



# West St. Paul School Community Newsletter

## JANUARY, 2012

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.*

### KINDERGARTEN NEWS

#### REGISTRATION

**Kindergarten Registration for West St. Paul School will officially begin on  
Monday, February 27, 2012.**

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 27th) from 9:00 a.m. until 5:00 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.** Parents registering their children for kindergarten should park between the frost fence and the gymnasium wall. The gymnasium is located on the south side of the building.

Registration will take place in our newly renovated front foyer.

All children that are registering for Kindergarten must be 5 years old by December 31<sup>st</sup>, 2011 (born in 2007) in order to begin school starting in September 2012. 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 in the spring (date and time to be determined). 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





**2011-2012**

**IMPORTANT DATES**

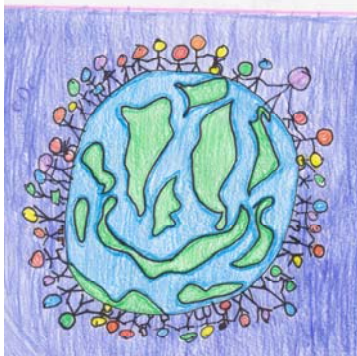
January 9	Classes Resume
January 17	PAC Meeting ~ 7:00 p.m.
January 30	Immunizations ~ Gr. 4 Students & Gr. 6 Girls
February 3	Professional Development Day ~ <b>NO SCHOOL</b>
February 20	Louis Riel Day ~ <b>NO SCHOOL</b>
February 23 - 24	Middle Years Winter Activity Days
February 27	Kindergarten Registration begins
March 9	Professional Development Day ~ <b>NO SCHOOL</b>
March 16	Parent/Teacher Conference ~ <b>NO SCHOOL</b>
March 26 - March 30	Spring Break ~ <b>SCHOOL CLOSED</b>
April 6	Good Friday ~ <b>NO SCHOOL</b>
April 13	Grade 4 Science Camp
May 3	Lifetouch Spring Photos
May 21	Victoria Day ~ <b>NO SCHOOL</b>
June 29	Last Day of Classes ~ <b>EARLY DISMISSAL</b>

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.

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

**CONGRATULATIONS...**

Disability Development Diversity  
People with Disabilities  
Around the World



Over the course of the 2010-2011 school year, Ms Sharpe was a contributing member of a pilot project by The Canadian Centre for Disabilities Studies. This year, the educational resource book was distributed to contributing educators in Manitoba, Saskatchewan and the Ukraine to pilot with their students. Through this project, students in Ms Sharpe's class had the opportunity to enter their original artwork in a contest. Congratulations to Crimson C., whose art was successfully chosen to be on the cover of all printed material for this project when it is officially distributed to schools across Canada and parts of the Ukraine!

# 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 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.



## WINTER AND SCHOOL BUSESSES

If the temperature/windchill is  $-45^{\circ}\text{C}$  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 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 divisional website at [www.7oaks.org](http://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 windchill benchmarks:**

- $27^{\circ}\text{C}$  Risk of frostbite in prolonged exposures
- $35^{\circ}\text{C}$  Frostbite possible in 10-15 minutes
- $40^{\circ}\text{C}$  Windchill warning will be issued



# FROM THE GYM...



## MIDDLE YEARS BASKETBALL

### GRADE 6 GIRLS - Mondays

Jan 16 @ A.E. Wright (3:30 - 5:30)

Jan 23 @ WSP (4:00 - 6:00)

Jan 30 @ O.V. Jewitt (4:00 - 6:00)

Feb 6 @ ESOMS (4:00 - 6:00)

### GRADE 7 GIRLS - Tuesdays

Jan 10 @ WSP (3:30 - 5:30)

Jan 17 @ A.E. Wright (3:30 - 5:30)

Jan 24 @ ESOMS (3:30 - 5:30)

Feb 7 @ ESOMS (3:30 - 5:30)

Feb 14 @ WSP (3:30 - 5:30)



### GRADE 6 BOYS - Mondays

Jan 16 @ WSP (3:30 - 5:30)

Jan 23 @ ESOMS (4:00 - 6:00)

Jan 30 @ Elwick (4:00 - 6:00)

Feb 6 @ A.E. Wright (4:00 - 6:00)

