



WEST ST. PAUL SCHOOL COMMUNITY NEWSLETTER

NOVEMBER, 2013

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

PIZZA DAYS

November 13
November 27
December 11



HOT LUNCH DAYS

November 6
November 20
December 4

Upcoming Events

- PAC Meeting
Nov 5 - 7:00 p.m.
Free childcare available.
- Picture Re-Takes
Nov 7
- Remembrance Day Assembly
Nov 8 - 11:00 a.m.
- Remembrance Day
Nov 11 - NO SCHOOL
- Grade 4 & 5 Team Handball
Nov 16 - 9 a.m.-2 p.m.
Various Gyms
- WSP Craft & Bake Sale
Nov 17 - 10 a.m.-4 p.m.
- Parent/Teacher Conferences
Nov 22 - NO SCHOOL
- Hearing Screening
Nov 25-Nov 29
- December in our Town
Dec 18, 19
- Pancake Breakfast
Dec 20 a.m.

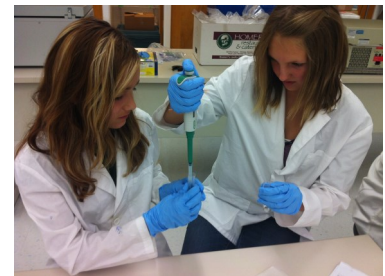
The 2013-14 school year will mark a new beginning in science for middle years students at West St. Paul School. Mrs. Torz has spent her personal and professional development time in the past two years, honing her science skills. Part of her learning included using the Inner-City Science Centre (ICSC) at the Niji Mahkwa School on Flora Avenue. Because of her expertise, she will begin taking groups of West St. Paul Middle Years students to the ICSC on the mornings of Day 5.



Every Middle Years student at West St. Paul School will have the opportunity to attend the ICSC twice during the 2013-14 school year. Students will have access to a world class science facility and lab equipment that will allow them to expand their knowledge of science and strengthen their possibilities for future science endeavors. We anticipate high engagement in science activities from each student. A classroom teacher will accompany each class attending the ICSC to allow for continual professional development for all middle years teachers. Upon returning to the school, appropriate follow up for each lesson will occur in homeroom classes.



In addition to this program, we have added Engineering Design and Technology as one of the options for TAS (Technology, Arts and Sports). This program happens on Day 2 at École Seven Oaks Middle School.



Other programs that are in full swing are Grade One Skating classes at Maples Community Center, Grade Four Swimming at Seven Oaks Pool, Winnipeg Art Gallery art classes for Grades 5—8, after school art classes, eight volleyball teams, intramural hand ball, mini volleyball, games, jazz band and TAP club beginning next week. There is no shortage of things for students to be involved in at West St. Paul School!

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

Counselor's Corner



West St. Paul School has a full time guidance counselor. The guidance counselor's role is to promote academic, personal/social and career development. School guidance counselors help resolve problems that interfere with learning; counsel individual groups; teach classroom guidance activities; co-ordinate with school staff and community resources to assist students. Guidance counselors are part of a school support team that includes resource, school psychologist, social worker and speech pathologist.

How is a student referred to the school guidance counselor?

Students may be referred to the guidance counselor by self, parent/guardian, teacher, administration or friend.

What does the School Counseling Program Provide Parents/Guardians?

A positive relationship between school and home enhances the academic and personal/social development of children. School Counselors involve parents/guardians; provide referral information about community resources; inform parents/guardians of situations or behaviour that may harm their child or may harm others; obtain parental consent before proceeding with on-going counseling; protect privacy of information shared by parents and students.

How Parents Can Help Their Child Succeed:

- Encourage learning both in and out of school
- Maintain communication with school administration, teachers and school support team
- Participate in school activities
- Celebrate the child's successes and recognize that mistakes are part of the learning process
- Listen to the child's concerns
- Have fair, reasonable and consistent rules
- Help children learn that all behaviour has consequences - positive or negative

Having a successful school year is a collaborative effort between teachers, administration, school support team, family and the community all working together to help children be the best that they can be!

