



# WEST ST. PAUL SCHOOL COMMUNITY NEWSLETTER

## DECEMBER, 2012

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

### NOTE FROM THE ADMINISTRATORS...

It was wonderful to see so many families during the Parent-Teacher-Student conferences. Sitting down with your child's teacher is always the best way to talk about their learning. This year the school is piloting the new provincial report card that will become the standard across the province beginning in September 2013. Watch your email box in the next week for a brief survey about your thoughts regarding the provincial report card.

It appears that winter weather is with us to stay. Be sure that your child is dressed for outdoor weather. Please remember that both students and adult supervisors go outside for recess every day unless wind-chill and/or temperatures dip below -27 degrees Celsius. School buses will continue to run unless the temperature or wind chill reach minus 45 degrees Celsius or colder at 6 AM. Radio stations will give updates.

It is an exciting time of the year because so much is happening. We will be wrapping up our Peak of the Market vegetable fundraiser on Friday, December 7<sup>th</sup>. Please be certain that your order is at the office on Friday because late orders will not be accepted. Classes have been working on collecting food items needed for Christmas hampers. Students and staff of the school will be making more than ten hampers to be delivered to less fortunate families in the area. Christmas concerts will take place on December 18 and 19 and don't forget about the pancake breakfast in the morning on December 21<sup>st</sup>.

We wish to extend a happy holiday greeting to our whole community and best wishes for a healthy and happy 2013.

Cathy Horbas – Principal

David Ingram – Vice Principal

### LAST PIZZA DAY

OF 2012

December 5



### Upcoming Events

- Christmas Concert  
Dec. 18 - 7:00 p.m.  
(K, Gr. 1 & 4 and Gr. 6 Band)
- Christmas Concert  
Dec. 19 - 7:00 p.m.  
(Gr. 2, 3 & 5 and Gr. 7 & 8 Bands)
- Pancake Breakfast  
Dec. 21 - 8:00 a.m.
- Winter Break  
Dec. 24 - Jan. 4
- Classes Resume  
Jan. 7, 2013
- PD Day - NO SCHOOL  
Jan. 21



Grade One students from Miss Schur's, Mrs. Moniz' and Mr. Gamby's classes have been enjoying the cool air at Maples Multiplex as they tie up their laces, with the help of Middle Years buddies, and take part in the Learn to Skate Program offered by Seven Oaks School Division. Skating takes place every Friday and their last lesson is on December 14th.

Our DECEMBER newsletter is now available for viewing on our school website.

Please visit [www.7oaks.org/school/weststpaul/Pages](http://www.7oaks.org/school/weststpaul/Pages)

# FROM THE GYM...



DIVISIONAL BOYS  
COACH: MR. ZYLSTRA



GRADE 6 BOYS  
COACH: MR. CHIN



GRADE 6 GIRLS  
COACHES:  
MS MOLINSKI &  
MR. PAYNE



GRADE 7 BOYS  
COACH: MR. REMPEL



GRADE 7 GIRLS  
COACHES:  
MS. LOS &  
MR. RAMOS



GRADE 8 GIRLS  
COACH: MS GINGERA



Middle Years Volleyball is completed for the year. Over 70 students represented West St. Paul School at various grade levels and participated in divisional tournaments. Our divisional teams did especially well at the division's season-ending tournament at Red River College. The boys went 6-2 and the girls went 8-0 in their sets played. Next on the agenda is basketball. Practices have begun after school and will be as follows:

- ⇒ Mondays - Grade 8 Girls
- ⇒ Tuesdays - Grade 8 Boys
- ⇒ Wednesdays - Grade 6 Boys & Grade 7 Girls
- ⇒ Thursdays - Grade 6 Girls & Grade 7 Boys

Games will start in January. Grade 6 on Mondays, Grade 7 on Tuesdays and Grade 8 on Wednesdays.



# MORE FROM THE GYM...

Congratulations to our Grades 4 & 5 students who did a great job at the divisional Team Handball tournament on November 17! WSP had two teams participate from each grade and 38 students in total. Thank you to Mr. Zylstra, Mrs. Link, and Mr. McGunigal for helping to coach at the tournament. Mr. Chin coached a team and refereed some games.

Our remaining divisional events are:

- ⇒ Grade 4/5 Badminton Tournament - March 21
- ⇒ Grades 3-5 Cross Country - May 8 (rain date is May 10)
- ⇒ Grades 4/5 WSP Track & Field Meet - May 17 (rain date is May 21)
- ⇒ Grades 4/5 7 Oaks Divisional Track & Field Meet - June 4 (rain date is June 6)

During gym classes this Fall, our Grades 1-5 students had an opportunity to participate in mini tennis activities. Our students were introduced to skills such as forehands, two hand back-hands, self-rallies and partner rallies. Thank you to Mr. Gamby for obtaining the equipment from Tennis Manitoba and for leading activities at intramural times.

~ R. Chin

# From the LIBRARY...



Many, many thanks to the wonderful community of West St. Paul for coming out to the Book Fair! \$4347.90 was the grand total of product sold and this means that the school was able to purchase \$2433.70 worth in books! What a great success! Thank you again to everyone who came out!! It was so nice to meet you!

In December, the Grade Fives will be displaying their posters for the Aboriginal project they've been working on. I'm looking forward to seeing what they've made and will display some of the books they used in their research. Come on by and have a look!

Please feel free to stop in if you're ever in the school. My door is always open and feel free to come in and look around. I would love to have you come in and say 'hi'!

Happy Holidays!



**Farm to School** vegetables orders are due this **Friday, December 7th**. Late orders cannot be accepted. The orders will be available for pick up on **Friday, December 14th** in the school gym.

