



WEST ST. PAUL SCHOOL COMMUNITY NEWSLETTER

MARCH, 2014

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



March 5
March 19



March 12
March 26

Upcoming Events

- PAC Meeting
Mar 11 - 7:00 p.m.
Free childcare available.
- Parent/Teacher/Student
Conferences
Mar 14
- Lifetouch Spring Photos
Mar 25
- Kindergarten Parent Info
Evening
Mar 25 - 6:15-7:15 p.m.
- Spring Break - SCHOOL CLOSED
Mar 31-Apr 4
- School Re-opens
Apr 7

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

West St. Paul Students Donate Their Artwork

Many thanks to WSP students, Yasmin O. and Taylor S. for donating their artwork to the Council For Exceptional Children Yes I Can! Awards that has taken place on February 20, 2014 at the Victoria Inn in Winnipeg. All money raised by the art raffle goes towards assisting nominees for the YIC! International Award with travel expenses while attending the presentation at the CEC conference in San Antonio, Texas.

Yasmin created a lovely piece of art depicting a nature scene while Taylor's amazing piece depicts animals. Yasmin and Taylor, you are truly amazing artists!

Terry Hass-Speirs and Carol Sawka
Student Services Coordinators
Seven Oaks School Division



YASMIN O.



TAYLOR S.



Our MARCH newsletter is now available for viewing on our school website.
Please visit www.7oaks.org/school/weststpaul

MIDDLE YEARS WINTER ACTIVITY DAYS



On February 13 and 14 all our Middle Years students had two days of Winter Activity Days. Some headed out to Asessippi to ski and snowboard, while others tobogganed at Harbourview and then spent a day skating, playing hockey and playing games at Gateway Community Club. Top pictures are Emma W., Brynn E. and Carissa V.; Danyka C. On the left, Mrs. Horbas, Justin S. and Kyle K.; Matt T.; and Megan M. and Dana D. (in the net). Below: Matt W., Everett K. and Matt T.; Mr. Rempel and Jackson M.; Ali P., Dana D. and Megan M.; Jordan G., Brandon R, Megan C., and Nick S.



PARENT INFORMATION NIGHT

Our Kindergarten information evening for parents and caregivers will take place on **Tuesday, March 25th 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 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.

Ms Carpenter ~ Kindergarten Teacher
Mrs. Rajfur ~ Community Coordinator
Ms Shewchuk ~ Early Learning Support Teacher



SPRING FUNDRAISING



Fundraising packages for Vesey's Bulbs and Make It Sow seeds will be sent home with the youngest or only student in each family on Friday, March 1st. The due date for orders is Tuesday, March 12th. These are different companies. ***Please keep orders and payment separate in the envelopes provided.***

We expect the seeds from Make It Sow to arrive right after Spring Break. The Vesey's order will arrive in mid-May, just in time for spring planting.



BOOK FAIR NEWS!! The library will host a second book fair this year from March 10 - 14. We will need parent volunteers for Wednesday and Thursday evenings. (Wednesday until 7:00 or 7:15 and Thursday until 8:00 or 8:15.) Please call Heather Mathis (204-339-1964) if you can volunteer.

Looking forward to seeing you at the fair!



Manitoba Theatre for Young People presents ***Night Light.***

By: Braxton P.

"I really liked how the eye of the monster looked like a calculator. They took all kinds of different pieces to make the monster. I like how when the girl in the pink sweater was ripping up the picture, it looked like she was ripping up the monster. I liked that all the pieces of backdrop moved and were used for something else.

The message of the play was to not be afraid. It turns out that everyone in the play was scared of something.

Parent Advisory Council

We have had two great meetings of discussions regarding how to best support the school with our fundraising efforts. In the past four years, we have supported the school in getting SMARTBOARDS in every classrooms, upgrading projectors and adding iPads. What a great job everyone has done in helping our school meet that technology goal. Our children have access to all this technology because of your efforts in supporting PAC. Thank You!