Maria Mathwig
School Guidance Counselor
Contact info.: (204) 339-1964 or maria.mathwig@7oaks.org



Look for order forms for the **Farm to School Fundraiser** to go home with the youngest student in the family towards the end of the month.

Orders are due on Friday, December 6th. Late orders cannot be accepted.

Vegetables will be available for pick up on Thursday, December 12th.

WSP School's 25th Annual Christmas Craft and Bake Sale

The 25th Annual Christmas Craft and Bake Sale is scheduled for Sunday, November 17th from 10:00 a.m. - 4:00 p.m. and will take place in the gym of West St. Paul School. This traditional community event is organized by the Parent Advisory Council and is the biggest fundraiser of the year! Some highlights include:

- More than 50 crafters
- Canteen
- Santa will be giving out free candy canes
- Carnival games – kids fill in their passport to the North Pole and are entered to win gift cards to Toys R Us
- Silent Auction prizes include a \$150 party package to Lazer Runner in Lockport and an i-Pad Mini.
- RD PHOTO CORP will be taking professional Santa photographs and Holiday Family Portraits for a \$5.00 sitting fee from 10:00 a.m. - 1:00 p.m..

To continue to make this fundraiser a success we need your help! Please consider donating baking, silent auction prizes or your time by volunteering to set up, clean up or work during the day.

- Baking can be dropped off on Saturday, November 16th between 10:00 a.m. and 2:00 p.m.
- Silent auction prizes may be dropped off at the school office no later than Friday, November 15th with a piece of paper indicating your contact information.

To volunteer contact:

Yanina Appendino at 204-417-7526 or via e-mail: yanieberhard@hotmail.com

or

Wendy Nachtigall at 204-232-7437 or via e-mail: wnachtigall@blacksheepstrategy.com

Another way you can help is by encouraging your friends and family to come and enjoy this traditional community event.

Thanks so much for your support! We look forward to seeing you at the sale!



From the Gym ...



Athletic Manitoba Cross Country Milk Challenge
October 2 ~ Kilcona Park

Middle Years Cross-Country

WSP had 26 Middle Years students participate in this year's cross-country team. Students competed in 4 cross-country meets. Many improvements and personal bests were achieved as the season went on. Great job!

Early Years Phys. Ed.

Congratulations to all of our Early Years Cross Country Team members who did a great job at the Little Mountain Park meet October 8! WSP had 93 participants and 33 top twenty-five finishes. We also had a beautiful warm and sunny day for a change! Thank you to Miss Yeo who helped supervise during our lunch-hour practices.

Our Grades 4 and 5 students are now preparing for the Team Handball Tournament. Our remaining inter-school activity dates are:

- ◆ Team Handball ~ November 16 ~ Grades 4 & 5
- ◆ Badminton ~ March 19 ~ Grades 4 & 5
- ◆ Spring Cross Country ~ May 6 (rain date May 8) ~ Grades 3-5
- ◆ WSP School Track & Field Meet ~ May 20 (rain date May 27) ~ Grades 4 & 5
- ◆ 7 Oaks Divisional T & F Meet ~ June 3 (rain date June 5) ~ Grades 4 & 5

Our third annual Health-a-palooza special event will take place on April 17. During this event, each student in our school will have an opportunity to attend health and wellness related sessions such as yoga, karate, dance, music, photography and cooking. If you would like to share your knowledge or passion for an activity with our students, please contact me at school.

R. Chin





Our school UNESCO group participated in an October campaign called Spare Change for Brains. This is a campaign to help Kamwotcha School in Kampala, Uganda. This school is in the biggest slum in the world. Kish Moda, founder of the Mondetta Foundation has been working with this school for several years to supply computers, school uniforms, breakfast programs and school supplies.

All schools in Seven Oaks School Division took part in this campaign. Students at West St. Paul brought in \$325 worth of spare change.

Thanks for your participation.

