



# West St. Paul School Community Newsletter

## FEBRUARY, 2011

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

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

### IMPORTANT DATES

Feb 4

School PD Day  
NO SCHOOL

Feb 9

PAC Meeting  
7:00 p.m. in the Library

Feb 14

Alantra Food order  
forms go home

Feb 18

Optimist Festival  
Grade 8 Band

Feb 21

Louis Riel Day  
NO SCHOOL

Feb 23-25

Middle Years  
Asessippi Ski Trip

Feb 28

Public Budget  
Consultation Meeting  
Maples Collegiate  
(Theatre) - 7:00 p.m.

Feb 28

Kindergarten  
Registration begins  
9:00 a.m.

Mar 4

Alantra Foods orders due

Mar 14

Alantra Foods  
food order pick up

(More dates on calendar)

### KINDERGARTEN NEWS

#### REGISTRATION

Kindergarten Registration for West St. Paul School will officially begin on

Monday, February 28, 2011.

In order to accommodate families who cannot register during the school day, we will be extending registration hours on the first day of registration (February 28th) from 9:00 a.m. until 6:00 p.m. **Please do not arrive at the school any sooner than 8:30 a.m. due to the large volume of busses dropping off students in the morning.** Please park in Visitor Parking (facing the schoolyard) or along the fence facing Main Street that are not numbered. Numbered parking stalls are reserved for staff. Thank you for your cooperation.

Registration will take place in our school Library, located upstairs off the hallway/computer lab. There will be signs posted to show you the way to the Library.

All children that are registering for Kindergarten must be 5 years old by December 31<sup>st</sup>, 2011 (born in 2006) in order to register for Kindergarten starting in September 2011. Please bring your child's birth certificate and current Manitoba Medical Card with you when registering your child. Proof of address may be required.

If you have any questions about registration, feel free to contact us at the school.

#### PARENT INFORMATION NIGHT

Our Kindergarten information evening for parents and caregivers will take place on Wednesday, March 23rd, from 6:15– 7:15 p.m. This will be an opportunity to come to the school and hear about what Kindergarten is all about at West St. Paul ~ what to expect, anticipate and get excited about! It will be a chance to meet the people that will spend time with your child at school. We will also have time to respond to any questions that you may have.

This is an evening for parents only, so please make child-care arrangements. Kindergarten is a very exciting time, and we look forward to meeting all of you. We will meet on the steps adjacent to the school Library.

Thank you!

Ms Carpenter (Kindergarten Teacher)

Ms Rajfur (Community Coordinator)

Ms Robertson (Early Learning Support Teacher)

### Yearbooks

"Growing to Greatness" yearbooks for the 2009-2010 school year have arrived and we have some extra copies. If you haven't ordered one but would like to purchase one for \$18, please contact the school office at 339-1964. Supply is limited.

# PHYS. ED NEWS



## Middle Years Basketball

All middle years basketball teams have been working very hard since practices started before the break in December. Games started in January and everyone has demonstrated great improvements in their skills. February's mini-tournaments are on the following dates. Please note all games are from 3:30-5:30 p.m.

Tuesday, February 1	Grade 7 Boys @ WSP Grade 7 Girls @ Elwick
Thursday, February 3	Grade 8 Boys @ WSP Grade 8 Girls @ A.E. Wright
Monday, February 7	Grade 6 Girls @ Edmund Partridge
Tuesday, February 8	Grade 7 Girls @ HC Avery
Thursday, February 10	Grade 8 Boys @ O.V. Jewitt Grade 8 Girls @ ESOMS

Middle Years badminton will start at the end of February. Stay tuned for practice schedules.

## Goldeyes School Day Game



*The Winnipeg Goldeyes have scheduled two School Days for the 2010 season. West St. Paul students have the opportunity to see one of these baseball games on June 15<sup>th</sup> at 11:00 a.m. School Day ticket prices will be \$12 per ticket.*

A permission slip will be sent home with students. If your child is interested please fill out the bottom portion and return by Friday, March 19, 2010. Students will not be allowed to go unless this form and money is returned on time. The cut-off date is so early because many other schools participate in this event and to avoid disappointment I need to know how many tickets we need. Please phone Mr. Ens at the school if you have any questions or need further information.

