



West St. Paul School Community Newsletter

JANUARY, 2011

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

The rules: Take care of yourself. Take care of each other. Take care of this place.

IMPORTANT DATES

Jan 6

Classes Resume

Jan 12

PAC Meeting
Library @ 7:00 p.m.

Jan 13

Hot Lunch

PLEASE NOTE DATE CHANGE

Jan 20

Parent Internet
Information Evening
6:30 - 8:00 p.m.

Jan 27

Hot Lunch

PLEASE NOTE DATE CHANGE

Immunizations
Gr. 4 Students
Gr. 6 Girls

Feb 4

School PD Day
NO SCHOOL

Feb 18

Optimist Festival
Grade 8 Band

Feb 21

Louis Riel Day
NO SCHOOL

Feb 23-25

Middle Years
Asessippi Ski Trip

Are you Texting? Tweeting? Updating your Status?

You are invited to join parents on **Thursday, January 20th, 6:30 p.m. at West St. Paul School** in a discussion about keeping your children safe on the internet. West St. Paul School and Ecole Riverbend School have invited speaker Graham Milliken, an education coordinator for "Kids in the Know" (part of the Canadian Centre for Child Protection), to guide families in understanding the world of texting, social networking, and picture permanency. Parents will learn about privacy online, and about how to stay informed regarding current internet trends. Our speaker will also try to respond to questions parents have regarding online safety. If you have a question, please write it on the form below.

Free childcare will be provided to families who register in advance

To register, fill out the registration form below and return to West St. Paul School by **Friday, January 14th**. If you have any questions, please call Marianne at Riverbend School (334-8417) or Cheryl at West St. Paul School (339-1964).

I would like to register for the Internet Safety Discussion taking place on Thursday, January 20th at West St. Paul School - 6:30 p.m.

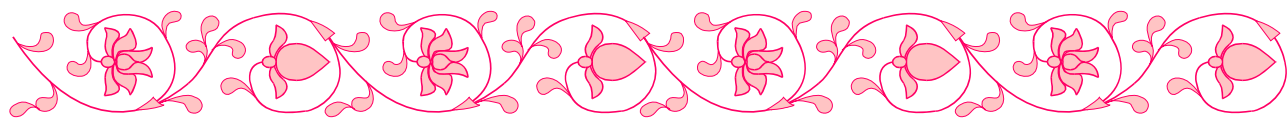
Name: _____

Phone Number: _____

Number of People Attending: _____

Name and Ages of Children needing care: _____

Do you have a specific question or concern that you would like to hear addressed? If so, please write your question below.



2010-2011 IMPORTANT DATES AT A GLANCE

January 6	Classes Resume
January 11 - February 16	University Partnership - Every Tuesday & Wednesday
January 12	PAC Meeting ~ 7:00 p.m. in the Library
January 13	Hot Lunch - PLEASE NOTE DATE CHANGE
January 20	Parent Internet Information Evening ~ 6:30 - 8:00 p.m.
January 27	Hot Lunch - PLEASE NOTE DATE CHANGE
January 27	Immunizations
February 4	School In-service ~ NO SCHOOL
February 9	PAC Meeting ~ 7:00 p.m. in the Library
February 18	Optimist Clubs of Winnipeg Band Festival (Grade 8)
February 21	Louis Riel Day ~ NO SCHOOL
February 23-25	Middle Years Winter Activity Days
March 17 - 19	Brandon Jazz Festival
March 18	Parent/Teacher Conferences ~ NO SCHOOL
March 28 - April 1	Spring Break
April 12 - 15	Level One Band Festival (Grade 7)
April 25	School In-service ~ NO SCHOOL
May 23	Victoria Day ~ NO SCHOOL
June 1, 2, 3	Arts in the Park ~ Kildonan Park
June 24	School In-service ~ NO SCHOOL
June 30	Last Day of School ~ Early Dismissal

Please keep this list of dates handy, however, 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.



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 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 allows us to focus more quickly on students who are unaccounted for each morning, due to either missed busses or morning delays.



