



# WEST ST. PAUL SCHOOL COMMUNITY NEWSLETTER

## JANUARY, 2013

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

### PIZZA DAYS

January 16

January 30

February 13

February 27

March 6

March 20



### HOT LUNCH

January 23

February 6

February 20

### Upcoming Events

- PAC Meeting in the Library  
January 15 - 7:00 p.m.
- PD Day - NO SCHOOL  
January 21
- Immunizations - Dose #2  
January 22
- PD Day - NO SCHOOL  
February 4
- Louis Riel Day - NO SCHOOL  
February 18
- Optimist Band Festival  
February 19-22
- Middle Years Activity Days  
February 21-22

Welcome Back to a New Year of learning. Children are happy to be back into routines and excited for new things to learn.

Every year, we practice our emergency drills - ten fire drills, a "lock down" and an evacuation drill. We do these things as preparedness for extenuating circumstances. Yet we know that no matter how we prepare, there are some things for which we can never anticipate or prepare. If you have a child who is anxious or upset about these kind of things, please let us know and we can have our school psychologist and/or guidance counselor work with them.

We have had many parents ask us, "What should we tell our children about the unspeakable events that happened at the school in Connecticut?" The following tips for talking with your son or daughter, depending upon his/her age, may be helpful to you. Dr. Michael Thompson from the National Association of School Psychologists provides the following suggestions:

What Parents Can Do:

- ◆ Focus on your children. Tell them you love them and try to help them understand what has happened, keeping in mind their developmental level.
- ◆ Make time to talk with your children. Remember that if you do not talk to your children about this incident, someone else may. Take some time and determine what you wish to say.
- ◆ Maintain a "normal" routine. To the extent possible, stick to your family's normal routine for dinner, chores, bedtime, etc., but don't be inflexible.
- ◆ Spend extra time reading or playing quiet games with your children before bed. These activities are calming, foster a sense of closeness and security, and reinforce a sense of normalcy.
- ◆ Safeguard your child's physical health. Stress can take a physical toll on children as well as adults. Make sure your children get appropriate sleep, exercise, and nutrition.

These are great strategies for any kind of stress that children or families might be experiencing. Please talk with your child's teacher if you are concerned about your child.

We have lots of things on the go for the next few months. We have an Artist in the School who will be working with classes incorporating literacy and music through rap music, the Grade 7 & 8 students will be working on provincial assessments and Winter Activity Days. We are fielding five Middle Years Basketball teams, and we are having two in-service days to work on using the SMARTBOARD Math tools and supporting children with hearing loss.

Please remember to have your children dressed for the weather. We go outside every day unless the windchill is -27 or colder. Please check on the radio to see if there are bus cancellations. These happen if the windchill is -45 or colder. A reminder that if school busses do not run in the morning, they also do not run after school, even if the weather has improved during the day.

A final reminder to please call the school if your child will be absent or late.

Our **JANUARY** newsletter is now available for viewing on our school website.  
Please visit [www.7oaks.org/school/weststpaul/Pages](http://www.7oaks.org/school/weststpaul/Pages)

Portrait Art done by West St. Paul students was displayed at the Seven Oaks School Division offices in December.



## PARENT ADVISORY COUNCIL

Please join us on Tuesday, January 15, 2013 at 7:00 p.m.  
for the next PAC Meeting.  
Free childcare will be provided.

### West St. Paul (Sunova Centre)

#### Spring Sports Registration Dates

Saturday, February 23rd – 10 a.m. - 1 p.m.

Wednesday, February 27th – 5:30 - 8:30 p.m.

Saturday, March 2nd – 10 a.m. - 1 p.m.

Registration for Mini Soccer, 3/4 Field & Full Field Soccer, and Baseball/Softball

**NOTE:** Registration open to WEST ST. PAUL Residents ONLY

## FROM THE GYM...

### MIDDLE YEARS BASKETBALL - GAME SCHEDULE

GRADE 6 BOYS	GRADE 6 GIRLS	GRADE 7 BOYS	GRADE 7 GIRLS	GRADE 8 DIVISIONAL BOYS	GRADE 8 DIVISIONAL GIRLS
Jan. 14 at EP	Jan. 14 at WSP	Jan. 15 at OVJ	Jan. 15 at WSP	Jan. 16 at EP	Jan. 9 at EP
Jan. 28 at WSP	Jan. 28 at EP	Jan. 22 at WSP	Jan. 22 at HCA	Jan. 23 at ESOMS	Jan. 30 at ESOMS
Feb. 11 at WSP	Feb. 11 at LN	Jan. 29 at AEW	Jan. 29 at OVJ	Feb. 6 at LN	Feb. 20 at LN
Feb. 25 at Elwick		Feb. 5 at AEW	Feb. 12 at WSP	Feb. 13 at ESOMS	Mar. 6 at ESOMS
Mar. 4 at LN		Feb. 12 at Elwick	Feb. 19 at OVJ	Feb. 27 at ESOMS	

# MORE FROM THE GYM...

## Early Years Phys. Ed.

Happy New Year to all of our WSP school community families!

