



West St. Paul School Community Newsletter

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JUNE, 2012 YEAR-END NEWS

Take Care of yourself, Take Care of each other, Take Care of this place.

It is always bittersweet to end a school year. Our Grade 8's are excited to move on to High School, yet they are sad to leave us (although they don't want us to know it!) We grow very fond of each other when we spend 6 hours (or longer) a day with each other. It seems like we are leaving a group of friends or moving away, when in fact, it is simply that we will not have this experience with this particular group of people in this particular way ever again. Some children will be quite emotional about "leaving" their teacher especially those who have spent two or three years with the same teacher. This is normal emotion. It will soon be replaced with the excitement of coming to a new group, with a new teacher to build different memorable moments.

We would like to take this time to thank our families for their unfailing support, volunteerism and help in building such a strong community. We invite you all to celebrate the end of the year with us at the final assembly on June 29th at 8:30 a.m.

We would like to thank the two staff members who will be leaving us this year. Mrs. Melissa Rioux will be moving to James Nisbet Community School, and Mrs. Glory Boyce will be moving to Edmund Partridge School. We wish them all the best in their new assignments!

Our Annual Report to the Community is complete and posted on the website. We hope that you will take the time to read it to acknowledge the wonderful year of learning and growing.

Finally, we would like to express our gratitude and thanks to all of you, teachers, students and parents for supporting our collective educational endeavour. We have a wonderful community and we feel very honoured and privileged to be the educational leaders here. We wish you and your family a restful and rejuvenating summer. Enjoy many wonderful family moments with your children.

Sincerely,

Mrs. Cathy Horbas, Principal
Mr. David Ingram, Vice Principal



We are so pleased to be able to share with you that after months of contacting various people involved with the military, West St. Paul School's 5000+ paper cranes are on their way to Kabul, Afghanistan this week!! The first leg of their journey will take them to Trenton, Ontario - home of the Highway of Heroes - where they will switch planes for their second leg, which will take them to Canadian military personnel serving in Kabul, as well as local citizens.

We would like to thank Minister of Defence, Mr. Peter McKay, for believing in our paper crane project and assisting us in healing those involved in this conflict.

Sincerely,
The members of Room 17

The following is an email Ms. Sharpe received from Mr. McKay regarding our paper crane project:

Dear Ms. Sharpe:

Thank you for your email of June 5, 2012, requesting assistance to send 5,500 origami peace cranes to Canadian Forces personnel and local citizens in Afghanistan.

It is my understanding that you have been contacted by Canadian Expeditionary Force Command personnel and have been able to make arrangements with 17 Wing Winnipeg to ship the origami peace cranes to Afghanistan. I trust that the arrangements are satisfactory and that the shipment will proceed smoothly.

I would like to take this opportunity to thank you and the students of the West St. Paul School for the interest you have shown in supporting our troops deployed abroad. Your kindness and continued support are truly appreciated.

Thank you again for writing.

Sincerely,
Peter MacKay
Minister of National Defence

FROM THE GYM...



Middle Years

A team of 32 West St. Paul students took part in the Provincial Track Meet at the University of Manitoba on June 9. The competition was very stiff! As one of the kids said "Man, those kids are good!" Congratulations to:

Nathan S. Kyle O. Julian G. Isabella G. Payton L. Destiny B. Michelle L.
Kaitlyn S. Meghan C. Brendan Z. Seth M. Carter B. Sage P. Kennedy L.
Alix Z. Erlynn G. Julia S. Ryden M. Andrew F. Cody M. Connor B.
Jordan K. Justin G. Chelsy J. Kalina G. Rosie G. Nicole P. Hayley W.

Our Track team also participated at the Seven Oaks Divisional Track Meet at West Kildonan Collegiate.

We had four Slo-pitch teams ready to participate in Divisional tournaments, but they were all rained out. We had our own Slo-pitch tournament at Sunova Centre on June 26th.

