



# West St. Paul School Community Newsletter

## MARCH, 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 PARENT INFORMATION NIGHT

Our Kindergarten information evening for parents and caregivers will take place on Wednesday, March 21st 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 who 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 in the school Library.

Thank you!



Ms Carpenter (Kindergarten Teacher)  
Ms Rajfur (Community Coordinator)  
Ms Robertson (Early Learning Support Teacher)



Welcome Back, Terry Bilyk! Mr. Bilyk was a vice principal at West St. Paul School who is now retired. The grade fives invited Mr. Bilyk to return to West St. Paul School to do what he does best: teach children authentically and lovingly, and share his love of SCIENCE with all around him!!! For two wonderful days, Ms. Arjoon's and Miss Sharpe's classes had the opportunity to learn all about *Weather* - measuring it and forecasting it. The children can tell you for themselves what they gained from this experience...

"It's really cool that he wrote a textbook." - Noah D.

"Both Grade 5 classes want Mr. Bilyk back." - Maguire C.

We measured air pressure, wind direction and moisture in the air.


His projects were fun to make, especially the cloud charts.





## 2011-2012

### IMPORTANT DATES

|                     |   |
|---------------------|---|
| March 9             | Professional Development Day ~ <b>NO SCHOOL</b>   |
| March 15-16         | Brandon Jazz Festival ~ Grade 8 Band  |
| March 16            | Parent/Teacher Conference ~ <b>NO SCHOOL</b>  |
| March 20            | PAC Meeting ~ 7:00 p.m.   |
| March 21            | Kindergarten Parent Information Night ~ 6:15 p.m.   |
| March 21-22         | Red Cross Babysitting Course ~ Grade 6  |
| March 26 - March 30 | Spring Break ~ <b>SCHOOL CLOSED</b>   |
| April 6             | Good Friday ~ <b>NO SCHOOL</b>  |
| April 10            | PAC Meeting ~ 7:00 p.m.   |
| April 13            | Grade 4 Science Camp  |
| April 20            |  Professional Development Day ~ <b>NO SCHOOL</b> |
| April 27-28         | 30 Hour Famine ~ Grade 8  |
| May 3               | Lifetouch Spring Photos & Bus Evacuation Practice   |
| May 8               | PAC Meeting ~ <b>Annual General Meeting</b> ~ 7:00 p.m.   |
| May 14              | Grade 5 Arts Camp   |
| 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)



On Monday, January 16th, 2012 our West St. Paul Grade Eight band played at the MTS Centre. We performed our national anthem at the 3rd Annual Boston Pizza/ Winnipeg Ringette League All Star Games and Skills Competition. There were 21 of us playing O Canada on flutes, clarinets, saxophones, trombones, tuba and drums while three of us sang. It was a great opportunity for us to get out and play in a famous local venue.

# FROM THE GYM...



## MIDDLE YEARS BADMINTON - Games start the week of March 19th

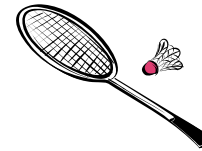
Grade 6 - Games on Mondays; Practices on Thursdays

Grade 7 Doubles - Games on Tuesdays; Practices on Wednesdays

Grade 7 & 8 Singles - Games on Wednesdays; Practices on Tuesdays

Grade 8 Doubles - Games on Thursdays; Practices on Tuesdays

Game locations will be announced at a later date. Practices will be held after school on the days noted until late buses.



## Goldeyes School Day Game

*The Winnipeg Goldeyes have scheduled two School Days for the 2012 season. West St. Paul students have the opportunity to see one of these baseball games on May 31st at 11:00 a.m. School Day ticket prices will be \$12 per ticket. School busses will pick up students from school at 10:00 and will return them to the school for end of day busses.*

A permission slip has been sent home with students. If your child is interested please fill out the bottom portion and return by **Friday, March 9th**. Students will not be allowed to go unless this form and money are 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 (339-1964) if you have any questions or need further information.

## Early Years Phys. Ed.

Recently, our grade 4 and 5 students were able to try cross country skiing...many of them for the first time. We got lucky on the long weekend and received some snow, and we also had mild temperatures for our gym classes. On March 23, our Healthy Schools committee has planned a special Healthy Mind, Body & Relationships event in the morning. We have several different sessions planned such as yoga, karate, origami and cooking! All students (K-8) will participate and each activity will have groups of students from different grades.



Our remaining Early Years special events are:

Badminton Tournament - Tuesday, March 20 - Grades 4 & 5 at Maples Collegiate

WSP Track & Field - May 22 (rain date May 24) - Grades 4 & 5 at West Kildonan Collegiate

7 Oaks Divisional Track & Field - June 5 (rain date June 7) - some Grades 4 & 5 at WK Collegiate

Tabloid Activities - Morning of June 26 (rain date June 28)



### PAC meetings dates...

#### 2012

March 20

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.

#### FREE

#### Boys & Girls YOUTH CRICKET

Ages 6 to 16

Fun lessons and games every Sunday

Garden City Collegiate Gym

10 a.m. to 1 p.m.

BRING A FRIEND

### 2012 WSP School Christmas Craft and Bake Sale

The Craft Sale will continue this year with the following sub-committees:

- Crafter Contact
- Advertising
- Set-up/Supply Purchaser
- Silent Auction/Door Prize
- Baking Coordinator
- Overall Coordinator

PAC is currently searching for volunteers to head up these committees. Please call the school (339-1964) and leave your name and phone number. You will be contacted by a PAC member.

### WSP SPRING SPORTS REGISTRATION

Wednesday, March 7th - 5:00-8:00 p.m.

Saturday, March 10th - 1:00-4:00 p.m.

Mini Soccer (Born 2008-2004) — Full-field Soccer  
Baseball — Softball

Registration forms available online at [www.weststpaul.com](http://www.weststpaul.com)  
Print out and fill out two forms and bring them with you to one of the registration days.

SUNOVA CENTRE - 48 Holland Rd. - 336-0294

[recreation@weststpaul.com](mailto:recreation@weststpaul.com)

A big THANK YOU to the Garcea Family and S & J Construction who provided the manpower and equipment to move our landscaping boulders at no cost to the school.





