with great respect and dignity for families as well as schools.”

Cory actually pulls double duty with the Division, also serving as a Seven Oaks School Division Trustee. Volunteerism is a passion that she credits her parents for instilling within her.

“I came from the Philippines and in the olden days I remember vividly in our village when a family needed help,

either for harvesting or planting time in their fields, people would take time to go and help.”

A retired Winnipeg School Division Administrator, Cory doesn’t limit her volunteering time to the SOEF Board. She is a commissioner of the Residential Tenancies Appeal Board, a Manitoba School Board Association (MSBA) Director, and facilitates Marriage and Baptismal Preparations at St. Peter’s Church and St. Anthony of Padua churches. She’s even founded charitable organizations of her own, including the Filipino Volunteers Without Borders, San Agustin Isabela Association.

She says it’s all about making a difference – something she sees SOEF doing for students year after year.

“To award a student during convocation time means a lot to parents and students,” says Cory. “Parents are motivated to encourage their children to apply for assistance to help them start their post secondary education. Students have a great opportunity to follow their dreams and aspirations. “

She would like to see awareness of what SOEF does raised among the community, and has a few ideas on how to do so.

“Perhaps parents and previous students as motivational speakers during fund-raising events so they can inspire other parents and students in the Seven Oaks community.

“This way everybody can have the motivation to help fund-raise for the Foundation.”

### **Fran Taylor**

For Fran Taylor, her involvement with SOEF began when she wanted to shake up the way she volunteered.

“About 7 years ago I had volunteered to start Seven Oaks Had Talent at the SOEF Bud Spud fundraiser that happens in February,” recalls Fran. “As

a vice principal at Maples Collegiate, I knew we had many staff members with musical talent.”

“I love performing and thought to spice the fundraiser up a bit we’d offer live music with staff performing from around the school division. “

Needless to say, the idea was a huge success. To the most recent event featured 13 extremely talented acts from various schools in Seven Oaks. It was, however, that initial success that led to Fran’s involvement with the SOEF Board.

“After a couple of years doing that I was asked to join the Board and thought it was a wonderful way to give back to this great Seven Oaks community and the hard working students who attend our schools and win our SOEF scholarships,” she says.

Today, Fran is the Director/Principal of the Seven Oaks Adult Learning Centre as well as Settlement Services for new Canadians in the Seven Oaks area. But she always has time for the Seven Oaks Education Foundation.

As she puts it, “My work with the foundation is really not that time consuming given the benefits to the community,”

“It is supporting great children who are trying their best in school and knowing for many, the money they will receive through scholarships may be the difference between them attending post secondary or not. “

Like her fellow Board members, Fran is pleased with the support SOEF offers to students, but also wants to see the Foundation evolve so it can continue its work.

“I think we do a lot but there is always room for improvement,” says Fran. “I’d like to get the students involved in a fundraiser for SOEF - maybe a ‘Seven Oaks Students Have Talent’ show at each of the high schools.”



## Lorena Galante

Sometimes, volunteering starts with the simple act of discovery. That's actually the case with SOEF Board member, Lorena Galante.

Lorena is a Manager with the Royal Bank and had been working at a branch closer to Goulet and Tache. When she was transferred in July, the previous manager told her that her name had

also been put forward to replace him on the SOEF Board.

"When I attended the first meeting, I was quite unaware of the function of the Seven Oaks Education Foundation," recalls Lorena. "Obviously, that's changed considerably!"

Seeing what the Foundation does and what the work means for students as

well as their families, Lorena was more than happy to continue on for a second term on the board.

"I live in the area, my children attended school in the area and - hopefully - my grandchildren will attend school in the area," she says. "Those connections were the deciding factor for me to serve another term."

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# Thank-You Bernie Gowryluk and Ted Ash (retiring members)

All good things do end – it's a bittersweet truth.

With that thought in mind, we would like to take a moment to acknowledge our colleagues who are now retiring after years spent helping the Seven Oaks Foundation thrive.