WINTER AND SCHOOL BUSESSES

If the temperature/windchill is -45°C or colder as of 6:00am, 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 2:30pm. If you think that weather conditions are such that there may be a cancellation, please listen to the following radio station 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 division website at www.7oaks.org. Under the NAVIGATION MENU, click on DEPARTMENTS, then the TRANSPORTATION tab.

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 windchill benchmarks:

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



WSP SCHOOL PANCAKE BREAKFAST



Thank You for your Generosity

We had a wonderful December at West St. Paul School. Thank you to so many of you who came to cook, serve or who cooked sausages in preparation for our Pancake Breakfast. The entertainment and food was great and the donations were greatly appreciated by the residents of Middle Church home.

Ten Winnipeg families received wonderful hampers donated and prepared by the families and students of West St. Paul School.

We also enjoyed two great nights of music making at our Christmas Concerts. Thank you for your participation and support. A Big Thanks to our two music teachers, Mr. Isaak and Ms. Stockton for their dedication and direction. Happy New Year to all!

CALLING ALL DADS AND 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 p.m., beginning January 18, 2011 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 our 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 12, 2011 by calling Cheryl at 339-1964.

YIPPEE . . . PARENT/CHILD YOGA KIDS IS BACK!!!

WHEN: 8 Thursdays, starting January 21st until March 11th, 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



RHYMES ON THE RUN

Opportunities to play with rhyme are one of the most important building blocks in your child's literacy development.

"Rhymes on the Run" is an opportunity to play with some familiar nursery rhymes in an informal atmosphere. Families with preschool to grade 1 children are invited to attend this program on Thursday, January 27th, 2011 at 6:15 - 7:30 p.m. in Red River Hall at West St. Paul School. We will go through some nursery rhymes as a whole group and then break into smaller groups and do some follow up activities.

It should be a fun evening and we look forward to the participation of all our up and coming readers.

If you would like to attend "Rhymes on the Run", please fill out the registration portion and return it to the school no later than January 24th.

Thank you!

Marianne VanAert - Community Coordinator Ecole Riverbend
Cheryl Rajfur - Community Coordinator West St. Paul

Rhymes on the Run:

Family name _____

Number of children attending _____

Phone numbers _____

KEYSTONE KIPS (1998) GYMNASTICS

"NEW"

RECREATIONAL PROGRAMS

ON SATURDAY

Parent and Tot Classes 2 years and up

Girls & Boys

Ages: 3 years & up

LOCATION: WEST ST PAUL SCHOOL
(3740 MAIN ST, NORTH OF THE PERIMETER)

Registration for all classes:

FOR INFORMATION CALL: 694-8096



COMMUNITY LED EMISSIONS REDUCTION (CLER) PROGRAM



West St. Paul School is in full composting mode! This is the first of our environmental projects and it's off to a great start. Over the next few months, we will be preparing for the coming of spring so that we can engage our students in many more environmental projects, linking classroom education to the world around us. Be on the lookout for gardens, trees, and solar panels!

EDGE

EXTENDED DAY GROWTH EDUCATION

EDGE information will now be available through the Seven Oaks Website!
www.7oaks.org

At the site, click on **Programs**, scroll and click on **EDGE**. You will be able to view information on programs, participating schools, calendars plus much more.

Course booklets may be viewed/printed as well as all registration materials.

EDGE offers a variety of after school activities for your middle year student. Parents and students who are looking to fill the gap between school and the supper hour can check out the affordable programs offered by **EDGE**.

Registration booklets/forms will be delivered to your school *right after the winter break*. Remember courses are fun and educational, but spaces are limited...

So...don't delay, register as soon as possible to ensure participation in **EDGE**.

Questions? Contact Penny Raymond,

Extended Day Coordinator at:

885-4333 or 227-7136

e-mail: penny.raymond@7oaks.org

MANITOBA ANAPHYLAXIS INFORMATION NETWORK (MAIN)

a sub-group of Allergy/Asthma Information Association (AAIA)

Ph: 204-654-2676 Email: mainmanitoba@shaw.ca

Dec 2010

Season's Greetings from MAIN!