# MIDDLE YEARS ACTIVITY DAYS



# MIDDLE YEARS ACTIVITY DAYS





# Wee be Jammin'



Riverbend and West St. Paul Advancing Community schools invite families with children 2 - 6 yrs. old to come "jam" with us. Sonya from Wee Be Jammin will be sharing the gift of music with families through movement, active participation and hands on opportunities with various instruments.

Please join us Thursday evenings, 6:00 - 7:00 p.m. at West St. Paul school April 5, 12, 19 and 26<sup>th</sup>, 2012.

Space is limited to 15 children. Please register early to avoid disappointment. Call Cheryl at 339-1964 or Marianne at 226-3228.

## Wee Be Jammin' Registration

Parent \_\_\_\_\_

Child(ren) \_\_\_\_\_

Email \_\_\_\_\_

Phone number \_\_\_\_\_

## Hop into spring break at Oak Hammock Marsh!

From March 26 – 30, have fun participating in daily themed activities at Oak Hammock Marsh Interpretive Centre or register for one or all of our day camps. Camp runs daily from 9 a.m. to 4 p.m. and is for children ages 6 to 9. Camp is filled with fun indoor and outdoor themed activities that may include scavenger hunts, animal tracking, outdoor cooking and nature crafts. For more information on daily themes or to register a camper please visit: <http://www.oakhammockmarsh.ca>, or call (204) 467-3300.

## APPLE APPS



Pearl Diver (Free) - Throw on your diving helmet, and head into the depths of the sea! Dive amidst shipwrecks and sunken ruins for the valuable pearls, maybe even the elusive black pearl. But watch out for that pesky electric eel!



Science 360 (Free) - The National Science Foundation's (NSF) Science360 for iPad provides easy access to engaging science and engineering images and video from around the globe and a news feed featuring breaking news from NSF-funded institutions.



StoryKit (Free) - Create an electronic storybook. Make use of the little gaps in life - on the sofa after dinner, in the back seat of the car, or on a train - to do something creative together.

# "I LOVE TO READ" MONTH



Chris Cvetkovic  
(#50) - Winnipeg  
Blue Bombers  
reading "Ruby's  
Hope".



Nancy Allen - Minister of Education  
reading "It's A Book".



Edie Wilde -  
Assistant  
Superintendent  
reading  
"Stanley's Little  
Sister".



Peter Bjornson -  
Minister of  
Entrepreneurship,  
Training & Trade  
reading "Angela's  
Airplane".



Heather Demetriooff - Associate  
Director of MB School Board  
Association reading "Parts"



Jim Krahn - School  
Bus Driver reading  
"Dog's Night"



Lydia Hedrich - Assistant Superintendant  
reading, "Woof, Meow, Tweet, Tweet"  
(book donated by Ms Hedrich)



## Show Your Colours Week - February 6-10, 2012

From February 6 to February 10 UNESCO put on 'Show Your Colours Week' to raise awareness for the following causes:

### **Bullying - Poverty and Homelessness - Racism and Discrimination - Child Labour/Abuse - Animal Rights**

Each day we wore a different colour to show our support to these causes. Facts and information were read during the announcements each day and many classes watched videos, read books and had discussions.

#### PINK DAY - Let's Stop Bullying

What are a few facts about bullying?

- As many as 70% of all young people have experienced some type of bullying.
- 1 million kids are bullied every week, inside and outside of school.
- Bullying is one of the biggest problems for children (and parents!) as they grow up.
- At least 20 children every year kill themselves because they are being bullied.



Do you think people want to be bullied? NO! It makes the person getting bullied sad. When we bully others, we hurt them either physically, emotionally or psychologically. People have a "bucket" and when they get bullied their bucket spills. We need to treat others the way we want to be treated.

Don't be afraid to stand up against bullying. We wear pink because one day a few years ago, a boy in a school in Nova Scotia got bullied because he was wearing a pink shirt. The next day, about 200 other kids in the school wore pink to show the bullies that their behaviour wasn't acceptable. Now that's standing up to bullying! In the words of Bob Marley, "Get Up, Stand Up, Don't Give Up the Fight!"



#### RED DAY - Child Labour/Abuse by Megan & Connor

Did you know that:

- 10 million children are working in factories in different countries around the world? That means that they aren't going to school, getting to play or have a normal childhood.
- Many thousands of children are being used as child soldiers in countries where there is war? Usually these children don't have parents and the soldiers become their "family".
- "Free the Children" is an organization that fights against Child Labour.
- Children in all countries are sometimes abused by parents, caregivers or other people they trust?

#### BROWN DAY - Poverty and Homelessness by Buneet and Emma

Did you know that 925 million people do not have enough to eat each day? That's more people than those that live in the United States!

- 22,000 children die each day due to conditions of poverty.
- Over 1.3 million people in developing countries live on \$1.25 a day or less.
- 1.7 billion people lack access to clean water.
- Half of the world's people that live in poverty are children. They don't deserve to live that way! Everyone deserves a place to call home.

Some of the books you can read about Poverty and Homeless are: Homelessness by Barry V. Cayne and Ruby's Hope by Hannah Taylor.



- Some of the books we can read on this topic are: *Iqbal's Story*, *A Long Way Gone*.

## PURPLE DAY - Racism and Discrimination Awareness

On Thursday, February 9<sup>th</sup> the staff and students at West St. Paul School were invited to come dressed in purple in order to increase awareness about racism and discrimination. During this day, students were provided with information and videos connected to racism and discrimination, and some also engaged in related activities. March 21<sup>st</sup> is the official International Elimination of Racial Discrimination Day according to the United Nations. Racism and discrimination is happening around the world because of skin colour, cultural backgrounds, style, gender, religion, and/or sexual orientation to name a few. Over 62 million human beings over the last 100 years have been tortured, subjugated and/or killed because of racism/discrimination...just because they are different. At West St. Paul we believe in "taking care"...taking care of ourselves, each other and this place. Since becoming a UNESCO Candidate School, we have incorporated the pillars of learning as part of our school beliefs: learning to know, learning to do, learning to be, and learning to live together. Because of our beliefs we strive daily to support children in 'taking care' and learning to be responsible, knowledgeable and accepting citizens not only in our school community but as social citizens of the world.