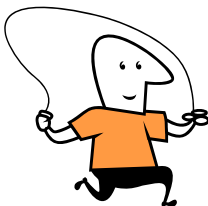
## Dad's Program

Tuesdays - 6:15-7:15 p.m.

## Early Years Phys. Ed.

Our intramural basketball activities for Grade 3-5 students have just been completed and intramural floor hockey will begin soon. Currently, our Grade 1 & 2 students are taking turns participating in various games at lunch-time. The divisional Grade 4 & 5 badminton tournament is March 23 and sign-ups will take place at the end of February. This year, we will be taking part in the Manitoba Heart and Stroke Foundation's Jump Rope for Heart Program! Students in Grades 1-5 can participate in this fund raising activity. Proceeds go towards the Foundation's important work and students can earn prizes. Complete information will be available to students and parents in mid March.

R. Chin



### Take steps to reduce your sodium intake

Many families are not aware that they can cook quick, nutritious meals at home, and instead turn to store bought, processed meals, which are often high in sodium.

Our bodies need a certain amount of sodium (salt is made up of sodium) in order to stay healthy. However, most people get far more sodium than they need, which is a direct result of the processed foods that have become so commonplace. In fact, experts say that only about 10 per cent of our sodium intake comes from the salt we cook with and use during meals, and nearly 80 per cent comes from processed and restaurant foods. While taking the salt shaker off the table is a good start, it is also necessary to limit the amount of processed foods you eat.

The Heart and Stroke Foundation of Manitoba recommends that Canadians consume 2,300 mg or less of sodium per day, which is approximately one teaspoon of salt or less.

Ready-made lunch packages, processed meats, and fast food are high in sodium, and generally have little nutritional value. "Many ready-made lunches are convenient, but not very nutritious," says Christine Houde, Nutrition Manager at the Heart and Stroke Foundation of Manitoba. "It's better to buy your own containers, and make your own lunches."

Here are some ways you can reduce sodium in your diet:

- ◆ Try to choose sandwich meats that are lower in sodium. Salami, pepperoni and bologna tend to be high in sodium, so choose lower sodium alternatives whenever possible. Some examples are roast turkey, chicken or lean roast beef.
- ◆ Grill slices of boneless, skinless chicken once a week for sandwiches, pitas or tortillas.
- ◆ Try "batch cooking", by doubling a recipe and freezing the leftovers for an easy meal later on.
- ◆ Make mealtime a family affair. If everyone pitches in, it will be easy, fun and a good way to teach kids healthy eating and bond as a family.
- ◆ Purchase pre-cut vegetables to save time.
- ◆ Use healthier fats, such as canola oil, herbs for flavouring instead of salt, add more fibre whenever possible and decrease the amount of sugar used in recipes.
- ◆ Include a regular thermos meal. Prepare extra food for dinner, and then put it in a thermos for tomorrow's lunch. Try a low-sodium stir fry with lots of vegetables, or a low-sodium soup and crackers with unsalted tops.
- ◆ Choose healthy snacks to help keep energy levels up, such as fruits, vegetables with dip or a yogurt parfait.

Including too much sodium in your diet can eventually lead to high blood pressure, which puts you at a higher risk for heart disease or stroke. For more information, visit [www.heartandstroke.mb.ca](http://www.heartandstroke.mb.ca)



The West St. Paul Wrestling Program is up and running! Former WSP student, Amber, is voluntarily coaching male and female students in grades five through eight every Wednesday from 2:45-3:30pm. So far, there are approximately 20 students who take part in a variety of games and drills that teach and enhance a proper stance, various manoeuvres - for example a Half Nelson, and techniques promoting stamina, strength, and flexibility. The success of the program, thus far, has been tremendous due to a commitment from those involved. Keep up the hard work team!



