

WEST ST. PAUL SCHOOL COMMUNITY NEWSLETTER

SEPTEMBER, 2012

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

WELCOME!

We are always excited to start another school year. New classmates, new teachers, new routines. We are very pleased to welcome Mr. Gamby, Mr. Skead, Ms Mathis and Ms van Aert to our complement. They have each written an introduction to you within this newsletter.

Our construction projects are now complete. The final flooring finishes for the front foyer and staffroom, painting of all the interior stucco and a brand new kitchen/canteen were completed over the summer.

A huge West St. Paul welcome to our 17 new families to our school. This brings our school population to 485 students.

We will have 14 teacher candidates working with our students and teachers this year. We are very pleased that the Faculties of Education recognize our school as one in which teacher candidates will see good teaching and learning taking place. As a point of interest, two of our teacher candidates were former West St. Paul students.

We love meeting the families and students in the Orientation meetings. It is wonderful to hear about your children, what you love about them, what they are interested in. It is a very positive way to start the school year. If you have any questions or concerns throughout the year, please call your child's teacher. They are always willing to help solve any issues that may arise.

In building a strong community every one of us takes responsibility for the education of children. Working together, our goal is to provide an awesome and interesting learning experience for your child.

David Ingram and Cathy Horbas, Administrators

Students have the energy, imagination, and intelligence to make a difference in their community. They need only be asked to show what they can do.

Kathleen Kennedy Townsend

Upcoming Events

- Bus Evacuation Drill
September 17
- Parent Advisory
Committee Meeting
September 18 - 7 p.m.
- Middle Years Camp
September 20-21
- Terry Fox Walk
September 28

Calling All Parents

The West St. Paul Parent Advisory Council (PAC) is a group of interested parents who meet once a month to learn about what is going on in the school.

It is a great opportunity to meet with administrators and staff to help make West St. Paul the best school for our children. It allows time for discussion of concerns,

current projects and long term goals.

The Parent Advisory Council is responsible for the Hot Lunch Program, the Craft sale, and providing the Red Cross babysitting course for the Grade 6 students in the school.

The first meeting of the year will take place on:

Tuesday, Sept. 18th in Red River Hall.

Free childcare is provided at all meetings. We encourage all parents and guardians to join us. If you have any questions or concerns feel free to contact the co-chair Elana Spence at 663-8455 or elanaspence@shaw.ca.

Elena Spence

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

Safety Planning

We are mandated to have ten Fire Drills throughout the school year.

If we have to leave the school for safety reasons, Mr. Gamby's class and Grades 5—8 will evacuate to Middle Church Home. K—4 classes will evacuate to the West St. Paul Curling Rink. If we are unable to re-enter the school, parents will be called to come and pick up their children from that location.

If your child needs to have medication at school,

please fill out a medical form at the office. All medication will be stored and administered at the office.

The exclusion to the above statement is for those children who need an EPI- PEN. All students with life threatening allergies will carry their EPI-PENS with them at all times.

We are a Nut and Fish aware school. Please NO NUTS of any kind.

This is a huge safety issue for those of our students with a life threatening nut allergy. Please be respectful of all the children's safety and well-being.

Bus evacuation will be practiced twice yearly. Our first bus evacuation is scheduled for September 17th. All students are required to participate in bus evacuation. There is no food or drink to be consumed on the buses.



This wasp nest was found in Owen K.'s backyard.



Terry Fox Walk

West St. Paul School students will be participating in the Terry Fox Walk this year on Friday, September 28th. We will be walking the Minnehaha loop across from the school. All students will be participating.

Pledge forms will be sent home shortly.

**The potential possibilities
of any child are the most
intriguing and stimulating in
all creation.**

Ray L. Wilbur

Summer Nature Challenge

In case you have forgotten about the "Summer Nature Challenge"... there is still time to take part!

If you have taken any photos this Summer of you and nature, please email them to cathy.horbas@7oaks.org or david.ingram@7oaks.org.

We will be collecting them, writing about them and hopefully, making a book this school year. Photos can be of anything cool you may have seen or photos of you in nature.

Welcome back to school!

Amanda M.

Our New Staff

I grew up in south western Manitoba in the small town of Reston. My mother, Jane, was a teacher and she married my step dad Jim, a cattle farmer, when I was 11. They still reside in Reston and my mother is now retired. She was my teacher in high school which made for some fun times!!