**Mom's Pantry** orders will be delivered to the school on **Thursday, December 6th**. Orders will be ready for pick up **after** 1:30 p.m. Small orders may be carried on the bus, but otherwise, families will need to pick up their orders before 5:00 p.m. We **DO NOT** have facilities to refrigerate orders overnight. Please make arrangements for orders to be picked up in a timely manner.



**MOM'S PANTRY**



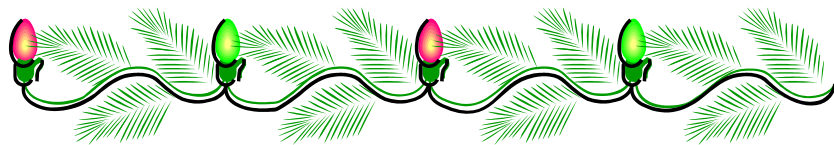
...a BIG success!!

West St Paul School would like to recognize the incredible generosity of our school community in regard to our annual Koats For Kids campaign, which is a United Way program. Mr. McGunigal's rather spacious office is virtually half full of all the wonderful items donated to this initiative by you, the parents of our students.

As a result of all these donated items of winter wear, many children in the greater community of Winnipeg will now have great, warm winter clothing which their families might not have been able to provide them with otherwise. You truly have made a difference in the lives of some of our less fortunate families and you should all be proud.

I would also like to thank and commend this year's committee of Grade Seven students. They spoke to several classes about the program, and returned every morning to those classes picked up any donated items and brought them to Mr. McGunigal's office. Now, we have to try to fit all these items into his car for delivery to a fire hall. It's likely going to take two trips, as we received so many items this year, for which we are all so very grateful.

Best wishes for a wonderful holiday season with your family and thank you again for brightening the lives of some of the less fortunate children in our community.



## "ALL A-GLOW"

Christmas Concerts - 7:00 p.m.



Tuesday, December 18th

Wednesday, December 19th

Ms Carpenter's Kindergarten Classes  
Mr. Gamby's Kindergarten/Grade 1 Class  
Mrs. Moniz' Grade 1 Class  
Miss Schur's Grade 1 Class  
Ms Greening's Grade 4 Class  
Mr. Zyltra's Grade 4 Class  
Grade 6 Band

Mrs. Rempel's Grade 2 Class  
Mrs. Walker's Grade 2 Class  
Miss Dilts' Grade 2/3 Class  
Miss Burrige's Grade 3 Class  
Miss Yeo's Grade 3 Class  
Mrs. Arjoon's Grade 5 Class  
Ms Sharpe's Grade 5 Class  
Grade 7 Band  
Grade 8 Band



## IN THE CLASSROOM

By: Brianna R. and Alexa R.

We wanted to know what students in Grades 2, 3 and 4 enjoyed about school and learning. We went around to different classrooms and asked one boy and one girl "What is your favourite part about school and learning?" Here are their responses . . .

From Ms Greening's Grade 4 class, Sarah enjoys Science because "we get to create lots of cool science things", while Brycen enjoys Social Studies because he likes learning about the world and Canada.

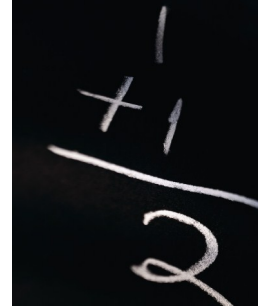
Janae, in Mr. Zylstra's class, says her favourite thing about school is French because she likes to learn new languages and Brian likes to work with numbers, so his favourite subject is Math.

Students in Miss Yeo's Grade 3 class enjoy writing stories (Kara) and skip counting with numbers in Math (Matthew E.).

Ethan, in Miss Burridge's class, also enjoys math because he is really used to it and likes to do math with his siblings. Graces loves to read and she loves her teacher.

In Miss Dilts' class, Eric likes Math because he likes to work and solve math problems with multiplication, while Renee likes Spelling because there are a lot of tricky words and she loves learning them.

Finally, in Mrs. Walker's class, Sophia likes to read because she likes to learn the meaning of different words and Daniel loves Math because he likes addition.



## OUTSIDE IN THE WINTER

In the winter, it is cold! Kids play in snow. They build forts, slide down snow hills and have fun. We interviewed some kids in Grades 2, 3 and 4 about what they do outside and if they like winter.

Noah, in Grade 4, says, "I like to build forts. I like winter." Brandy and Katie G. like to play with her friends and building snow forts. They like to play in the snow and they like Christmas. Kyle says, "I kind of like winter."

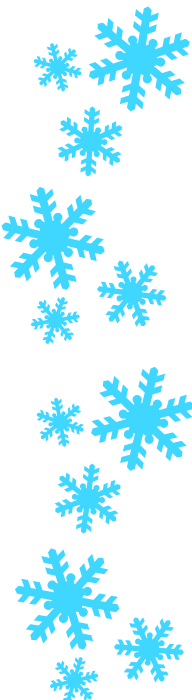
Amanda, a Grade 3 student, likes to go snowboarding, while Owen enjoys snowmobiling. Winter is Owen's favourite season. Kayla likes to build snow forts and Sydney likes tobogganing. Jaden goes to grandma's house to play with cousins and build forts.

Grade 2 student, Eric, likes to do belly-flops in the snow and Abbie likes to make snow forts. Rebecca likes to make snowmen and playing games.

All of the students we interviewed like winter...or kind of like winter.



~ Halle D. & Katie F.



# WSP School Christmas Craft & Bake Sale



The 24<sup>th</sup> Annual Christmas Craft and Bake Sale was an incredible success! With more than 500 people through the door and over \$6000.00 raised this event continues to grow in popularity! Thanks so much to all the parents, local businesses and community members that donated baking, silent auction prizes and their time in order to ensure that the day went so smoothly! A special thank you goes out to the Parent Advisory Council and the committee members and volunteers who spent their time planning, preparing, lifting tables, cooking hot dogs, working the tables and sweeping the floors! Without the support of the administrators Cathy Horbas and David Ingram this event could not have taken place!