At our last meeting, we have decided to put \$10,000 towards our outdoor play space. This is a significant project and will require a lot more than just \$10,000...but it's a really good start! Lisa Davis and Crystal Spence are heading up a committee to design what our play spaces would look like, taking into account shade, places for older students as well as the younger ones, spreading out the play areas to the whole usable space. It's a very exciting project that will benefit both our school and our community. If you would like to get involved, please contact Lisa (lisa_davis@qus.ca) or Chrystal (crystalspence1@gmail.com).

We are very lucky to have such a dedicated group of parents supporting our school. We generally have fifteen to twenty parents out for every meeting. So awesome! Congratulations and thank you to everyone for your hard work and dedication.

We are always looking to expand the number of parents who attend and support these meetings. In particular, we are looking for someone to help with the craft tables part of the fall craft sale. If you would be interested in helping out, please contact Elana Spence, Pearl Tomchuk or Wendy Nachtigall for more information.

We will be looking at organizing for next year at the next two meetings. Why don't you come and join us and see what we're about? Our next meeting is March 11 at 7:00 p.m. Childcare is provided.

Pearl Tomchuk and Elana Spence co-chairs



**Seven Oaks Education Foundation Inc.
invites you to attend the**

***Annual General Meeting
Tuesday, March 18, 2014***

**5:00 p.m. – 6:00 p.m.
Canad Inn Garden City
2100 McPhillips Street**

(Refreshments Provided)

Vision

A supportive community where all students believe they can continue their education and training beyond high school.

Mission Statement

To make post secondary education accessible for as many students as possible by engaging the financial support of the Seven Oaks Community.

We value education beyond high school, community, sustainability and inclusion.



City of Winnipeg Leisure Guide

The City of Winnipeg is proud to provide a wide variety of recreation and leisure opportunities that contribute to the overall well-being of our community. The Leisure Guide is published three times per year and is filled with fun and exciting programs for everyone, including a number of camps to keep the kids busy this summer!

For more information on leisure, sport and fitness programs, please pick up a copy of the Leisure Guide, call 311 or visit Winnipeg.ca. Guides are available for pick up at civic pools, libraries and leisure centres, and at a number of retail locations including Safeway, 7-Eleven and Mac's.

Watch for the Spring/Summer 2014 Leisure Guide at the beginning of March! Registration for swimming lessons only will begin on March 18 at 8:00 am. Registration for all other programs will begin on March 19 at 8:00 am. Registration will be ongoing after these start dates.

City of Winnipeg Priceless Fun

Winnipeggers now have easy access to information about free recreation, leisure and library programs with the free programming guide, Priceless Fun.

The Spring/Summer edition of Priceless Fun, available in March, provides information about the free programs for children and youth being offered by the City of Winnipeg throughout the city, all in one convenient guide.

Hard copies of Priceless Fun are available for pick up at all civic indoor pools, libraries and leisure centres. You can view the current edition of Priceless Fun online at: Winnipeg.ca/cms/recreation/pdfs/Free_programs.pdf. Information about programs is also available by calling 311.



West St. Paul Nursery School

West St. Paul Nursery School registration will be held on Tuesday April 8, 2014 at the Sunova Centre, 48 Holland Rd.

Registration for West St Paul residents will be from 6:00 pm - 6:30 p.m.
Registration for non-West St Paul residents will follow at 6:30 pm - 7:00 p.m.

For more information, please call Sheri Owen at 204-334-9669.



FREE Family Movie Night

Sinclair Park Community Center (490 Sinclair St)
1st Monday & 3rd Friday of each month @ 6:30pm

Upcoming Movies:

March 3: Cloudy With a Chance of Meatballs 2 (PG, 2013)

March 21: Oz: The Great & Powerful (PG, 2013)

April 7: Smurfs 2 (G, 2013)

Canteen will be open! Serving FRESH popcorn!



Handy Phrases for Parents

Do you ever think of what you wish you'd said to your children ... after the moment's gone by? Here are a few good lines that could come in handy for parents and other caregivers.

These phrases give children a model of how to clearly assert one's position in a respectful way. At the same time, they encourage the development of problem-solving skills and build self-esteem. Best of all, they are words you won't mind hearing when your child uses them back to you.