### GRADE 8 GIRLS - Thursdays

Jan 12 @ E.P. (3:30 - 5:30)

Jan 19 @ WSP (3:30 - 5:30)

Jan 26 @ WSP (3:30 - 5:30)

Feb 16 @ WSP (3:30 - 5:30)

### DIVISIONAL BASKETBALL (4:00 - 6:00) - Wednesdays

Jan 11 @ WSP

Feb 8 @ EP

Jan 18 @ WSP

Feb 15 @ WSP

Jan 25 @ WSP



## EARLY YEARS PHYS.ED

Congratulations to all of our grade 4 & 5 students who participated in the Team Handball Tournament in November. Thank you to Miss Yeo, Miss Greening, Miss Sharpe and Mrs. Hutchinson for spending part of their weekend helping out at the tournament.

Our next divisional events are the grade 4 & 5 Badminton Tournament on the evening of March 20; Cross Country ~ May 16 (Grades 3-5; rain date May 18), WSP Track & Field ~ May 22 (Grades 4 & 5; rain date May 24), and 7 Oaks Divisional Track & Field ~ June 5 (Grades 4 & 5; rain date June 7). This year, we look forward to our WSP Track & Field meet being a collaborative effort with students, staff and parents from Riverbend School. The meet will take place at West Kildonan Collegiate.

R. Chin





# PANCAKE BREAKFAST and CHRISTMAS CONCERTS

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 enjoyed by students, staff and community members. Monetary donations were received and forwarded to the Santa for Seniors program at Middlechurch Home. In total, the West St. Paul School community raised over \$600 for the Santa for Seniors program this year.

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

We 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.

## There has been a mix-up!

We are missing a large electric skillet that was used for the Pancake Breakfast. However, we do have a Black & Decker Electric Skillet that is not ours. If you accidentally picked up the wrong skillet, please call the school office at 339-1964.

Thank you.

**OOPS!**



# Carolling at Middlechurch Home



**Ms Yeo's Grade 3/4 Class**

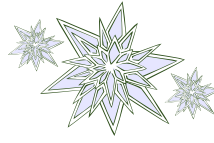
**&**

**Mr. Rempel's Grade 8 Class**



The dates for PAC meetings will be:

- 2012
- January 17
- February 14
- March 13
- April 10
- May 8 (Annual General Meeting)



All parents/guardians are welcome to attend. Childcare is provided. Any changes to the meeting dates will be noted in the newsletter and on the school website.



Ms Gingera wishes to thank the following volunteers who helped with this year's vision screening program:

Mrs. Hasiuk  
Mikaela P.

Mrs. Libich  
Nicole P.

Mrs. Pereira  
Mrs. Wesa



Did You Know...?

Many teachers at West St. Paul are supporters of ArtsJunktion, a non-profit organization committed to distributing recycled materials to all. They offer FREE membership and FREE materials to any community member, and teachers use ArtsJunktion as a resource for classroom art materials and supplies.

ArtsJunktion is always searching for new sources of material - materials that have been discarded by industries, unused bi-products from manufacturers, off-cuts and overruns. **They are currently seeking bulk amounts of clean, unused materials that could feed their environmental and creative efforts. If you know of a business that has such "waste" or want to consult with them regarding possible materials, you can contact the depot (942-JUNK) or via email**

[materials@artsjunktion.mb.ca](mailto:materials@artsjunktion.mb.ca)

For further information, you can stop by and chat with Joey Robertson, the Early Learning Support Teacher at West St. Paul School, or go to the ArtsJunktion website [www.artsjunktion.mb.ca](http://www.artsjunktion.mb.ca)

## THE D.A.R.E PROGRAM

D.A.R.E stands for Drug Abuse Resistance Education. We learned that a beer, an ounce of hard liquor and a glass of wine all have the same amount of alcohol. A police officer named Constable Dave taught us all about tobacco and marijuana. Cigars have over 200 poisons in them. WOW - that is a lot of poisons! Mrs. Arjoon's class and Ms Sharpe's class learned the same thing. We didn't learn it at the same time, but we had the same person teach us. Our class learned it in the morning. And at the end, both classes met in Red River Hall and had a DARE graduation party.

By Brooklyn K. and Eric R.