# Wrestling



# UNIVERSITY PARTNERSHIP

West St. Paul teachers and students have the opportunity to work in a six week partnership with professors and teacher candidates from the University of Manitoba, Early Years Faculty. There are two cohorts of thirty two teacher candidates who come to our school Tuesday and Wednesday mornings. While they are here, they are learning about the Social Studies and Music Curriculum, what these areas of curriculum means for teachers and students and how those ideas fit into the everyday life of children at school. The teacher candidates work in pairs with small groups of students to further understand how children learn, what children are interested in, and how they can learn to support children in the classroom.

Why do we do this? It's a fantastic way for West St. Paul teachers to share their expertise and have the opportunity to listen and observe their students working in small groups without having to direct the group. Our teachers benefit by being able to have the children explore something in small groups that may not be able to happen in a large group. Teacher candidates benefit by being able to try out their ideas in a small group setting with the support of their University professors and the classroom teachers. The mornings are structured so that there is instant feedback from the teachers and the University professors. Our West St. Paul students benefit because they have two teachers candidates working in depth on a specific idea of interest. They get a lot of individual attention to think deeply about an idea that's important.

We have received a lot of positive feedback about our wonderful staff, our welcoming school and our amazing students.



## ARTIST IN THE SCHOOL

Ofield Williams

The Artists in the Schools Program aims to support existing arts education programs in Manitoba schools by bringing together the unique vision and energy of artists with the creative potential of students and teachers. This is achieved through either short-term or long-term residencies, integrated in the school's daily schedule. Several West St. Paul classrooms have had opportunity to have performance artist Ofield Williams teach them the fundamentals of break dancing, including uprocks, lowrocks, body rocking, footwork, freezes, chairs, popping, locking, moon gliding, and windmills. Ofield is trained in dance, theatre, and music - and hopes his work through the Artists in the Schools Program encourages people of all ages in creating a healthy lifestyle.



Made possible with the generous support of the Manitoba Arts Council,  
and our West St. Paul School Parent Advisory Council



## WINNIPEG HARVEST

January 13, Mr. Rempel's class went on a field trip to Winnipeg Harvest. At the field trip they took us on a tour of their warehouse and told us about homelessness in Winnipeg. On the fieldtrip they told us that in 2009, Winnipeg Harvest gave food to 40, 000 people a month. Then in 2010, the number went up by 18,000 to 58,000. On the tour they showed us how they assemble different food items into packages for those in need. Winnipeg Harvest receives hundreds of donations a day from grocery stores and a lot from bakeries. They also receive large donations of money from different businesses. 18, 000 people that Winnipeg Harvest helps are children. Winnipeg Harvest is upgrading their current facility. The people who Winnipeg Harvest gives to are not always homeless but instead they are people struggling with money problems. They also get donations from Sobeys's and bakeries, such as one day old bread and other food items. The class had a very fun time.

By Payton R. and Cordell D.  
Room 47, Mr. Rempel's Class

## Alantra Foods Fundraiser

Information regarding our Alantra Foods School Fundraiser will be going home on February 14<sup>th</sup>. We would ask that orders be back to school by March 4<sup>th</sup>. Order will be here for pick up on Monday, March 14<sup>th</sup>.

All funds from this fundraiser will go to support the school's Technology Plan.

A huge thanks to all our families for your support in this endeavour.



YIPPEE

PARENT/CHILD YOGA KIDS IS BACK!!!

**WHEN:** 8 Thursdays, starting January 21st until March 24th, 2010

**WHERE:** Riverbend School ~ 123 Red River Blvd. West

**TIME:** 6:15 pm—7:00 pm

**WHO:** Ages 2-6 years

**SPACE IS LIMITED!**

**PLEASE REGISTER BY CALLING CHERYL AT 339-1964**



### Grade 8 Parent Meeting

This is an exciting/worrisome time for students and parents as they get ready to leave West St. Paul School and go on to high school. Members of the West Kildonan School team will be having an informational session for parents of Grade 8 students on **February 15<sup>th</sup> at 7 p.m. in the Library**. This will be a session to outline the timeline for registration, questions and concerns that parents have, and to help everyone get ready to register for High School.

