



WEST ST. PAUL SCHOOL COMMUNITY NEWSLETTER

MAY, 2014

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

Administrators

Principal: Cathy Horbas
Acting Vice Principal: Rob Ens



PIZZA DAYS

May 7
May 21
June 4

HOT LUNCH

May 16
May 28



Upcoming Events

- Kindergarten Open House
May 1 - 6:15-7:15 p.m.
- PD Day - NO SCHOOL
May 9
- PD Day - NO SCHOOL
May 12
- Victoria Day - NO SCHOOL
May 19
- Middle Years Orientation
May 20 - 6:15 p.m.
- Goldeyes Game - Middle Years
May 28

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

We are looking forward to meeting our 2014—2015 Kindergarten students on Thursday evening. It is always exciting to greet our newest students and welcome them to school.

It is a month where we are looking forward to next year. The staff is involved in school planning. There are five main categories that we have to consider when planning as prescribed by the Department of Education. These areas are supporting student learning, sustainable development, Aboriginal Education and curricular goals in literacy and numeracy. We look back on our achievements for this year and plan ahead for next year.

The Seven Oaks School Division has just embarked on a parent survey that we hope will help inform our planning for next year. Every family with an email address would have received an invitation to participate in “Thought Stream” a new tool for gathering feedback from parents. We hope you will take advantage of this opportunity to give us feedback. Thank you for taking the time to do so. School specific results come directly to us, as well as to the Division.

We are also planning to meet with students and parents of Grade 5 students. This information night will take place on Tuesday, May 20th. The students will have an opportunity to try out Band instruments and the parents will get an opportunity to talk with staff about Middle Years Camp, TAS and other options that happen in Middle School.

Badminton is winding up this week while Marathon Club, Cross Country and Track and Field are starting to get into full swing. Hopefully we will get some dry weather in order that we can use our field and play spaces. The Play Space Committee of PAC has been working very hard to design a new look for our playground. It’s going to be a big improvement! If you would like to see the design, please check it out in the Library.

PAC ANNUAL GENERAL MEETING TUESDAY, MAY 13th 7:00 p.m.

Nominations are now being accepted for the executive of the Parent Advisory Council (PAC). Election of the 2014-2015 Executive will take place during the AGM.

SEE PAGE 2 FOR MORE INFORMATION...

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

PAC ANNUAL GENERAL MEETING
TUESDAY, MAY 13th 7:00 p.m.

Nominations are now being accepted for the executive of the Parent Advisory Council (PAC).
Election of the 2014-2015 Executive will take place during the AGM.

The duties and responsibilities of the Executive shall include:

Chair – shall preside at meetings of the PAC Executive; shall set the agenda in consultation with the school Principal; shall chair meetings of the PAC; shall be ex-officio member(s) of all PAC committees; shall act as authorized signing officer(s) on bank accounts; shall have signing authority on official correspondence; shall coordinate all activities of the PAC executive between regular meetings.

Vice-Chair – Shall assist the Chair and in the absence of the Chair shall chair meetings and supervise the affairs of the PAC. In the event of resignation, incapacity or leave of absence of the Chair shall fulfill those responsibilities.

Secretary – Shall maintain all records pertaining to the PAC and its committees; shall be responsible for any correspondence issued under the direction of the PAC; shall provide copies of meeting minutes within two weeks to all Executive members, and in addition shall provide a copy to the school for distribution to the general public.

Treasurer – Shall keep an account of all financial transactions of the PAC as per School Division guidelines; shall be responsible for banking the PAC`s funds and for arranging banking services; shall present a financial report at each meeting of the PAC and an annual financial statement at the Annual General Meeting; shall submit a copy of each financial report to the Principal, who shall retain one copy on file at the school for a five year period.