## BLUE DAY - Animal Rights

What are a few facts about animal welfare?

- In many circuses, wild and exotic animals are trained through the use of intimidation and physical abuse. Former circus employees have reported seeing animals beaten, whipped, poked with sharp objects and even burned to force them to learn their routines! Elephants who perform in circuses are often kept in chains for as long as 23 hours a day from the time they are babies.
- More than 25 million vertebrate animals are used in testing in the United States each year.
- By 2022, 22% of all species will be extinct if no action is taken.
- Dog fighting and cock-fighting are illegal in all 50 states in the USA. It is estimated that on average it takes 1,000 dogs to maintain a mid-sized racetrack operation. New greyhounds are continually entering the system to replace greyhounds that grade-off due to injury, age or poor performance. There are currently over 30 tracks operating in the United States.
- Tens of thousands of wild and domesticated horses from the United States are cruelly slaughtered every year to be used for horse meat in Europe and Asia. Since the last horse slaughter plants in the U.S. were closed in 2007, thousands of horses have been shipped to Canada and Mexico for slaughter.
- Neglect and abandonment are the most common forms of companion animal abuse in the United States.
- A fur coat is pretty cool - for an animal to wear! Eighteen red foxes are killed to make one fox-fur coat; 55 minks to make a mink coat.

Check Out This Video:

<http://www.dosomething.org/tipsandtools/11-facts-about-animal-cruelty>

As a UNESCO school we feel that Animal Welfare is important because animals play an essential role in our environment. Just because animals aren't humans they still have rights. Some people just kill animals for fun, which is just plain WRONG! If we don't care for animals and simply hunt for fun, then we can affect the food chain.



## From the Transportation Department

### City of Winnipeg Transit Pass

Convenient for students in Grades 9 – 12.

Tax Deductible.

Use as often or as little as you like.

Same price as the Seven Oaks school bus.

See the Transit website for more information:

[www.transitpass.ca](http://www.transitpass.ca) or [www.cra.gc.ca](http://www.cra.gc.ca)

Seven Oaks Transportation Department does not issue receipts for your student's school bus fees as the service is not a tax deductible expense.



This spring break, Manitoba Theatre for Young People is presenting *The Number 14*, one of Canada's most successful touring shows! A variety of interesting, funny, and just plain weird characters populate *The Number 14* bus. Masks, mayhem and peerless physical comedy delight all ages in this MTYP favourite.

Also, our theatre school offers one-week spring break camps for ages 5 - 12 from March 26 - 30. Campers will work with theatre professionals to build a show from the ground up in just five days.


Call 942-8898 or visit [www.mtyp.ca](http://www.mtyp.ca) for more information.



Lyra and Ava in Mrs. Moniz's Grade 1 class participate in "Twin Day".



# MARCH, 2012

| Sun                 | Mon   | Tue   | Wed   | Thu  | Fri   | Sat   |
|---------------------|---|---|---|--|---|---|
|                     |   |   |   | 1 – Day 6  | 2 – Day 1   | 3   |
| 4                   | 5 – Day 2<br><b>HOT LUNCH</b>                     | 6 – Day 3   | 7 – Day 4<br>Gr.7/8 Boys<br>Divisional Basketball<br>at WSP (4-6 p.m.)  | 8 – Day 5  | 9 – Day 6<br><b>PD DAY</b><br><b>NO SCHOOL</b>                  | 10  |
| 11                  | 12 – Day 1  | 13 – Day 2  | 14 – Day 3<br><b>PIZZA DAY</b>  | 15 – Day 4<br><b>BRANDON JAZZ FESTIVAL – GR.8 BAND</b> | 16 – Day 5<br>Parent/Teacher<br>Conferences<br><b>NO SCHOOL</b> | 17<br> |
| 18                  | 19 – Day 6<br>Gr.6 Badminton<br>at TBA (4-6 p.m.) | 20 – Day 1<br>Gr.7 Dbls Badminton<br>at TBA (4-6 p.m.)<br>EY Badminton<br>at Maples (5 p.m.)<br><b>PAC Meeting</b><br>7:00 p.m. | 21 – Day 2<br>Gr.7/8 Singles<br>Badminton at TBA<br>(4-6 p.m.)<br><b>Kindergarten Info</b><br>Evening 6:15 p.m.<br><b>Gr.6 Red Cross Babysitting Course</b> | 22 – Day 3<br>Gr.8 Dbls Badminton<br>at TBA (4-6 p.m.) | 23 – Day 4  | 24  |
| 25                  | 26  | 27  | 28  | 29   | 30  | 31  |
| <b>SPRING BREAK</b> |   |   |   |  |   |   |

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

|                 |   |
|-----------------|---|
| Mar 9           | PD Day - <b>NO SCHOOL</b>   |
| Mar 15 - 16     | Brandon Jazz Festival - Grade 8 Band  |
| Mar 16          | Parent/Teacher Conferences - <b>NO SCHOOL</b>   |
| Mar 20          | PAC Meeting – 7:00 p.m. (All welcome. Free childcare provided.)                                 |
| Mar 21          | 2012-2013 Kindergarten Parents Information Evening – 6:15-7:15 p.m. in the Library              |
| Mar 21 - 22     | Grade 6 Red Cross Babysitting Course  |
| Mar 26 - Mar 30 | Spring Break - <b>SCHOOL CLOSED</b>   |
| Apr 6           | Good Friday - <b>NO SCHOOL</b>  |
| Apr 10          | PAC Meeting – 7:00 p.m. (All welcome. Free childcare provided.)                                 |
| Apr 13          | Grade 4 Science Camp  |
| Apr 20          | PD Day - <b>NO SCHOOL</b>   |
| Apr 27 - 28     | 30 Hour Famine (Grade 8)  |
| May 8           | PAC Meeting - Annual General Meeting - 7:00 p.m. (All welcome. Childcare provided.)             |
| May 3           | Lifetouch Spring Photos (a.m.) & Bus Evacuation Practice  |
| May 8           | PAC Meeting – 7:00 p.m. – <b>ANNUAL GENERAL MEETING</b> (All welcome. Free childcare provided.) |
| May 14          | Grade 5 Arts Camp   |
| May 21          | Victoria Day - <b>NO SCHOOL</b>   |
| Jun 29          | Last day of Classes - <b>EARLY DISMISSAL</b>  |