# Roots of Empathy

This year for Roots of Empathy, Cindy Lou Garcia has been coming to Mr. Bencharski's Grade 8 class with her new baby, Mateo. They started coming to our class in October. They come in every first Wednesday of each month. Roots of Empathy is run by Mrs. Rajfur. She has covered different things with us including shaken baby syndrome, changing diapers, how a baby tells you what it wants, and the connection between Mateo and his mother. Mateo has changed a lot since he started coming to our class. When he first came he did not move around much and did not focus on anything specific. Now he tries to sit up, roll over and he focuses on the people around him. We always look forward to him coming in so we can see how much he has grown.



## APPLE APPS



iWrite Words (\$2.99) - Great app for practicing writing upper and lowercase letters, numbers and words. Love how you have to send the letters down a "hole" when you are finished.



Magic Math (\$.99) - Great app for practicing simple addition and subtraction, but you can also practice multiplication and division. Very easy to set the settings and has kid voices that congratulate you or encourage you.



Licking Letters (\$.99) - Licking Letters is an action game with the added bonus of learning how to spell! Spell words by helping Hoppy lick letters as they float across the screen.



## JAMES NISBET NURSERY SCHOOL

OPEN HOUSE  
September 2012 Enrolment

Monday, March 5, 2012  
6:30 p.m. - 8:00 p.m.  
(Located in the Maples)  
70 Doubleday Drive  
204-953-1193  
[www.jnns.ca](http://www.jnns.ca)

Programs offered  
2 Mornings/week - 3 & 4 year olds  
3 Afternoons/week - 4 year olds

## "2010-2011 YEARBOOKS

"Dare to Dream" yearbooks for the 2010-2011 school year have arrived and we have some extra copies. If you haven't ordered one but would like to purchase one for \$20, please contact the school office at 339-1964.

## SUNNY MOUNTAIN DAYCARE

Belmont Before and After School Program now have openings for ages 6-12 years of age. Please contact 290-7980 for more information or stop by our location in the gym at Belmont School and speak to Teresa.

Governor Semple Children's Place have openings for ages Kindergarten to 12 years of age. Please contact 290-7920 or stop by Room 5 at Governor Semple School and speak to Anita.





## Tailored Teaching Makes a Difference at MET

### Students choose course of academic journey

*One student at a time* is more than just a motto at the Seven Oaks School Division Met School ... It's an everyday way of life.

At the Garden City Collegiate-based Met – just one of the divisional initiatives that aims to help students discover themselves – students are engaged through creative and challenging academic work combined with internships that provide real-world learning opportunities.

Small class sizes, four-year teacher advisor partnerships and a student-centered approach to teaching and learning makes for a unique, rewarding academic journey – one routed in Seven Oaks' overall philosophy of developing passion and personal interests.

"By the time they graduate ... they've explored a number of interests and passions and the work they do is so relevant," says Nancy Janelle, a teacher advisor with the Met School.

Students start in the Met School exploring their interests, examining career connections and doing research on our city. They develop resumes, work on their interview skills and arrange to interview people who work in the field of their interest.

Monday, Wednesday and Friday are Academic Days, while Tuesdays and Thursdays are Internships Days.

On Academic Days, students

participate in regular classes, independent studies, research projects, field trips and assignments to help develop skill and meet standardized curriculum benchmarks.

On Internship Days, students work alongside appointed mentors and design projects to build their interests and academic skills.

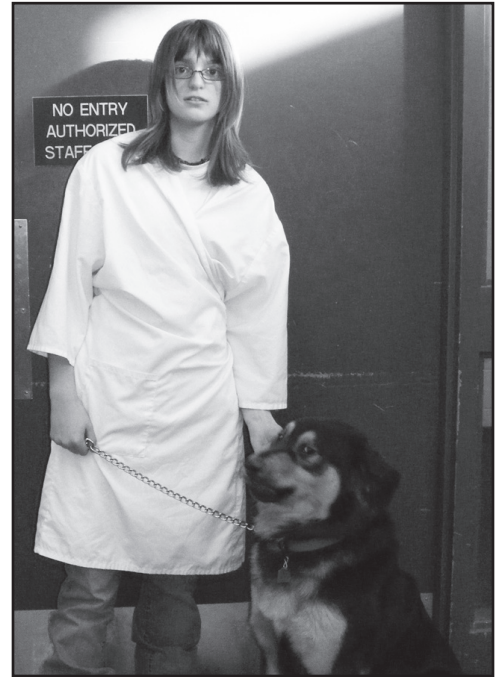
Janelle – a recent addition to the teaching force, who has worked all three of her years at the Met – says her proudest moments are when she sees her students demonstrate their experiences ... with an extra sparkle.