Committee Chairs – Shall perform duties assigned by the PAC Executive; shall provide regular progress reports to be included in the minutes; shall provide financial reports relevant to the work of the committee. The standing committees shall be:

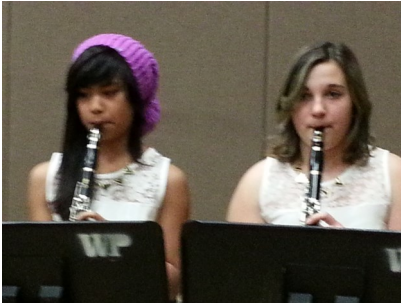
- Hot Lunch Committee
- Fundraising Committee
- Play Space Committee

Ad-hoc committees will be established by the PAC or the Executive as the need arises.

If you have any questions about putting your name forward to become an executive member of PAC please feel free to contact the current co-chair Elana Spence at – 663-8455 or via e-mail at elanaspence@shaw.ca.

BRANDON JAZZ FESTIVAL

MARCH 13-14, 2014



Our Grade 7 & 8 Jazz Band participated at the Brandon Jazz Festival in March. They played their selections, were adjudicated on their performance then participated in an hour long clinic. The students got lots of great pointers on their playing.

They also had the opportunity to hear many other Jazz groups, both instrumental and vocal. Some of their favorite groups were the West K Jazz singers and a world renowned vocal Jazz group called Rajatan.

Thanks to Mr. Issak, Mr. Wiebe, Mrs. Delacruz and Mrs. Zaik for coming along with us!

Health-a-Polooza 3!

April 17th was our third annual Health-a-Polooza Event. Every student has an opportunity to participate in four different events that promoted healthy living. The sessions were varied and included:

Wrestling ~ Table Tennis ~ Gardening ~ Juggling ~ Air Kick Boxing ~ Cooking ~ Weight Training ~
Hand Knitting ~ Yoga ~ Zumba ~ Drama ~ Dancing ~ Tai Chi ~ Hoop Dancing ~ Karate ~
Games (both Board and Active) ~ Photography ~ Music

There were also some presentation type presentations such as HeartSmart, and presentations from the Humane Society. Thank you to parents Jen Tower, Lisa Oliver, Vanessa Brueau, and the West K. students who, along with the guest presenters and teachers, provided a very stimulating and fun day of healthy activities.



30 Hour Famine

Thirty-three Grade 8 students participated in the World Vision 30 Hour Famine on the weekend of April 10. We began our fast at 8 a.m. and finished with a pot luck lunch on Saturday at 2 p.m.

On Friday, during the day, we volunteered at Siloam Mission, Winnipeg Harvest and with Hands of Hope. When we got back to the school, we had a fire safety demonstration and then entered into several activities to help keep our minds off food, but also to help understand some of the issues around poverty, homelessness and hunger. Two activities were "Pay It Forward" and "Shanty Town." During Pay it Forward, we were divided into seven different groups. Each group was given an envelope with money in it. Some groups had \$50; some groups had \$5. We had to decide how to use that money to benefit the most people without just giving the money away. Thanks to Mr. and Mrs. Olson (yes there is a Mrs. Olson!), Mr. Knight, Ms Jopka, Mr. Robertson, Mr. Rempel and Mr. Wiebe for driving the students.

The most fun of the weekend was definitely playing Hide and Go Seek in the dark around the whole school. Izzy hid inside a locker, and jumped out just in time to scare Mrs. Mathwig. Boy can Mrs. Mathwig scream!

It was a great experience to be all together for that time, Every time we met, Mr. Rempel had videos or world food/hunger/poverty facts to share with us. Thanks to all the adults who organized all the activities for us, the drivers for the Car Rally on Saturday and to Mr. Rempel, Miss Yeo and Mr. Holmes for organizing the whole thing.

We raised \$1750.00 for World Vision's Hunger program.

GRADE 4 SCIENCE CAMP

When we went to Science Camp at the Manitoba Museum, we had fun in the Science Gallery! It has a bunch of fun things like going into the mirror room, playing on the pulley chairs, building and racing cars on the race track, and more! We also got to go to a park where we learned about the animals and their urban habitat. They also told us about how high the river was in the past years. At school we made cars that were powered by balloons and we took them to Science Camp and test how far they would go. We also got to test them on different terrains to try and improve our car.