Our next meeting will be on **Tuesday Jan 18, 2011 from 7:00 – 8:30 pm.**

Parents... do you have questions about how to deal with your child's allergies during the teen years? Do you have a preteen or teen who would like to hear from others how they manage their allergies? Parents, teens and preteens are welcome to attend this special support group meeting. We will have a panel of teens and young adults who will share their experiences and answer your questions regarding how they cope with their allergies while enjoying many activities and opportunities.

This meeting will take place at The Gray Academy at 123 Doncaster Street (room number will be posted.) Enter the building through the main doors of the Asper Jewish Community Campus located at 123 Doncaster Street. Free visitor parking is located across the street from the doors. Upon entering you must check in with the security desk and provide identification. The Gray Academy is located off Kenaston Blvd near Academy Road. For directions go to: http://www.grayacademy.ca/about_visiting_directions.html
Call me or send an email with any questions.

All the best of the season for a safe and happy holiday season!

Nancy Boni

Manitoba Anaphylaxis Information Network (MAIN)

mainmanitoba@shaw.ca

1-204-654-267





SEVEN OAKS
EDUCATION FOUNDATION INC.

Foundation

NEWS

Winter 2011

Toby Cracknell 1957-2004: Honouring His Memory by Encouraging Others

Most people would agree that life isn't about how much money you make or how many things you own, but about the type of person you are.

People remember Toby Cracknell as a person with a deep love of family, unwavering work ethic and strength of character that made a lasting impression on everyone who knew him.

To encourage these qualities in others, his family has established the annual Toby Cracknell Award. A principal sum was donated to the Seven Oaks Education Foundation. It will be held at the Winnipeg Foundation, in a separate Toby Cracknell Award account, and the yearly interest will be used for the award. Past rates of return indicate an annual award of approximately \$500 would be available to distribute in perpetuity.

To be eligible for the award, a student must:

- Be a graduating student from Seven Oaks School Division
- Have a significant intellectual learning disability
- Be considered a hard worker.

The recipient will receive a memento (such an engraved plaque or paperweight) as well as the money,



which is to be used for further training, whether in art, music, sports or further post-secondary education.

Toby himself grew up with significant learning disabilities as well as severe physical challenges due to disabling arthritis among other problems. But his mother says it was his character and his attitude, not his disabilities, which defined him.

"The award is not just about honouring Toby's memory," says Margaret Cracknell. "It's about recognizing effort and character in people with special

needs who are working just as hard as other students."

Toby was well-known for his effort and devotion to hard work. Born in 1957, the third of four children, he was diagnosed with a learning disability at a very young age. His family moved to West Kildonan in 1964, so that he could attend special needs classes, which were not then readily available in other school divisions. He was enrolled in a "Slow Learners" classroom, which was the preferred term at the time.

It was at Victory School that Toby's teacher, Mrs. Trevenen, taught Toby how to read and write. Though Toby struggled, he embraced what he learned and would be a voracious reader his entire life.

"When he learned to read and write, it was like a whole world opened up," says Toby's sister, Judith Campbell. "He loved to read, especially books with lots of pictures like *The Adventures of Tintin* series."

But Toby learned more than just reading and writing. His family credits Mrs. Trevenen and his early education as being a big part of what shaped Toby's positive attitude toward life and learning.

"We're all very grateful for his elementary school education which instilled a sense of pride and community in him," says Judith. "It would have been easy for him to get discouraged. But that wasn't what he learned."

As Toby got older, the challenges mounted. He was moved into a regular classroom that, because of the times, lacked the strong educational supports available to special needs students today. When Toby was eventually transferred to a janitorial services vocational program at R. B. Russell Vocational High School, his severe arthritis made the physically demanding work very difficult.

But Toby was not deterred. He found assembly jobs through various supported workplace facilities such as Skills Unlimited and Versatech. In his later years, he worked at

Zeller's stockroom with vocational support from what is now Equal Opportunities West. He was known there for taking pride in his work and for his sense of responsibility.

