

# Governor Semple School

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Website: [www.7oaks.org/school/governorsemples/](http://www.7oaks.org/school/governorsemples/)

Twitter: @GovernorSemple

April 2018



Dear Governor Semple Families,

April has been a very fast and exciting month! We truly valued the opportunity to meet with children and their families during our conference time to share the learning that has been happening in our school.

We would like to extend a big thank you to Sara who arranged our Book Disco, we love putting books into the hands of our children!

With the warmer weather and melting snow, we would like to remind our children to dress appropriately! Rubber boots, slush pants and a light jacket are essential for children to fully enjoy their time outside.

We would like to take this opportunity to wish everyone a very restful and relaxing spring break and we look forward to seeing everyone on Monday, April 2nd! We will be having a 'Welcome Back' assembly on Monday Morning!

For all Grade 5 families please note the following dates for Open House with more information to follow:

École Seven Oaks Middle School

Wednesday, April 18th, 2018

6:30 p.m. – 7:30 p.m.

Edmund Partridge Community School

Thursday, April 19th @ 6:30

Sincerely,

Mrs. Hughes

## **IMPORTANT DATES:**

***May 18th***      ***NO School - PD Day***

***May 21st***      ***NO School - Victoria Day***

***June 8th***      ***NO School***



Governor Semple School is accepting registrations for Kindergarten!

Registrations can be taken during regular office hours from 9:00 am to 4:00 pm. Please note that your child must be five years old by **December 31, 2018** in order to be eligible for registration for fall Kindergarten classes. Please bring your **child's birth certificate, medical card and proof of address** when coming to register.

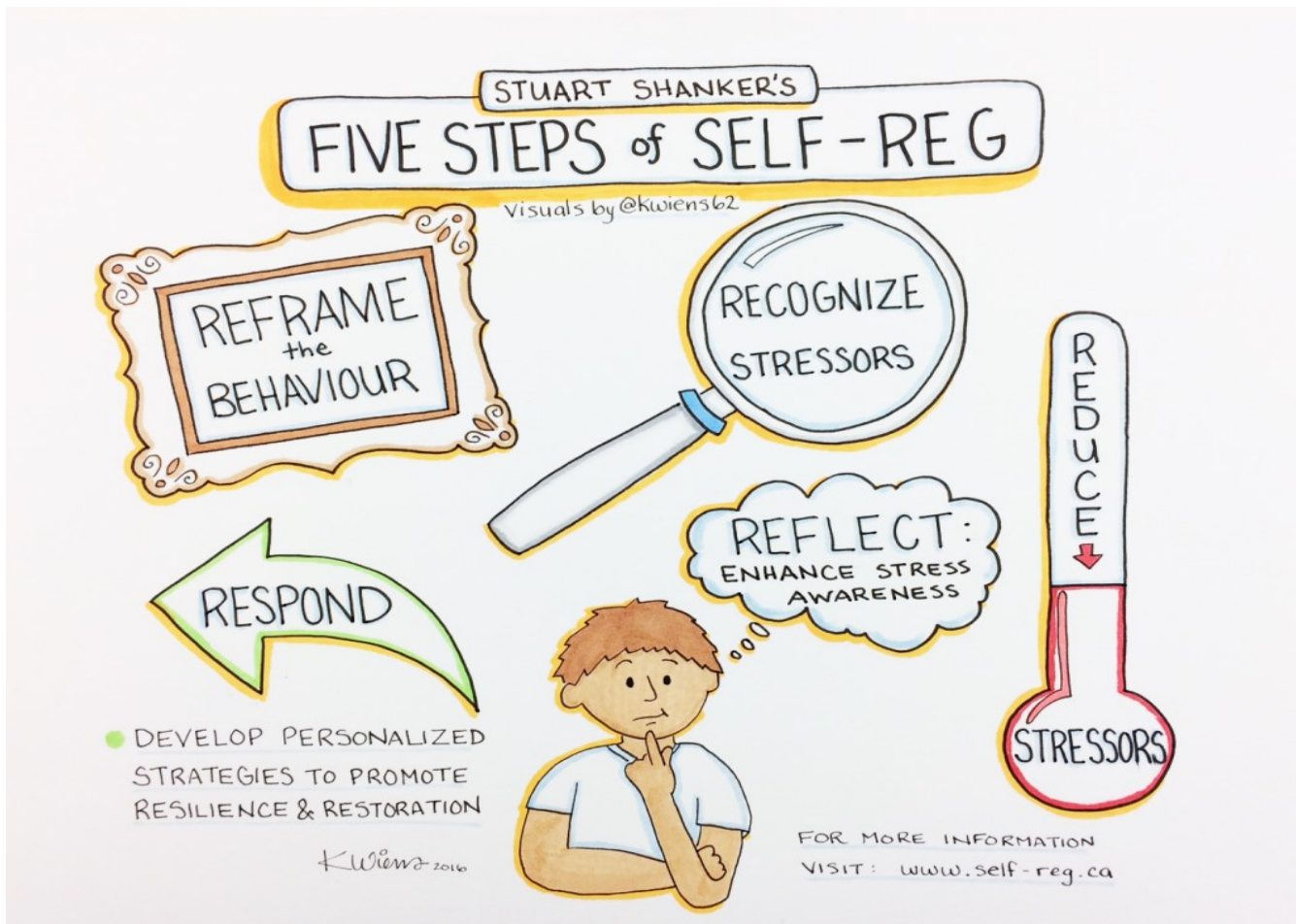
As a staff we have been focusing much of our professional learning on self-regulation. We have recognized that in order for children to learn best, they must be regulated, and have the regulation strategies to do so!