By Brynn H. and Morgan T.



On April 21st, Grade 4 and 5 students were asked to build cars powered by a balloon made out of recyclable materials. These cars went with the students to Man And Nature museum on April 24th. At the museum kids could test their cars and see how they could change the cars to make cars better, faster and be able to make it go across different terrain such as water, rocks, sand, forest and even the moon.

Amanda M.

STAND UP FOR RESPECT

By: Jenay C. and Rovelyn D.

On Monday April 7th, Rachael Ashley came to our school and spoke about her experiences about being bullied severely in middle-school and high-school. Some of the stories she shared were about how she was forced to eat sand and have a mercy fight, and about how she was punched in the face for no absolute reason. She was made fun of for her extremely curly hair and her good grades. All her life she has had a passion for music. She always looked to music for an escape from bullying. Whenever she felt hurt or alone she always used to write down her feelings into song lyrics. She is now a singer/songwriter and composes beautiful pieces about her life. She tours around the country with her anti-bullying message "No Time For That." Her message is that kids everywhere should focus on what they love to do instead of the bullying that's going on in their life. She has been to many different schools in our division like here at West St Paul, Leila North, Edmund Partridge, etc. She has been an amazing inspiration to all of us and hopefully we'll get to see her again in the near future.



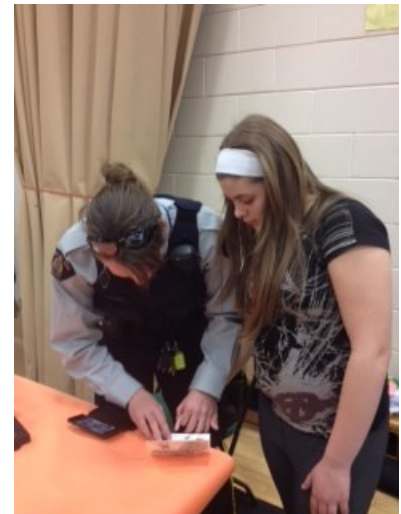
WSP SCHOOL BOOK DRIVE

Our West St. Paul book drive is finished! We collected 897 books. Thanks to students, teachers, parents and community members who donated books.

Kayla C. and Jordan D., from Room 9, delivered the books to the Manitoba First Nations Education Resource Centre. The books will go to the school that lost its library due to the flood in the fall.



C.O.P.P.



West St. Paul COPP (Citizens on Patrol) held a Community Safety Forum on Tuesday, April 29th. There were several groups who had displays such as Mothers Against Drunk Drivers, Fire Fighters, MPI, Alarm Companies, RCMP and Citizens on Patrol. The RCMP did a presentation about crime statistics and their general work in West St. Paul. The presentation was followed by a question and answer session between members of the community and the RCMP.

Several of our Grade 8 students were along to volunteer as greeters and mascots.

GRADE 5s at the SYMPHONY

The Winnipeg Symphony Orchestra was not what we expected: it was very enjoyable and not boring. First of all, It featured one of Modest Mussorgsky's compositions and even though it was the same song, it changed to reflect his mood. The music changed with the mood of every art piece. Another cool thing about it was how they music came to life, like a play, because there was people acting out the paintings in a giant frame. Finally, there was "Manitoba Jones" who was the Manitoban version of Indiana Jones. Thieves kept "stealing" the paintings (actually stealing the people acting out the paintings). This made the show exciting and entertaining because we got to participate in the show by yelling for him whenever the robbers came by. The Winnipeg Symphony Orchestra is a great place go and we would love to go back!

By: Emily G., Jacob L., Riley W. and Janae C.