The craft sale has become a tradition that welcomes the community into West St Paul School! Even Santa took time out of his busy Christmas schedule to drop by the sale to give out candy canes and take pictures with the kids! We look forward to seeing you at the 25<sup>th</sup> annual sale next year!





On Nov. 12<sup>th</sup>, Earth Rangers came to our school and did a presentation for all grades. It was about animals, their habitats, and protecting them. They even brought some cool wildlife with them. They brought a lizard, two different kinds of hawks and a barn owl. The birds flew right over the kids heads! It was a great presentation and a very fun afternoon. Be sure to check out the Earth Rangers website at [www.earthrangers.com](http://www.earthrangers.com).

~ Amanda M. - Grade 3, Miss Burridge's class



**Saturday, December 22, 2012**

**WEST ST. PAUL LIONS CLUB INVITES YOU TO JOIN US FOR...**

# Christmas Lunch with Santa



- *Picture with Santa*
- *Hotdog, potato chips & a drink*
- *Christmas Loot Bag*
- *Music*
- *Bake Sale*
- *Lots of Fun!*

**Date:** Saturday, December 22, 2012

**Time:** 11 a.m. - 2 p.m.

**Place:** Sunova Recreation Centre  
48 Holland Rd., West St. Paul  
(west of Main St. off Kapelus Dr.)

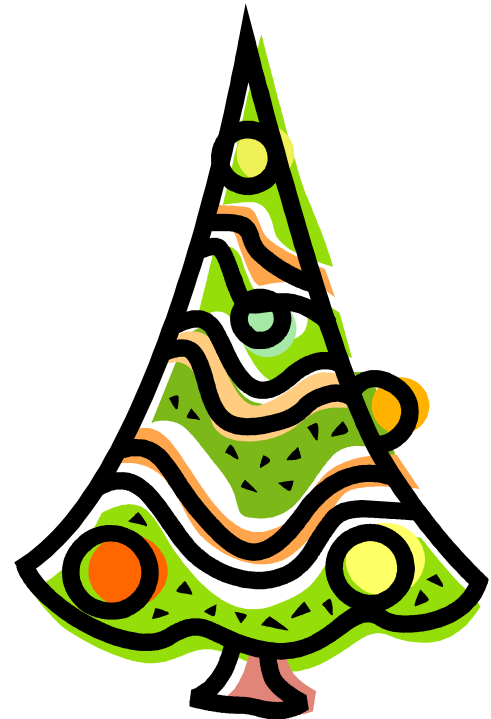
**Cost:** \$2.50 per person  
(Purchase tickets at the door.)

For more info contact:  
Lion Evelyn 204-339-1242

**Happy Holidays!**



West St. Paul  
Lions Club



## PARENT/CHILD PRESCHOOL PROGRAM

### Did You Know...



West St. Paul school offers FREE parent/child programs...

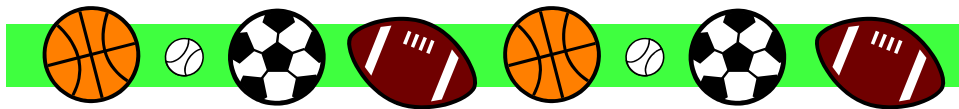
- ⇒ every Monday 9:00 – 10:30 a.m.
- ⇒ every Tuesday 9:15 – 10:30 a.m.
- ⇒ 2 Fridays a month 9:00 – 10:30 a.m.

Programs included, stories, songs, a nutritious snack, art and free play.

Come meet other West St. Paul families, which may include your child's future classmates.

For more information call Cheryl at 204-339-1964 or email:

[cheryl.rajfur@7oaks.org](mailto:cheryl.rajfur@7oaks.org)



## CALLING ALL DADS with CHILDREN AGES 2 - 6 YRS. OLD

Over the past number of years, Advancing Community Schools has provided many opportunities for families to come out and spend time together. We would again like to offer an opportunity for Dads, Uncles, Grandfathers or special friends to get active with their children in the gym. The program will run

**Tuesdays from 6:15 - 7:00 p.m.**

**Beginning on January 22, 2013 until the end of April**

**at West St. Paul School**

Parents are the most important role models and influences in the lives of their young children. This is an excellent time to get an early start in encouraging your children to be active and to develop a healthy attitude towards physical activity.

**We hope to see you in January. Please bring clean, indoor runners.**

In order to accommodate all families, please register before  
January 15, 2013 by calling Cheryl at 339-1964.

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

Administrators

Principal:  
Vice Principal:





Cathy Horbas  
David Ingram





# Pack Nutrition Power

This chart offers nutrition information for convenience foods and their healthy alternatives.