Our Marathon Club had a record number of runners participate in the Manitoba Marathon on June 17th. Congratulations to:

Cody M. Julian B. Hayley W. Hayley N.
Mr. Isaak Mr. Zylstra Brandon R.,



Early Years Phys. Ed.

On June 20, we got to watch four badminton players who did a demonstration for us. They were fantastic! They hit the birdies so hard, their racquets were "toast" by the end of the demonstration. They hit the birdies so hard, it made a smacking noise. Jaden D. from Grade 2 played with his Dad. It was cool!

The West St. Paul track team was absolutely awesome at the Divisional Track and Field meet. They also did fantastic at the Cross Country Run at Little Mountain Park. Everyone had a better time than they did in the Fall. There were a lot of grey Wildcat t-shirts that came across the finish line in the top spots!

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JUNE FUN



Miss Yeo's class has been working on musical compositions all year with Ms Stockton. Last week, they took their compositions "busking style" to The University of Winnipeg and Old Market Square. They finished their field trip with a Flash Mob dance at Winnipeg Square.



Mr. Bencharski's and Mr. Rempel's classes enjoyed a day of racing at Grand Prix Amusements.



Our two Kindergarten classes had two amazing days - one at the Zoo and one at the Living Prairie Museum.



FASHION WEEK IN GRADE 6



FAMILY NIGHT IN GRADE 3



A Summer Nature Challenge

Do you and your family do things in nature in the summer? Do you watch animals in their natural habitat? We would like you to take a picture of your summer nature adventures. We have been talking a lot about taking care of nature and are hoping to make a book of West St. Paul students and their families taking care of nature.

If you take a picture of something cool in nature over the summer, or take a picture of you in nature, please email it to the school - cathy.horbas@7oaks.org or david.ingram@7oaks.org. We will be collecting them, writing about them and making a book in the fall.

Have a great summer with nature!

Amanda M.

MedicAlert's No Child Without Program is at Our School

The ***No Child Without*** program offers a free MedicAlert membership to students who attend our school and are between the ages of 4 up to their 14th birthday. If your child has a medical condition, allergy or is required to take medication on a regular basis then you should consider a MedicAlert membership through this program.

MedicAlert is your child's voice in an emergency,

MedicAlert membership;

- Gives emergency first responders immediate access to a your child's medical information on their MedicAlert bracelet or necklace.
- Enables first responders to quickly obtain up to date medical information by means of the child's Electronic Health Record through the **24 Hour Emergency Hotline**.
- Communicates with the parent or emergency contact upon activation of the **Hotline**
- Allows free updates of the child's medical recorded, as needed

MedicAlert identification can alert school staff, friends, coaches and others about your child's medical condition should an emergency occur.

For further information come to the office for a brochure or go to www.nochildout.ca.

To register your child you will need a ***No Child Without*** brochure from the office.

If your child is already part of the ***No Child Without*** program and there have been changes to their medical condition, medications or emergency contact information, call MedicAlert at 1-866-679-3220 Ext 1 to update your child's file.

Grade Eight Fundraising



The 2012-2013 Grade 8 class will be raising money this September by selling the Show & Save Card and Coupon Book.

The Coupon Book has over \$10,000 in money-saving offers including coupons for purchases at various grocery stores, restaurants and businesses throughout the city. For only \$15 you can experience endless savings with the Re-usable Card and Coupon Book.

By purchasing your Show & Save from us, you will be supporting our group while at the same time saving your family a lot of money.

Balanced School Day Comes to West St. Paul School

The staff of West St. Paul has been researching and discussing the Balanced School Day for the upcoming 2012 – 2013 school year. We had staff do visitations at schools where the Balanced School Day has been implemented and we had a PD Day devoted to the research and implications of what it would mean for our West St. Paul students. At all stages of our discussions and in our PD Day, we have included members of the Parent Advisory Council. After all this discussion, we have decided to implement the Balanced School Day for next fall.