Spring Band Concert

This Spring Concert was a great way to show parents what the band students have accomplished this term. The Grade 7 students started off with a strong opening; Olympia, followed by the Chorale by the famous Johann Sebastian Bach, and ended with a Marcho Paso Double, "El Camino Real". Then the guest performers, the Grade 2s and 3s performed songs based of two musicals, both called "Bugs". The girls started with "How to be a Lady", dressed in ladybug attire, followed by the boys singing "March of the Military Ants", which had a fabulous choreography. The Grade 2s sang "Fireflies" by Owl City, and ended off with "Let it Grow". Then the spotlight was handed over to the West St. Paul Jazz Band, comprised of Grade 7s and 8s. They performed 3 songs and each took a turn to solo. Following the Jazz Band, was the Grade 6s, they played a rendition of "Skip It Lou" and a variation of "Bingo". The Grade 6s ended off with "Ring Of Fire" which had been collaborated with the Grade 8 Band. Finally, the concert ended, with the Grade 8s playing a mysterious tune named; "The Curse Of Tutankhamen" and they ended off with a peaceful melody; "In Quiet Times". The concert was very successful.

By: Roselle and Meagan

D.A.R.E.

By: Garrison & Brock



D.A.R.E. was so much fun. We did things like learning about alcohol and tobacco. D.A.R.E. stands for "Define Assess Respond Evaluate". The purpose of the program is to teach us how to make the right decisions when put up against drugs and alcohol. Our teacher was Constable Human. He was very funny. We did some role playing, like when Allan died because we was trying to get something high up and fell and broke his neck. We did an investigation on how he died. Constable Human gave us each different jobs. Brock was a detective. We did different things in our D.A.R.E. books such as using the D.A.R.E. decision making model to help us



make better decisions. Constable Human, the "cop" who taught us all this stuff was the funniest guy in the world.

Comments: "It was good because he told us why not to smoke instead of just telling us it's bad to smoke." ~ Allan
"I liked D.A.R.E. because he was funny and told stories." ~ Marielle
"D.A.R.E. was fun because we could ask him anything. P.S. The word search was awesome." ~ Tyler

Remember to wait after you speak to give your child plenty of time to take a turn.

May is Better Speech & Hearing Month!

Here are some fun ways to support growth in speech and language...

1. Describe your day using the words "first", "next", "then" and "last" in your story.
2. Make up silly rhymes.
3. Talk about animals that are big and little.
4. Find 5 items that are the same colour.
5. Look for 5 items that have the same beginning sound (i.e. marble and mom).
6. Name a person, place or thing that begins with every letter of the alphabet.
7. Make a craft or follow a recipe and talk about the steps involved.
8. Play "I Spy" using a variety of descriptive words.
9. Read a story together and then talk about what happened.
10. Look out the window and name/describe what you see.
11. Look at some family photographs or videos together and talk about the events. Try using the phrase "remember when..." while reminiscing.
12. Close your eyes and name all of the sounds you hear.
13. Go for a "listening walk" and talk about the sounds you heard.
14. Talk about the weather and draw a picture about the weather for today.
15. At the grocery store talk about the different foods you see. Talk about which ones are fruits and which ones are vegetables. What colour are they? Are they big or small? How do they smell? How do they feel?

Remember to face your child when talking with them.

Did you know... that your child's school has a Speech-Language Pathologist on staff. If you have any concerns talk to your child's classroom teacher.

Created by
Seven Oaks School Division's
Speech-Language Pathologists
(2014)

Websites:

www.asha.org/bshm www.sac-oac.ca www.maymonth.ca

2014 EAL Summer Program for Children Gr. 1 - 8

FREE EAL Classes

For Seven Oaks students new to
Canada learning English

July 2 to 25

9:00 am – 11:00 am

Arthur E. Wright School, 1520 Jefferson Ave.

REGISTER AT YOUR CHILD'S SCHOOL

Busing available from Garden City Collegiate
and return to Garden City Collegiate daily

for more information contact your child's school
or Cindy Burkett 204 479 0803

SPRING PROGRAMS

Tuesday, June 3rd — Tuesday, June 24th (4 weeks) 6-7pm @ Pan Am Pool
Thursday, June 5th — Thursday, June 26th (4 weeks) 6-7pm @ Pan Am Pool
Registration is open for 1 or 2 days per week.