All parents of Grade 8 students and students are welcome to attend this meeting.

### **City of Winnipeg Leisure Guide**



The City of Winnipeg is proud to provide a wide variety of recreation and leisure opportunities to contribute to the overall well-being of our community. The Leisure Guide is published three times per year and is filled with fun and exciting programs for everyone, including paid registered programming as well as free drop-in programming for children and youth.

For more information on Leisure Guide programs, please pick up a copy of the Leisure Guide, call 311 or log on to [Winnipeg.ca/leisureonline](http://Winnipeg.ca/leisureonline). Guides are available for pick up at civic pools, libraries and leisure centres, and at a number of retail locations including Safeway, 7-Eleven and Mac's. Registration for spring and summer programs, including summer camps, begins on Monday, March 14, 2011.



Michael is a student at West Kildonan Collegiate. His favourite activities are participating in gym and socializing with others. To increase his physical activity, Michael would love to bike ride with his family and friends on a specialty bike. Please donate your tabs so we can purchase Michael a bike.

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

1961-2011  
50 Years of Gopher Pride!



May 20, 21, 22, 2011

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

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

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

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

## EDGE

It may not seem like it but Spring is coming.

EDGE information now available through the Seven Oaks Web Site! Check out our current programming and watch for information in March for the Spring Session. Go to the site, click on programs, click on EDGE where you can find your school's offered courses, a calendar of events and registration information and materials. It's as easy as joining EDGE!"

## DUFRESNE CHILDREN'S HOSPITAL BOOK MARKET

Thousands of books in over 65 categories at incredible prices!

February 3 - 5, 2011 at St. Vital Centre

For more information, please call 204-783-1125 or visit [www.goodbear.mb.ca](http://www.goodbear.mb.ca)



SEVEN OAKS SCHOOL DIVISION  
invites the Community to the  
2011/2012  
Public Budget Consultation Meeting

The Board of Trustees of the Seven Oaks School Division invites the public to an open meeting to discuss the 2011-2012 school year budget. The purpose of the meeting is to inform the public about funding provisions and current budget discussions and to invite comment on educational and budget initiatives.

Monday, February 28, 2011 - 7:00 p.m.  
Maples Collegiate - Theatre  
1330 Jefferson Avenue

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## MARGARET PARK SCHOOL

English-Hebrew Bilingual Program

NEW!! ADDITIONAL HALF-DAY KINDERGARTEN PROGRAMMING  
AND ON-SITE DAYCARE AVAILABLE!!

Новый!! Дополнительный детский сад неполного  
рабочего дня, программируя объявление,  
локальное по уходу за детьми доступный

¡¡Nuevo!! ¡Jardín de infancia de media jornada  
adicional que programa anuncio guardería  
local disponible!

## Open House & Information Evening

THURSDAY, FEBRUARY 24, 2011 6:30–7:30 P.M.

Margaret Park School 385 Cork Avenue  
Child Care Provided Registration Forms Available  
For Further Information Call

Cynthia Dutton 338-9384

James Nisbet Nursery School  
is holding an  
**Open House & Registration**  
on Tuesday March 1<sup>st</sup>, 2011  
6:30-8:30pm

70 Doubleday Drive  
204-953-1193

Or visit our website:  
[jnns.ca](http://jnns.ca)

Programs Offered:

2 mornings a week for  
3 and 4 year olds

3 afternoons a week for  
4 year olds

## R F M Morrison School

**English Program**  
**Ukrainian/English Bilingual**

The following programs are offered at  
**R. F. Morrison School**

English Program Kindergarten to Grade 5

Ukrainian/English Bilingual Program  
Kindergarten to Grade 6

Українська Двомовна Програма

OPEN HOUSE INFORMATION  
MEETING

Wednesday, February 23, 2011 - 6:30p.m.