What is the Balanced School Day? Basically, it means that the school day will be divided into three sections (currently we have four).

- Three long instructional blocks
- Two nutrition breaks
- Two outdoor activity blocks

Why would we do this?

- This schedule allows for more instruction time with fewer interruptions.
- The schedule allows for longer lessons to continue without interruption.
- We can structure time in an integrated way while maintaining flexibility.
- Children concentrate and learn better when they eat well.
- The foods eaten during the first break provide the key nutrients for an active day.
- Children are not as hungry at the end of the day.

Research tells us those students who have a more regulated blood sugar level and who eat well:

- Perform better academically.
- Are absent and late less often.
- Function better behaviourally and emotionally.
- Have less anxiety, depression, and hyperactivity.
- Are more ready to learn.

We are looking forward to trying this new schedule in the fall. More information will come in September. We will be putting together a nutrition package for families that will help you consider how food planning can support your children.

What's a good approach to building a healthy snack and lunch?

Step one: Think **food groups**. Aim to have at least three of the four food group represented in your child's lunch. Check out Canada's Food Guide to review the food groups.

Step two: Think outside the sandwich! Get creative when choosing items for your child's snack and lunch by changing something as simple as the type of grain. For example, using pita, flatbread, tortilla, or cereal instead of bread can make snacks and lunches more interesting for your child. You may even want to write up a simple chart to brainstorm different options. Here are some ideas to get you started. Mix and match the options in the different columns to get a variety of meals.

Veggies and Fruit	Grain Products	Milk and Alternatives	Meat and Alternatives
Pepper strips (red, green, yellow)	Tortillas, flatbread, or pita bread	Fruit yogurt or soy yogurt	Hard cooked egg
Peas in a pod or snow pea pods	Cold or hot cereal*	Yogurt dip (tzatziki) for veggies	Tuna, salmon or chicken salad flavoured with: curry, onions, light mayo, pickles, apples, walnuts, or dill
Baby corn	Bread sticks	Milk or fortified soy beverage*	Ham slices
Cherry tomatoes	Oatmeal muffins	Cheese cubes, string or slices	Hummus (tahini and ground chickpea dip)
Melon balls	Rice cakes	Cheese-filled pasta (cannelloni, ravioli)*	Refried or baked beans
Cauliflower and broccoli trees	Whole grain crackers	Cottage or ricotta cheese cups	Almonds or sunflower seeds

* Foods that need to be kept cold or hot can be packed into a thermos to keep the food at a safe temperature. Cold foods can also be stored with an ice pack or frozen juice box.

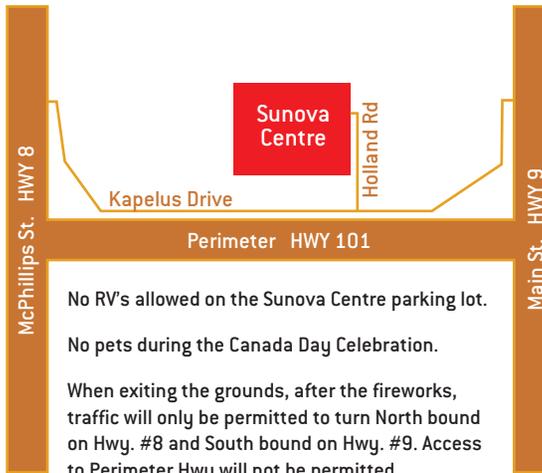
WONDERFUL West St. Paul



**This Event is Proudly
Sponsored by the
West St. Paul Canada Day
Committee, West St. Paul
Fire Department,
West St. Paul Council,
and Wonderful
West St. Paul.**



Map to the Sunova Centre



No RV's allowed on the Sunova Centre parking lot.

No pets during the Canada Day Celebration.

When exiting the grounds, after the fireworks, traffic will only be permitted to turn North bound on Hwy. #8 and South bound on Hwy. #9. Access to Perimeter Hwy will not be permitted.

