



WEST ST. PAUL SCHOOL COMMUNITY NEWSLETTER

DECEMBER, 2013

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

PIZZA DAYS

December 11
January 8
February 5
February 19
March 5
March 19



HOT LUNCH DAY

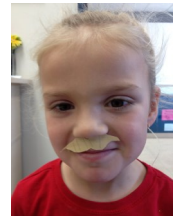
December 4

Upcoming Events

- Vision Screening
Dec 2 - 6
- "December In Our Town"
Dec 18 & 19 - 7:00 p.m.
- Pancake Breakfast
Dec 20
- Winter Break
Dec 23 - Jan 3
- Classes Resume
Jan 6

Parent-Teacher Conference time is always a highlight of the school year. The school is buzzing with activity and all families have the opportunity to celebrate the accomplishments of their children. Although parent-teacher conferences are scheduled twice each school year, at any time you should feel free to contact your child's teacher to discuss their progress. The book fair allowed students a chance to see, recommend and/or buy some exciting new reading material and our *Koats for Kids* drive was able to re-distribute some jackets to others in need.

Grade 1 skating and Grade 4 swimming classes will come to a conclusion this month with new skills learned and polished. The first annual *Stache-Clash* raised over \$200 for cancer research. The teacher moustached team was able to eke out a victory over the less mature moustaches of the Grade 8 volleyballers. It was great cheering from all students in attendance that drove the furious competition.



December promises to be busy. Students have started collecting food items for the nine food hampers classes have volunteered to make. We will be wrapping up our Peak of the Market vegetable fundraiser on Friday, December 6th. Please be certain that your order is at the office on Friday, because late orders cannot be accepted. Our upcoming concert, *December in Our Town* will take place on the evenings of December 18th and 19th. Our annual Pancake Breakfast will take place on December 20th. We will again be asking each family to send something for Winnipeg Harvest or bring a donation for *Santa for Seniors*. *Santa for Seniors* supplies Christmas gifts for the residents of Middlechurch Home. This is especially important to ensure that all our seniors, especially those with no family, know that they are cared for by our community.

We wish to extend a happy holiday greeting to our whole community and best wishes for a healthy and happy 2014.

Administrators: Cathy Horbas, David Ingram, Robert Ens

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

From the Gym...

From the Gym...

MIDDLE YEARS PHYS. ED.



Please mark your calendars. Basketball practices have started and will take place after school on the following days until late busses.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Divisional Boys	Gr. 7/8 School Team - Girls	Gr. 7/8 School Team - Boys	Divisional Girls	Gr. 6 Boys & Girls



DIVISIONAL BOYS



GRADE 6 BOYS



DIVISIONAL GIRLS



GRADE 8 GIRLS

Approximately 80 Middle Years students participated in volleyball this fall. **THANK YOU** to Mrs. Arjoon, Ms Gingera, Ms. Jeffers, Ms Lee, Ms Los, Mr. Mackay, Mr. Robertson, Mr. Wiebe and Mr. Zylstra,



GRADE 6 GIRLS



GRADE 7 GIRLS



From the Gym...

From the Gym...

EARLY YEARS PHYS. ED.

Our annual Early Years Team Handball Tournament took place on November 16th. Across the division, there were 47 Grades 4 and 5 teams playing in 8 gyms - approximately 500 students! West St. Paul School was well represented by 5 teams. Thank you to Miss Sharpe, Mr. Zylstra, Mr. Skead, Mr. Chin and Mr. Ingram for taking time out of their weekend to work with our students.

Our remaining inter-school activities are:

Badminton - March 19 (Grades 4 & 5)

Spring Cross Country - May 6 (Grades 3-5); rain date is May 8

WSP School Track & Field Meet - May 20 (Grades 4 & 5); rain date is May 27

7 Oaks Divisional Track & Field Meet - June 3 (Grades 4 & 5); rain date is June 5



FRIENDLY REMINDERS



STUDENT ABSENCES

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

Students are able to make phone calls with a permission note from their teacher. Cell phones should not be used for telephone calls or texting during school hours (8:00 a.m.-2:30 p.m.)