<i>Instead of these...</i>		<i>Try these...</i>
<b>Convenience Lunch Kits</b> <ul style="list-style-type: none"> <li>• Usually more than half the calories come from fat</li> <li>• High in salt</li> <li>• Crackers made with white flour provide little fibre</li> </ul>	vs.	<b>Made at Home Lunch Kit</b> <ul style="list-style-type: none"> <li>• Pack plastic compartments with whole wheat crackers, lean meat, cheese, raw veggies and dried or fresh fruit</li> <li>• Lower in fat and salt</li> <li>• Higher in fibre, vitamins and protein</li> </ul> 
<b>Cookies Dunked in Icing</b> <ul style="list-style-type: none"> <li>• Contain saturated fat and may have trans fat</li> <li>• Cookies and frosting are high in sugar</li> </ul>	vs.	<b>Lower Fat Cookies with Yogurt Dip</b> <ul style="list-style-type: none"> <li>• Try arrowroots, gingersnaps or animal crackers dipped in a separate yogurt container</li> <li>• Yogurt provides calcium to help build strong bones</li> </ul>
<b>Fruit Flavoured Snacks</b> <ul style="list-style-type: none"> <li>• Contain lots of added sugar and little real fruit</li> <li>• Can stick to teeth and may cause cavities</li> </ul>	vs.	<b>Fruit Cup</b> <ul style="list-style-type: none"> <li>• Water packed mixtures do not have added sugar</li> <li>• Can be bought in individual sizes</li> <li>• Provides vitamins and fibre</li> </ul>
<b>Mini Cheese and Cracker Sandwiches</b> <ul style="list-style-type: none"> <li>• Contain saturated fat and may have trans fat</li> <li>• High in salt and low in fibre</li> </ul>	vs.	<b>Part Skim-Milk Cheese and Whole Wheat Crackers</b> <ul style="list-style-type: none"> <li>• Higher in fibre and calcium</li> <li>• Lower in fat</li> </ul>
<b>Pop</b> <ul style="list-style-type: none"> <li>• One can of pop can have up to 10 teaspoons of sugar</li> <li>• No nutritional value except calories</li> <li>• May contain caffeine</li> </ul> 	vs.	<b>Milk</b> <ul style="list-style-type: none"> <li>• Can be bought in individual containers</li> <li>• An excellent source of protein, calcium, vitamin D and B vitamins</li> <li>• Chocolate milk is a healthy choice</li> </ul> 
<b>Fruit Drinks</b> <ul style="list-style-type: none"> <li>• Also called punch, cocktail or blend usually have no more than 10% real juice</li> <li>• Contain lots of added sugar and few vitamins</li> </ul>	vs.	<b>Fruit Juice</b> <ul style="list-style-type: none"> <li>• 100% pure fruit juice is high in vitamins</li> <li>• Can buy individual tetra packs</li> </ul>
<b>Sports Drinks</b> <ul style="list-style-type: none"> <li>• Contain added sugar and salt</li> <li>• Not needed during regular daily activities</li> <li>• Only needed for long, intense physical activity (more than one hour)</li> </ul>	vs.	<b>Water</b> <ul style="list-style-type: none"> <li>• Excellent thirst quencher</li> <li>• A squirt of lemon or lime juice will add extra flavour</li> <li>• Free from the tap</li> </ul> 

Adapted from material developed by Toronto Public Health, Peel Health Department and York Region Health Services.

# DECEMBER, 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 – Day 4	4 – Day 5	5 – Day 6 PIZZA DAY	6 – Day 1	7 – Day 2	8
9	10 – Day 3	11 – Day 4	12 – Day 5 HOT LUNCH	13 – Day 6	14 – Day 1	15
16	17 – Day 2	18 – Day 3 Christmas Concerts – 7:00 p.m.	19 – Day 4 Divisional Basketball	20 – Day 5	21 – Day 6 Pancake Breakfast 8:00 a.m. Middle Years Dance P.M.	22
3	24	25	26	27	28	29
<b>WINTER BREAK</b>						
30	31					

## 2012-2013 IMPORTANT DATES AT A GLANCE...

Dec 18	Christmas Concert – 7:00 p.m. (Kindergarten, Grade 1, Grade 4, Grade 6 Band)
Dec 19	Christmas Concert – 7:00 p.m. (Grades 2, 3 and 5, Grades 7 & 8 Bands)
Dec 21	Pancake Breakfast (a.m.); Middle Years Dance (p.m.)
Dec 24 – Jan 4	Winter Break – <b>SCHOOL CLOSED</b>
Jan 7	Classes Resume
Jan 21	Professional Development Day – <b>NO SCHOOL</b>
Feb 4	Professional Development Day – <b>NO SCHOOL</b>
Feb 18	Louis Riel Day – <b>NO SCHOOL</b>
Mar 15	Parent/Teacher Conferences – <b>NO SCHOOL</b>
Mar 25 – Mar 29	Spring Break – <b>SCHOOL CLOSED</b>
Apr 19	Professional Development Day – <b>NO SCHOOL</b>
May 6	Professional Development Day – <b>NO SCHOOL</b>
May 20	Victoria Day – <b>NO SCHOOL</b>
June 24	Professional Development Day – <b>NO SCHOOL</b>
June 28	Last Day of Classes – EARLY DISMISSAL

Please note, dates and events are subject to change. During the year, other professional development days and special events will be planned. Monthly newsletters will provide updates and the information will be posted on our school website. Please visit our website frequently for updates: [www.7oaks.org/school/weststpaul/Pages](http://www.7oaks.org/school/weststpaul/Pages)





# Winter

## DECEMBER

**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 a.m. 3 – 5 years	4 Parent/Child Rhymes & More 9:15 – 10:30 a.m. 0 – 5 years Positive Discipline Constable Finney 6-8:30 p.m.	5	6	7 Parent/Child Drop-In 9:00 – 10:30 a.m. 0 – 5 years	8	
9	10 Parent/Child Storytime 9:00 – 10:30 a.m. 3 – 5 years	11 Parent/Child Rhymes & More 9:15 – 10:30 a.m. 0 – 5 years	12	13 Hans Kai 9:15 – 11:15 a.m. Library	14	15	
16	17	18	19	20	21 Pancake Breakfast 8:00 a.m.	22	
23	24	25	26	27	28	29	
30	31	<b>WINTER BREAK</b>					