My father, Richard, and I have always been very close and it's wonderful to live close to him here in Winnipeg.

I graduated from the library technician program at Red River College in 2009. I've

since worked term positions with the Naval Museum of Manitoba, Seven Oaks School Division (H.C. Avery and Ecole Seven Oaks Middle School and as a sub around the division), and St. James Collegiate. My last position was as a Library Assistant IV for the U of M. I missed the kids so much and was elated to return to the Seven Oaks School Division – this time as a full time permanent employee!

My interests include reading, history, gardening, fishing, cross country skiing, listening to music, going to

Victoria Beach and knitting (although I'm still very much a beginner!). I have two Westies, Finlay and Maggie, who bring a lot of joy to my life and whom I love to bits! I am a huge Buster Keaton fan and I love black and white movies from the 1930s and 40s. I love working with youth and finding ways to motivate and encourage them!

I'm thrilled to be at West St. Paul school and look forward to the year ahead and getting to know the students and staff!

Heather Mathis
Library Technician



Miss Mathis
Library Technician

Mr. Andrew Gamby



Hello Families, Friends and Community Members of West St. Paul School.

My name is Andrew Gamby and I will be teaching the multi-age Kindergarten and Grade 1 class at West St Paul this year. I consider myself extremely fortunate to have the opportunity to teach in the West St. Paul community and am very enthusiastic about contributing to the early stages of the lifelong journey of education. As a first year teacher, I look forward to learning

alongside my students and supporting their inquiries into their unique areas of interest.

Outside of school, I enjoy racquet sports, swimming, movies, chess, cooking and spending time with friends and family. Please don't hesitate to come and visit anytime, as I look forward to meeting many new people in the days to come.

Mr. Manny Skead

I am so excited to be back at West St. Paul. I did one of my student teacher blocks here a few years ago with Mr. Calisto.

My job is to be a supply teacher. That means that anytime a teacher is away at West St. Paul, I will be the first one they call. I may also get called to other schools as well. West St. Paul School will be my home base.

I am a sports nut. I love to coach all sports, but my passion is basketball. Last year I was the assistant coach of the West Kildonan Girl's Hockey team.

I have two children, a girl who is 7 and a newborn baby boy.

I am really looking forward to being a part of the West St. Paul teaching staff.



We believe that a good education requires learning from people who are different from yourself in significant ways, so that you can understand those people, the world, and yourself, much better.

Nannerl O. Keohane

Community Coordinator/Advancing Community Schools



Our programs will take place on the stage this year!

Mrs. Rajfur will be away for a month and in the meantime, Mrs. Van Aert will be getting us going!

Hi, I'm Marianne Van Aert. I started out as a Community Coordinator ten years ago when my 2 sons were still attending elementary school. As my sons began school I recognized the importance of parent involvement in their children's education through

connection with the school. This position allows me to connect the home and school and empower parents in the journey with their children.

I am a Community Coordinator at Collicutt School and an inclusion worker at Sugar N Spice Daycare. Many of you are familiar with me from Riverbend School or the daycare. Or you may know me from the programs that you're Community Coordinator, Cheryl Rajfur, and I have worked on together. I have

enjoyed working with the families at West St. Paul School during Wiggle, Giggle, and Munch, Wee Bee Jammin, Yoga Kids, and Rhymes on the Run. It is a pleasure to spend more time at your school and start the family programs for Mrs. Rajfur.

Look for programs starting in the last week of September. The calendar of events is later in the newsletter.

Thank you to all the parents and students for a great time of Orientation. If you did not get a chance to meet with your child's teacher, please call the school to make an appointment.

PARKING /CROSSING REMINDER

Please park in visitor parking when coming to pick up your children. Visitor parking is on the south-west side of the parking lot by the school sign, on the gravel across from the office, or on the gravel by the BFI Bin. We would ask that parents to not pull up in front of the school at any time during the day. This area is reserved for bus traffic only.

We will have staff crossing at Minnehaha between 7:40 - 8:00 a.m. and at the end of the day.



Winnipeg Minor Volleyball Association

Volleyball programs for athletes of all ages are available across the city. This includes mini-volleyball and youth volleyball leagues, clinics and camps. Please contact Winnipeg Minor Volleyball Association at 204-269-7777 or visit www.wmva.ca.