WINTER AND SCHOOL BUSESSES

If the temperature/wind chill is -45°C or colder as of 6:00 a.m., school busses will not operate that day. Parents must make arrangements to transport their children to and from school. This includes afternoon Kindergarten, as well as the return home at 2:30 p.m. If you think that weather conditions are such that there may be a cancellation, please listen to the following radio stations for announcements:

Q94 FM	CBC-990	HOT103 FM	QX104 FM
CKY-580	92 CITI FM	BOB 99.9	CJOB-680

You may also check the divisional website at www.7oaks.org.

BUNDLE UP FOR WINTER!!

All of our students are expected to be outside for recess throughout the winter. Students who are well dressed with mittens, hats, scarves, snow pants and warm boots, enjoy recess activities and benefit from much needed fresh air. It is not our practice to keep children in for recess if they are well enough to be at school, unless there is a risk of frostbite (see below).

Below are important wind chill benchmarks:

- 27°C Risk of frostbite in prolonged exposures
- 35°C Frostbite possible in 10-15 minutes
- 40°C Wind chill warning will be issued



Grade 5 Fieldtrip to St. Boniface ~ by: Garrison & Harjot

Ms Sharpe's and Mrs. Arjoon's classes went to St. Boniface and learned all about the heritage and history of St. Boniface and the ties with Winnipeg. Did you know that St. Boniface used to be its own city? We also learned about Louis Riel and how he played a big role in turning Manitoba into a province like we know it today. First we did something like geocaching in 6 groups of 7 where we used G.P.S.s (Global Positioning Systems) to locate landmarks in the St. Boniface area. Then we got to the musée de St. Boniface and got to see many of Louis Riel's personal artifacts such as his toothbrush, a small revolver, and his original coffin that was partially burnt in a fire.



Parent Advisory Council

25th Annual Christmas Craft and Bake Sale

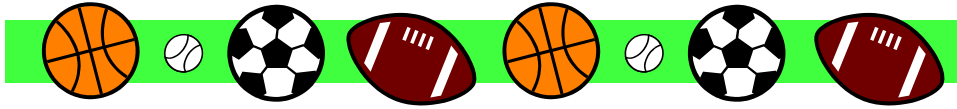


The 25th Anniversary of our Christmas Craft and Bake Sale was a wonderful success! Despite being bombarded with our first snowstorm of the year, we still managed to raise \$7,000 at this annual event.

Thanks so much to all the parents, local businesses and community members who 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, taking pictures, 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 is our largest annual fundraising endeavour, but more than that, it has become a tradition that welcomes the community into West St Paul School! Even Santa took time out of his busy Christmas schedule again this year to drop by the sale to give out candy canes and take pictures with the kids! We look forward to seeing you at the 26th annual sale next year!



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 21, 2014 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 14, 2014 by calling Cheryl at 339-1964.



Infant Massage

The West St. Paul and Riverbend Parent/Child Preschool Programs offered parents an opportunity to learn infant massage techniques from Infant Massage therapist Amber Maric. Parents spent some one-on-one time with their babies learning ways to soothe and communicate with them.

Infant massage is a healthy and natural way for parents and caregivers to bond with their infants. One mom commented that infant massage was a “wonderful interaction between my daughter and I as well as a great way for me to communicate with her”.

Infant massage will be offered again in May.



NEW KINDERGARTEN TO GRADE FIVE SCHOOL – RIVERBEND INFORMATION EVENING

The Province of Manitoba has announced approval of a new Kindergarten to Grade Five School for Riverbend. This announcement provides welcome relief to the pressure of growing enrolments in Seven Oaks. It will mean that more students can attend a local neighbourhood school and fewer students will experience crowded facilities.

Seven Oaks School Division invites parents from schools affected by this announcement (Riverbend, Belmont, Governor Semple and West St. Paul) to attend an information meeting regarding plans for the new school and possible changes to current school organization patterns and catchment areas:

Wednesday, December 4th, 2013
7:00 p.m.
École Riverbend School Library
123 Red River Boulevard

From the Divisional Physical and Health Education Office

Here is an enjoyable game parents can play with their children that promotes physical literacy striking skills.
Ball Hockey for Children.