Terry Fox



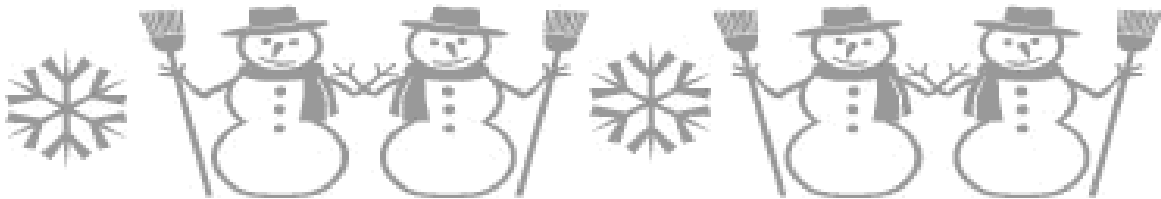
Our school raised \$5027.25 for Terry Fox School Run. As a "reward", we had a pie throwing assembly where students that raised the most money were able to throw a pie into their favourite teacher's face. It was a good time and the students really enjoyed it.

Patrol Outing to Deer Meadow Farms



The bus patrol outing was amazing! We looked at animals and we got to pet them. We also got to go on a train ride through big gates and see the animals eat. We got to feed them, too. A 4 year old cow came up to the train, she was so big! Deer also came up to the train; they came so close we could pet them from inside the train. The Patrols got to go through a corn maze! It was the most exciting part of the patrol outing. We followed paths and came to dead ends, we had to punch holes in the card they gave us and think of the right answers. We were the first school done! This year the maze was designed as the Blue Bombers logo, if you looked at it from a bird's eye view. There were 18 spots / check points to punch the hole in the cardboard. There was a lot of walking but it was awesome! There were hay bales at the end after you finished the corn maze. It was a very fun outing and an exciting day! We had a lot of fun!!!

Written by: Meagan. B. and Buneet D.



VISION SCREENING



Vision Screening will take place at West St. Paul School during the week of December 2nd - December 6th.

Details will follow in a letter sent home with students.



Dear Families,

As part of a hearing conservation program, Seven Oaks School Division is conducting hearing screening tests again this year. This is being done to identify those students who may have a hearing problem that needs attention. **Hearing screening tests will take place between Monday, November 25th and Friday, November 29th.**

Your child will have his/her hearing tested, unless you notify the school in writing that you do not wish him/her to take part in this program.

If you do not hear further from us, you may assume that your child's hearing is within the normal limits; however, if further testing is indicated, you will be informed by letter.

Serina Shewchuk
Learning Support Teacher



Active Healthy Kids Canada: Are we driving our children to unhealthy habits?

Active transportation – walking, biking, in-line skating and skateboarding to get to and from places such as school, parks and shops – has long been known to be an important source of physical activity for children and youth. If children walked for all trips of less than one kilometre rather than being driven, they would take an average of 2,238 additional steps per day! This translates to approximately 15-20 minutes of walking and thus has the potential to make a substantial contribution to the 60 minutes of daily physical activity children need for overall health. Imagine the potential impact this small change could have on increasing overall physical activity levels in Canadian children! Students who use active transportation to get to and from school can accumulate up to 45 more minutes daily of moderate- to-vigorous-intensity physical activity compared to students who get to school via car, train or bus.

Steps we can take: Recommendations for increasing active transportation

Parents should: Encourage and support their children to actively travel to and from school as well as to other destinations (friends' houses, parks, etc.). Share responsibility with other parents for supervision of younger children as they travel to and from school and activities (e.g., take turns leading a walking school bus). Park the car a short distance from school and/or other destinations and walk from there when it is not possible for their kids to walk the whole way.

Source: Healthy Active Kids Canada 2013 Report Card

Submitted by:

Greg Wazney

Physical and Health Education Divisional contact



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.