## Bernie Gowryluk



Bernie Gowryluk will be leaving the Seven Oaks Education Foundation Board at the Annual General Meeting this year due to conflicting time commitments.

Long before he was a Board member, Bernie had been a teacher, vice principal and principal in the Division. He retired in 2008 but returned to serve the community and Division as a board member in 2009.

Bernie joined to support the Foundation

commitment to helping create accessible post secondary education for our students. As someone who had spent years working with graduating students, Bernie has long been a knowledgeable advocate for our mandate. He has seen the difference scholarships and financial awards can make in encouraging young people to pursue their dreams.

The entire Board thanks Bernie for his years of service to SOEF, and we welcome his continued involvement both with the Foundation and with the community he's served so well.

## Ted Ash



Ted joined the Seven Oaks Education Foundation Board in March, 2008 after his retirement from a long career with Cargill Limited and work with The United Way of Winnipeg.

A long time resident of West Kildonan and the Maples Ted has always had a strong commitment to serving his community. He has been on the board of the Maples Community Club, the Maples Youth Justice Committee, and served as an elder at both St. John's Cathedral and St. Anne's Anglican churches.

In keeping with the Seven Oaks School Division's motto, "Community Begins Here," Ted willingly became an SOEF director to help the Foundation plan and strategize ways of building funding for scholarships for graduating students.

For six years he has served on the Fundraising Committee, canvassing businesses in the community, sharing information about the Foundation at malls, encouraging donations through payroll deductions, and helping with activities such as the annual "Seven Oaks Got Talent" night.

Although Ted is retiring from the SOEF Board, he will continue to assist the Board in future fund raising activities – because when a sense of commitment runs that deep, it's impossible to walk away entirely.

Thank you Ted for your invaluable contribution to SOEF, past, present and future.

# Seven Oaks Got Talent 2014

Who doesn't love great food and great music – especially when proceeds go to a great cause?

February 7 saw a return of the favorite fundraiser, "Seven Oaks Got Talent" – one of the most anticipated nights of the year as colleagues from throughout the Division gather to swap stories, share talents and raise money for the Foundation.

It didn't seem possible, but this year's was even bigger and better than before, with a larger-than-ever crowd packing Essence Nightclub to hear 11 groups of teachers and staff combine tunes and good times.

The evening featured performances by:

- Victory Secret – Victory School
- Jupiter and the Bull Featuring Bruno Malis
- James Nisbet Lianne Fournier – Riverbend
- Forest Park Ho Hey's
- Jordan Laidlaw – Forest Park
- Swing Wright – A. E. Wright
- The Partridge Family – Edmund Partridge
- SO Fiddle Band – Multi-School
- YipeskinFreeze Trio – Edmund Partridge
- Lewis and the Lips – West Kildonan
- Adults Only – Adult Learning Center
- Robert Allan Wrigley – West Kildonan
- West Kildonan All Star Band Featuring PJ Burton

How will they top this one? The only way to find out is to attend the NEXT one!



SEVEN OAKS  
EDUCATION FOUNDATION INC

Visit [7oakseducationfoundation.org](http://7oakseducationfoundation.org) for more information on how to donate or to make an online contribution.

The Foundation provides tax receipts for donations of \$10 or more.



SEVEN OAKS SCHOOL  
DIVISION

SEVEN OAKS SCHOOL DIVISION

# SETTLEMENT PROGRAM

## FOR IMMIGRANTS TO SEVEN OAKS

APRIL 2014

[www.7oaks.org/programs/settlement](http://www.7oaks.org/programs/settlement)

### CONTACT INFORMATION

#### Seven Oaks Adult Learning and Settlement Services

Website: [www.7oaks.org/programs/settlement](http://www.7oaks.org/programs/settlement)

Call us: 204-632-1716  
OR 204-697-5961

Email us:  
[settlement@7oaks.org](mailto:settlement@7oaks.org)