Planning for improvement

Faced with misbehaviour, parents often ask the question, "Why did you do that?" (Depending on the tone of voice, this may sound to the child like an attack: "How could you have been so stupid/inconsiderate/disrespectful?") The question "Why?" directs the child's attention to defending his or her past actions. By asking instead, "How could you avoid this happening again next time?", you put the emphasis on making a plan to do a better job in the future.

Taking the pressure off

Children often spring requests on you when they know you're in a rush. They hope you'll say yes, just to avoid a long discussion. Don't get trapped into making a snap decision about something you really haven't considered before. You can say, "This is something I have to think about. I'll let you know later." If the decision has to be made right away, of course, later will be too late. They will learn to ask you earlier next time.

Teaching decision-making

When children are young, you can start letting them in on the process you go through to make up your mind about their requests. Take them through the advantages and disadvantages of different possibilities and explain what's behind your decisions. Don't expect them to agree with you, but at least they'll see you have a method.

As they become familiar with the process, they can do it themselves. Then when they ask to do something, you can say, "Convince me this is a good idea," and eventually, when they're older, "I need to know your plan."

Keeping on topic

Does your child say, "You never buy me anything I want," when all you did was refuse to buy one more video game? Learn to short circuit arguments by refocusing the discussion in the present: "That might be, but we're talking about just one thing now." Children can also use this technique to divert your attention away from misbehaviour and towards whatever subject they know will hook you into talking. Have you ever heard, "You don't love me as much as my brother."? Avoid getting distracted by saying, "Right now the subject is what just happened. We'll talk about love another time."

Overcoming discouragement

When a discouraged child says, "I can't do this; I'm just no good.", the parent reflex kicks in: "Of course you can. Just try harder." A more helpful response might be to acknowledge the feeling and propose a strategy to break an overwhelming task into smaller pieces: "This isn't easy for you. What part of it might you be able to do?" For instance, if your preschooler can't do up her zipper, could she pull it the rest of the way once you've started it?

Offering support

Although we may try to give children choices in their daily activities, some things are not negotiable. Even if vaccinations are painful, they have to be given; even if her children will miss her, Mummy has to go on her business trip. Instead of pretending it won't hurt, or saying something like, "Life is tough, get used to it," try an approach that is both firm and supportive: "I know you're not looking forward to this. What could we do to make you more comfortable?" Together you might develop a plan that involves bringing a favourite stuffed toy and sitting on Daddy's lap at the doctor's, or making a photo album to look at while Mum's away.

Showing appreciation

People, children included, like to feel they're appreciated, even for the things they do routinely. Be sure your repertoire of handy phrases includes, "Thank you. That really helps me out." If you let your children know that you notice the things they do right, in time, you may even hear them saying thank you to you in return.

by Betsy Mann

MARCH, 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 – Day 3	4 – Day 4	5 – Day 5 PIZZA DAY Divisional Boys & Girls Basketball at WSP	6 – Day 6	7 – Day 1	8
9	10 – Day 2	11 – Day 3 PAC Meeting 7:00 p.m. Childcare provided.	12 – Day 4 HOT LUNCH Divisional Boys Basketball at ESOMS	13 – Day 5 Parent/Teacher Conferences 3:00 – 8:00 p.m.	14 – Day 6 PARENT/TEACHER/STUDENT CONFERENCES NO CLASSES	15
16	17 – Day 1 	18 – Day 2	19 – Day 3 PIZZA DAY Track Attack at U of M Gr. 4&5 Badminton 5:00-8:00 p.m.	20 – Day 4	21 – Day 5	22
23	24 – Day 6	25 – Day 1 Lifetouch Spring Photos Kindergarten Parent Info Night 6:15-7:15 p.m.	26 – Day 2 HOT LUNCH Divisional Boys Basketball at WSP	27 – Day 3	28 – Day 4	29
30	31	APRIL 1	2	3	4	5
SPRING BREAK						

2013-2014 IMPORTANT DATES AT A GLANCE...