For more information on leisure, sport and fitness programs, please pick up a copy of the Leisure Guide, call 311 or log on to Winnipeg.ca/leisureonline. 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 Winter 2014 Leisure Guide at the end of November! Registration for swimming lessons only will begin on December 10 at 8:00 a.m. Registration for all other programs will begin on December 11 at 8:00 a.m. 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 winter edition of Priceless Fun, available in December, 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 KILDONAN MEMORIAL COMMUNITY CENTRE

www.wkmcc.webs.com

One6Yoga

(Individuals with Developmental Disabilities)

All Ages Welcome

Classes will be held on Wednesday's 5:45-6:30p.m.

Where: 346 Perth Ave. In the dance studio

Start Date: Wednesday January 8, 2014 (End date: March 12)

Cost: \$90.00 10 weeks (drop in fee: \$10.00)

Registration Date: Wednesday November 27th 5:30-7p.m. (West Kildonan Community Center)

Please Note: Community Centre will Supply Yoga Mats

What is One6Yoga?

One 6 Yoga provides a comprehensive program of yoga that is gentle and therapeutic -- safe for babies, children and adults with Down Syndrome, Cerebral Palsy, Microcephaly, Autism and other developmental disabilities. These methods also provide an effective treatment for persons diagnosed with Attention Deficit Disorder and Learning Disabilities.

Individuals categorized as disabled are frustrated and encouraged by the same things that a typical person is affected by. While their capacities might be varied, they are no less able to fully appreciate and participate in activities such as yoga that can improve and enrich their quality of life.

Since it may be difficult to integrate developmentally disabled individuals into a standard yoga class, specialized yoga programs are typically done in a one on one setting or in very small groups.

Yoga not only relaxes the body and decreases the feelings of stress, yoga also can also develop and improve:

- attention span and concentration
- motor planning
- strength and flexibility
- organizing sensory input
- deep breathing patterns
- nervous system calming
- balance, strength and coordination confidence
- self-control
- increased body awareness



FREE

"Family Recreation Night"

Everyone is invited to get "in motion" with *Seven Oaks Healthy Living* this winter! All ages are welcome to join in the Open Gym times on the schedule below (equipment provided).

All activities are offered FREE of charge.

Day: Thursdays, starting October 3rd

Location: Elwick School ~ 30 Maberley Rd.

Time: 6:00-8:00 p.m. ~ Students may not attend without parents. Adults welcome.

Activity: Open Gym (all ages)

Join us for Skating at Elwick from 4:00-6:00 p.m. on Tuesdays and Thursdays, starting in January! Participation incentives.

For more information call 204-223-3499

FREE SNACKS AND NUTRITION INFORMATION EVERY WEEK.

BOOK FAIR



West St. Paul will be hosting the Scholastic Book Fair this November in the library. Everyone is welcome!! Come check out the new titles!! Our profits will be used to purchase additional books for the library.

The Book Fair will be held on:

Wednesday, Nov. 20 - Classroom previews during the school day

Thursday, Nov. 21 - During the school day & 2:30 - 8:30pm

Friday, Nov. 22 - In the morning: 8am - 11am

If any parents would like to volunteer, please contact me at heather.mathis@7oaks.org or 204-339-1964. I look forward to hearing from you and I look forward to seeing you at the Book Fair!

Heather Mathis
West St. Paul School Library



Once again, the students and families of West St. Paul School have the opportunity to help out needy children in the Winnipeg community by donating children's winter outerwear. Koats for Kids is a United Way organization. Donated items will be cleaned by Perths and made available to families whose children do not have warm winter clothing.

This campaign is being led by an impressive group of our middle school students, who will be speaking to all classes in the school and collecting donations every morning. The campaign begins immediately and will continue until the Tuesday after Parent/Teacher conferences, which will take place the evenings of November 20th and 21st and on the morning of Friday, November 22nd. Donations will be accepted in the library at anytime between now and Tuesday, November 26th, especially when you come for your interview with your children's teachers.

The items needed include...

Winter jackets

Hat

Snow Pants

Mitts

Snowsuits

Winter Boots

We hope that you will find a way to contribute to this wonderful campaign. Thank you, again, for supporting our student leaders who are working to make our school an important member of the greater community.