**2012**

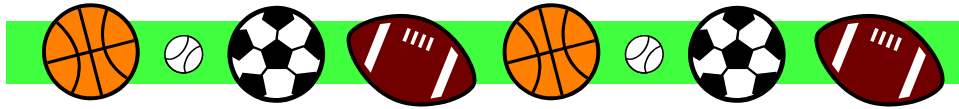


# JANUARY

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

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
		1	2	3	4	5
<b>WINTER BREAK</b>						
6	7 <b>Parent/Child Storytime</b> 9:00 – 10:30 a.m. 3 – 5 years	8 <b>Parent/Child Rhymes &amp; More</b> 9:15 – 10:30 a.m. 0 – 5 years	9	10	11 <b>Parent/Child Drop-In</b> 9:00 – 10:30 a.m. 0 – 5 years	12
13	14 <b>Parent/Child Storytime</b> 9:00 – 10:30 a.m. 3 – 5 years	15 <b>Parent/Child Rhymes &amp; More</b> 9:15 – 10:30 a.m. 0 – 5 years <b>Dad's Program</b> 6:15-7:00 p.m. PAC Meeting – 7:00 p.m.	16	17	18 <b>Parent/Child Drop-In</b> 9:00 – 10:30 a.m. 0 – 5 years	19
20	21 <b>Parent/Child Storytime</b> 9:00 – 10:30 a.m. 3 – 5 years	22 <b>Parent/Child Rhymes &amp; More</b> 9:15 – 10:30 a.m. 0 – 5 years <b>Dad's Program</b> 6:15-7:00 p.m.	23	24	25 <b>Yoga Kids</b> 9:00 – 9:45 a.m. <b>Playtime</b> 9:45 – 10:30 a.m. 2 – 5 years	26
27	28 <b>Parent/Child Storytime</b> 9:00 – 10:30 a.m. 3 – 5 years	29 <b>Parent/Child Rhymes &amp; More</b> 9:15 – 10:30 a.m. 0 – 5 years <b>Dad's Program</b> 6:15-7:00 p.m.	30	31	<b>PARENT/CHILD PROGRAMS</b>	

**2013**



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with  
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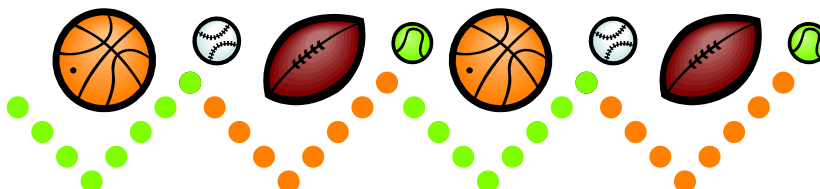
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SEVEN OAKS SCHOOL  
EDUCATION FOUNDATION INC.

# Foundation

NEWS

Fall 2012

## 2012 Scholarship Recipients: The Start of Something Big

When a student is awarded a scholarship, it's not only a recognition of effort and ability. It's also a sign of confidence and encouragement.

Wherever students go after receiving a scholarship - whether the path leads to a career related to their award or someplace entirely different - scholarship recipients know they have a lot of people who believe in them. That, in turn, encourages them to believe in themselves.

Each name on the 2012 Seven Oaks School Division scholarship recipients list represents dedication, hard work and a drive to continually do their best. And who knows? You may see those names again in the news, talking about their latest and greatest accomplishment.

Because every scholarship is just a starting point.

*"Graduation was a big achievement for me, but I have to say the scholarship was the cherry on my cake. I will always be thankful and appreciative."  
- Dominic*



**SAVE THE DATE!**

Our annual SOEF "Spud, Steak, and Beverage" fundraiser will be held at Canad Inns Garden City, on February 8, 2013 from 5-8pm.



# Scholarships 2012

A quick look at this years' scholarship recipients – scholarships made possible through the Seven Oaks Education Foundation, the Seven Oaks School Division and Community members and organizations.

## GARDEN CITY COLLEGIATE

Seven Oaks School Board Scholarship .....	Melanie Hamilton - \$500
Seven Oaks School Division Scholarship .....	Riel Moar - \$500
O. V. Jewitt Memorial Scholarship .....	Marlee Mykietowich - \$250
Ann and Paul Ruta Scholarship .....	Nicole Iwaszewski - \$200
Greg Zazulak Memorial Scholarship .....	Ruben Freire - \$200
S.O.S.B. Scholarship-John Leaman Memorial Scholarship .....	Breanna Jeebe - \$300
Francis Standil Memorial Scholarship .....	Haley Bielinski - \$250
Graham Murray Memorial Scholarship .....	Jessica Wiebe - \$250
Glen Proudlove Memorial Scholarship .....	Ivan Borka - \$250
John Trevenen Memorial Award .....	Nicole Lischynski - \$300
Jake Yakmission Memorial Scholarship .....	Rebecca Yeboah - \$500
Arnold G. Minish Anniversary Award .....	Samara Brazer - \$500
Howard & Sari Sinaisky Memorial Scholarship .....	Danica Broza - \$500
Lindsay C. Ulrich Memorial Sports Scholarship .....	Beverley Lunney - \$750
Vince Leah Scholarship/A. E. Wright Memorial Award .....	Elliott Eadie - \$250
R.D. Bell Memorial Award/Maltz Family Award .....	Ian Kaye - \$250
Robert Jolly Memorial Award .....	Taylor Smith - \$250
Seven Oaks Education Foundation Creative Arts Scholarship .....	Olenka Skrypyk - \$500
Seven Oaks Education Foundation Technology Scholarship .....	Daniel Singer - \$500
Pow Wow Scholarship .....	Daniel Singer - \$400
Garden City Collegiate 50th Anniversary Reunion Scholarship - for excellence in the sciences .....	Ian Reinhorn - \$1,500
David B. Oster Memorial Scholarship (2010 WKCI, 2011 Maples and 2012 GCCI and rotate thereafter each year) .....	Patricia Reyes - \$400
Nellie & Ben Zaidman Memorial Scholarship Fund .....	Marina Neto - \$1,000
Toby Cracknell Award .....	Nelson Seaford - \$500
David Allen Memorial Scholarship .....	Brittany Zabudney - \$500
The Michael Lorn Boyko Memorial Art Scholarship (for 10 years 2003 - 2012) .....	Chelsea Tacchi - \$250
West St. Paul 60th Anniversary (for 3 years 2010 to 2012) .....	Shane From - \$200
Lion's Club of West St. Paul Scholarship (2011 WKC, 2012 GCC, 2013 Maples) .....	Jackson Paraluch - \$650
CUPE 949 Scholarship .....	Riel Moar - \$500
Susan Popeski Memorial Scholarship .....	Sarah Romanec - \$500
Kendra Latzkitsch Memorial Scholarship .....	Ashley Vinsky - \$500
R.M. OF West St. Paul Scholarship .....	Jocelyn Smith - \$300
Platinum Jets Scholarship .....	Jillian Hickey - \$1,000
<b>TOTAL Scholarships 2012 .....</b>	<b>\$15,700.00</b>