Today's Parent magazine describes Self-Regulation as this:

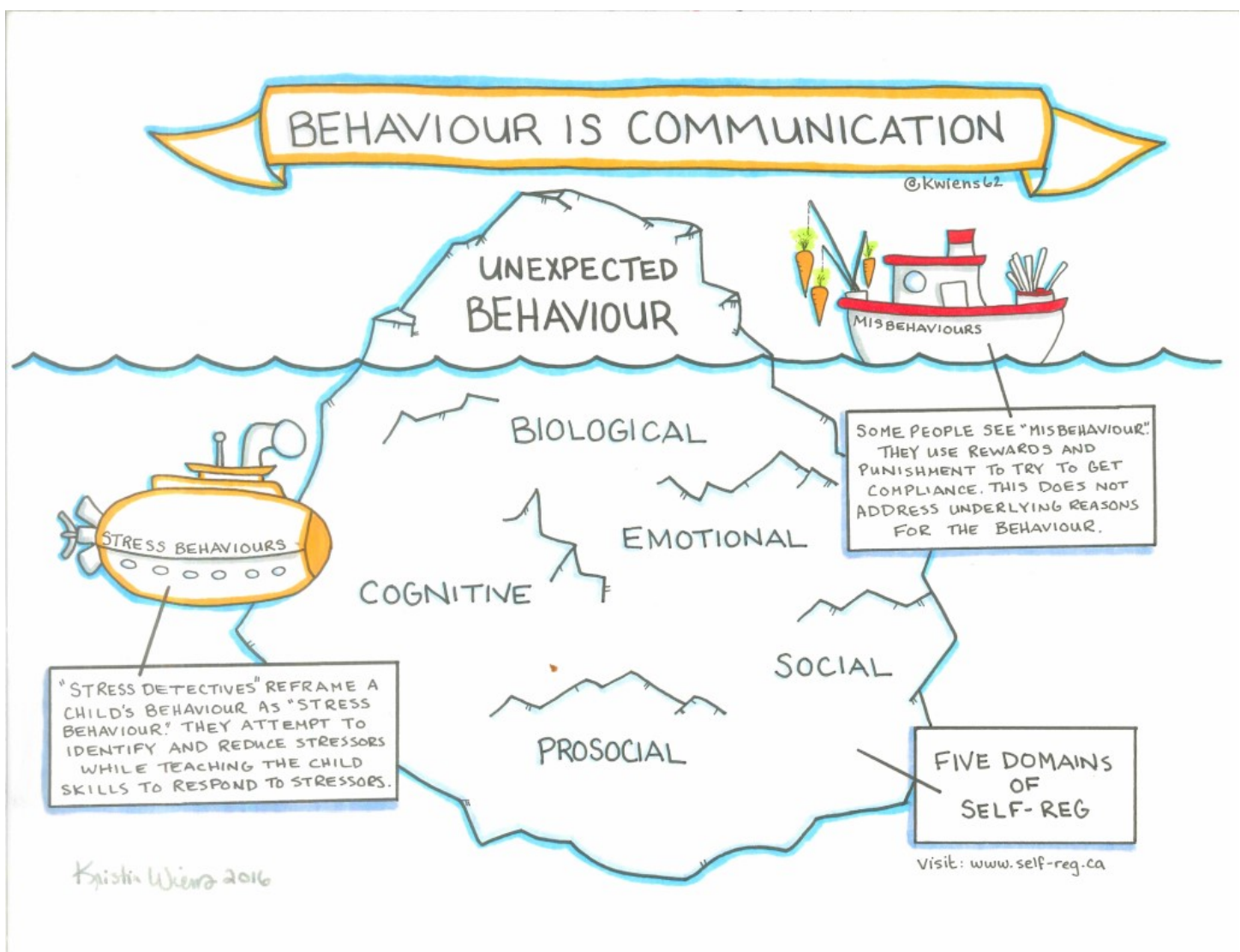
*This is the ability to adapt your physiological, emotional and mental state to the task at hand. For instance, hockey players need to prepare for their games so that they're energized, excited and vigilant—ready to skate fast, react sharply and keep track of opponents. But in math class, children need to be calm, yet still focused and alert so they can listen to the teacher, absorb the material they're being taught, and apply it. Some studies are showing that children's ability to self-regulate is a better predictor of school success than IQ.*