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

Administrators

Principal:
Vice Principal:

Cathy Horbas
David Ingram



NOVEMBER, 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 – Day 1	2
3	4 – Day 2 Gr.6 Volleyball Boys at OVJ Girls at AEW	5 – Day 3 Gr.7 Volleyball Girls at ESOMS PAC Meeting 7:00 p.m. Free Childcare provided.	6 – Day 4 HOT LUNCH Divisional Volleyball Boys at Leila North Girls at OVJ	7 – Day 5 Picture Re-takes Gr.8 Volleyball Boys at OVJ Girls at ESOMS	8 – Day 6 Remembrance Day Assembly 11:00 a.m.	9
10	11 REMEMBRANCE DAY NO SCHOOL	12 – Day 1 Gr.7 Volleyball Girls at Leila North	13 – Day 2 PIZZA Divisional Volleyball Boys at Leila North Girls at WSP	14 – Day 3 Gr.8 Volleyball Boys at ESOMS Girls at WSP	15 – Day 4	16 Gr.4/5 Team Handball 9:00 a.m. – 2:00 p.m.
17 WSP Craft & Bake Sale 10:00 a.m. – 4:00 p.m.	18 – Day 5 Gr.6 Volleyball Boys at WSP Girls at ESOMS	19 – Day 6 Gr.8 Girls Final VB Tournament Red River College	20 – Day 1 HOT LUNCH Gr.8 Boys Final VB Tournament Red River College	21 – Day 2 Divisional Boys & Girls Final VB Tournament Red River College	22 – Day 3 PARENT/TEACHER CONFERENCES NO SCHOOL	23
24	25 – Day 4	26 – Day 5	27 – Day 6 PIZZA	28 – Day 1	29 – Day 2	30

2013-2014 IMPORTANT DATES AT A GLANCE...

Nov 5	PAC Meeting ~ 7:00 p.m. (Free childcare provided.)
Nov 7	Picture Re-takes
Nov 8	Remembrance Day Assembly ~ 11:00 a.m.
Nov 11	Remembrance Day ~ NO SCHOOL
Nov 16	Grade 4 & 5 Team Handball ~ 9:00 a.m. - 2:00 pm.
Nov 16	Set up and drop off baking for craft sale
Nov 17	WSP Craft & Bake Sale ~ 10:00 a.m. - 4:00 p.m.
Nov 22	Parent/Teacher Conferences ~ NO SCHOOL
Nov 25-29	Hearing Screening
Dec 2-6	Vision Screening
Dec 18 & 19	Christmas Concerts ~ 7:00 p.m.
Dec 20	WSP School Pancake Breakfast
Dec 23 – Jan 3	Winter Break ~ SCHOOL CLOSED
Jan 6	School re-opens





NOVEMBER

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>

PARENT/CHILD PROGRAMS



Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Parent/Child Baby Massage 9:30 – 11:00 a.m. Must Register.	2
3 	4 Parent/Child Storytime 9:00 – 10:30 a.m. 3 – 5 years	5 Parent/Child Rhymes & More 9:30 – 11:00 a.m. 0 – 5 years PAC Meeting 7:00 p.m. Free childcare provided.	6 Come Play Room Open 9:00 – 11:00 a.m.	7 Come Play Room Open 9:00 – 11:00 a.m. Wiggle, Giggle, Munch 6:00 – 7:30 p.m. Must Register.	8 Parent/Child Baby Massage 9:30 – 11:00 a.m. Must Register.	9
10 	11 	12 Parent/Child Rhymes & More 9:30 – 11:00 a.m. 0 – 5 years PAC Meeting – 7:00 p.m.	13 Come Play Room Open 9:00 – 11:00 a.m.	14 Hans Kai 9:15 – 11:15 a.m. Library Wiggle, Giggle, Munch 6:00 – 7:30 p.m. Must Register.	15 Parent/Child Baby Massage 9:30 – 11:00 a.m. Must Register.	16 
17 WSP School Christmas Craft Sale 10:00 a.m. - 4:00 p.m.	18 Parent/Child Storytime 9:00 – 10:30 a.m. 3 – 5 years	19 Parent/Child Rhymes & More 9:30 – 11:00 a.m. 0 – 5 years	20 Come Play Room Open 9:00 – 11:00 a.m.	21 Come Play Room Open 9:00 – 11:00 a.m. Wiggle, Giggle, Munch 6:00 – 7:30 p.m. Must Register.	22 Parent/Teacher/Student Conferences NO SCHOOL	23
24	25 Parent/Child Storytime 9:00 – 10:30 a.m. 3 – 5 years	26 Parent/Child Rhymes & More 9:30 – 11:00 a.m. 0 – 5 years	27 Come Play Room Open 9:00 – 11:00 a.m.	28 Come Play Room Open 9:00 – 11:00 a.m. Wiggle, Giggle, Munch 6:00 – 7:30 p.m. Must Register.	29 Wee Be Jammin' Time 9:30 – 11:00 a.m.	30