Requirements: Small hockey sticks (wooden or plastic)

Suggested age: 5-8 years

Time frame: 30 minutes

Instructions:

Step 1: Create two small goals in your driveway, patio, or hard surface at a local park.

Step 2: Play a simple hockey game with two or three children per team.

Step 3: Adult can play as a passing player who models good team play.

Variations:

Show children how to “stick handle” the ball with small touches that change the ball direction.

Create a big goal and act as goalkeeper for your children to take turns shooting at you.

Benefits

This activity develops hand-eye coordination and timing while using a hockey stick (i.e., striking tool).

These skills also transfer to striking with a bat or racquet.

Submitted by:

Greg Wazney

Physical and Health Education Contact

Seven Oaks School Division



Slide into **Winter Camp** at **Oak Hammock Marsh Interpretive Centre**

December 27, 30 and January 2, 3!

Come and join us for a frosty good time at one or all of our Winter Day Camps. Activities may include snowshoeing, bannock baking, cool crafts, winter games and more. Camp runs daily from 9 a.m. to 4 p.m. and costs \$24 for members & \$30 for non-members. Camp is for children ages 6 to 9. For more information or to register a camper please visit:

<http://www.oakhammockmarsh.ca> or call (204) 467-3300.

FREE PUBLIC SKATING

The following community rinks within the Seven Oaks School Division are offering free public skating times.

West Kildonan Community Centre located at 346 Perth Avenue.

Public skating every Sunday from 2:15-4:15 p.m. on the outdoor rink. Weather permitting.

Telephone: 204-338-2904

Vince Leah Community Recreation Centre located at 1295 Salter Street.

Public skating during the day at from 5:30-9:30 p.m. on the outdoor rink. Weather permitting.

Telephone: 204-338-0046

Maples Community Centre located at 434 Adsum Drive.

Public skating from 5:00-9:45 p.m. on the outdoor rink. Weather permitting.

Telephone: 204-953-1190



FREE PUBLIC SWIM

Seven Oaks Swimming Pool located at 444 Adsum Drive.

Free public swim time on Fridays from 6:30-9:30 p.m.



KEYSTONE KIPS GYMNASTICS

RECREATIONAL PROGRAMS

GIRLS & BOYS AGES 3 YEARS AND UP

Mini Kips Classes for 3 & 4 years old

New Session starts the week of January 6/14

GIRLS COMPETITIVE PROGRAMS
REGIONAL & PROVINCIAL STREAM



LOCATION: *West St. Paul School ~ 3740 Main Street (north of the Perimeter)*

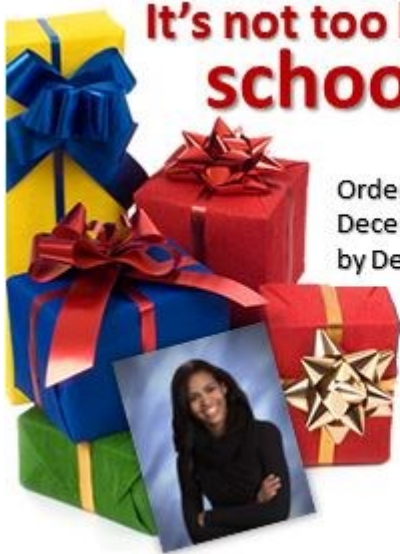
FOR INFORMATION CALL: 204-694-8096

E-MAIL us at keystonekips@mts.net

or visit our website at

www.keystonekipsgymnastics.ca





It's not too late to order your school portraits!

Order online at mylifetouch.ca by December 10 or return form to school by December 2 to receive your portraits by Christmas

**Lost your order form or proof sheet?
1.866.457.8212**



Make the holidays extra special.



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SHOP NOW

**Lost your order form or proof sheet?
guestservicescanada@lifetouch.com
use "Lost Proofs" as your subject line**

2012-2013 YEARBOOKS have arrived.

Yearbooks have been distributed to those who ordered them in June. If you haven't ordered a yearbook and wish to do so, please send a note and \$22 to school with your child.

Supply is limited.



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