# MARCH

## WEST ST. PAUL COMMUNITY SCHOOL

Advancing Community Schools  
 Joey Robertson - Learning Support Teacher - Early Years  
 Cheryl Rajfur - Community Coordinator  
 339-1964

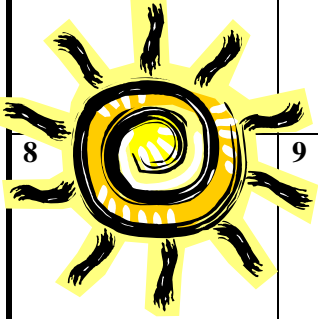
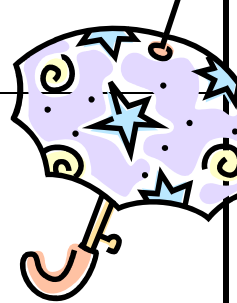

| Sun  | Mon   | Tue  | Wed  | Thu   | Fri   | Sat   |
|--|---|--|--|---|---|---|
|     |   |  |  | 1   | 2   | 3   |
|  |   |  |  | Mothers & Daughters<br>In Touch<br>6:00 – 8:00 p.m. | Positive Discipline<br>9:00 a.m. - 11:30 a.m.<br>Victory School |   |
| 4  | 5   | 6  | 7  | 8   | 9   | 10  |
|  | Parent/Child<br>Storytime<br>9:00 – 10:30 a.m.<br>3 – 5 years | Parent/Child<br>Rhymes & More<br>9:15 – 10:30 a.m.<br>0 – 5 years<br>Dad's Program<br>6:15 – 7:00 p.m. |  | Mothers & Daughters<br>In Touch<br>6:00 – 8:00 p.m. | PD DAY<br><br>NO SCHOOL   |   |
| 11   | 12  | 13   | 14   | 15  | 16  | 17  |
|  | Parent/Child<br>Storytime<br>9:00 – 10:30 a.m.<br>3 – 5 years | Parent/Child<br>Rhymes & More<br>9:15 – 10:30 a.m.<br>0 – 5 years<br>Dad's Program<br>6:15 – 7:00 p.m. | Hans Kai<br>9:15 a.m.-11:15 a.m.   | Mothers & Daughters<br>In Touch<br>6:00 – 8:00 p.m. | PARENT/TEACHER<br>CONFERENCES<br><br>NO SCHOOL                  |  |
| 18   | 19  | 20   | 21   | 22  | 23  | 24  |
|   | Parent/Child<br>Storytime<br>9:00 – 10:30 a.m.<br>3 – 5 years | Parent/Child<br>Rhymes & More<br>9:15 – 10:30 a.m.<br>0 – 5 years<br>Dad's Program<br>6:15 – 7:00 p.m. | Kindergarten Parent<br>Information Evening<br>6:15-7:15 p.m.<br>School Library | Mothers & Daughters<br>In Touch<br>6:00 – 8:00 p.m. | Parent/Child<br>Drop-In<br>9:00 – 10:30 a.m.<br>0 – 5 years     |   |
| 25   | 26  | 27   | 28   | 29  | 30  | 31  |
|  |   |  |  |   |   |   |

# 2012



# APRIL

**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<br>     | 2<br><b>Parent/Child Storytime</b><br>9:00 – 10:30 a.m.<br>3 – 5 years  | 3<br><b>Parent/Child Rhymes &amp; More</b><br>9:15 – 10:30 a.m.<br>0 – 5 years<br><b>Dad's Program</b><br>6:15 – 7:00 p.m.  | 4   | 5<br><b>Wee Be Jammin' (*)</b><br>6:00 – 7:00 p.m.<br>WSP School  | 6<br><b>GOOD FRIDAY</b><br><b>NO SCHOOL</b>                           | 7<br> |  |
| 8   | 9<br><b>Parent/Child Storytime</b><br>9:00 – 10:30 a.m.<br>3 – 5 years  | 10<br><b>Parent/Child Rhymes &amp; More</b><br>9:15 – 10:30 a.m.<br>0 – 5 years<br><b>Dad's Program</b><br>6:15 – 7:00 p.m. | 11  | 12<br><b>Wee Be Jammin' (*)</b><br>6:00 – 7:00 p.m.<br>WSP School | 13<br><b>Parent/Child Drop-In</b><br>9:00 – 10:30 a.m.<br>0 – 5 years | 14   |  |
| 15  | 16<br><b>Parent/Child Storytime</b><br>9:00 – 10:30 a.m.<br>3 – 5 years | 17<br><b>Parent/Child Rhymes &amp; More</b><br>9:15 – 10:30 a.m.<br>0 – 5 years<br><b>Dad's Program</b><br>6:15 – 7:00 p.m. | 18  | 19<br><b>Wee Be Jammin' (*)</b><br>6:00 – 7:00 p.m.<br>WSP School | 20<br><b>PD DAY</b><br><b>NO SCHOOL</b>                               | 21   |  |
| 22  | 23<br><b>Parent/Child Storytime</b><br>9:00 – 10:30 a.m.<br>3 – 5 years | 24<br><b>Parent/Child Rhymes &amp; More</b><br>9:15 – 10:30 a.m.<br>0 – 5 years<br><b>Dad's Program</b><br>6:15 – 7:00 p.m. | 25  | 26<br><b>Wee Be Jammin' (*)</b><br>6:00 – 7:00 p.m.<br>WSP School | 27<br><b>Parent/Child Drop-In</b><br>9:00 – 10:30 a.m.<br>0 – 5 years | 28   |  |
| 29<br> | 30<br><b>Parent/Child Storytime</b><br>9:00 – 10:30 a.m.<br>3 – 5 years | <b>PARENT/CHILD PROGRAMS</b>  |     |   |   |  |  |

**Wee Be Jammin' – Please register by calling Cheryl at 339-1964.**

**2012**



SEVEN OAKS  
EDUCATION FOUNDATION INC.