2013



DECEMBER

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 Parent/Child Storytime 9:00 – 10:30 a.m. 3 – 5 years	3 Parent/Child Rhymes & More 9:30 – 11:00 a.m. 0 – 5 years	4 Come Play Room Open 9:00 – 11:00 a.m.	5 Come Play Room Open 9:00 – 11:00 a.m.	6	7	
8	9 Parent/Child Storytime 9:00 – 10:30 a.m. 3 – 5 years Music Time w/Sonya	10 Parent/Child Rhymes & More 9:30 – 11:00 a.m. 0 – 5 years	11 Come Play Room Open 9:00 – 11:00 a.m.	12 Hans Kai 9:00 – 11:00 a.m.	13 Let's Play 9:00 – 11:00 a.m. 0-5 years	14 	
15 	16	17	18	19	20 Please join us for WSP School's Pancake Breakfast 8:00 a.m.	21	
22	23	24	25 Christmas Day	26	27	28	
29	30	31	Happy Holidays				

2013

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



Hidden Messages of Misbehaviour

Young children communicate more with us by how they act than by what they say. They may have difficulty finding the words to express themselves, especially when they are upset or ill, or when they have problems. They express themselves with their behaviour, and in these situations, their behaviour is often unacceptable.

If the methods you are using to guide children's behaviour aren't working, it may be because you haven't understood the hidden messages. The child is trying to express a problem, but it's not working. If only children could explain themselves clearly with words!

Here are some of the things that children may be trying to tell you.

"I'm hungry (thirsty, tired, restless, uncomfortable)."

When children are physically uncomfortable, they have more difficulty controlling their behaviour. This is also true when they are coming down with a cold or an ear infection. You can help by:

- making sure that children get regular meals and snacks, enough rest and enough outdoor play
- making sure children's clothing fits well and that their diaper is dry

"I don't know what you want me to do." or "I don't know how to do what you expect of me."

You can help by:

- stating your expectations in a way children can understand
- demonstrating how to do it
- giving lots of opportunities to practise
- describing back to children what they are doing right when you see them following the rules

"The activities you have planned are too advanced (or not advanced enough) for my abilities right now."

Children get anxious when you ask them to do things that are too difficult for their stage of development, for instance when you ask three year olds to sit and copy drawings for 10 minutes. On the other hand, they get bored when the activities are not stimulating and challenging enough, for instance when you give baby puzzles to four year olds. Whether they're anxious or bored, they often react by misbehaving. You can help by:

- learning about stages of development
- planning appropriate activities and providing appropriate toys and equipment
- planning activities that can be adjusted to different ages and abilities

"I'm at a stage of my development when I want to be my own person." "I want to test the rules and see who is in control here."

This is what two year olds are doing when they say "no" and four year olds when they repeatedly misbehave to see if the rules are the same every time. You can help by:

- giving them choices within the limits of your rules
- applying your rules consistently
- maintaining routines

"I have trouble moving from one activity to another and adjusting to changes."