Mar 11	PAC Meeting ~ 7:00 p.m. (Free childcare provided.)
Mar 14	Parent/Teacher/Student Conferences ~ NO CLASSES
Mar 19	Gr. 8 Parent Meeting regarding Gr. 9 registration at West Kildonan Collegiate ~ 6:00 p.m.
Mar 25	Lifetouch Spring Photos
Mar 25	2014-2015 Kindergarten Parent Info Night ~ 6:15 p.m.
Mar 31-Apr 4	Spring Break ~ SCHOOL CLOSED
Apr 7	Classes Resume
Apr 17	Health-a-Palooza
Apr 18	Good Friday ~ NO SCHOOL
Apr 21	Easter Monday ~ SCHOOL OPEN ~ Classes are in session

The MARCH newsletter is now available for viewing on our school website. Please visit our website: www.7oaks.org/school/weststpaul

MARCH



PARENT/CHILD PROGRAMS

WEST ST. PAUL COMMUNITY SCHOOL
 Advancing Community Schools
 Serina Shewchuk - Learning Support Teacher - Early Years
 Cheryl Rajfur - Community Coordinator
 204-339-1964
 School Website: <http://www.7oaks.org/school/weststpaul>

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2 	3 Parent/Child Skating/Gym at Sunova Centre 9:00 – 10:30 a.m. 3 – 5 years	4 Parent/Child Rhymes & More 9:30 – 11:00 a.m. 0 – 5 years Dad's Gym Program * 6:15 – 7:00 p.m.	5 Come Play Room Open 9:00 – 11:00 a.m. Mothers & Daughters In Touch 6:30-8:30 p.m. Riverbend School	6 Come Play Room Open 9:00 – 11:00 a.m.	7 Pre-Schoolers in the Kitchen 9:30 – 11:00 a.m. MUST REGISTER.	8
9	10 Parent/Child Storytime 9:00 – 10:30 a.m. 3 – 5 years	11 Parent/Child Rhymes & More 9:30 – 11:00 a.m. 0 – 5 years Dad's Gym Program * 6:15 – 7:00 p.m. PAC Meeting 7:00 p.m. Childcare provided.	12 Come Play Room Open 9:00 – 11:00 a.m. Mothers & Daughters In Touch 6:30-8:30 p.m. Riverbend School	13 Hans Kai 9:15 – 11:00 a.m.	14 PARENT/TEACHER/STUDENT CONFERENCES NO CLASSES	15 
16 	17 Children's Museum 9:30a.m. Adventures of Mr. Potato Head	18 Parent/Child Rhymes & More 9:30 – 11:00 a.m. 0 – 5 years Dad's Gym Program * 6:15 – 7:00 p.m.	18 Come Play Room Open 9:00 – 11:00 a.m. Mothers & Daughters In Touch 6:30-8:30 p.m. Riverbend School	20 Come Play Room Open 9:00 – 11:00 a.m.	21 Pre-Schoolers in the Kitchen 9:30 – 11:00 a.m. MUST REGISTER.	22
23	24 Parent/Child Storytime 9:00 – 10:30 a.m. 3 – 5 years	25 Parent/Child Rhymes & More 9:30 – 11:00 a.m. 0 – 5 years Kindergarten Parent Information Evening 6:15-7:15 p.m.	26	27	28	29
30	31	April 1	2	3	4	5
SPRING BREAK						