# Foundation

NEWS

Winter 2012

## North End Pride

*The Platinum Jets have a history of hockey – and a legacy of generosity*

The Winnipeg Jets may have only recently returned, but another group never left.

The Platinum Jets has become better known as a charitable organization than as a hockey organization, but hockey was where the organization began.

“The Platinum Jets were first formed in 1978 as a University of Winnipeg intramural hockey team,” explains Executive Director, Michael Cavell. “It actually began as a girls’ hockey team, but after the first year, the team was reorganized by a group of hockey playing university students - primarily from the North End / Seven Oaks area.”

The team was a force to be reckoned with, winning league championships year after year. Along with those championships, the group began garnering a reputation for something else; charity work.

The Platinum Jets began raising money through an annual golf tournament, which continued even after the hockey team disbanded. But in 2004, the former hockey organization took their contributions to the next level, becoming a registered Canadian charitable organization.

Since then, the organization has raised well over a million dollars, which has

been used to support a myriad of community endeavors - including the Platinum Jets Scholarship and the Marjorie Jean Sanders Scholarship, which are both awarded through the Seven Oaks Education Foundation.

“We have two underlying principles: ‘Remembering Where We Came From’ and ‘North End Pride’,” explains Cavell.

“The majority of not only our board, but also the participants in the golf tournament grew up in the North End of Winnipeg and attended schools in either the Seven Oaks School Division or the Winnipeg One School Division. Consequently, we have focused our scholarships solely on the high schools in the North End of Winnipeg and Seven Oaks.”

The Platinum Jets have funded scholarships for more than a decade now, and have even gone so far as to establish a perpetual fund with the Winnipeg Foundation to help ensure the scholarships continue to be available to North End students in the decades to come. Of course, this



*The scholarship winners of today may become the Platinum Jets’ donors and members tomorrow.*

includes students in the Seven Oaks School Division because the members of the organization remember what it was like when they were growing up.

“We **were** these kids... and many of us either benefited from such assistance or really could have,” says Cavell. “Hopefully our assistance will make a real difference for some of these students.” “Hopefully one day those students will have some degree of success and that they too will remember where they came from.”

*Contributions and donations to the Platinum Jets – including gifts earmarked specifically for scholarships are always welcome and a tax receipt will be issued for your generosity. Contributions can be sent to Platinum Jets Inc., 608-386 Broadway, Winnipeg, MB R3C 3R6.*



# The Criteria of Character

*Scholarships are about the people who earn them*

When it comes to scholarships, grades certainly count. But there are often other criteria to consider... including passion and personality.

“A lot of the time, people think scholarships can only be awarded to those with the best grades, or who fit the profile of ‘the perfect student’, but it isn’t the case,” says Garden City Collegiate graduate Emma Stefanchuk, who was herself awarded both the Seven Oaks Teachers Association (SOTA) Scholarship and the Kendra Latzkitsch Memorial Scholarship in June, 2011.

“There are plenty of scholarships given out on the basis of your character or what you’re most passionate about. I think that’s an exciting prospect for someone who may not maintain a perfect average, but who treats others with respect and has a good heart.”

Emma poured her own passion for education into her application essay for the SOTA scholarship. It’s a passion she developed at a young age, inspired by her mother, Jodie Brisbin, who is herself a teacher in the Seven Oaks School Division.

“I grew up playing school with my mom’s old worksheets and day books,” says Emma. “She’s been teaching for thirty years now and she’s very dedicated and passionate about what she does. I think a lot of that has rubbed off on me!”

“I also think I’ve been inspired by the teachers I’ve had that have gone above and beyond what the job asks them to do. The most memorable teachers I’ve had have been the ones

who took the time to know who I was aside from being a student...that’s the kind of teacher I want to be. “ Winning the SOTA Scholarship served to reaffirm her goal.

“It was a great feeling to know that I had achieved the SOTA scholarship because of my plans to go into education, and the knowledge that I had written something which hopefully showed my dedication and passion towards becoming a teacher,” reflects Emma. “And it was exciting to have received a scholarship specifically for the faculty I was entering into. “

Equally meaningful to Emma was winning a scholarship she hadn’t expected; the Kendra Latzkitsch Memorial Scholarship, established in the memory of a 23 year-old Garden City Collegiate graduate who lost her life in a tragic car accident in 2009. The scholarship is awarded to a student who possesses the same positive traits as Kendra, which made it a true honour to Emma.

“It was a huge surprise! As I walked on stage I was only expecting to hear the SOTA scholarship announced,” says Emma. “I felt very proud to know that I was being awarded on my attitude towards others, and happy to represent someone who people remember so fondly.”

Today, Emma is in the midst of finishing her first year of Education at the University of Winnipeg. She’s majoring in English with a minor in Developmental Studies, and plans to go into the early years stream for teaching students from kindergarten to grade 3.

As she moves forward with her own education, Emma maintains



*Emma Stefanchuk; graduate and scholarship winner*

her appreciation for the fact that scholarships can make a difference in a student’s life – and not just financially.

“Everyone is unique, and what makes high school such an experience is that there are so many talented people who excel at different things,” she says.

“It was really cool to be able to sit at convocation and watch my classmates be awarded with not only a scholarship, but with the opportunity to go to a post-secondary institution.”



SEVEN OAKS  
EDUCATION FOUNDATION

Visit [7oakseducationfoundation.org](http://7oakseducationfoundation.org) for more information on how to donate or to make an online contribution.

The Foundation provides tax receipts for donations of \$10 or more.