Visit us:  
950 Jefferson Ave

**OFFICE HOURS**  
Monday to Thursday  
9:30 am - 8:00 pm

**Drop-in Computer Use, Help or Information**  
660 Sheppard St.  
Monday to Thursday  
1:00 - 4:00 pm

**Settlement Team:** Shane, Rowena, Jose, Randeau and Sally

**Coordinator:** Jana

*All events and programs are for newcomers to Canada. They are CIC funded and hosted by the Seven Oaks Settlement Program.*

**BRING YOUR PERMANENT RESIDENT CARD TO REGISTER.**

**Questions? Phone 204-632-1716 or 204-697-5961**

### PROGRAMS, PRESENTATIONS AND WORKSHOPS

- **Computer Classes** – Wednesdays 1-4pm at 660 Sheppard St. Beginner level classes at your own pace— Call Jose if you have questions or to Register.
- **Income Tax Preparation** — March 29, April 2, 12, and 26 at 10am-2pm at 950 Jefferson Ave. Volunteers will help you with your 2013 income tax if your income is below \$30,000 and your taxes are simple. Phone Randeau if you have questions or to book an *appointment*.
- **Women's Zumba and Sharing Circles** – Fridays, April 11 and 25, 5-7pm at 950 Jefferson Ave. Call Rowena if you have questions or to register.
- **Career Coaching** – Monday April 7th, 1-4pm at 660 Sheppard Ave. Call Shane if you have questions or to register.
- **Job Searching? Need help?** - Job Search Skills Workshop Tuesdays starting April 8th, 12:30pm at 660 Sheppard St. Each week we will look at a different job search approach, followed by individual help if needed. Call Sally if you have questions or to register
- **Conversation Café - Medical Profession Career Focus** : We will have a guest immigrant Doctor to lead a conversation on becoming a health professional in Canada. Monday, April 14, 6-8pm at 950 Jefferson Ave. Call Shane if you have questions or to register.
- **Conversation Classes** - Saturdays, April 12 and 26, 1-3pm at 950 Jefferson Ave. Call Randeau if you have questions or to register.
- **Are you thinking of going back to University?** University of Winnipeg Presentation - Tuesday, April 8th, 6:30pm at 950 Jefferson Ave. No pre-registration needed.

### EVENTS

**Housing Questions?** New Journey Housing will be at 950 Jefferson once a month to help with rental questions, subsidy applications, leases, rental search, house purchasing, etc... Starts April 11th 1-3pm Call Sally if you have questions.

**April is Spring Break** from Tuesday, March 31– Friday, April 4th. The Seven Oaks Settlement Program will be open during Spring Break but with reduced hours. We will be open from 9am-6pm Monday to Friday at 950 Jefferson Ave. **No EAL classes.**





## COMMUNITY NEWS FOR THE SEVEN OAKS AREA

Are you looking for things to do with your children during spring break?

<http://www.winnipegfreepress.com/opinion/columnists/its-spring-break-whos-got-time-for-boredom-144071976.html>.

Please see this website for many good events happening around Winnipeg during Spring Break 2014 including a Circus, a Festival at the Forks (free events), Free events at the Library and more.

You may also visit KYAC and MYAC website below to participate in their activities:

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

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

Manitoba Tourism Website: <http://www.tourismwinnipeg.com/upcoming-events>

## SCHOOL NEWS FOR SEVEN OAKS SCHOOL DIVISION

**MY Camp Registration for Seven Oaks School Division is open.** This is a summer camp program for students in grade 4-9 including sports, dance, field trips, arts and crafts. Please contact Cindy Burkett at 204-479-0803 if you have questions. Please see [www.7oaks.org/Programs/MyCamp/Pages](http://www.7oaks.org/Programs/MyCamp/Pages) for details and for a registration form.