The work of Stuart Shankar has guided much of our learning and we have attached some of his most helpful pictographs. For more information, please refer to Dr. Shankar's website or speak with your child's teacher!

[www.self-reg.ca](http://www.self-reg.ca)

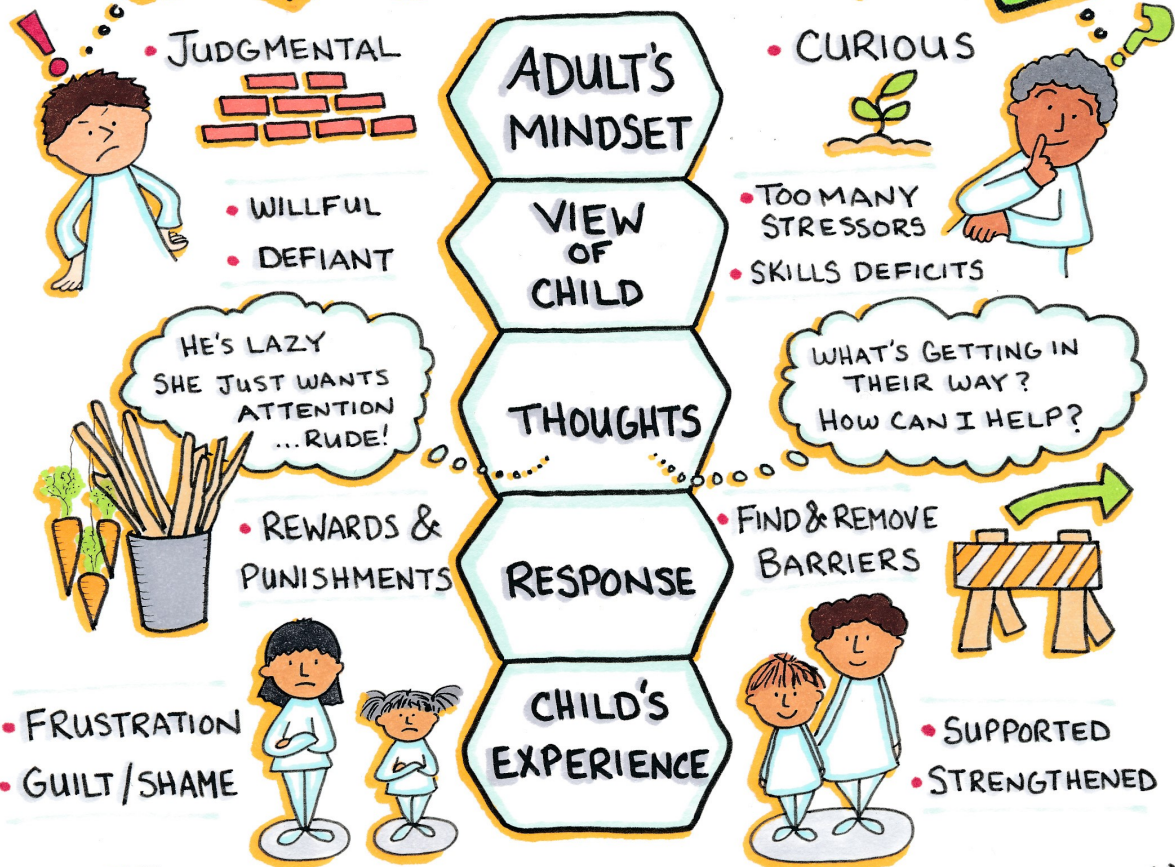
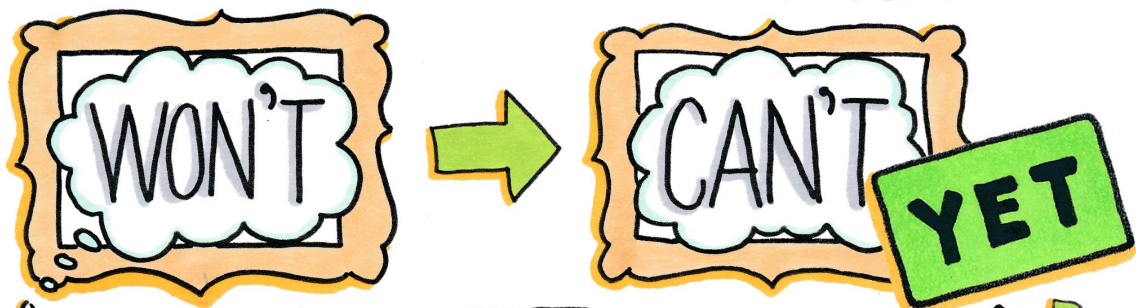