The new year in EY phys. ed. classes will begin with a quintessential Canadian activity...(floor) hockey! At the end of January, our Grades 4 & 5 students will also have an opportunity to go cross country skiing during gym classes. In February, students in Grades 1-5 will be invited to join our Jump Rope for Heart fundraiser. Students can earn prizes, the school earns equipment for the phys. ed. department and funds are raised for the Heart and Stroke Foundation of Manitoba. More information will be provided next month.

Our remaining divisional events this year are the Grades 4 & 5 Badminton tournament on March 21; Cross Country on May 8 (rain date is May 10) for Grades 3 - 5; WSP Track & Field on May 17 (rain date is May 21) for Grades 4 & 5; and the 7-Oaks Divisional T&F meet June 4 (rain date is June 6) for Grades 4 & 5.

All of our families are involved in youth sport at some point in time, but did you know that there is a Long Term Athlete Development strategy created by the Coaching Association of Canada? Please see the following website for more information regarding the 7 stages of LTAD.

[http://www.coach.ca/files/CAC\\_LTADFORPARENTS\\_JAN2012\\_EN.pdf](http://www.coach.ca/files/CAC_LTADFORPARENTS_JAN2012_EN.pdf)

**ATTENTION COACHES!** I would like to invite youth coaches of all sports to a free Long Term Athlete Development session on Tuesday, February 5, 7:15 - 8:30 p.m., at West St. Paul School (3740 Main Street). Sheldon Reynolds, Coach Education Coordinator at Coaching Manitoba will lead us through a discussion of LTAD and present practical activities that coaches can use with their athletes that enhance fundamental movement skills and speed development. Coaches need to dress properly for activities and email me to register ([richard.chin@7oaks.org](mailto:richard.chin@7oaks.org)). Coaches, please indicate what sport you are involved with and what age(s) your athletes are. I hope to see you there!

The following information was taken from the CS4L website... "Canadian Sport for Life (CS4L) is a movement to improve the quality of sport and physical activity in Canada. CS4L links sport, education, recreation and health and aligns community, provincial and national programming. LTAD is a seven-stage training, competition and recovery pathway guiding an individual's experience in sport and physical activity from infancy through all phases of adulthood. CS4L, with LTAD, represents a paradigm shift in the way Canadians lead and deliver sport and physical activity in Canada".

( <http://www.canadiansportforlife.ca/> )

R. Chin



## *UNESCO SCHOOLS Conference*

On December 10th, 11th, and 12th UNESCO held a conference at the University of Winnipeg for UNESCO schools not only in Canada, but from Germany and the United States. Fortunately, our school had a chance to participate, and sent a group of Middle Years kids. Rylee D., Hayley Z. Scott K., Victor S., Noah R., Hayley B., Paige F., Alysha B-H., Erlynn G., Hayley H., Alix Z. and Kennedy L. participated in the conference. Mr. Rempel and Miss Yeo also attended as there were professional development sessions for teachers, too. Alix and Kennedy were also Ambassadors for the conference . . . They were the student leaders and hosts for the three days. They did a great job.

This conference was dedicated to Malala who is a 15 year old girl fighting for the right of education. Malala was shot by the Taliban for wanting to go to school. Luckily, she is in the hospital and doing well. In the three days of the conference we didn't just learn about Malala, but we learned about the rights of a human, and how it affects us and others around us. We listened to speakers and did activities based around the declaration of human rights, that were not only about learning but having fun. Everyday, we had different speakers and different themes such as Identity, Diversity and Worldview, "Liberty and Equality", and "Freedom of Expression and Opinion".

After each speaker, we would break up into small groups called villages where people from different schools were put together to make a team. We got to know those people and spend time with them for three days. After all "it takes a village to raise a child." The conference included activities like interactive plays, a graffiti wall, clothes line activity, Rwandan dancing, performances, walking to the Manitoba Hydro building, and the Winnipeg Art Gallery. On the last day instead of meeting in villages we met with our school and talked about things we can do as a school to make a difference. We came up with goals to set for our school, made an action plan and then later shared with others. Within the three days of participating in the conference, we made friends, had fun, were inspired and learned how to make a difference.