**SOSD Continuing Education for Spring is now open for registration.** These are adult courses you can take for cooking and crafts, photography fitness and health, computer, etc... There is a fee for each course. Please see [www.7oaks.org/school/continuingeducation/courses/leisure/Pages](http://www.7oaks.org/school/continuingeducation/courses/leisure/Pages) for details and to register call (204) 927-3700, ext. 6



## COMMUNITY BEGINS HERE





# CALENDAR OF ACTIVITIES FOR THE MONTH OF APRIL 2014

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>Spring Break starts</b> no EAL classes all week 950 Jefferson open 10am-6pm	<b>1 Spring Break</b> 660 Sheppard 1-4 pm (Jose) Tax Preparation 950 Jefferson 10-2pm	<b>2 Spring Break</b> Computer Class 660 Sheppard 1-4 pm (Jose) Tax Preparation 950 Jefferson 10-2pm	3 Spring Break	4 Spring Break	5 Spring Break
6	7 Career Coaching 660 Sheppard 1:00-4:00 Shane	8 Job Search Workshop 660 Sheppard 1:00-4:00 (Sally) U of W Presentation 950 Jefferson- 6:30	9 Computer Class 660 Sheppard 1:00-4:00 (Jose)	10	11 New Journey Housing 950 Jefferson Ave. 1-3pm (Sally)  Zumba & Circle 950 Jefferson 5:00-7:00 (Rowena)	12 Tax Preparation 950 Jefferson 10:00-2:00 (Jose) Conversation Class 950 Jefferson 1:00-3:00 (Randean)
13	14 Conversation Café Career Focus 950 Jefferson 6:00-8:00 (Shane & Rowena)	15 Job Search Workshop 660 Sheppard 1:00-4:00 (Sally)	16 Computer Class 660 Sheppard 1:00-4:00 (Jose)	17	18 Good Friday  CLOSED	19  CLOSED
20	21	22 Job Search Workshop 660 Sheppard 1:00-4:00 (Sally)	23 Computer Class 660 Sheppard 1:00-4:00 (Jose)	24	25 Zumba & Circle 950 Jefferson 5:00-7:00 (Rowena)	26 Tax Preparation 950 Jefferson 10:00-2:00 (Jose) Conversation Class 950 Jefferson 1:00-3:00 -Randean
27	28	29 Job Search Workshop 660 Sheppard 1:00-4:00 (Sally)	30 Computer Class 660 Sheppard 1:00-4:00 (Jose)			

FREE event with giveaways, prize draws & light refreshments



*Invites you to a*

## **COMMUNITY SAFETY EXPO & FORUM**

at

**West St Paul School  
Tuesday, April 29, 2014**

**6:00p.m. – 9:00p.m.**



Come meet 'Sparky' the fire dog, get your free child ID kit, try on MADD 'impaired vision goggles'. This no cost event aims to increase awareness about safety issues and being proactive in crime prevention.

### **Exhibitors will display a variety of safety information (Exhibition 6-9)**

RCMP Child Identification Kit: "Don't delay fingerprint your child today"  
ATV/Snowmobile Safety Smart Phone/Internet Safety Abuse Prevention  
And more... see list of exhibitors below

### **Forum presented by RCMP (Forum 7-8:30)**

Protecting your Property and RCMP involvement in WSP followed by a Q&A session

Explore these Exhibits:

- Manitoba Justice - Safer Communities Act
- Safety Services Manitoba - ATV & Snowmobile Safety
- Cdn Centre for Child Protection - Internet/smart phone safety
- Mothers Against Drunk Driving - Victim Support Services
- WSP COPP - Program Info / Crime Prevention
- Crime Stoppers - "You Can't be identified but you can help"
- WSP Fire Dept - Fire Safety
- MPI - Road Safety / Speed Watch
- RCMP - Child ID Kit
- Emergency Measures Organization
- Red Cross - Parent/Child Resources
- Security Alarm System info