"Watching my students grow and mature over the last three years while finding themselves is remarkable," she says. "I have one getting Shaw TV to back her documentary on political refugees. I have one who made a video for Winnipeg Animal Services – doing everything from learning to use a video camera to figuring out how to edit the film to presenting the video to the director of Volunteer Services.

My students get up four times a year at exhibitions, in front of their parents, peers, advisory and mentor and proudly talk about how they steered their own learning – and how much they've grown because of it."

#### In their own words

Here's what a few of our Met School students from over the last two years have to say about their experiences exploring their passions and interests:



*A Met student hard at work at internship*

*I am a student from the Met School and my name is Amber James. I have been in the Met School since it started in September 2009. I, along with my classmates, will be the first Met School students to graduate having finished grades 9-12 in the school. I have a year and a half to go and I am excited. I have done many projects that are based on my interests, like art and drawing. The project I am doing right now is on Career Development. My passion is animals, and ever since I was little I wanted to be a vet and nothing else. It is really hard to get into the veterinary health program at Red River College, so just in case, this quarter I am looking into different jobs that deal with animals, like guide dog trainers, therapy dog trainers, regular dog trainers, and zookeepers. Last year I had an internship at Winnipeg Animal Services for a year and a half I was able to do that through the Met School. Next quarter I plan on interning at a veterinary clinic. I am glad I am in Met School as it has helped me so*





A Met student hard at work at internship

much. I liked the idea of having the same teacher until you graduate. I am very close to my teacher she has helped me many times, whether it was personal stuff, school stuff, or even my ADHD (Attention Deficit Hyperactivity Disorder). I have learned so much about myself, and I have learned to cope with my ADHD. That was very difficult for me. I am happy to be a part of Met School and I am happy to share my experiences. I have a year and a half to go and I cannot wait.

- Amber James

Hi, I'm Adam. I came to the Met School because I had an interest in broadcasting. For the past few months I have been interning at City TV as a student reporter. It's been an interesting experience. I now know that being a reporter isn't as easy as it looks. My main goal for this internship project was to create a news story of my own, and to actually produce it using the resources at City TV. My first step to create this story was to shadow a reporter for two weeks. I would watch the reporter schedule interviews, research topics, gather footage, write scripts, and of course, edit the video. This process takes a full day for a reporter to complete, and sometimes

they would have difficulties getting the footage they needed. I was amazed that it takes so much work and effort to create a ninety seconds news report. After two weeks it was time for me to create my own news report. I chose to do my news report on distracted driving. I wanted to know what impact distracted driving was having on Manitoba roads. I also wanted to know what students, who are about to get their drivers licenses, thought about distracting driving. I had to follow the same process as a real reporter to create this video. I had to schedule interviews, research topics, gather footage, write scripts, and of course, edit it all into a 90 second video. I had a lot of help and useful tips from the staff at City TV. The biggest thing I struggled with was writing my script. The video turn out very well and my mentor decided it was good enough to air on Breakfast Television, so it's set to air Thursday, December 1st.

- Adam Kolody

My name is Anna MacDonald and this is my third year in Met School. I have always had a passion for acting, and it wasn't until a few years ago that I realized I also had a passion for film. It is because of the Met School that I have had the chance to explore those passions. It was through my internships at Merit Motion Pictures and City TV that I realized I want to make documentaries. So this year I'm making my own documentary about political refugees who have settled in Winnipeg. What inspired me to make this documentary was my mother; she was a political refugee from Guatemala. She is such an inspiration to me and she is my hero, so I wanted people to hear, not only her story, but other's as well. I am going to interview a man from Ethiopia, a man from Burma, a man from Chile, and of course, my

mother. I'll be exploring the history of those countries, what happened to make those people become political refugees, and how their lives are now. I may have the whole year to do this, but just like in the real world, I have due dates to meet, and a clear time line to follow. So keep your eyes open, you might just see my documentary on Shaw TV, one day.