## MAPLES COLLEGIATE


Seven Oaks Education Foundation / Seven Oaks School Board Awards	
a) Vocational .....	Christian Narciso - \$150
b) Faculty of Education .....	Jessica Dmytryk - \$300
c) Faculty of Arts/ Science/University 1 .....	Haley McQueen - \$300
	Ramandeep Kainth - \$300
d) High school Classic Achievement .....	Anna Nguyen - \$300
Vince Leah/ Maples Letterman Sports Award .....	Austin Granados - \$300
Ken Seaford Award .....	Kristein Santos - \$300
Jake Yakmission/O. V. Jewitt Scholarships .....	Gurpreet Deol - \$250
	Regine De Lemos - \$250
Seven Oaks Education Foundation Classic Scholarship .....	Jilliane Rebuttillo - \$350
Maples Scholarship Leadership Award .....	Genico Melegrito - \$250
	Nicholas Tabios - \$250
	Mirajoy Villanueva - \$250
	Kristyn Orvis - \$250
Seven Oaks School Board Bursaries .....	Aliana Dayrit - \$400
	Faithe Espiritu - \$400
	Carina Palaganas - \$400

## The Seven Oaks Education Foundation Awards

a) Campus Life/ Future Paths .....	David Brigole - \$500
b) Creativity in the Arts .....	Joanna Cacao - \$500
c) Technical Trades .....	Dominic Anzala - \$500
Judy Silver Memorial Scholarship Fund (award to rotate annually 2011 GCC, 2012 Maples, 2013 WKC, etc) .....	Brianna Mansell - \$500
Early Years Education Scholarship (award to rotate annually 2011 WK, 2012 Maples, 2013 GCC, etc) .....	Jessica Godlein - \$500
Pow Wow Scholarship .....	David Brigole - \$400
CUPE 949 Scholarship .....	Jody Bain - \$500
Mae Mendoza Scholarship .....	Steven Bento - \$500
	Breann Giancola - \$500
Nellie & Ben Zaidman Memorial Scholarship Fund .....	Julie Umali - \$1,000
Number TEN Architectural Group - 5 year commitment commencing 2010 WKC, 2011 GCC, 2012 Maples, 2013 WKC and 2014 GCC .....	Michael Groot - \$1,000
Maples Collegiate Alumni Scholarship .....	Roua Abbas - \$350
Roy Snow Scholarship .....	Karamvir Gill - \$500
Mohinder Saran, MLA for Maples .....	Sadee-Jane Hosein - \$300
R.M. OF West St. Paul Scholarship .....	Caitlin Pollick - \$300
Platinum Jets Scholarship .....	Ashley Adams - \$1,000
<b>TOTAL Scholarships 2012 .....</b>	<b>\$13,850.00</b>

## WEST KILDONAN COLLEGIATE

James C. Anderson Award .....	Justin Fekete - \$300
Jake Yakmission Memorial Scholarship .....	Victoria Pereira - \$400
John Leaman Memorial Scholarship .....	Dennis Clayton - \$300
Olive & George Allen Memorial Scholarship .....	Jocelyn Kreml - \$300
SOSD/SOEF Faculty of Education Scholarship .....	Janel Hay - \$300
SOSD/SOEF Faculty of Arts and Science Scholarship .....	Jacey Boyd - \$300
West Kildonan Collegiate Student Recognition Award .....	Sally Hnatiuk - \$300
West Kildonan Kiwanis Club Scholarship .....	Cade Hryciw-Pang - \$300
O. V. Jewitt Memorial Scholarship .....	Jaymee Fisher - \$300
SOSD/SOEF Scholarship .....	Brittney Froese - \$400
SOSD/SOEF Scholarship .....	Danielle Gagnon - \$400
Guy De Caire Scholarship .....	Courtney Marks - \$300
Ian Dordick Memorial Award for English .....	Victoria Ploszay - \$300
Arthur E. Wright Award for Technology & Applied Arts .....	Darryl McQuade - \$250
Vince Leah Sports Award .....	Courtney Harrison - \$300
The Bailey Family Computer Science Award .....	Matthew Dushinsky - \$250
Seven Oaks Education Foundation Creative Arts Scholarship .....	Samantha Czuba - \$500
SOSD/SOEF WKCI Citizenship Scholarship .....	Isabella Sarzynski - \$500
SOSD/SOEF Campus Life Scholarship .....	Karli Saunders - \$500
Pow Wow Scholarship .....	Caroline Lacey - \$400
WKCI 50th Anniversary Scholarship #1 .....	Darryl McQuade - \$650
WKCI 50th Anniversary Scholarship #2 .....	Caroline Lacey - \$650
Nellie & Ben Zaidman Memorial Scholarship Fund .....	Sally Hnatiuk - \$1,000
Jack Raber Community Service Scholarship (2012 is final year of award) .....	Jeremy Ryant - \$250
West St. Paul 60th Anniversary .....	Alyssa Hoadley - \$200
CUPE 949 Scholarship .....	Bryce Romagnoli - \$500
R.M. of West St. Paul Scholarship .....	Justin Fekete - \$300
Marjorie Jean Sanders Bursary .....	Caitlynn Danchuck - \$1,000
<b>TOTAL Scholarships 2012 .....</b>	<b>\$11,450</b>