The pictograph below outlines the idea of behaviour as communication. It explores the five domain's of self-regulation and recognizes that when any of these domains are off balance, unexpected behaviour is not only possible but also quite likely. We know that when balance is achieved in all five domains, the possibilities are endless. Unexpected behaviour has also replaced our idea of misbehaviour. We recognize that when children use behaviour to communicate, we have to reframe our thinking. When children don't do, or are reluctant to do what is being asked of them, we have changed our perspective from thinking that children don't want to do something, to children not being able to do something. This has shifted our focus towards pro-active approaches rather than reactive strategies. The pictograph on the next page is a helpful reminder from Ross Greene that "kids do well if they can"!



# REFRAME THE BEHAVIOUR

“KIDS DO WELL IF THEY CAN”  
~ ROSS GREENE



“SEE A CHILD DIFFERENTLY, YOU SEE A DIFFERENT CHILD”  
~ Dr. Stuart Shanker

When kids exhibit challenging behaviour we can be “STRESS DETECTIVES”... finding and removing barriers.

- FIND STRESSORS → REDUCE THEM
- FIND UNMET NEEDS → MEET THEM
- FIND SKILLS DEFICITS → TEACH THEM

@kwiens62

At Governor Semple School, we believe that learning about Canadian history, Canadian present-day and Indigenous culture are important educational concepts for our staff and students.

The Indigenous world view refers to guiding principles and traditional values of Indigenous societies. It is a holistic process where learning takes place across spiritual, physical, emotional and mental dimensions. In supporting this work in our school, we will begin offering a daily smudge to all staff and students who are interested. This will take place first thing in the morning in one of two places, outside under our pergola or inside our library, which is a well ventilated area.

Smudging is a tradition, common among many Indigenous people which involves burning of one or more medicines gathered from the Earth. We will be using Sage. Smudging allows people to stop, slow down and become more mindful and centred. This allows people to let go of anything negative that they may be holding on to. The forms of smudging vary from nation to nation but are considered by all to be a good way of cleansing oneself.

A Smudge is led by a person who has an understanding of what a Smudge is and why we do it. We will be using a shell and the smoke is pushed forward from the shell using an eagle feather. When we smudge, we first cleanse our hands with the smoke as if we were washing our hands. We then draw the smoke over our heads, eyes, ears, mouth, and our bodies. These actions remind us to think good thoughts, see good actions, hear good sounds, speak good words and show the good of who we are. Students are encouraged to smudge the way that they feel most comfortable.

On Thursday, April 12th, Dan Thomas, our Elder in residence in Seven Oaks will come to lead our first smudge teaching for 9:00 am. All children will be invited to attend and any interested families are also encouraged to attend!