2014



April

PARENT/CHILD PROGRAMS

WEST ST. PAUL COMMUNITY SCHOOL

Advancing Community Schools

Serina Shewchuk - Learning Support Teacher - Early Years

Cheryl Rajfur - Community Coordinator

204-339-1964

School Website: <http://www.7oaks.org/school/weststpaul>

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
SPRING BREAK						
6	7 Parent/Child Storytime 9:00 – 10:30 a.m. 3 – 5 years	8 Parent/Child Music with Sonja 9:00 – 10:30 a.m. 0 – 5 years Dad's Gym Program * 6:15 – 7:00 p.m.	9 Come Play Room Open 9:00 – 11:00 a.m. Mothers & Daughters In Touch 6:30-8:30 p.m. Riverbend School	10 Hans Kai 9:15 – 11:00 a.m.	11 Pre-Schoolers in the Kitchen 9:30 – 11:00 a.m. MUST REGISTER.	12
13	14 Parent/Child Storytime 9:00 – 10:30 a.m. 3 – 5 years	15 Parent/Child Rhymes & More 9:30 – 11:00 a.m. 0 – 5 years Dad's Gym Program * 6:15 – 7:00 p.m. PAC Meeting 7:00 p.m. Childcare provided.	16 Come Play Room Open 9:00 – 11:00 a.m. Mothers & Daughters In Touch 6:30-8:30 p.m. Riverbend School	17 Come Play Room Open 9:00 – 11:00 a.m.	18 GOOD FRIDAY SCHOOL CLOSED	19
20	21 Parent/Child Storytime 9:00 – 10:30 a.m. 3 – 5 years	22 Parent/Child Rhymes & More 9:30 – 11:00 a.m. 0 – 5 years Dad's Gym Program * 6:15 – 7:00 p.m.	23 Come Play Room Open 9:00 – 11:00 a.m.	24 Come Play Room Open 9:00 – 11:00 a.m.	25 PD DAY NO SCHOOL	26
27	28 Parent/Child Storytime 9:00 – 10:30 a.m. 3 – 5 years	29 Parent/Child Rhymes & More 9:30 – 11:00 a.m. 0 – 5 years	30			

2014



SEVEN OAKS SCHOOL
DIVISION

SEVEN OAKS SCHOOL DIVISION

SETTLEMENT PROGRAM

FOR IMMIGRANTS TO SEVEN OAKS

MARCH 2014

www.7oaks.org/programs/settlement

All events and programs are for newcomers to Canada. They are CIC funded and hosted by the Seven Oaks Settlement Program.

BRING YOUR PERMANENT RESIDENT CARD TO REGISTER.

Questions? Phone 204-632-1716 or 204-697-5961

CONTACT INFORMATION

Seven Oaks Adult Learning and Settlement Services

Website: www.7oaks.org/programs/settlement

Call us: 204-632-1716

Email us:
settlement@7oaks.org

Visit us:
950 Jefferson Ave

OFFICE HOURS
Monday to Thursday
10am- 8pm
(extended hours starting this month)

Drop-in Computer Use, Help or Information
660 Sheppard St.
Monday to Thursday
1-4pmor

Settlement Team: Shane, Rowena, Jose, Randeau and Sally

PRESENTATIONS, PROGRAMS AND WORKSHOPS

March is a special month to help parents attend our programs. Fee Childcare is available for most programs. Please consider taking this opportunity to join in.

- **Men's Cooking** Classes— Saturday March 1st, 8th, 15th, 10am--12 noon at Maples Collegiate (1770 Jefferson Ave.) Call Jose if you have questions or to Register
- **Computer Classes** – Saturdays starting March 1, 1-3pm at 950 Jefferson Ave. OR Wednesdays 1-4pm at 660 Sheppard St (Wednesdays include child-care). Beginner level classes at your own pace— Call Jose if you have questions or to Register
- **Manitoba Start Employment Program** with free childcare— Saturdays March 8, 15, 22, and 29, 950 Jefferson Ave. Programs includes career planning, job search, resumes, interview skills, networking— Call Randeau if you have questions or to Register.
- **Income Tax Clinic** with free childcare— Saturday, March 22 and 29, April 5, 12, and 26 at 10am-2pm at 950 Jefferson Ave. Volunteers will help you with your 2013 income tax if you income is below \$30,000 and your taxes are simple. Please see page 2 to know what to bring to do your taxes. Phone Randeau if you have questions or to book an *appointment*.
- **Mom and Me** – Tuesdays starting March 4th, 1-4pm at 660 Sheppard St. This is a parent/pre-school child time of games, songs, crafts. Call Rowena if you have questions or to Register
- **Women's Zumba and Sharing Circles** with free childcare— Fridays starting March 7, 5-8pm at 950 Jefferson Ave.
- **Career Coaching** with free childcare— Mondays starting march 10th, 1-3pm at 660 Sheppard Ave. Call Shane if you have questions or to register
- **Conversation Classes with free childcare** continue Saturdays only. 1-3pm at 950 Jefferson Ave. Call Randeau to register.