- Anna MacDonald



A Met student hard at work at internship

## Here, there and everywhere

Our students can be found on internships throughout Winnipeg. Some spots we currently occupy are:

- City TV/Breakfast Television
- Animal Hospital of Manitoba
- Regis Hair Salon
- Merit Motion Pictures
- S m a I I m a n Records
- Safety Bakery
- McPhillips Animal Hospital
- Oxfords Hair Salon
- Sid's Complete Car Care Centre
- City of Winnipeg Animal Services
- Paradise Found Art Academy
- Manitoba Children's Museum
- Ronald McDonald House
- Ecole Seven Oaks Middle School

### Seven Oaks School Division Board of Trustees

Bill McGowan (Ward II) . . . . .	694-0808
Evelyn C. Myskiw (Ward I) Chairperson. . . . .	339-1242
Edward P. Ploszay (Ward III) Vice-Chairperson. . . . .	339-1260
Claudia Sarbit (Ward III) . . . . .	339-8758
Teresa Jaworski (Ward III) . . . . .	334-3063
Richard Sawka (Ward III) . . . . .	338-1199
Ric Dela Cruz (Ward II) . . . . .	694-5692

Derek Dabee (Ward II) . . . . .	779-6101
Socorro (Cory) Juan (Ward II) . . . . .	694-8517

Ward I - West St. Paul  
 Ward II - Maples, Riverbend  
 Ward III - Garden City, West Kildonan

note: all phone numbers provided  
 are home phone numbers

Website: [www.7oaks.org](http://www.7oaks.org) Telephone Number: 586-8061

# JANUARY, 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	<b>WINTER BREAK SCHOOL CLOSED</b>					7
8	9 – Day 5 <b>CLASSES RESUME</b>	10 – Day 6 Gr.7 Basketball Girls @ WSP (3:30-5:30 p.m.)	11 – Day 1 Divisional Basketball @WSP (4-6 p.m.)	12 – Day 2 Gr.8 Basketball Girls @ EP (3:30-5:30 p.m.)	13 – Day 3	14
15	16 – Day 4 Gr.6 Basketball Girls @ AEW Boys @ WSP (3:30-5:30 p.m.)	17 – Day 5 Gr.7 Basketball Girls @ AEW (3:30-5:30 p.m.)  <b>PAC MEETING</b> 7:00 p.m.	18 – Day 6 Divisional Basketball @WSP (4-6 p.m.)  PIZZA DAY	19 – Day 1 Gr.8 Basketball Girls @ WSP (3:30-5:30 p.m.)	20 – Day 2	21
22	23 – Day 3 Gr.6 Basketball Girls @ WSP Boys @ ESOMS (4-6 p.m.)	24 – Day 4 Gr.7 Basketball Girls @ ESOMS (3:30-5:30 p.m.)	25 – Day 5 Divisional Basketball @WSP (4-6 p.m.)	26 – Day 6 Gr.8 Basketball Girls @ WSP (3:30-5:30 p.m.)	27 – Day 1	28
29	30 – Day 2 Immunizations Gr.4 Students & Gr.6 Girls  Gr.6 Basketball Girls @ OVJ Boys @ ELWICK (4-6 p.m.)	31 – Day 3				

## 2011-2012 IMPORTANT DATES AT A GLANCE...

Jan 9	Classes Resume
Jan 17	PAC Meeting - 7:00 p.m. - All are welcome! Free childcare provided.
Jan 30	Immunizations - Gr. 4 Students & Gr.6 Girls
Feb 3	PD Day - <b>NO SCHOOL</b>
Feb 20	Louis Riel Day - <b>NO SCHOOL</b>
Feb 23-24	Middle Years Winter Activity Days
Feb 27	2012-2013 Kindergarten Registration begins
Mar 9	PD Day - <b>NO SCHOOL</b>
Mar 16	Parent/Teacher Conferences - <b>NO SCHOOL</b>
Mar 26 – Mar 30	Spring Break - <b>SCHOOL CLOSED</b>
Apr 6	Good Friday - <b>NO SCHOOL</b>
Apr 13	Grade 4 Science Camp
May 21	Victoria Day - <b>NO SCHOOL</b>
Jun 29	Last day of Classes - <b>EARLY DISMISSAL</b>