It was a great opportunity and I am very excited for another opportunity like this. Erylnn G.



Back Row: Hayley B., Hayley H. Paige F., Erlynn G., Alix Z., Kennedy L., Alysha B-H., Noah R., Victor S., Mr. Rempel

Front Row: Miss Yeo, Hayley Z. Rylee D., Scott K.



# December Events

## PANCAKE BREAKFAST DECEMBER 21, 2012



Mrs. Moniz presents gifts and cards to Middlechurch Home for their *Santa for Seniors* program.



Carolling at the Millennium Library





On Thursday January 31st West St. Paul School's UNESCO group will be putting on a movie night. The movie will start at 6:00pm. As this is supper time for many people there will be an opportunity to pre-order pizza, a drink and popcorn. More information about the movie night will come home to families next week including the movie that will be featured.



Seven Oaks School Division, Educational and Clinical Support Services are pleased to offer a parenting group for parents who are looking for new strategies to help with their children. The program is designed for parents who have children between 2 and 12 years of age. During the group parents will learn about positive parenting approaches that aim to promote children's development and manage children's behaviour in a constructive and helpful way. The program will offer Triple P parenting strategies as well as other parenting approaches.



**Location:** Ben Zaidman Educational Resource Centre  
375 Jefferson Avenue

**Dates:** **Wednesday** Evenings: 6:00 to 8:00 p.m.  
January 23, 30, February 13, 20, 27, March 6, 13, 2013  
Final Session will be on **Thursday** March 21, 2013



**Registration:**

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Parent/s Name: \_\_\_\_\_

Address: \_\_\_\_\_

Telephone Number: \_\_\_\_\_

Children's ages: \_\_\_\_\_

Where did you learn about this program? \_\_\_\_\_

What school does your child or children attend? \_\_\_\_\_

You will be contacted prior to the start of the group to confirm your registration. If you would like further information in the meantime you can contact Shira Cohen or Lyana Hoydalo, Educational and Clinical Support Services at 582-3383.

**Please return this form to the school by January 14, 2013**

\*\*\*\* For office use only\*\*\*\*

School Secretaries, please fax the returned registration to the ECSS office, attention Shira Cohen and Lyana Hoydalo @ 582-6272 by January 15, 2013.

## PARENT/CHILD PRESCHOOL PROGRAM



Parent/Child Storytime

### MOTHERS, DO YOU WANT TO HAVE BETTER COMMUNICATION WITH YOUR DAUGHTERS?

Advancing Community Schools will be offering an 8 week program called

#### ***“Mothers and Daughters in Touch”***

It is designed for mothers and their daughters 9 -11 years of age.

The program uses different activities, some with moms and daughters together, some with them in separate groups. The *Mothers and Daughters in Touch* program focuses on skill building for both mother and daughter.

Some of the information covered will be:

- Learning to hear and respect each others feelings
- Developing strategies to deal with peer pressure
- Learning how to be an approachable parent
- Understanding the meaning of a healthy body image and what contributes to one.
- Gain knowledge and skills to cope with changes during puberty

**The weekly sessions are a time for the two of you to have some fun, uninterrupted time together and enhance the mother daughter relationship.**

**When:** Wednesdays - February 27, 2013 to April 24, 2013 6:00 – 8:00 p.m.

**Where:** École James Nisbet School – 70 Doubleday Drive

**Cost:** A commitment to your child that you will attend all 8 weeks to the best of your ability.

To register or for more information,  
please call Marielle at 204-633-8870 or Cheryl at 204-339-1964.

The group is limited to a maximum of 10 mother/daughter teams.

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

Administrators

Principal:

Cathy Horbas

Vice Principal:

David Ingram



# JANUARY, 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
<b>WINTER BREAK</b>						
6	7 – Day 1	8 – Day 2	9 – Day 3 <b>HOT LUNCH</b> Divisional Basketball Girls at EP (4-6 p.m.)	10 – Day 4	11 – Day 5	12
13	14 – Day 6 Gr. 6 Basketball Boys at EP Girls at WSP (3:30-5:30 p.m.)	15 – Day 1 Gr. 7 Basketball Boys at OVJ Girls at WSP (3:30-5:30 p.m.) PAC Meeting 7:00 p.m. Free childcare.	16 – Day 2 <b>PIZZA DAY</b> Divisional Basketball Boys at EP (4-6 p.m.)	17 – Day 3	18 – Day 4	19
20	21 – Day 5 <b>PD DAY NO SCHOOL</b>	22 – Day 6 <b>Immunizations Dose #2</b> Gr. 7 Basketball Boys at WSP Girls at HCA (3:30-5:30 p.m.)	23 – Day 1 <b>HOT LUNCH</b> Divisional Basketball Boys at ESOMS (4-6 p.m.)	24 – Day 2	25 – Day 3	26
27	28 – Day 4 Gr. 6 Basketball Boys at WSP Girls at EP (3:30-5:30 p.m.)	29 – Day 5 Gr. 7 Basketball Boys at WSP Girls at OVJ (3:30-5:30 p.m.)	30 – Day 6 <b>PIZZA DAY</b> Divisional Basketball Girls at ESOMS (4-6 p.m.)	31 – Day 1		