For complete exhibitor list with more details about the exhibits please visit the WSP COPP link  
[www.weststpaul.com/main.asp?fxoid=FXMenu,11&cat\\_ID=2&sub\\_ID=28](http://www.weststpaul.com/main.asp?fxoid=FXMenu,11&cat_ID=2&sub_ID=28)

or contact

Detlef Hindemith, Group Co-ordinator (WSP COPP)

☎ 204-805-0757    ✉ [wspcopp@gmail.com](mailto:wspcopp@gmail.com)

**The Seven Oaks School Division  
invites applications for**

**SUBSTITUTE BUS EDUCATIONAL ASSISTANTS**

**4 hours per day**

**7:30 a.m. to 9:30 a.m./2:30 p.m. to 4:30 p.m.**

This position requires you to assist the bus driver with the safe transportation of children. Training provided.

**Requirements:**

- Knowledge and experience working with students with special needs.
- Position involves heavy lifting and pushing.
- Must work well as a team member.
- First Aid, CPR, Non-Violent Crisis Intervention Skills or WEVAS essential.

Please send your cover letter and resume to:

Human Resources-Student Services  
830 Powers Street  
Winnipeg, MB R2V 4E7

**or via email to: [communitybeginshere@7oaks.org](mailto:communitybeginshere@7oaks.org)**

The division will be pleased to accept all applicants however, only those candidates selected for an interview will be contacted.

**Note: Employment is conditional upon successful clearance by Criminal Records and Child Abuse Registry.**





# LET IT OUT!

## Summer Rock Camp for Teens



**Mood Disorders**  
ASSOCIATION OF MANITOBA

*Helping people  
help themselves*



**Robert A. Steen  
Community Centre**



# Open House

**April 26<sup>th</sup> 2014 from 12:30 PM – 4:30 PM**

Come on down for an afternoon of jamming and motivational talks from the staff and campers of Let It Out! Bring your instrument and come jam with some awesome young musicians! We will also be announcing the winner of the Bullies Hurt! Creative Arts Competition at 1 pm!

only at

# Robert A. Steen Community Centre

980 Palmerston ave. Winnipeg, Manitoba

MDAM Contact Info

204-786-0987

# LET IT OUT!

## Summer Rock Camp For Teens

**Robert A. Steen Community Centre  
980 Palmerston Ave, Winnipeg, Manitoba  
Ages 12 – 17**

**Four Sessions, Each Two Weeks Long  
From 9:30 AM Til 4:00 PM Monday To Friday**

Have you ever wanted  
to play in a band?

Would you like to  
cope better with life  
as a teen?

First day at Let It Out! we put you in a band, you pick your own band name and design a logo! Then you cover a song, write a song and play a show!

Want to learn from the best?

Come be a part of our family at Let It Out!

Get \$25 off if you sign up a friend!!

For more information, like us on Facebook or go to [www.mooddisordersmanitoba.ca](http://www.mooddisordersmanitoba.ca)



**Mood Disorders**  
ASSOCIATION OF MANITOBA

*Helping people  
help themselves*



**f** Find us on  
Facebook







Winnipeg Free Press

Would you like to  
cope better with  
life as a teen?

We also have

**Experienced staff :**

- The majority of our staff are trained with many years of musical experience. They are either trained formally or self-taught. These musicians are all very knowledgeable in playing live shows and recording in studios. They are also trained in Mental Health First Aid, some are trained in Non Violent Crisis Intervention and others are also trained in First Aid and Suicide Intervention.