R. F. Morrison School kindergarten registration for  
students living within our catchment area, and  
Ukrainian/English Bilingual students from Seven  
Oaks School Division, will start  
February 28, 2011

The office will take registrations from  
8:30a.m. – 3:45p.m. each day.

Please bring along:

**Proof of birth for the year 2006**  
**Manitoba Medical numbers**  
**(family and personal)**

**SCHOOL LOCATION**  
**(GARDEN CITY AREA)**

25 Morrison Street, (off Arrowwood Dr. North)  
Winnipeg, Mb. R2V 3B3  
Phone: 338-7804

**Principal: Mr. T. Bilyk**



# February "I Love to Read Month" 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	12 Noon: <i>I Love to Read</i> Assembly	<b>1</b> <i>Robert Munsch Plays!</i> List your favorite books	<b>2</b> Find out what the <i>Groundhog</i> predicts	<b>3</b> <i>Chinese New Year.</i> Find out your animal zodiac	<b>4</b> PD DAY NO SCHOOL	<b>5</b> Family game night
<b>6</b> Visit <a href="http://www.iftheworldwereavillage.org">www.iftheworldwereavillage.org</a>	<b>7</b> <i>D.E.A.R (a.m.)</i> Research the meaning of your name	<b>8</b> Make a bookmark	<b>9</b> Share a good book with a friend	<b>10</b> Wear a T-shirt we can read	<b>11</b> Read a book by Robert Munsch	<b>12</b> Listen to cultural music
<b>13</b> Visit <a href="http://www.culturedays.ca">www.culturedays.ca</a>	<b>14</b> <i>Read your Valentines</i>	<b>15</b> Read a poem	<b>16</b> <i>D.E.A.R (p.m.)</i>	<b>17</b> Read a fairy tale	<b>18</b> Read a fun recipe: e.g. Bannock	<b>19</b> Read a comic book or the comics in the newspaper
<b>20</b> Visit <a href="http://www.planetozkids.com">www.planetozkids.com</a>	<b>21</b> <i>Enjoy Louis Riel Day</i>	<b>22</b> <i>100 Day</i> Read about a favorite sport	<b>23</b> Check out Braille print or Sign Language	<b>24</b> Read a magazine	<b>25</b> Read your horoscope	<b>26</b> Family cultural video night
<b>27</b> Read in bed. Family visit to the public library	<b>28</b> <i>D.E.A.R (a.m.)</i> Kindergarten Registration					

# FEBRUARY

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 – Day 4 Gr.7 Basketball Boys @ WSP Girls @ Elwick (3:30 – 5:30 p.m.)	2 – Day 5  Hot Lunch	3 – Day 6 Gr.8 Basketball Boys @ WSP Girls @ AE Wright (3:30 – 5:30 p.m.)	4 – Day 1 <b>PD DAY</b>  <b>NO SCHOOL</b>	5
6	7 – Day 2  Gr.6 Basketball Girls @ EP (3:30 – 5:30 p.m.)	8 – Day 3  Gr.7 Basketball Girls @ HC Avery (3:30 – 5:30 p.m.)	9 – Day 4 Pizza Day  PAC Meeting 7:00 p.m. – Rm. 48	10 – Day 5  Gr.8 Basketball Boys @ OV Jewitt Girls @ ESOMS (3:30 – 5:30 p.m.)	11 – Day 6	12
13	14 – Day 1  Alantra Food order forms go home	15 – Day 2  Gr. 8 Parent Meeting 7 p.m. - Library	16 – Day 3  Pizza Day	17 – Day 5	18 – Day 6  Optimist Band Festival - Winnipeg Convention Centre 12:40 p.m.	19
20	21 <b>LOUIS RIEL DAY</b>  <b>NO SCHOOL</b>	22 – Day 1	23 – Day 2  Hot Lunch	24 – Day 3  Middle Years Winter Activity Days Kildonan Park / Gateway C.C.	25 – Day 4	26
27	28 – Day 5					