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

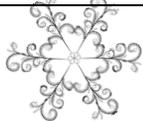
Jan 7	Classes Resume
Jan 15	PAC Meeting – 7:00 p.m. (Free childcare provided.)
Jan 21	Professional Development Day – <b>NO SCHOOL</b>
Feb 4	Professional Development Day – <b>NO SCHOOL</b>
Feb 18	Louis Riel Day – <b>NO SCHOOL</b>
Mar 15	Parent/Teacher Conferences – <b>NO SCHOOL</b>
Mar 25 – Mar 29	Spring Break – <b>SCHOOL CLOSED</b>
Apr 19	Professional Development Day – <b>NO SCHOOL</b>
May 6	Professional Development Day – <b>NO SCHOOL</b>
May 20	Victoria Day – <b>NO SCHOOL</b>
June 24	Professional Development Day – <b>NO SCHOOL</b>
June 28	Last Day of Classes – <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. Please visit our website frequently for updates: [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
		<b>WINTER BREAK</b>				
	<b>6</b> Parent/Child Storytime 9:00 – 10:30 a.m. 3 – 5 years	<b>8</b> Parent/Child Rhymes & More 9:15 – 10:30 a.m. 0 – 5 years	<b>9</b>	<b>10</b> Hans Kai 9:15 – 11:15 a.m.	<b>11</b> Parent/Child Drop-In 9:00 – 10:30 a.m. 0 – 5 years	<b>12</b> 
	<b>13</b>	<b>14</b> Parent/Child Storytime 9:00 – 10:30 a.m. 3 – 5 years	<b>15</b> Parent/Child Rhymes & More 9:15 – 10:30 a.m. 0 – 5 years PAC Meeting – 7:00 p.m. Free childcare provided.	<b>16</b>	<b>17</b>	<b>18</b> <b>19</b>
<b>20</b>	<b>21</b> Parent/Child GYM TIME 9:00 – 10:30 a.m.	<b>22</b> Parent/Child Rhymes & More 9:15 – 10:30 a.m. 0 – 5 years Dad's Program * 6:15-7:00 p.m.	<b>23</b>	<b>24</b>	<b>25</b> Parent/Child Yoga Kids 9:15 – 10:00 a.m. Playtime 10:00 – 10:45 a.m. 2 – 5 years Please register.	<b>26</b>
<b>27</b>	<b>28</b> Parent/Child Storytime 9:00 – 10:30 a.m. 3 – 5 years	<b>29</b> Parent/Child Rhymes & More 9:15 – 10:30 a.m. 0 – 5 years Dad's Program * 6:15-7:00 p.m.	<b>30</b> <b>PARENT/CHILD PROGRAMS</b>	<b>31</b>		

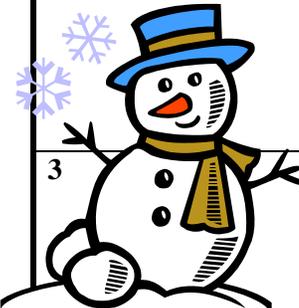
# 2013

Please call Cheryl at 204-339-1964 to register for Dad's Program.  
 Sorry...Yoga Kids is full.