Robert A. Steen  
Community Centre  
980 Palmerston Ave,  
Winnipeg, Manitoba  
Ages 12 - 17  
From 9:30 AM Til 4:00 PM  
Monday To Friday

For more information about the  
camp or how to register, like us  
on Facebook

[facebook.com/LetItOutSummerRockCamp](https://facebook.com/LetItOutSummerRockCamp)

or go to

[www.mooddisordersmanitoba.ca](http://www.mooddisordersmanitoba.ca)

Contact Information

Phone: 204-786-0987

Fax: 204-786-1906

Email:

[rockcamp.mdam@gmail.com](mailto:rockcamp.mdam@gmail.com)

Mail or Fax registration to:

The Mood Disorders Association  
of Manitoba

4 Fort Street, Suite 100

Winnipeg, Manitoba R3C 1C4

Come and be a part of  
our family at Let It Out!

# LET IT OUT!

Summer Rock Camp for Teens



Ever wanted to  
play in a band?



Mood Disorders  
ASSOCIATION OF MANITOBA

Helping people  
help themselves



# 2 Week Summer Program

Only \$100 (Fee will be waived due to hardship)

Mood Disorder Not Required! :D

## Resources Provided

Robert A. Steen Community Centre provides Let It Out! with :

- Individual practice spaces; each equipped with amplifiers, a drum kit, and a small P.A. system.
- A gathering point for the whole camp
- A stage for the final concert.

### Professional Equipment:

- As mentioned above, drums, guitar and bass amps, and a small P.A. system will be provided in each practice space.
- It may also be necessary to provide keyboard equipment depending on the number of keyboard players enrolled in the program.
- Students will be asked to bring their own guitar and bass, although the possibility of a rental program could be discussed.



## Objective of Let It Out!

To encourage an environment where kids, particularly those at risk or affected by mood disorders, can experience the sense of community, and develop the peer relationships that playing rock music with a group can create. A secondary objective is to help foster knowledge and awareness of mood disorders. This includes sharing the message that "Hope is Real" to students and families alike.

The main goal of this program, as stated above, is to introduce kids to the sense of community and belonging inherent in being part of a band. The program runs for two weeks during the day, with the first week being focused on bonding as a band, finding a band identity, and covering a song. The second week would be focused on creating an original song as a band. This would be accomplished through the help of individual instructors assigned to each group, as well as through camp-wide master classes with various local musicians and songwriters. A portion of time each day would be spent on dealing with mood disorders, helping peers who may be dealing with mood disorders, and just generally coping with life as a teenager. At the end of the camp, a concert is held for each band to present what they have prepared.





**makingWAVES**  
WINNIPEG  
Affordable Swimming Instruction for Children with Special Needs



## **Making Waves Winnipeg**

Summer Camp  
Program

August 25th—29th



## About Us



Making Waves Winnipeg started in 2011 providing one-on-one swimming instruction for children with disabilities. Starting in 10 swimmers and 10

volunteer instructors, we now have over 130 swimmers and over 60 dedicated volunteer instructors!

In the past 3 years, Making Waves Winnipeg has successfully organized 3 fundraising golf tournaments and have raised over \$45,000! In March of 2014, Making Waves will also be hosting the 1st Annual Gala Dinner to help reduce the cost of our summer camp registration fees.

## Camp Information

- Registration fee is **\$50.00** for full week
- Minimum age of 6 to register
- Each child will have their own individual camp instructor for the week

Morning or Afternoon programming:

- A. Morning: Drop Off: 8:15, Pick Up: 11:30
- B. Afternoon: Drop Off: 12:30, Pick Up: 3:45
- There will be **20 spots** available per time slot

Activities will include:

- A. Swimming
- B. Outdoor activities: soccer, nature walk to park near by
- C. Bowling
- D. Archery
- E. Movement activities (ex. Singing, dancing)
- F. Movies

Items your child will need:

- Hat, sunscreen, snack (**peanut free**) indoor/outdoor shoes, change of clothes, bathing suit, towel. Please ensure all items are **LABELED!**

## Registration

Camp registration will open January 11th.

To register, please bring \$50.00 (**cash or cheque**) to hold your child's spot.

Registration package will be given out at a later date.



## Camp Location

Our camp will be held at the **West Portage YMCA-YWCA** located at **3550 Portage Avenue.**