# March 2012

| SUNDAY   | MONDAY  | TUESDAY  | WEDNESDAY                                    | THURSDAY                                      | FRIDAY  | SATURDAY  |
|--|---|--|--|---|---|---|
| <b>GS – Governor Semple</b> <b>RB – Riverbend</b><br><b>ESOMS – Ecole Seven Oaks Middle School</b><br><b>EP – Edmund Partridge</b> <b>FP – Forest Park</b> |   |  | 1<br>KYAC @ FP 330-5pm<br>KYAC @ ESOMS 6-9pm |   | 2<br>KYAC @ EP 6-9pm<br>KYAC @ RB 6-9pm<br>Yoga Program with Mamert<br>6-730pm  | 3<br>BBALL tournament<br>@ ESOMS<br>NO KYAC     |
| 4<br>KYAC is<br>CLOSED   | 5<br>KYAC @ EP 6-9pm<br>KYAC winner<br>going to JETS<br>GAME!!! | 6<br>KYAC @ ESOMS 6-9pm<br>Yoga Program with<br>Abeth E 6-7:30pm                             | 7<br>KYAC @ GS 330-530pm<br>KYAC @ EP 6-9pm  | 8<br>KYAC @ FP 330-5pm<br>KYAC @ ESOMS 6-9pm  | 9<br>KYAC @ EP 6-9pm<br>KYAC @ RB 6-9pm<br>Yoga Program with Mamert<br>6-730pm  | 10<br>BBALL tournament<br>@ ESOMS<br>NO KYAC    |
| 11<br>KYAC is<br>CLOSED<br>*Daylight<br>Savings<br>Time*   | 12<br>KYAC @ EP 6-9pm   | 13<br>KYAC @ ESOMS 6-9pm<br>Yoga Program with<br>Abeth E 6-7:30pm                            | 14<br>KYAC @ GS 330-530pm<br>KYAC @ EP 6-9pm | 15<br>KYAC @ FP 330-5pm<br>KYAC @ ESOMS 6-9pm | 16<br>KYAC @ EP 6-9pm<br>KYAC @ RB 6-9pm<br>Yoga Program with Mamert<br>6-730pm | 17<br>KYAC @ ESOMS<br>1-5pm<br>St. Patricks Day |
| <b>Parent/Teacher Conferences, KYAC is OPEN!!!!</b>  |   |  |  |   |   |   |
| 18<br>KYAC is<br>CLOSED  | 19<br>KYAC @ EP 6-9pm   | 20<br>KYAC @ ESOMS 6-9pm<br>Yoga Program with<br>Abeth E 6-7:30pm<br>*Spring Season Begins!* | 21<br>KYAC @ GS 330-530pm<br>KYAC @ EP 6-9pm | 22<br>KYAC @ FP 330-5pm<br>KYAC @ ESOMS 6-9pm | 23<br>KYAC @ EP 6-9pm<br>KYAC @ RB 6-9pm<br>Yoga Program with Mamert<br>6-730pm | 24<br>KYAC @ ESOMS<br>1-5pm                     |
| 25<br>KYAC is<br>CLOSED  | 26  | 27   | 28   | 29  | 30  | 31<br>KYAC is CLOSED                            |
| <b>SPRING BREAK! KYAC @ ESOMS 12-5pm!</b>  |   |  |  |   |   |   |

## MARCH INFO

**KYAC is FREE all school year long!**

**Yoga Programs with Abeth and Mamert runs through March – Tuesday and Friday nights  
@ ESOMS (Tues) and Riverbend (Fri) from 6-7:30pm**

**Come to KYAC during P/T conferences!**

**KYAC is OPEN during Spring Break! March 26<sup>th</sup>-30<sup>th</sup> @ ESOMS, 12:00pm-5:00pm**

Have a suggestion for KYAC programming?? Email us!

**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).



# LIFE THREATENING ALLERGIES

Understanding the Risks

Reducing the Risks

## Parents: How Do You Teach Others About Your Child's Food Allergies?

an education session for parents with ideas and tips for ensuring  
child care workers, teachers, babysitters and family members  
know how to manage your child's life threatening allergies

**Monday April 2, 2012**

**7:00—8:30 pm**

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

to register call Nancy at 654-2676  
or send email to [mainmanitoba@shaw.ca](mailto:mainmanitoba@shaw.ca)

Enter through the Asper Jewish Community Campus at 123 Doncaster Street.  
Free parking is located across the street. Please register at the security desk.

**Manitoba Anaphylaxis Information Network (MAIN)**

affiliated with Allergy/Asthma Information Association (AAIA)  
Contact: Nancy Boni 204-654-2676 Email: [mainmanitoba@shaw.ca](mailto:mainmanitoba@shaw.ca)

**Helping Families Cope with Life Threatening Allergies**



**Learning Disabilities Association of Manitoba**

617 Erin Street  
Winnipeg, MB R3G 2W1  
Phone: 204-774-1821  
Fax: 204-788-4090  
Email:  
[ldamanitoba4@mymts.net](mailto:ldamanitoba4@mymts.net)  
Web: [www.ldamanitoba.org](http://www.ldamanitoba.org)

# Parenting the Child with

# ATTENTION DEFICIT DISORDER (AD/HD)

**Children with AD/HD can often place a tremendous strain upon family relationships.** ADHD is not caused by poor parenting, however, how the child interacts with his or her environments over time will have a lot to do with outcomes. Parents have a lot of control in the environments of the child, and may be able to help provide a positive outcome for the child.

This course is for parents of children diagnosed with ADD/ADHD ages 5-11 and will continue for seven weeks.

The objectives of the course are to:

a) increase parent knowledge and understanding of ADD/ADHD and how this disorder interacts with the child's environments and,

b) to make parents aware of management practices that can be applied to make life more manageable for the family and the child.

**Participants will be provided with a course book and appropriate handouts. Confirmation of your child's AD/HD diagnosis is part of the registration process. Please call Marilyn at 774-1821, ext. 14 for details.**

## Course Outline (Seven Tuesday evenings)

Introduction to ADD/ADHD and its impact on the individual and the family. Understanding child development, common behaviours of children with ADHD, problem solving, conflict resolution, listening skills, behaviour management, dealing with the school, siblings and peers.

**Facilitator: Marilyn MacKinnon B.S.W F Th Adv. C.**

**Location:** Herzing College

**Address:** 723 Portage at McGee

(enter through the back door - parking is available at the back of the building)

**Dates: Tuesday evenings,  
March 6 to April 24, 2012  
(no class March 27<sup>th</sup>)**

**Time:** 7:00 p.m. - 9:00 p.m.

## Learning Disabilities Association of Manitoba

is a non-profit, United Way of Winnipeg funded organization, dedicated to providing education and training regarding Learning Disabilities and Attention Deficit Disorders.