**TOTAL Scholarships**  
**\$41,000**

SEVEN OAKS EDUCATION FOUNDATION

**Saturday, December 22, 2012**

**WEST ST. PAUL  
LIONS CLUB  
INVITES YOU TO  
JOIN US FOR...**

# Christmas Lunch with Santa



- *Picture with Santa*
- *Hotdog, potato chips & a drink*
- *Christmas Loot Bag*
- *Music*
- *Lots of Fun!*

**Date:**

Saturday, December 22, 2012

**Time:**

11 a.m. - 2 p.m.

**Place:**

Sunova Recreation Centre  
48 Holland Rd., West St. Paul  
(west of Main St. off  
Kapelus Dr.)

**Cost:**

\$2.50 per person

**Happy Holidays!**



**West St. Paul  
Lions Club**

# Top 10 heart healthy holiday tips:

- 1** Enjoy some valuable holiday family time by building a snowman together. You can even try creating a snowman "family".
- 2** Include heart healthy ingredients in your holiday baking. Try replacing some of the fat in muffins with applesauce, or boost the fibre content of baked goods by using whole wheat flour and adding dried fruit.
- 3** Tobogganing is a fun way to stay active. Walking up the hill is a great way to get physical activity into your day, especially during the busy holiday season.
- 4** Instead of skipping meals over the holidays, maintain your routine meals and snacks. Enjoy a healthy snack before going to a holiday party, so you don't over-indulge.
- 5** Challenge your loved ones to a game of road hockey or modify your favourite sport. Baseball, soccer and golf can be a lot of fun in the snow. Color your baseball a bright color, use snowshoes in your soccer game, and for the golf game use tennis balls, hockey sticks and tin cans for the holes or play tag with the younger family members.
- 6** Holiday plates can be larger than average and rimmed with decorations so watch your portion sizes. Remember that your plate should be 1/2 vegetables, 1/4 starch and 1/4 protein. Try not to cover the rim with food, it's there for decoration.
- 7** Try going for a nature walk, or take an evening stroll to view the holiday lights in your neighbourhood.
- 8** Make your own vegetable dip instead of buying it in the store. Use reduced fat sour cream, and try mixing it with your favourite salsa. Or try low fat yogurt mixed with your favourite herbs and crushed garlic.
- 9** Make up active gift exchange activities like a treasure hunt. This will prolong the fun, and the physical activity is good for your heart.
- 10** Monitor your beverages: a safe amount of alcohol is one drink a day for females and two for males. Non-alcoholic beverages can add up in salt, fat and empty calories so try to choose low fat egg nogs, low sodium caesars and monitor how many glasses of punch you consume.



HEART &  
STROKE  
FOUNDATION



# Top 10 heart healthy gift ideas:

- 1** Fill a gift basket full of fresh fruit and (low sodium) nuts. This is an easy and heart healthy gift for a loved one.
- 2** For the person in your life who loves to barbecue, fill a roasting pan with homemade low sodium barbecue sauce, marinades and herb rubs in labelled tins. Include a barbecue brush, and a few of your favourite recipes.
- 3** A gym membership can be expensive, but can make a great gift for someone who is interested in getting active. Buy yourself a matching pass, and join them. By going together, you'll have greater incentive to stay motivated.
- 4** If you know someone with a green thumb, give them a gardening gift basket. Include a variety of vegetable seeds, a hand shovel, and gardening gloves. Once spring comes, they will be able to plant a whole garden full of heart healthy vegetables.
- 5** A cup of tea during the winter is a great way to relax. Prepare a basket of assorted teas, and include a tea pot and teacups.
- 6** Give the gift of relaxation to yourself or a loved one. Create a "spa at home" gift basket which could include lotion, foot and body scrub, and a manicure set.
- 7** Fill a mixing bowl with whole wheat flour, nuts and dried fruit. Include a set of measuring cups, and a heart healthy recipe. Make a similar bowl for yourself, and bake some heart healthy treats.
- 8** Give the gift of relaxation by putting together a gift basket that could include a book, a candle and a CD of soothing music.
- 9** Help teach your loved one an important life-saving skill by giving them a CPR Anytime™ Family & Friends™ kit.
- 10** Make a heart healthy cook book for someone special in your life. Include healthy recipes that use heart healthy fats instead of butter, lard and shortening, and get it bound and laminated.







SEVEN OAKS  
SCHOOL DIVISION

*community begins here*

Seven Oaks Adult  
Learning Centre (ALC)

**CALL US**

Phone: (204) 632-1716

**VISIT US**

1330 Jefferson Ave.  
2nd Floor

**Office Hours:**  
Monday to Thursday  
1:00 p.m. to 8:30 p.m.

**E-MAIL US**

[nispreferal@7oaks.org](mailto:nispreferal@7oaks.org)

The Neighbourhood  
Immigrant  
Settlement program  
helps immigrant  
families in the  
Seven Oaks area.

**CONVERSATION  
CIRCLES**

Wednesday and Thursday  
from 5:00 pm to 6:00 pm

**At the 7 Oaks Adult  
Learning Centre**

Come practice English and  
meet new friends.  
No registration

# NISP EVENTS AND RESOURCES

December 2012

## 7 Oaks Neighbourhood Immigrant Settlement Program

**ALC Presentations this month:**

**Red River Community College  
and Diversity**

Wednesday, December 5th, 6:30 pm

Maples Collegiate, 1330 Jefferson Ave.