SUMMER CAMPS

Camps run from Aug 5th-Aug 8th or August 11th -August 15th

For a complete list of programs, dates and locations please visit our web site:

www.winnipegsynchro.com

Winnipeg Synchro is led by a team of outstanding, nationally certified coaches with years of experience on deck and in the Canadian and International Synchro community.

Our programs support Long Term Athlete Development and ensure the development of physical literacy upon which excellence can be built.



CALLING ALL BABIES AND THEIR CAREGIVERS

The Parent, Child preschool program is offering families an opportunity to learn massage techniques with their baby.

Amber Maric is a Registered Massage Therapist with over 10 years of experience. She is also a Certified Infant Massage Instructor with the International Association of Infant Massage (IAIM), the owner of Yay for Babies specialized infant massage, and a mother of a 2 year old daughter.

Infant massage is a daily practice shared by parents and caregivers all over the world looking to bond, communicate and care for their babies in a healthy, natural way. Babies who receive regular massage have been shown to have better quality of sleep, have an improved rate of healthy weight gain, and relief from the pain associated with colic, gas and teething. Aside from these physical benefits, infant massage has been shown to greatly improve the ability of parents and babies, to bond more closely and communicate with one another. It may sound strange initially, but touch is one of the ways an infant has to communicate and express themselves to the world around them. It is the first sense to develop in utero, and the only sense we cannot live without. Learning to share touch with your infant is a powerful, natural way to care for your baby's physical, and emotional health.

Massage is a practice that can benefit children and babies regardless of physical or mental ability. It is a practice that can be shared by all families, regardless of religious, cultural, or socio-economic background. Essentially, infant massage is a universal practice that can be enjoyed by everyone!

Please join us for our 3 week program to share and promote health and happiness through the ancient art of infant massage.

When: 4 Fridays May 2, 9, 16 and 23rd 9:30 – 11:00 a.m.

Where: West St. Paul School Community Corner, Lower Level 3740 Main St

Please register by calling Cheryl at 339-1964.

MAY, 2014

| <i>Sun</i> | <i>Mon</i> | <i>Tue</i> | <i>Wed</i> | <i>Thu</i> | <i>Fri</i> | <i>Sat</i> |
|------------|--|---|--|--|--|------------|
| | | | | 1 – Day 4 Kindergarten Open House 6:15-7:15 Gr.8 Doubles Badminton at TBA | 2 – Day Gr.8 Divisional Badminton Tournament U of W | 3 |
| 4 | 5 – Day 6 Gr.6 Doubles Badminton at OVJ | 6 – Day 1 Immunizations Dose #3 EY Cross-Country Little Mountain Park | 7 – Day 2 PIZZA DAY | 8 – Day 3 EY Cross-Country Rain Date | 9 – Day 4 PD DAY NO SCHOOL | 10 |
| 11 | 12 – Day 5 PD DAY NO SCHOOL | 13 – Day 6 PAC Meeting AGM 7:00 p.m. Childcare provided. | 14 – Day 1 | 15 – Day 2 | 16 – Day 3 HOT LUNCH BARBEQUE | 17 |
| 18 | 19 VICTORIA DAY NO SCHOOL | 20 – Day 4 Gr.4 & 5 WSP Track & Field Gr.5 Orientation 6:00 p.m. | 21 – Day 5 PIZZA DAY MY Divisional Track & Field at WKC | 22 – Day 6 | 23 – Day 1 MY Divisional Track & Field Rain Date or 3000m at WKC | 24 |
| 25 | 26 – Day 2 | 27 – Day 3 Gr.4 & 5 WSP Track & Field Rain Date | 28 – Day 4 HOT LUNCH School Day Goldeyes Game Gr.6-8 10:00 a.m.-2:00 p.m. | 29 – Day 5 | 30 – Day 6 Gr.5 Arts Camp | 31 |

IMPORTANT DATES AT A GLANCE...