KEYSTONE KIPS GYMNASTICS

RECREATIONAL PROGRAMS
GIRLS & BOYS - AGES: 3 YEARS & UP
GIRLS COMPETITIVE PROGRAMS
REGIONAL & PROVINCIAL STREAM
2012 FALL REGISTRATION
SEPTEMBER 07 & 14/12
6:00 PM TO 7:30 PML

LOCATION: WEST ST PAUL SCHOOL
(3740 MAIN ST, NORTH OF THE PERIMETER)
FOR INFORMATION CALL: 694-8096
email us at: keystonekips@mts.net
or visit our web site at
www.keystonekipsgymnastics.ca



Our school handbook is now on-line! It has information about Milk tickets, Lunch times, Bussing, Safety Procedures etc.

Check it out at
www.7oaks.org/school/weststpaul

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





2012-2013 IMPORTANT DATES AT A GLANCE

September 3	Labour Day
September 4 & 5	Orientation Days
September 6	Classes Commence
October 8	Thanksgiving - NO SCHOOL
October 19	SAGE In-service - NO SCHOOL
November 23	Parent/Teacher Conferences - NO SCHOOL
November 26	Divisional PD - NO SCHOOL
December (dates TBA)	Christmas Concerts
December 21	Pancake Breakfast
December 24-January 4	Winter Break - SCHOOL CLOSED
January 7	School Re-opens
January 21	Professional Development Day - NO SCHOOL
February 4	Professional Development Day - NO SCHOOL
February 18	Louis Riel Day - NO SCHOOL
February 21 & 22	Middle Years Winter Activity Days
March 15	Parent/Teacher Conferences - NO SCHOOL
March 25-29	Spring Break - SCHOOL CLOSED
April 19	Professional Development Day - NO SCHOOL
May 6	Professional Development Day - NO SCHOOL
June 24	Professional Development Day - NO SCHOOL
June 25, 26 & 27	Middle Years Activity Days
June 28	Last Day of Classes - EARLY DISMISSAL

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.

Please visit our website frequently for updates:

www.7oaks.org/school/weststpaul/Pages

Nutrition for the Balanced School Day

The Balanced School Day maintains the same number of minutes of classroom and break time activities.

Frequently asked questions about the Balanced School Day

How do I organize my child's lunch bag?

Meals for your child's lunch bag can be organized in a variety of ways. Talk to your child about which approach they would prefer when planning their meals for school. Consider their unique eating habits, likes, dislikes and appetite.

If your child does not eat breakfast before school, this can be a time to add breakfast to their daily routine. Divide their food labelled "Break One" and "Break Two".

You can organize your child's food for their school breaks according to the three examples:

	Break One	Break Two
Example One	Snack	Lunch
Example Two	½ Lunch and Snack	½ Lunch and Snack
Example Three	Breakfast	Lunch

What do I include in my child's lunch bag?

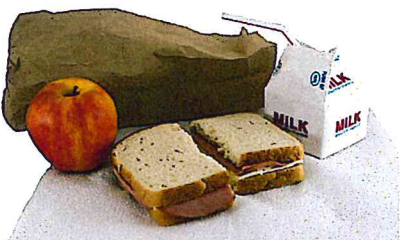
Try to include at least 3 of the 4 food groups from Canada's Food Guide – Vegetables and Fruit, Grain Products, Milk and Alternatives, and Meat and Alternatives. **NOTE: DO NOT SEND ANY NUTS OR PRODUCTS CONTAINING NUTS ON THE SCHOOL BUS OR TO SCHOOL!**

Add two healthy beverages – milk, unsweetened juice, fortified soy beverage or water.

On hot lunch days, be sure to include a drink and healthy snack.

Keep a list of lunch choices on the fridge and let your child "order off the menu". Add and remove items to change the menu every couple of months.

Involve your child in planning, preparing and packing their lunch bag.



WEST ST. PAUL IS A NUT AND FISH AWARE SCHOOL

Allergy Awareness Update

One of the ongoing challenges we face is to adjust to the reality of several students who have life threatening allergies.

The result of ingestion or cross contamination, even in microscopic amounts, can, with these students cause anaphylactic shock. If not addressed immediately (injection with an EpiPen) there is a real possibility of death.