EVENTS

Budget Shopping Tour— Saturday, March 2014 11am-3:30pm. Learn some of the best places in Winnipeg to shop and save money for clothes, furniture, food and electronic by joining on the bus tour. Call Randeau if you have questions or to register. No children.



COMMUNITY NEWS IN THE SEVEN OAKS AREA

- ◆ **Free Women's Craft Day**– celebrating International Women's Day -- on Saturday, March 8th, 2014 from 12pm-4pm at 611 Main St. Craft workshops on beads, medicine pouches, Metis sashes. Includes child-minding and multi-cultural snacks. No need to pre-register.
- ◆ **Presentation on Post-Secondary Education Supports for Immigrants**– Wednesday, March 12 at 6:30pm at 950 Jefferson Ave. Do you want to further your education? This presentation will help you know about the extra supports you can use to help you succeed. Bring your PR card to register for this presentation.
- ◆ **Red River Community College Presentation** – Thursday, March 13th at 6:30pm at 950 Jefferson Ave.

SCHOOL NEWS FOR SEVEN OAKS SCHOOL DIVISION

- ◆ **Kindergarten Registration** started Monday, Feb 24th in Seven Oaks School Division. If you have a child ready for school, please contact your local school or see our website: www.7oaks.org
- ◆ **Spring Break in Seven Oaks School Division** is March 31st-April 4th, 2014



C O M M U N I T Y B E G I N S H E R E

What you need to get ready to file your 2013 Income Tax

* Bring these items with you when you attend your appointment with the free Community Income Tax Clinic in March (see first page for details including eligibility, registration and times)

You must have the following information and documents when filing your Income Tax Return:

- Your income information – T4, T5007, T4A, T4E, T5, etc.
- Date of birth
- Date of entry to Canada
- Your spouse's net income (if applying for GST rebate)
- Your spouse's SIN
- Proper address with the right postal code
- Void cheque to be attached to the Income Tax Return if you require direct deposit for GST or CTB.
- All receipts for medical expenses if you want to claim them. Ask your pharmacist for a printout of all your prescriptions.
- All receipts for charitable donations you made to claim deductions.
- A copy of your last year's tax return; it will help volunteers to ensure they have all the necessary information.
- If you received a T1 package in the mail with personalized identification label, bring it with you.
- Report any changes to your family situation or to your income since last year.

If you are bringing a return for someone else, bring their SIN and their personal identification information such as, date of birth, address, and spouse's name.

March 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 Men's Cooking 10am-12, Maples Collegiate Conversation Class 1:00-3:00, 950 Jefferson Computer Class 1:00-3:00, 950 Jefferson
2	3	4 Mom & Me 660 Sheppard 1:00-4:00pm	5 Computer Class 660 Sheppard 1:00-4:00pm	6	7 Women's Zumba 950 Jefferson 5:00-7:00pm	8 MB Start 9-12am, 950 Jefferson Men's Cooking 10am-12Maples Collegiate Shopping Tour! 11am-3:30 Meet at 950 Jefferson Computer Class 1-3pm 950 Jefferson Ave.
9	10 Career Coaching 660 Sheppard 1-3pm	11 Mom & Me 660 Sheppard 1:00-4:00pm	12 Computer Class 660 Sheppard 1:00-4:00pm PRESENTATION Global Welcome Centre 6:30-7:30pm 950 Jefferson,	13 PRESENTATION Red River College 950 Jefferson 6:30-7:30pm	14 Women's Zumba 950 Jefferson 5-7pm	15 MB Start 9-12am, 950 Jefferson Ave. Men's Cooking 10am-12, Maples Collegiate Computer Class 11-3pm, 950 Jefferson Ave. Conversation Class 1-3pm 950 Jefferson Ave.
16	17 Career Coaching 660 Sheppard 1-3pm	18 Mom & Me 660 Sheppard 1:00-4:00pm	19 Computer Class 660 Sheppard 1:00-4:00pm	20	21 Women's Zumba 950 Jefferson 5-7pm	22 MB Start 9am-12pm, 950 Jefferson Computer Class 11-3pm, 950 Jefferson Ave. Conversation Class 1-3pm 950 Jefferson Ave Income Tax Clinic 10am-2pm, 950 Jefferson
23	24 Career Coaching 660 Sheppard 1-3pm	25	26	27	28 Women's Zumba 950 Jefferson 5-7pm	29 MB Start 9-12am, 950 Jefferson Income Tax Clinic 10am-2pm, 950 Jefferson Computer Class 11-3pm, 950 Jefferson Ave. Conversation Class, 1-3pm, 950 Jefferson Ave