*No registration needed*

*Questions? Phone 204-632-1716*



*Diversity and Immigrant Student Support* helps immigrant and international students at RRC learn how to be successful in College and in their careers in Canada. It includes cultural and professional workshops for Immigrant and International students.



**The following free events and workshops are available to you in 7 Oaks in the next few months:**

- **Winter Family Event– Thursday, January 3rd, 2013.** Meet at Maples School at 10:30am. We will be going to Kildonan Park for winter activities and lunch. *You MUST register.* Call Sally at **204 333-9849** or email: [nisw1@7oaks.org](mailto:nisw1@7oaks.org)
- **SEED Winnipeg** (micro-loans programs) **January 17th, 2013 6pm** at the ALC
  - Income Tax presentation
  - Employment Series of workshops
  - Manitoba Cultural Event

Call Jose, Sally or Rowena at the ALC if you have questions: **204-632-1716**



**WE ARE  
MOVING**



**The 7 Oaks Adult Learning Centre is moving to a  
new building at 950 Jefferson Avenue**

The new space is behind the Giant Tiger and Value Village on Jefferson, at McPhillips. It is a new building which is being built for us so we do not know exactly when it will be ready. But, we are hoping for the end of January, 2013. We will let you know as things progress!

# Upcoming COMMUNITY EVENTS



Everyone is invited to get "in motion" with Seven Oaks Healthy Living!  
All ages are welcome to the **Open Gym at Elwick School, 30 Maberley Rd. every Thursday from October 4th to December 13th, 2012 from 6:00—8:00 p.m.**



**FREE Skating** every Monday and Thursday from 4:00– 6:00 p.m. starting January 2013 at Elwick School. Free prizes for all who skate!!

For more information call Sandee at **204-233-3499**



**Winnipeg Public Library** has hundreds of free programs– Free Wi-Fi, book clubs, author readings, healthy living, computer workshops, concerts, gaming, story time, crafts for teens.

To find out what's happening at the library near you, pick up a copy of the latest issue at the Library, call at **204-986-6450** or visit online at [Winnipeg.ca/Library](http://Winnipeg.ca/Library). Getting a library card is quick & easy. Library cards are free to anyone living in Winnipeg.

*The local Libraries (W. Kildonan 365 Jefferson and Sir William Stephenson Keewatin) will be hosting **Computer Workshops** in January and February. Details in our next newsletter.*



## Hamper applications

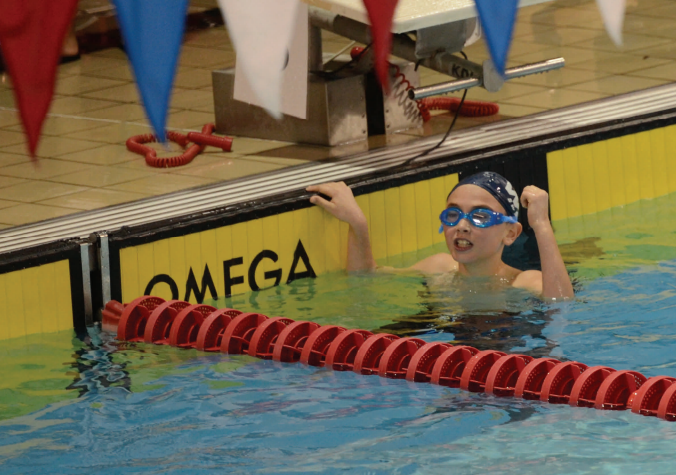
**Christmas Hampers** are a way of helping needy families during the Christmas Season with food, toys etc... If you know someone who could use a hamper, or you would like to Donate or volunteer, please call: **204-989-5369**.

For more information see [www.christmascheerboard.ca](http://www.christmascheerboard.ca)

If you are on Employment and Insurance Assistance (EIA) and would like to apply for a hamper, please call **204-948-2022**.

**For more information about the Seven Oaks Neighbourhood Immigrant Settlement Program visit our WEBSITE at:**

<http://www.7oaks.org/Programs/NISP>



# WINNIPEG WAVE SWIM CLUB

Physical Fitness  
Discipline  
Friendships  
Team Atmosphere  
Competitiveness

Developmental Swim Programs  
Competitive Swim Programs  
Ages 5 –18



## PROGRAMS AVAILABLE

### RIPPLES PROGRAM

3 Levels—Ripples I, II, III

Ranges from basic orientation of water and swimming skills to stroke development and improvement.

Classes: Monday's and Fridays. Class times vary between 40-60 minutes depending on level.

Excellent coach to swimmer ratios.

### COMPETITIVE PROGRAMS

4 Levels

Novice, Developmental, Junior, Senior  
Continued stroke refinement.

Dryland training

Strong team atmosphere

Regional, Provincial, National swim competitions.

Classes: Vary on program

## WELCOME TO THE WINNIPEG WAVE SWIM CLUB

The Winnipeg Wave Swim Club is based in the Seven Oaks area of Winnipeg. One of the longest standing swim clubs in the province, the Wave has been developing swimmers for many years.

Our "small club, big results" philosophy continues to develop our young swimmers into highly competitive individuals participating at all levels from regional to national competitions.

Fall Session: October—December

Winter Session: January—March

Spring Session: April—June

**Register Online**

**Join Today**

Developing swimmers since 1902

QUESTIONS? EMAIL US AT  
WINNIPEGWAVE@HOTMAIL.COM

[WWW.WINNIPEGWAVE.COM](http://WWW.WINNIPEGWAVE.COM)

Seven Oaks Swimming Pool—444 Adsum Drive, Winnipeg, Manitoba