2011

## IMPORTANT DATES AT A GLANCE

February 4	School PD ~ <b>NO SCHOOL</b>
February 9	PAC Meeting ~ 7:00 p.m. in the Library
February 14	Alantra Foods order forms go home
February 15	Grade 8 Parent Meeting ~ 7:00 p.m. in the Library
February 21	Louis Riel Day ~ <b>NO SCHOOL</b>
February 23 - 25	Middle Years Winter Activity Days
March 4	Alantra Foods orders due
March 14	Alantra Foods food order pick up
March 18	Parent/Teacher Conferences ~ <b>NO SCHOOL</b>
March 23	Kindergarten Information Night ~ 6:15 p.m. - 7:15 p.m.
March 28 - April 1	Spring Break
April 25	School PD ~ <b>NO SCHOOL</b>
May 23	Victoria Day ~ <b>NO SCHOOL</b>
June 1, 2, 3	Arts in the Park ~ Kildonan Park
June 24	School PD ~ <b>NO SCHOOL</b>
June 30	Last Day of School ~ Early Dismissal

The newsletter for the month of **FEBRUARY** is now available on our website at [www.7oaks.org/school/weststpaul/Pages](http://www.7oaks.org/school/weststpaul/Pages).  
A paper copy of the newsletter will only be sent home if it has been requested.





# February

## PARENT/CHILD PRESCHOOL





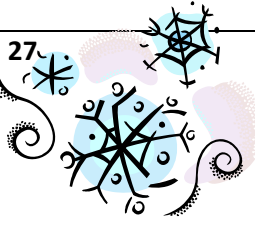
WEST ST. PAUL COMMUNITY SCHOOL

Advancing Community Schools

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

Cheryl Rajfur - Community Coordinator

339-1964

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<b>1</b> Parent/Child Gym & Skating @ Sunova Centre*  Dad's Program**	<b>2</b>	<b>3</b> Yoga Kids Riverbend School 6:15 – 7:00 p.m. (Ages 2-6 years) <b>Please register.</b>	<b>4</b>  <b>PD DAY</b>  <b>NO SCHOOL</b>	<b>5</b> 
<b>6</b>	<b>7</b> Parent/Child Storytime 9:00 – 10:30 am Ages 3-5 years	<b>8</b> Parent/Child Gym & Skating @ Sunova Centre*  Dad's Program**	<b>9</b>	<b>10</b> Yoga Kids Riverbend School 6:15 – 7:00 p.m. (Ages 2-6 years) <b>Please register.</b>	<b>11</b> Parent/Child Drop-In 9:00 – 10:30 a.m. Ages 0-6 years	<b>12</b>
<b>13</b> 	<b>14</b>  Parent/Child Storytime 9:00 – 10:30 am Ages 3-5 years	<b>15</b> Parent/Child Gym & Skating @ Sunova Centre*  Dad's Program**	<b>16</b>	<b>17</b> Yoga Kids Riverbend School 6:15 – 7:00 p.m. (Ages 2-6 years) <b>Please register.</b>	<b>18</b>	<b>19</b> 
<b>20</b>	<b>21</b>  <b>LOUIS RIEL DAY</b>  <b>NO SCHOOL</b>	<b>22</b> Parent/Child Gym & Skating @ Sunova Centre*  Dad's Program**	<b>23</b>	<b>24</b> Yoga Kids Riverbend School 6:15 – 7:00 p.m. (Ages 2-6 years) <b>Please register.</b>	<b>25</b> Parent/Child Drop-In 9:00 – 10:30 a.m. Ages 0-6 years	<b>26</b>
<b>27</b> 	<b>28</b> NO STORYTIME  <b>KINDERGARTEN REGISTRATION</b> 9 a.m. – 6 p.m.					