## PARENT THE CHILD COURSE – REGISTRATION

Name: \_\_\_\_\_

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

PCode: \_\_\_\_\_ Phone: \_\_\_\_\_ Email: \_\_\_\_\_

**VISA or MASTERCARD** No. \_\_\_\_\_

Exp. Date \_\_\_\_\_ Sign \_\_\_\_\_

Age of child \_\_\_\_\_ Member: Yes No

Fees include course and workbook:  
non-members: \$75.00 indiv. / \$ 105.00 couple  
member rate: \$65 indiv. / \$95 couple

### Dates:

**Seven Tuesday evenings  
March 6 to April 24, 2012  
Time: 7:00 p.m. - 9:00 p.m.**

Make cheques/money orders payable to:  
Learning Disabilities Assoc. of Manitoba (LDAM),  
617 Erin Street, Winnipeg, MB R3G 2W1  
Tel: 774-1821 ext.12 fax: 788-4090



**Learning Disabilities Association of Manitoba**

617 Erin Street  
Winnipeg, MB R3G 2W1  
Phone: 204-774-1821  
Fax: 204-788-4090  
[ldamanitoba4@mymts.net](mailto:ldamanitoba4@mymts.net)  
Web: [www.ldamanitoba.org](http://www.ldamanitoba.org)

# Parenting the Adolescent with

# ATTENTION DEFICIT DISORDER (AD/HD)

## Adolescents with ADHD / ADD can often place a tremendous strain upon family relationships.

This can impact parents' ability to meet the needs of all family members, including the adolescent with ADHD / ADD. While ADHD /ADD is not caused by poor parenting, parents need knowledge about the condition, its treatment and parenting strategies that will help minimize the negative effects of the disorder and make life more manageable for the whole family.

### For parents of adolescents diagnosed with ADHD / ADD ages 11 – 17, this course will continue for seven weeks.

The objectives of the course are to:

- a) increase parent knowledge and understanding of ADHD / ADD and how this disorder interacts with their teen's environments
- b) to make parents aware of strategies that can be applied to make life more manageable for the family and for the teen.

**Participants will be provided with a course book and appropriate handouts. Confirmation of your teen's ADHD / ADD diagnosis is part of the registration process. Please call Marilyn at 774-1821, ext. 14 for details.**

## Course Outline (7 Thursday evenings)

Introduction to ADHD / ADD and its impact on the individual and the family. Understanding adolescent development, common behaviours of adolescents with ADHD / ADD, problem solving, conflict resolution, listening skills, behaviour management, dealing with the school, siblings and peers.

**Facilitator: Marilyn MacKinnon, BSW, F Th Adv. C.**

**Location:** Herzing College

**Address:** 723 Portage at McGee

(enter through back door - parking is available at the back of the building)

**Dates: Thursday evenings, April 12 to May 31, 2012 (no class on May 3rd)**

**Time:** 7:00 p.m. - 9:00 p.m.

### Learning Disabilities Association of Manitoba

is a non-profit, United Way of Winnipeg funded organization, dedicated to providing education and training regarding Learning Disabilities and Attention Deficit Disorders.



## PARENT COURSE – REGISTRATION

Name: \_\_\_\_\_

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

PCode: \_\_\_\_\_ Phone: \_\_\_\_\_ Email: \_\_\_\_\_

### VISA or MASTERCARD( Name on Card and No.)

Exp. Date \_\_\_\_\_ Sign \_\_\_\_\_

Age of child \_\_\_\_\_ Member: Yes No

Fees include course and workbook:  
non-members: \$75.00 indiv. / \$ 105.00 couple  
member rate: \$65 indiv. / \$95 couple

**Dates:**  
**Seven Thursday evenings**  
**April 12 to May 31, 2012**  
**Time: 7:00 p.m. - 9:00 p.m.**

Make cheques/money orders payable to:  
Learning Disabilities Assoc. of Manitoba (LDAM),  
617 Erin Street, Winnipeg, MB R3G 2W1  
Tel: 774-1821 ext.12 fax: 788-4090





## Want action on climate change? We want you on our team.

When it comes to fighting climate change, it doesn't matter who you are or where you come from - we're all on the same team. That's why this year, WWF is calling on all Canadians to join the biggest team in the world: Team Earth Hour.

On **Saturday, March 31st, at 8:30PM**, join the team by switching off your lights for one hour. It's a simple way to show you care, but it also sends a powerful message: that together we can make a difference.

Until then, visit [wwf.ca/EarthHour](http://wwf.ca/EarthHour) to download posters and other materials to help spread the word. Plus check out our exclusive **Team Earth Hour Playbooks**, filled with fun ways to celebrate Earth Hour and fight climate change all year round.



WWF would like to thank our sponsors:



Visit [wwf.ca/EarthHour](http://wwf.ca/EarthHour) ▶

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# West Kildonan



## Memorial Community Centre

### WKMCC Program Registration Dates

346 Perth Ave, ph. 470-6503, cc.webs.com  
Wednesday, February 29<sup>th</sup> 6:30 – 9:00  
Saturday, March 3<sup>rd</sup> 12:00 – 2:00  
Thursday, March 8<sup>th</sup> 6:30 – 9:00  
Payment due at time of registration - Cheque or Cash.  
\$10 family registration fee applies (from April – April)

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## 跆拳道

### TAE KWON DO

MONDAY AND WEDNESDAY 7:00-8:00 P.M.  
Instructor: Lindsay Perrie –1<sup>st</sup> degree Black belt  
Twice a week for \$50/month  
~ Families Rates ~