The newsletter for the month of **JANUARY** is now available on our website: [www.7oaks.org/school/weststpaul/Pages](http://www.7oaks.org/school/weststpaul/Pages)



# JANUARY




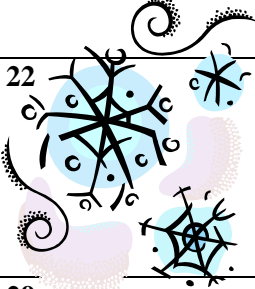
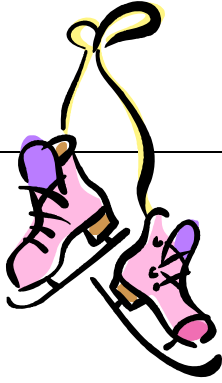

WEST ST. PAUL COMMUNITY SCHOOL

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	PARENT/CHILD PROGRAMS			6	7 
8	9 Parent/Child Storytime 9:00 – 10:30 a.m. 3 – 5 years	10 Parent/Child Rhymes & More 9:15 – 10:30 a.m. 0 – 5 years	11 	12	13 Parent/Child Drop-In 9:00 – 11:00 a.m. 0 – 5 years	14
15 	16 Parent/Child Storytime 9:00 – 10:30 a.m. 3 – 5 years	17 Parent/Child Rhymes & More 9:15 – 10:30 a.m. 0 – 5 years Dad's Program 6:15 – 7:00 p.m.	18	19	20	21
22	23 Parent/Child Storytime 9:00 – 10:30 a.m. 3 – 5 years Bird's Hill Park Interpreter	24 Parent/Child Rhymes & More 9:15 – 10:30 a.m. 0 – 5 years Dad's Program 6:15 – 7:00 p.m.	25	26 	27 Positive Discipline Parenting Program 9:00 – 11:30 a.m. Victory School Free Childcare. Registration required.	28 
29	30 Parent/Child Storytime 9:00 – 10:30 a.m. 3 – 5 years	31 Parent/Child Rhymes & More 9:15 – 10:30 a.m. 0 – 5 years Dad's Program 6:15 – 7:00 p.m.				

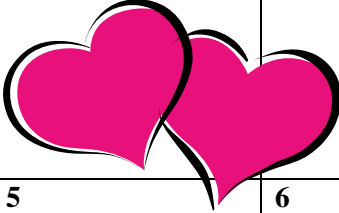
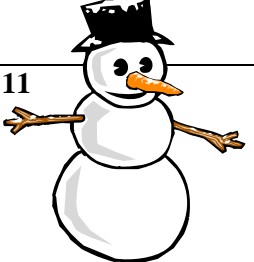
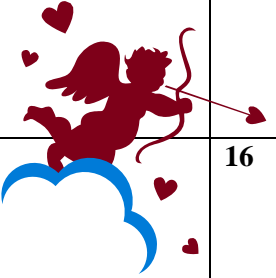
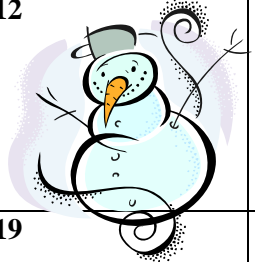