\*TUESDAYS: Parent/Child Gym & Skating @ Sunova Centre: 9:00 – 10:30 a.m.; ages walking to 6 years

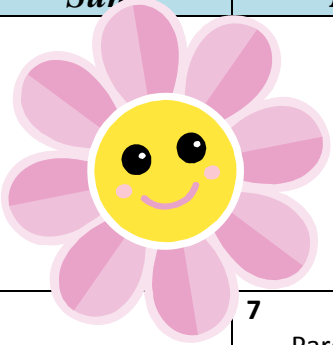

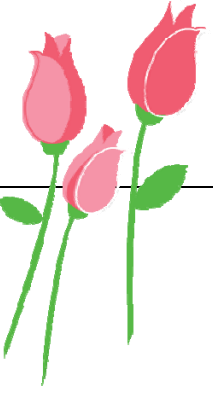

\*\*TUESDAY EVENINGS: Dad's Program: 6:15 – 7:00 p.m.; ages 2-6 years

2011

March

# PARENT/CHILD PRESCHOOL

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<b>1</b> Parent/Child Rhymes & More 9:15 – 10:30 am Ages 0-5  Dad's Program 6:15 – 7:00 pm Ages 2-6	<b>2</b>	<b>3</b> Yoga Kids Riverbend School 6:15 – 7:00 p.m. (Ages 2-6 years) <b>Please register.</b>	<b>4</b> Parent/Child Drop-In 9:00 – 10:30 a.m. Ages 0-6 years	<b>5</b>
	<b>6</b>	<b>7</b> Parent/Child Storytime 9:00 – 10:30 am Ages 3-5 years	<b>8</b> Parent/Child Rhymes & More 9:15 – 10:30 am Ages 0-5  Dad's Program 6:15 – 7:00 pm Ages 2-6	<b>9</b>	<b>10</b> Yoga Kids Riverbend School 6:15 – 7:00 p.m. (Ages 2-6 years) <b>Please register.</b>	<b>11</b> Parent/Child Drop-In 9:00 – 10:30 a.m. Ages 0-6 years
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	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	

2011



# LET'S PLAY BALL!

## NORTH WINNIPEG MINOR BASEBALL ASSOCIATION SPRING TRAINING BASEBALL CAMP

The NWMB (North Winnipeg Minor Baseball Association) is pleased to offer their 2011 Spring Training and Development Camp open for all players from within and outside our association.

**Location:** St. John's High School  
401 Church Avenue

**Cost:** \$50 for all age groups

**When:** 4 Sundays: February 13, 20 and 27th March 6<sup>th</sup> 2011

6:45 pm – 8:15 pm

Pee Wee (born 1998/99)

8:30 pm – 10:00 pm

Bantam (born 1996/97)

8:30 pm – 10:00 pm

Midget (born 1993/94/95)



\* Make cheques payable to: NW Pirates AAA

\*\* Payment for Spring Training fees must be paid at 1<sup>st</sup> session or earlier

\*\*\* There is limited space in this camp, therefore early registration is recommended

\*\*\*\*For further information contact: Dave Nychyk, 1st Vice-President - NWMB

Cellular: 801-3051 Email: dnych16@hotmail.com

\*\*\*\*\*Remit registration form to: Dave Nychyk, Pirates AAA Director

32 Highland Drive, St. Andrews, MB R1A 3Y5

or Fax: 339-5173 or Email: dnych16@hotmail.com

**DRESS:** runners, sweatpants, t-shirt

**EQUIPMENT:** glove, athletic support, baseball cap, batting helmet

Name \_\_\_\_\_ Date of Birth \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_ Email address \_\_\_\_\_

Home Community Centre \_\_\_\_\_

T-shirt size: Youth - M L Adult - S M L XL (circle one)

Amount enclosed \_\_\_\_\_ Trying-out for AAA: Yes or No (circle one)

Check our NEW North Winnipeg Minor Baseball Website @ [www.nwmba.ca](http://www.nwmba.ca)

\*\*\* Players intending to try out for 2011 AAA teams are recommended to attend Spring Training to raise their skill level for the upcoming AAA Baseball tryouts \*\*\*