Some children have more difficulty with these things than others. We say they have a temperament that is sensitive to changes; this is something they were born with. You can help by:

- giving lots of warning when one activity will stop and another begin
- preparing children for new situations by talking about them beforehand. If possible, you could show them pictures, sing songs and read books about the new situation.

"I get easily overstimulated when there is a lot of noise and activity around me."

When children get overstimulated, their brains can get so overloaded that they can't control their actions and they may become aggressive. You can help by:

- planning for regular periods of calming activities and rest during the day
- having a quiet corner where children can go when they start to feel overloaded

"My baby sister is sick this week and everyone's worried about her." or "It is hard for me to travel back and forth between Mummy's house and Daddy's house."

When children are under stress, they tend to misbehave. Some stressful situations are temporary, and will resolve themselves on their own. Others are permanent and may cause chronic problems. You can help by:

- talking to children about the feelings they may be having
- listening to what children want to tell you about their feelings, without judging them or needing to "fix" things
- telling stories and reading books that relate to the situation the child is experiencing
- maintaining stable and predictable routines, as much as possible
- providing activities that will help children deal with their stress

by Betsy Mann

Saturday, December 21, 2013

**WEST ST. PAUL
LIONS CLUB
INVITES YOU TO
JOIN US FOR...**

Christmas Lunch with Santa



- *Picture with Santa*
- *Hotdog, potato chips & a drink*
- *Christmas Loot Bag*
- *Music*
- *Bake Sale*
- *Lots of Fun!*

Date:

Saturday, December 21, 2013

Time:

11 a.m. - 2 p.m.

Place:

Sunova Recreation Centre
48 Holland Rd., West St. Paul
(west of Main St. off
Kapelus Dr.)

Cost:

\$2.50 per person
(Purchase tickets at the door.)

**For more info contact:
Lion Evelyn 204-339-1242**

Happy Holidays!



**West St. Paul
Lions Club**



Seven Oaks School Division OJIBWE & CREE LANGUAGE PROGRAMMING APPLICATION FORM

PARENT/GUARDIANS/CAREGIVERS
of Seven Oaks School Division

Seven Oaks School Division is once again pleased to offer languages classes in Cree and Ojibwe to its division community including. These sessions are Free and open to all staff and parents of Seven Oaks School Division. The classes will run as a **10 week program on Wednesday evening from 4:30-6:30** at Edmund Partridge School, 1874 Main Street. This series will incorporate experiential learning opportunities and work to build community through interactive learning. Mark your calendar, all classes will take place on Wednesday's which include:

October 16 23, 30
November 6, 13, 20, 27
December 4 & 11

On Saturday December 7th, 2013 there will be a 4 hour cultural experiential learning class that will allow you to apply what you learned throughout this series. Don't miss this celebration!

FOR MORE INFORMATION EMAIL REBECCA.CHARTRAND@7OAKS.ORG

FILL OUT THE ATTACHED REGISTRATION FORM ASAP

WE LOOK FORWARD TO SEEING YOU THERE!

SOSD ABORIGINAL LANGUAGES REGISTRATION FORM

Applicant Information:

Name:

Address:

City, Province:

Postal Code:

Phone number(s)

Emergency Contact Person:

Relationship:

Phone Number:

E-Mail Address:

Choose a Language Program:

Teacher: Shirley Cook

Cree ___

Teacher: Pat Ningewance

Ojibwe ___

Have you taken a language program before
Are you of Aboriginal descent

YES___ NO___

YES___ NO___

PLEASE SUBMIT REGISTRATION FORM TO:

Bernadette Smith

EMAIL: BERNADETTE.SMITH@7OAKS.ORG

FAX: 204 632-6198

MAIL: 1520 JEFFERSON AVENUE

TELEPHONE: 2042507253

FOR MORE INFORMATION EMAIL REBECCA.CHARTRAND@7OAKS.ORG

If you are a staff member of the division (i.e EA, teacher admin, bus driver) please register on employee connect to participate.