2012



# FEBRUARY



**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	
		<b>PARENT/CHILD PROGRAMS</b>				<b>3</b> <b>Parent/Child Drop-In</b> 9:00 – 11:00 a.m. 0 – 5 years	<b>4</b> 
<b>5</b>	<b>6</b> <b>Parent/Child Skating/Gym</b> 9:00 – 10:30 a.m. 3 – 5 years <b>SUNOVA CENTRE</b>	<b>7</b> <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.	<b>8</b> 	<b>9</b>	<b>10</b> <b>Positive Discipline Parenting Program</b> 9:00 – 11:30 a.m. Victory School Free Childcare. Registration required.	<b>11</b>	
<b>12</b> 	<b>13</b> <b>Parent/Child Skating/Gym</b> 9:00 – 10:30 a.m. 3 – 5 years <b>SUNOVA CENTRE</b>	<b>14</b> <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.	<b>15</b>	<b>16</b>	<b>17</b> <b>Positive Discipline Parenting Program</b> 9:00 – 11:30 a.m. Victory School Free Childcare. Registration required.	<b>18</b>	
<b>19</b>	<b>20</b> Journée <b>Louis Riel Day</b> 	<b>21</b> <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.	<b>22</b>	<b>23</b>	<b>24</b> <b>Positive Discipline Parenting Program</b> 9:00 – 11:30 a.m. Victory School Free Childcare. Registration required.	<b>25</b> 	
<b>26</b>	<b>27</b> <b>Parent/Child Skating/Gym</b> 9:00 – 10:30 a.m. 3 – 5 years <b>SUNOVA CENTRE</b>	<b>28</b> <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.	<b>29</b>	<i>Winter</i> 		<b>30</b>	

**2012**



## JANUARY INFO

**Come and participate @ KYAC and enter your chance to WIN JETS TICKETS!  
(Feb. 17<sup>th</sup> vs Boston and/or March 5<sup>th</sup> vs Buffalo)**

**\*rules/regulations @ kyac locations, draw eligibility between December and March\***

**Governor Semple → Now open to ALL KYAC participants!!  
FREE All school year long!**

**Guitar Program with Ashley continues through January – Thursday nights  
@ ESOMS from 6-8pm in the Band Room  
KYAC RESUMES NORMAL HOURS ON JANUARY 9<sup>th</sup> 2012!**

**Register w/ KYAC - Email us [kyac@7oaks.org](mailto:kyac@7oaks.org) for more details!\*\***

ALL ARE WELCOME!

\*\*Subject to cancel if there are not enough participants\*\*

Check out our website: <http://www.7oaks.org/Programs/KYAC/Pages/default.aspx>

**‘Like’ our page on facebook, search KYAC  
Follow us on twitter → @kyac7oaks for daily updates**

For more information, contact Pierre Feng, KYAC Program Coordinator, at 586-0327 or  
by email at [pierre.feng@7oaks.org](mailto:pierre.feng@7oaks.org).



**FREE**

*"Activities in Community Places"*

Everyone is invited to get **"in motion"** with **Seven Oaks Healthy Living** this winter! All ages are welcome to join in the Open Gym times on the schedule below (equipment provided).

**All activities are offered FREE of charge**

Day	Location	Time Slot	Activity
Thursdays	Elwick School	6 p.m. – 8 p.m.	Open Gym (all ages)
10 weeks Starting October 11!	30 Maberley Road	<u>Students may not attend without parents!!</u>	
<u>Adults Welcome!</u>			

**Join us for Skating every Tuesday at Elwick from 4 – 6pm  
starting January 9th!  
Free giveaways for new participants!**

For more information call Evan @ 938-5707

Free Snacks and information every week from Jan 2012 to Spring Break.





# West Kildonan Collegiate

101 Ridgcrest Avenue  
Winnipeg, MB R2V 4T6



Gerry Corr, Principal  
Rhonda Youell, Vice Principal  
Janice Hill, Vice Principal

Telephone: (204) 339-6959  
Email: [westk@7oaks.org](mailto:westk@7oaks.org)  
Fax: (204) 334-7116

Our Goals are Student Engagement & Student Learning

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January 2012

Dear Families,

Seven Oaks School Division has contracted the services of Addictions Foundation Manitoba in each of our three high schools over the past year. At this time we would like to provide an information session to help inform families about the supports available through AFM counselling. Thus we would like to invite you to a Parent Information Evening on:

## **ALCOHOL and OTHER SUBSTANCES**

Wednesday, January 25, 2012  
7:00 pm in our MRC/Library.

Please join our Addictions Foundation counsellor, [Nick Davis-Peters](#), as he hosts a presentation and conversation including the following topics:

- Why kids experiment
- Most commonly used substances amongst youth
- Current trends of concern
- Parenting prevention tips
- Warning signs

Please RSVP to our school secretary no later than January 24th either by phone at 339-6959 or by email [shelley.smith@7oaks.org](mailto:shelley.smith@7oaks.org). We promise you a very thought provoking and informative evening.

We look forward to seeing you.

Sincerely,

Gerry Corr  
Principal