West St. Paul School Website: <http://www.7oaks.org/school/weststpaul/Pages>

# FEBRUARY

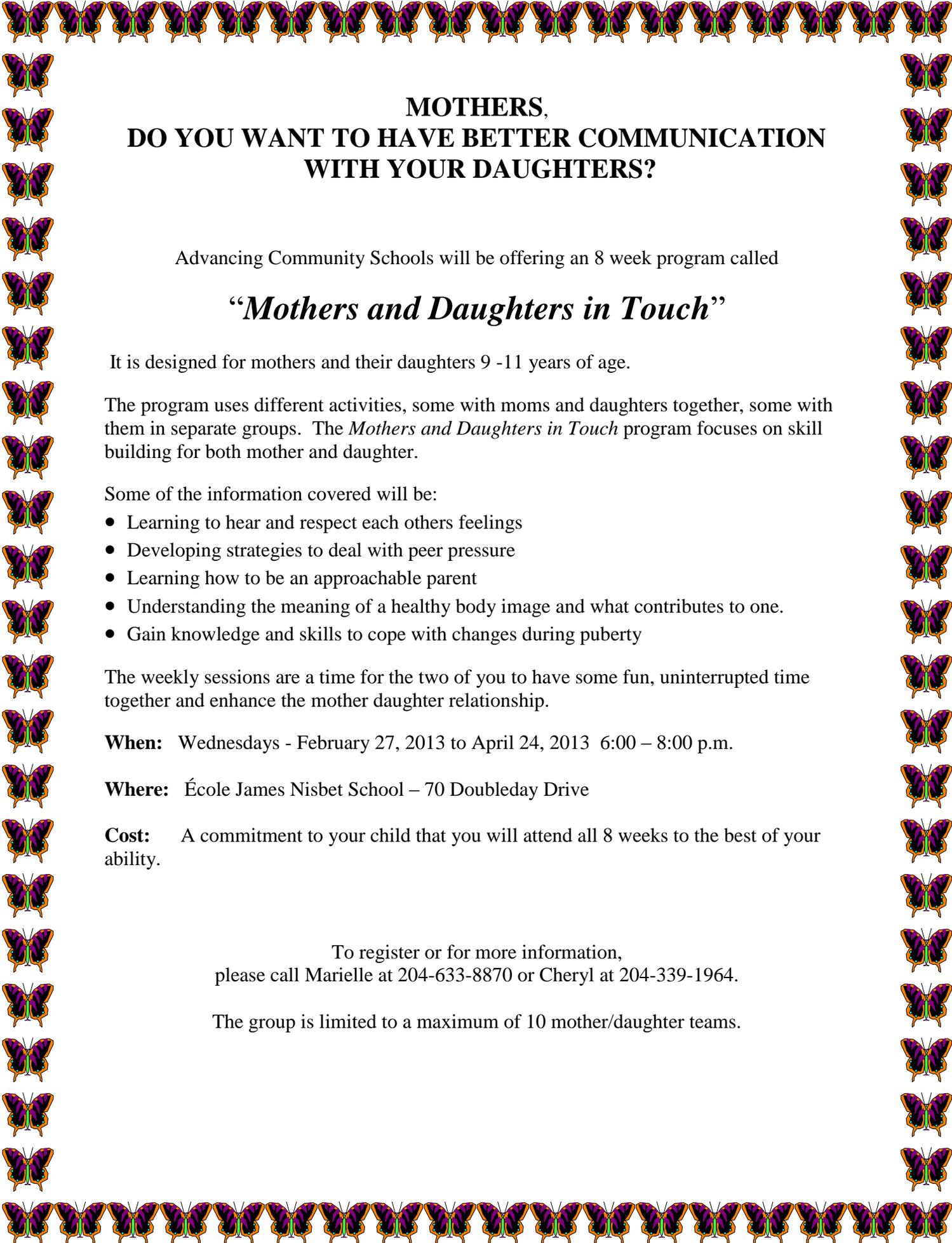
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Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3 	4 <b>PD DAY</b> <b>NO SCHOOL</b>	5 Skating/Gym Sunova Centre 9:00 – 11:00 a.m.  Dad's Program 6:15-7:00 p.m.	6	7	8 Parent/Child Yoga Kids & Playtime 9:15 – 10:45 a.m. 0 – 5 years	9 
10	11 Parent/Child Storytime 9:00 – 10:30 a.m. 3 – 5 years	12 Skating/Gym Sunova Centre 9:00 – 11:00 a.m.  Dad's Program 6:15-7:00 p.m.	13	14  Hans Kai 9:15 – 11:15 a.m.	15 Parent/Child Yoga Kids & Playtime 9:15 – 10:45 a.m. 0 – 5 years	16 
17 	18 <b>LOUIS RIEL DAY</b> <b>NO SCHOOL</b>	19 Skating/Gym Sunova Centre 9:00 – 11:00 a.m.  Dad's Program 6:15-7:00 p.m.	20	21	22 Parent/Child Yoga Kids & Playtime 9:15 – 10:45 a.m. 0 – 5 years	23
24	25 Parent/Child Storytime 9:00 – 10:30 a.m. 3 – 5 years	26 Skating/Gym Sunova Centre 9:00 – 11:00 a.m.  Dad's Program 6:15-7:00 p.m.	27	28 <b>PARENT/CHILD PROGRAMS</b>		

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SEVEN OAKS  
SCHOOL DIVISION  
*community begins here*



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