Sunova Centre – West St. Paul's Recreation Site
48 Holland Rd. West St. Paul, MB
Phone: 204-336-0294
Email: recreation@weststpaul.com

FUNky Monkey – Movement Education Classes For Kids
“Where passion for movement comes alive”

Jumping Jellybeans! – Fun for 2-5yrs

This class is for parents to enjoy with their children. A variety of group and individual activities will be offered - with a focus on exploring movement and equipment through song, dance, basic movement skills, stories and much more!

10-Weeks – Sunday April 13th-June 22nd (No Class: May 4th) – 11am-Noon
\$70/Participant

FREE DEMO CLASS for Jumping Jellybeans – Saturday March 29th - 9:30-10:30am

Rainbow Stew – Fun for 6-9yrs

This class is all about running, hopping, jumping, skipping, throwing, catching, kicking, striking all through the use of cooperative games, freestyle dance and everyone's favorite...TAG!

10-Weeks – Sunday April 13th-June 22nd (No Class: May 4th) – 12:10-1:10pm
\$70/Participant

Down with Dodgeball – Fun for 10-14yrs

Basic movement and manipulative skills (running, hopping, skipping, throwing, catching, kicking, etc...) are developed with a focus on strategic and cooperative play through a variety of dodgeball activities.

10-Weeks – Sunday April 13th-June 22nd (No Class: May 4th) – 1:20-2:20pm
\$70/Participant

FUNky Monkey Classes will be led by Bethany. Bethany has been teaching for 8yrs & holds a Bachelor of Physical Education, Bachelor of Education and is a current Masters Student.

Pre-registration is Required - Contact Bethany directly to register for all classes!

Phone: 204-396-1787

Email: funkymonkeymovement@gmail.com

Visit: www.funkymonkeymovement.com

Sunova SPRING BREAK Camp! – For 5-12yrs

Come out and enjoy a MINI version of Sunova Summer Camp during SPRING BREAK! Campers will participate in awesome activities such as Arts & Crafts, Organized Games, Sports, Special Theme Days & More!!

Monday-Friday – March 31st-April 4th – 8:30am-5pm
\$100/Camper

Pre-registration is Required – Contact the Sunova Centre to Register!

Babysitters Course - For 11-15yrs

*With Barbara Roy of Mystic First Aid Services – A Canadian Red Cross Training Partner
2 Night Course - Wednesday June 11th & Thursday June 12th – 5:30-9pm Each Evening
Youth will learn: How to safely care for babies, toddlers, pre-school & school aged children; Proper rescue breathing & choking techniques; How to deal with Emergency Rescue Workers/911 Operators; About household hazards & disease prevention; About a variety of life-saving tools such as A.E.D's; How to recognize emergencies & deal with them!*

\$40/Participant (Payable to Mystic First Aid) plus Lab Fee: \$10/Participant (Payable to RM of West St. Paul)

Registration Fees for Mystic First Aid Courses include Text Book, Prizes, Wall/Wallet Certificates & More!

Pre-registration is Required – Contact the Sunova Centre to Register!