"They were very impressed with his work ethic - he never missed work," recalls his mother. "In fact, they have an award named after him and we are asked to go and present the plaque each year. We were very touched that they would do that." Toby was always keen to return to work – even, for example, after lengthy hospitalization for a broken leg followed by a broken hip.

Toby lived his last years at Shalom Residences in a supported living house. This group home gave him the opportunity to explore his independence in everyday things like taking walks, riding the bus to work, shopping and going to see movies.

"He really loved it there," remembers Margaret. "They said the house would be so quiet, then the moment he came in the door, the place came alive with conversation and laughter."

Whether he was at work, enjoying tea with his family, playing with the cats or accompanying his mother on trips all over the world (from Alaska to Hawaii to the Caribbean), Toby found a lot of joy in life.

After Toby passed away in 2004, his family gave a great deal of thought about the best way to remember him. They decided the best way would be to recognize other Special Needs students who displayed the same qualities of character and determination Toby displayed throughout his life.

The family hopes that the Toby Cracknell Award will inspire other students with disabilities to find joy in their lives, to keep learning and doing, and to take pride in their accomplishments...the same way Toby did.

For more information on the Toby Cracknell Award, other SOEF awards or to make a donation, contact Wayne Shimizu at Wayne.Shimizu@7oaks.org



Toby and his family enjoying a little time together in the great outdoors.

Manitoba Anaphylaxis Information Network (MAIN)

LIFE THREATENING ALLERGIES

Understanding the Risks

Reducing the Risks

**Do you have questions
about how to deal with your
child's allergies during the teen years?**

**Are you a preteen or teen who would like to
know how others manage their allergies?**

You are welcome to join our support group meeting.

**We will have a panel of teens and young adults who
will share their experiences and answer your
questions regarding how they cope with
their allergies while enjoying many
activities and opportunities.**

Date:

Tues Jan 18 , 2011

Time:

7:00—8:30 pm

Location:

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

FREE PARKING & ADMISSION

Manitoba Anaphylaxis
Information Network (MAIN)

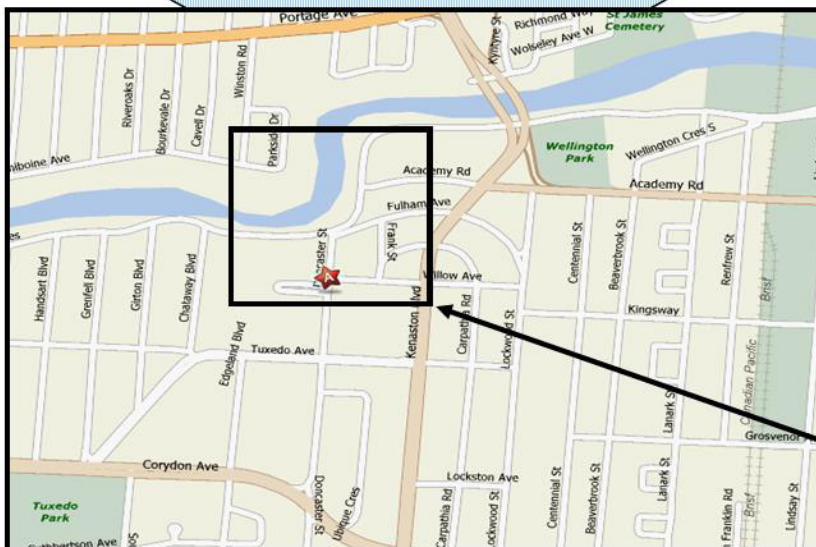
a subgroup of
Allergy\Asthma Information
Association (AAIA)