| | |
|--------|--|
| May 1 | Kindergarten Open House ~ 6:15-7:15 p.m. |
| May 6 | Immunization Dose #3 ~ All Grade 4 Students; Grade 6 Girls |
| May 9 | School PD ~ NO SCHOOL |
| May 12 | School PD ~ NO SCHOOL |
| May 13 | PAC Annual General Meeting ~ 7:00 p.m. (Childcare provided.) |
| May 16 | Hot Lunch Backyard Barbecue |
| May 19 | Victoria Day ~ NO SCHOOL |
| May 20 | Grade 5 Middle Years Orientation Evening |
| May 30 | Grade 5 Arts Camp at Canadian Mennonite University |

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



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 Kindergarten Open House 6:15-7:15 p.m. | 2 Infant Massage 9:30-11:00 a.m. | 3 |
| 4 | 5 Parent/Child Storytime 9:00 – 10:30 a.m. 3 – 5 years Music with Sonja | 6 Parent/Child Rhymes & More 9:30 – 11:00 a.m. 0 – 5 years | 7 Come Play Room Open 9:00 – 11:00 a.m. | 8 Hans Kai 9:15 – 11:00 a.m. | 9 PD DAY NO SCHOOL Infant Massage 9:30-11:00 a.m. | 10 |
| 11 | 12 PD DAY NO SCHOOL | 13 Parent/Child Rhymes & More 9:30 – 11:00 a.m. 0 – 5 years PAC AGM Meeting 7:00 p.m. Childcare provided. | 14 Come Play Room Open 9:00 – 11:00 a.m. | 15 Come Play Room Open 9:00 – 11:00 a.m. | 16 Infant Massage 9:30-11:00 a.m. | 17 |
| 18 | 19 VICTORIA DAY NO SCHOOL | 20 Parent/Child Rhymes & More 9:30 – 11:00 a.m. 0 – 5 years | 21 Come Play Room Open 9:00 – 11:00 a.m. | 22 Come Play Room Open 9:00 – 11:00 a.m. | 23 Infant Massage 9:30-11:00 a.m. | 24 |
| 25 | 26 Parent/Child Storytime 9:00 – 10:30 a.m. 3 – 5 years | 27 Picnic at Hiawatha Park 9:30 – 11:00 a.m. 0 – 5 years | 28 Come Play Room Open 9:00 – 11:00 a.m. | 29 | 30 | 31 |

2014

PARENT/CHILD PROGRAMS



WEST ST. PAUL COMMUNITY SCHOOL

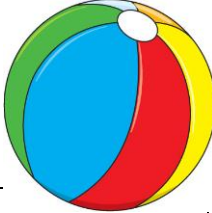

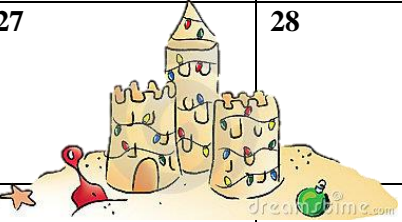

Advancing Community Schools

Joey Robertson - Learning Support Teacher - Early Years

Cheryl Rajfur - Community Coordinator

204-339-1964



| Sun | Mon | Tue | Wed | Thu | Fri | Sat | |
|---|--|--|---|-----|--|--|--|
| 1 | 2 Parent/Child Storytime 9:00 – 10:30 a.m. 3 – 5 years | 3 Rhymes & More 9:15 – 10:30 a.m. 0 – 5 years | 4  | 5 | 6 Parent/Child Drop In 9:00 – 11:00 a.m. Music with Sonja | 7  | |
| 8 | 9 Parent/Child Storytime 9:00 – 10:30 a.m. 3 – 5 years | 10 Rhymes & More 9:15 – 10:30 a.m. 0 – 5 years | 11 | 12 | 13 Parent/Child Drop In 9:00 – 11:00 a.m. Music with Sonja | 14 | |
| 15 | <i>Have a safe and happy summer!</i> | | | | | | |
| 22 | 23 | 24 | 25 | 26 | 27  | 28 | |
| 29  | 30 | PARENT/CHILD PROGRAMS | | | | 2014 | |

Setting Consequences

Many parents choose to teach their children by allowing them to experience the consequences of their acts. In this way, children learn that their decisions and their behaviour have an impact on themselves and the people around them. Because it involves taking responsibility for choices made, discipline through consequences empowers children and promotes self-discipline.