As we strongly believe in Take Care of Each Other, our reaction to this is to adjust what we do as a school and in specific classrooms as circumstances dictate. We know that if the affected child was yours you would want the community to do all that is possible to ensure their safety and good health.

Please for all students in the building, DO NOT SEND NUT or FISH BASED PRODUCTS TO SCHOOL.

We have several classrooms that will be very strictly enforcing that all foods in the room be free of nuts and fish.

In these classrooms no product containing nuts/fish can be present. If the product cannot be guaranteed nut/fish free, it may not be in the classroom, or with a student at school. The simple act of transferring residue from a student to a table, and then in contact with a student with an allergy could be sufficient to trigger a reaction.

We understand that this will be an inconvenience for some, and that there is some hassle involved. As a school community we are obligated to take care of each other.

Our language in the discussion of allergies is quite deliberate.

We are a nut and fish aware school. By this we admit that we cannot positively guarantee there will never be a peanut product in the entire school. We ask and expect that all students and parents will avoid peanut based products. At the same time many manufacturers are covering their liability by labeling their products as may contain peanut products. In the general school sense we are not banning those items.

In the classrooms where the students with the allergies are found we have much more stringent rules. Nothing that contains nuts or peanuts can be present in the room as the residual from such products can be lethal.

In the classrooms concerned fish products cannot be present. In the school as a whole we strongly discourage fish products, but again cannot guarantee that there will never be fish product present, but that we will keep a close watch to keep the exposure for these students minimal.

Some parents have asked why this seems to be more of an issue now than it was in the past. Simply we now have a higher level of incidence of these lethal allergies. With adults we expect self monitoring, with children it is the obligation of the whole community to assist in keeping the school environment safe.

In the simplest of terms our school is conscious of the nut and fish issue and will minimize exposure. The specific classroom must be nut and fish free, and will be monitored carefully.

As always, should you have questions, please call the classroom teacher, Mrs. Horbas or Mr. Ingram.

Nut Safe Snack Suggestion:

CRACKERS	HEALTHY SNACKS	CEREAL BARS
Ritz Original Crackers Vegetable Thins, Wheat Thins French Onion, Swiss Cheese Sour Cream & Chives, Bacon Dippers Triscuit Cheese Bits Premium Plus (Original & Whole Wheat) Stoned Wheat Thins Crispers Honey Maid Graham Wafers Goldfish, Kraft Cheez-Whiz & Crackers Handi-Snacks	Veggies & Dip Fruit Cheese & Crackers Fruit-To-Go Dried Fruit (not from bulk bin) Ants on a log Celery & Cheese Whiz Yogurt & Yogurt Tubes Del Monte & Dole Fruit Cups Hard-Boiled Eggs	Kellogg's Nutri Bars & Twists Rice Krispie Squares Quaker Rice Cakes

Dare has recently announced a number of their products being produced in nut-free facilities. Here is a sampling of what they have to offer: Simple Pleasures Cookies, Breton Crackers, Gourmet, Vinta and Vivant Crackers, Melba Toast, and Bread Sticks.

SEPTEMBER, 2012

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
						1
2	3 LABOUR DAY NO SCHOOL	4 - Day 1 ORIENTATION DAYS	5 - Day 2 ORIENTATION DAYS	6 - Day 3 First day of classes	7 - Day 4	8
9	10 - Day 5	11 - Day 6 PAC Meeting 7:00 p.m. Red River Hall	12 - Day 1	13 - Day 2	14 - Day 3	15
16	17 - Day 4	18 - Day 5	19 - Day 6	20 - Day 1 MIDDLE YEARS CAMP at ROSEAU RIVER	21 - Day 2	22
23	24 - Day 3	25 - Day 4	26 - Day 5	27 - Day 6 MY Cross Country Bird's Hill Park (9 a.m.-2 p.m.)	28 - Day 1	29
						30