Please remember, this is a family orientated event.

There will be no assigned seating and very limited bleacher seating during the RCMP Musical Ride.

Individuals wishing to view the Musical Ride should bring their own lawn chair or be prepared to stand.

We have limited on site parking, additional parking will be available off site so please be prepared to walk.

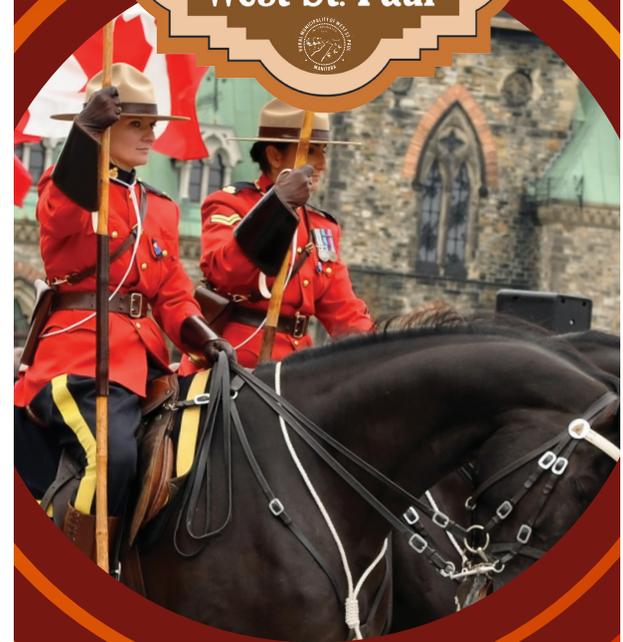
A family drop off loop will be available.



West St. Paul - Sunova Centre



WONDERFUL West St. Paul



RCMP Musical Ride Celebrates Canada Day August 6th, 2012

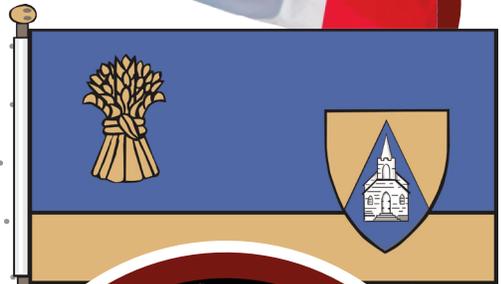
• West St. Paul Sunova Centre •

**All events are
at the West St. Paul
Rec Site - Sunova Centre**

Time Entertainment

9:00 -11:00	Pancake Breakfast
10:45 -11:00	Children's Bike Parade
11:00 - 1:30	Children's Arcade, Horse Rides
12:00 - 10:30	Family BBQ, Silent Auction and 50/50
Noon to Dusk	Helicopter Rides
1:00	Cribbage Tournament (sign up at 12:30)
1:00 - 2:30	Squire Lawrie
1:00 - 4:00	Kids Inflatables and Air Brush Tattoos
2:00 - 2:30	Ashlee Bart and Local Band (Folk Singer from West St. Paul)
2:00 - 4:00	Face Painting, Petting Zoo and Clowns
3:30 - 4:00	St. Andrews Pipe Band
4:00 - 4:30	Cake Cutting/Dignitaries/O Canada (Ashlee Bart to Sing)
5:00 - 6:00	RCMP Musical Ride
6:00 - 6:30	Children's Candy Scramble
6:30 - 7:00	Fubuki Daiko Japanese Drumming
7:15 - 7:45	Just Kiddin
8:00 - 8:30	David Pestrak (Country Singer from West St. Paul)
8:45 - 9:30	Hammerboxx Band
9:45 - 10:30	A Whole Lotta Angus
10:30 - 10:45	Silent Auction Draws
10:45	FireWorks

**Don't Miss
Ashlee Bart and
Local Band**



**Rain or
Shine**

Fireworks!
starting at
10:45pm