Natural consequences

Life does the teaching with natural consequences: if you don't wear your hat, you'll get cold; if you've spent all your savings, you won't be able to buy the game you want. All the parent has to do is point out the likely consequences, then keep quiet ... and avoid saying, "I told you so!"

Sometimes risking natural consequences is too dangerous: if you play with matches, you could burn down the house, for example. Other times, the outcome happens too far in the future to make the connection obvious: if you don't brush your teeth, you'll get cavities.

Logical consequences

Logical consequences are imposed by the parent to link the behaviour of the child with consequences that make sense. The consequences feel fair and reasonable instead of like arbitrary control by the parent. For instance, as the parent you could set the rule: "Lights out at 8:30. If you are ready for bed at 8:15, we will have time to read a story. If not, we won't." If the child takes too much time, your calm response would be, "I see you've chosen no story tonight. Maybe tomorrow you'll be ready earlier."

For a teen who comes in past curfew, the parent could say, "It's 30 minutes past the time we agreed on and I have been worried. To win back my confidence, next time you go out, you will come in 30 minutes earlier than our previously agreed time."

Consequences that repair

Children readily understand and often appreciate consequences that give them an opportunity to repair their mistakes: they spill milk, they clean it up (or at least help); they tear a book, they patch it up; they dent a fender, they pay for it. The parent can apply these consequences with genuine regret combined with admiration — "too bad this happened to you, you're doing a great job of fixing it up" — rather than in a punishing spirit.

Consequences that teach

Children need to know how they *are* supposed to act. And sometimes they need to practise it with coaching. For instance, a child who has thrown a tantrum when leaving a friend's house might not be allowed to play with that friend for a week. The consequence will be more effective and feel fairer if the parent spends time with the child during the week looking for and practising better ways to leave a friend's. The message changes from, "You're a bad kid." to "I'm confident that you can master this."

Creative consequences

Sometimes it takes a good imagination to figure out appropriate consequences that teach rather than punish. Take the case of a child who forgets his jacket at a friend's. **Natural consequences:** He's cold next time he goes outdoors...but in fact it's too cold for that to be safe. **Consequences that repair:** He bundles up in sweaters and goes back to get the jacket...but the friend lives 20 minutes' drive away. **Creative consequences:** Parent drives the child to the friend's house to pick up the jacket (child's responsibility) and the child chooses which of the parent's responsibilities he will help with or take on in return.

Setting consequences

In the heat of the moment, a punishment may come to mind more easily than an appropriate consequence. You can give yourself some breathing room by saying, "That behaviour is not allowed. If you repeat it, there will be consequences." Later, describe to the child what behaviour you expect and what the consequences for unacceptable behaviour will be in the future. Consider the following points:

- What expectations and consequences are appropriate to the child's age?
- Is the child old enough to understand the link between his actions and their results?
- Does the child clearly understand the rule or the expected acceptable behaviour?
- Does the child need more practice and coaching in the desired behaviour?
- Will you be able to apply the consequences with the consistency necessary to teach the lesson that one's choices have an impact, *every* time?

Lessons for life

By disciplining through consequences, you will help your child learn to think before making decisions and to take responsibility for choices made.

by Betsy Mann

GET IN SYNCH!

Synchronized swimming requires a unique combination of overall body strength and agility, grace and beauty, split-second timing, musical interpretation, stamina and dramatic flair.

COMPETITIVE PROGRAMS

Teams can be either competitive (provincial) or high performance (national level).



RECREATIONAL PROGRAMS

Synchronized Swimming skills are acquired through a skill development system called the Star Program. It is a progressive way to learn Synchro skills regardless of your ultimate goals.

For a complete list of programs, dates and locations visit our web site: www.winnipegsynchro.com

Winnipeg Synchro is led by a team of outstanding, nationally certified coaches with years of experience on deck and in the Canadian and International Synchro community.