OCTOBER, 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 – Day 2	2 – Day 3	3 – Day 4 EY Cross Country Little Mountain Park 11 a.m.-2 p.m. MY Cross Country Bird's Hill Park 9 a.m.-2 p.m.	4 – Day 5	5 – Day 6 EY Cross Country rain date Grade 1 Skating Maples Arena 12 p.m.	6
7	8 THANKSGIVING DAY NO SCHOOL	9 – Day 1 PAC Meeting 7:00 p.m	10 – Day 2 Divisional Volleyball at TBA (4-6 p.m.)	11 – Day 3 MY Cross Country Bird's Hill Park 9 a.m.-2 p.m.	12 – Day 4 Grade 1 Skating Maples Arena 12:00 p.m.	13
14	15 – Day 5 Gr. 6 Volleyball at TBA (3:30-5:30 p.m.)	16 – Day 6 Gr. 7 Volleyball at TBA (3:30-5:30 p.m.)	17 – Day 1 PICTURE DAY!! Divisional Volleyball at TBA (4-6 p.m.)	18 – Day 2 Gr. 8 Volleyball at TBA (3:30-5:30 p.m.)	19 – Day 3 SAGE PD NO SCHOOL	20
21	22 – Day 4 Gr. 6 Volleyball At TBA (3:30-5:30 p.m.)	23 – Day 5 Gr. 7 Volleyball at TBA (4-6 p.m.)	24 – Day 6 PIZZA DAY Divisional Volleyball at TBA (4-6 p.m.)	25 – Day 1 Gr. 8 Volleyball at TBA (3:30-5:30 p.m.)	26 – Day 2 Grade 1 Skating Maples Arena 12:00 p.m.	27
28	29 – Day 3 Gr. 6 Volleyball At TBA (3:30-5:30 p.m.)	30 – Day 4 Gr. 7 Volleyball at TBA (4-6 p.m.) WE DAY	31 – Day 5 Divisional Volleyball at TBA (4-6 p.m.)			

2011-2012 IMPORTANT DATES AT A GLANCE...

Oct 8	Thanksgiving Day – NO SCHOOL
Oct 9	PAC Meeting – 7:00 p.m. (Free childcare provided.)
Oct 17	PICTURE DAY!
Oct 19	SAGE – NO SCHOOL
Nov 18	Annual PAC Christmas Craft Sale (Baking donation drop off on Nov 17 between 10 & 1)
Nov 23	Parent/Teacher Conferences – NO SCHOOL
Nov 26	Divisional In-Service – NO SCHOOL
Dec 21	Pancake Breakfast
Dec 24 – Jan 4	Winter Break – SCHOOL CLOSED
Jan 7	Classes Resume
Jan 21	Professional Development Day – NO SCHOOL
Feb 4	Professional Development Day – NO SCHOOL
Feb 18	Louis Riel Day – NO SCHOOL
Mar 15	Parent/Teacher Conferences – NO SCHOOL
Mar 25 – Mar 29	Spring Break – SCHOOL CLOSED
Apr 19	Professional Development Day – NO SCHOOL
May 6	Professional Development Day – NO SCHOOL
May 20	Victoria Day – NO SCHOOL
June 24	Professional Development Day – NO SCHOOL
June 28	Last Day of Classes – EARLY DISMISSAL

OCTOBER

Fall



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
7 	1 Parent/Child Storytime 9:00 – 10:30 a.m. 3 – 5 years	2 Parent/Child Rhymes & More 9:15 – 10:30 a.m. 0 – 5 years	3	4	5	6
8	8 Thanksgiving NO SCHOOL	9 Parent/Child Rhymes & More 9:15 – 10:30 a.m. 0 – 5 years Positive Discipline (Date & Time TBA)	10	11	12	13
14	15 Parent/Child Storytime 9:00 – 10:30 a.m. 3 – 5 years	16 Parent/Child Rhymes & More 9:15 – 10:30 a.m. 0 – 5 years Positive Discipline (Date & Time TBA)	16	18	19 SAG PD NO SCHOOL	20 
21	22 Parent/Child Storytime 9:00 – 10:30 a.m. 3 – 5 years	23 Parent/Child Rhymes & More 9:15 – 10:30 a.m. 0 – 5 years Positive Discipline (Date & Time TBA)	24	25	26	27
28	29 Parent/Child Storytime 9:00 – 10:30 a.m. 3 – 5 years	30 Parent/Child Rhymes & More 9:15 – 10:30 am 0 – 5 years Positive Discipline (Date & Time TBA)	31 	PARENT CHILD PROGRAMS		

2012