Contact: Nancy Boni

204-654-2676

Email: mainmanitoba@shaw.ca

**Helping Families Cope with
Life Threatening Allergies**



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

JANUARY

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6 – Day 4 CLASSES RESUME	7 – Day 5	8
9	10 – Day 6 Grade 6 Basketball Boys @ WSP (3:30 – 5:30 p.m.)	11 – Day 1 Grade 7 Basketball Boys @ OV Jewitt Girls @ Elwick (3:30 – 5:30 p.m.)	12 – Day 2 PAC Meeting 7 p.m. – Room 43	13 – Day 3 Grade 8 Basketball Girls @ WSP (3:30 – 5:30 p.m.) HOT LUNCH (NEW DATE)	14 – Day 4	15
16	17 – Day 5 Grade 6 Basketball Boys @ Elwick Girls @ WSP (3:30 – 5:30 p.m.)	18 – Day 6 Grade 7 Basketball Boys @ WSP (3:30 – 5:30 p.m.)	19 – Day 1 Pizza Day	20 – Day 2 Patrol Outing 9:30 – 11:30 a.m. Grade 8 Basketball Boys @ Leila North Girls @ AE Wright (3:30 – 5:30 p.m.) Parent Internet Evening 6:30 p.m.	21 – Day 3	22
23	24 – Day 4 Grade 6 Basketball Boys @ AE Wright Girls @ Leila North (3:30 – 5:30 p.m.)	25 – Day 5 Grade 7 Basketball Boys @ HC Avery Girls @ WSP (3:30 – 5:30 p.m.)	26 – Day 6	27 – Day 1 Grade 8 Basketball Boys @ AE Wright (3:30 – 5:30 p.m.) HepB (a.m.) Immunizations HOT LUNCH (NEW DATE)	28 – Day 2	29
30	31 – Day 3					

2011

IMPORTANT DATES AT A GLANCE

January 6	Classes Resume
January 11 - February 16	University Partnership ~ every Tuesday and Wednesday
January 12	PAC Meeting ~ 7:00 p.m. in Room 43. Childcare provided.
January 20	Parent Internet Information Evening ~ 6:30 - 8:00 p.m.
February 4	School PD ~ NO SCHOOL
February 21	Louis Riel Day ~ NO SCHOOL
February 23 - 25	Middle Years Winter Activity Days
March 18	Parent/Teacher Conferences ~ NO SCHOOL
March 28 - April 1	Spring Break
April 25	School PD ~ NO SCHOOL
May 23	Victoria Day ~ NO SCHOOL
June 1, 2, 3	Arts in the Park ~ Kildonan Park
June 24	School PD ~ NO SCHOOL
June 30	Last Day of School ~ Early Dismissal

January

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	
						1	
2 	3	4	5	6 CLASSES RESUME	7	8 	
9 	10 Parent/Child Storytime 9:00 – 10:30 a.m. Ages 3-5 years	11 Rhymes & More 9:15 – 10:30 a.m. Ages 0-5 years	12	13	14 Parent/Child Drop-In 9:00 – 10:30 a.m. Ages 0-5 years	15 	
16 	17 Parent/Child Storytime 9:00 – 10:30 a.m. Ages 3-5 years	18 Rhymes & More 9:15 – 10:30 a.m. Ages 0-5 years Dad's Program 6:15 – 7:00 p.m. Ages 2-4 years	19	20 Parent Internet Safety Information Evening 6:30 – 8:00 p.m.	21 Parent/Child Drop-In 9:00 – 10:30 a.m. Ages 0-5 years	22 	
23 	24 Parent/Child Storytime 9:00 – 10:30 a.m. Ages 3-5 years	25 Rhymes & More 9:15 – 10:30 a.m. Ages 0-5 years Dad's Program 6:15 – 7:00 p.m. Ages 2-4 years	26	27 Family Night "Rhymes on the Run" 6:15 – 7:30 p.m. Ages 2-7 years	28 Parent/Child Drop-In 9:00 – 10:30 a.m. Ages 0-5 years	29 	
30 	31 Parent/Child Storytime 9:00 – 10:30 a.m. Ages 3-5 years	Please call Cheryl at 339-1964 to register for the Dad's Program and Rhymes on the Run.					

2011

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

2011