### Yoga

#### (Iyengar Style)

Instructor: Darcy Harpes

Adult class – 10 weeks

Tuesday March 6<sup>th</sup> - May 8<sup>th</sup>

Friday March 9<sup>th</sup> - May 11<sup>th</sup>

Saturday March 10<sup>th</sup> - May 12<sup>th</sup>

PREREGISTRATION CALL 470-6503

Tuesday 11:00 – 12:15

75 min. classes

\$75.00

Saturday 11:00 – 12:30

90 min. classes

\$62.50

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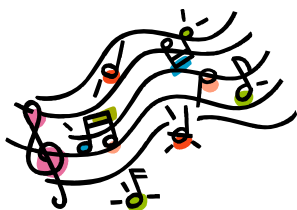
### Calling all Athletes

#### NEW - POWER YOGA

Friday 4:00 – 5:00

60 min. classes

\$62.50



### NEW!!

#### ZUMBA

Adult class – 10 weeks

Instructor Kara Kolesar

**DANCE YOURSELF FIT**

Wednesday March 7<sup>th</sup> - May 9<sup>th</sup>

7:00 – 8:00

\$45.00



© BNP Design Studio \* www.ClipartOf.com/1052251

### Summer Dance Camp

9:30 – 11:30 for 3-5 year olds

12:30 – 2:30 for 6-8 year olds

2:30 – 4:00 for 8 – 12 year olds

Dates/Times to be confirmed - watch for updates

# West Kildonan Memorial Community Centre

# KID ' S



**A family night out**

**6:30 - 8:00 p.m. Doors open at 6:00.**

UPCOMING DATES:

FEBRUARY 23<sup>rd</sup>

MARCH 22<sup>nd</sup>

APRIL 26<sup>th</sup>

\$2 per family with a maximum of 4 cards/person. Kids are encouraged to play their own cards.

**There will be bingo, hot dogs, snacks and drinks.**

**Come out for some Bingo Fun!**

346 Perth Ave.

[wkmcc.webs.com](http://wkmcc.webs.com)





## West St. Paul Spring Sports Registration

Saturday February 25th - 11am-2pm

Wednesday March 7th - 5-8pm

Saturday March 10th - 1-4pm

### Come To The Sunova Centre & Register For:

- Mini Soccer (Year of Birth: 2008-2004)
  - 3/4 & Full Field Soccer
    - Baseball
    - Softball

#### SPORTS REGISTRATION FORMS

Are available to download on the RM's Website

[www.weststpaul.com](http://www.weststpaul.com)

Print out the Registration Form and bring in  
**TWO fully filled-out copies per child** to the  
Sunova Centre on Sports Registration Dates!

**sunova**  
centre

Located at  
48 Holland Rd. West St. Paul, MB

Phone: 336-0294 Email: [recreation@weststpaul.com](mailto:recreation@weststpaul.com)

**DOES YOUR FAMILY HAVE ANY  
WSP JERSEYS @ HOME?  
PLEASE RETURN THEM TO THE  
SUNOVA CENTRE!!**

# WEST ST. PAUL COMMUNITY CENTER

## SPORTS REGISTRATION FORM

|   |  |
|---|--|
| PLAYER'S NAME _____<br><small style="display: block; text-align: center;">LAST (PLEASE PRINT) FIRST</small> | <input type="checkbox"/> BOY <input type="checkbox"/> GIRL   |
| ADDRESS _____<br><small style="display: block; text-align: right;">POSTAL CODE _____</small>                | <b>S</b> <input type="checkbox"/> BASEBALL<br><b>P</b> <input type="checkbox"/> HOCKEY<br><b>O</b> <input type="checkbox"/> SOCCER (Indoor)<br><b>R</b> <input type="checkbox"/> SOCCER<br><b>T</b> <input type="checkbox"/> OTHER |
| PHONE NO. _____<br><small style="display: block; text-align: center;">HOME CELL WORK EMAIL</small>          |  |
| Mother's Name _____ Father's Name _____   |  |
| Medical No. Family _____ Medical No. Personal _____<br><small>(6 digits) (9 digits)</small>                 |  |

|   |  |
|---|--|
| DATE OF BIRTH: _____<br><small style="display: block; text-align: center;">YEAR MONTH DAY</small> | BIRTH CERTIFICATE<br><input type="checkbox"/> Attached <input type="checkbox"/> On File <input type="checkbox"/> To Follow |
|---|--|

|   |  |
|---|--|
| Program Fee: \$ _____ Registration Fee: \$ _____ TOTAL \$ _____   | <input type="checkbox"/> Post Dated cheque for Uniform |
| Method of Payment: <input type="checkbox"/> Cash <input type="checkbox"/> Cheque (# _____) <input type="checkbox"/> Owing _____ |  |

I, the Parent/Guardian of the above named child hereby give my approval to his/her participation in any and all team activities during the current team season. I assume all risks and hazards incidental to such participation including transportation to and from the activities. I do hereby waive, release, absolve, indemnify and agree to hold harmless the local league, organizers, sponsors, coaches, supervisors, participants, the R.M. of West St. Paul and persons transporting my child to and from team activities for any claim out of injury to my child except to the extent covered by accident or liability insurance.

**CONSENT TO COLLECTION, USE AND DISCLOSURE OF PERSONAL INFORMATION.** I understand that, by completing this FORM the Community Center is collecting certain personal information about my child, me and other members of my family (including, if necessary, my Manitoba Health Services Registration Number). I also understand that this personal information will be used only for the purpose of registering in the Community Centers Sport/Recreational Programs, and that such use will necessarily involve the disclosure of this personal information to the appropriate area sport association(s), group(s), coach(s) and manager(s) as may reasonably be required in order to conduct the Community Centers Sport/Recreational Programs. I hereby consent to such collection, use and disclosure of this personal information.

|   |            |
|---|------------|
| PARENT / GUARDIAN SIGNATURE _____   | DATE _____ |
| <small>(MUST BE SIGNED BY THE PLAYER'S PARENT OR GUARDIAN BEFORE PARTICIPATION)</small> |            |

***The Community Center will not survive without your SUPPORT and PARENT VOLUNTEERS***  
***WE NEED YOUR HELP!!***

Please check below where you can help:

Coach   
  Asst. Coach   
  Umpire   
  Referee   
  Tournaments   
  Other (please specify)

Date: \_\_\_\_\_ Registrar: \_\_\_\_\_ Receipt No. \_\_\_\_\_