# April

**2018**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 <i>HAPPY EASTER</i>	2 Day 1 Classes begin Rm.7/Swimming 10:00-11:30 Pow Wow Club 1:00-1:55	3 Day 2	4 Day 3	5 Day 4 MTYP here @ 9:30	6 Day 5	7
8	9 Day 6 Rm.7/Swimming 10:00-11:30 Pow Wow Club 1:00-1:55	10 Day 1	11 Day 2	12 Day 3 Rm.1/Swimming 9:40-11:00	13 Day 4 Rm.7/Ft. Whyte 9:15-1:30	14
15	16 Day 5 Rm.7/Swimming 10:00-11:30	17 Day 6	18 Day 1 Ecole Seven Oaks Middle School Open House @ 630 p.m.	19 Day 2 Rm.1/Swimming 9:40-11:00 E. Partridge Open House @ 6:30	20 Day 3 <b>NO SCHOOL PROF. DEV. DAY</b>	21
22	23 Day 4 Pow Wow Club 1:00-1:55	24 Day 5 Rm. 11 swimming 9:30-11:00 Cindy Klassen Pool	25 Day 6	26 Day 1	27 Day 2 Divisional Dance Day/Amber Trails Gr.4/5- 10:00-2:00	28
29	30 Day 3 Pow Wow Club 1:00-1:55					

**Notes:**

May 18th, Friday- **NO SCHOOL**- PD Day &  
May 21<sup>st</sup>, Monday - **NO SCHOOL**- Victoria Day

May 13<sup>th</sup>, Sunday-  
Mother's Day



**Back for Spring 2018! Bigger & Better than Ever!**

# ROOKIE RUGBY

Registration Opens  
**March 10th to April 20th**



Find a Youth Club or Community program near you by visiting:  
[www.rugbymanitoba.com/tryrugby](http://www.rugbymanitoba.com/tryrugby)

Minis (4-6 years old) - \$60

Flag (7-14 years old) - \$65

Tackle (11-13 yrs old/14-16 yrs old) - \$75

To Register and for more details on session times please visit us at [RugbyManitoba.com](http://RugbyManitoba.com) or contact our office at 204-925-5664 or by email at [executivedirector@rugbymanitoba.com](mailto:executivedirector@rugbymanitoba.com)

Rookie Rugby is the fun, non-contact game of rugby for boys and girls of all ages across Canada! Kids will have a blast learning new skills, being active, and playing with their friends. What are you waiting for?

**Pick up the ball and run with it!**



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

# Spring Break 2018

AT THE MANITOBA MUSEUM

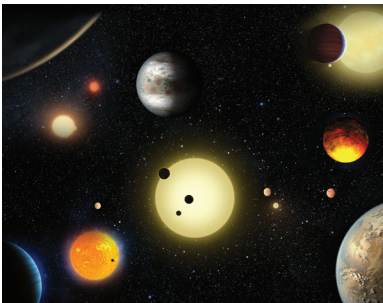
PRESENTED BY

BMO



Come and Meet  
**BMO**  
the Bear  
Mar 26, 27 & 28  
1 PM to 4 PM

Have **BIG FUN** exploring the  
**SCIENCE OF THE SMALL**  
with your family at the Manitoba Museum



## Planet Hunters

*Planetarium Show*

This brand-new planetarium show explores the new worlds being discovered in our galaxy that might have the building blocks of life.

## Engineered for Speed

*Science Gallery*

Build and test your own race car replica or experiment with miniature cars on the gravity track.

## PLUS

**Hands-on activities and crafts for kids**

*Alloway Hall and the Discovery Room*

## SPRING BREAK HOURS

March 24 to April 1 • 10 AM – 5 PM (Including Good Friday)



**MANITOBA  
MUSEUM**

190 Rupert Avenue • Infoline: 204-943-3139

ManitobaMuseum.ca    @ManitobaMuseum





# Spring Break 2018 EVENTS

## MUSEUM GALLERIES

### **It's the Little Things**

#### **Scavenger Hunt**

Find the little things that inspire big curiosity throughout the galleries. Submit your answers for a chance to win a daily BMO prize pack!

### **Playing Around: Toys and Games**

#### **Discovery Room • 1 pm to 4 pm**

Explore the miniature versions of life-sized things that fascinate the kid in all of us.

### **Take a Small Step into Spring**

#### **Alloway Hall**

Kids can make a huge difference for butterflies by learning all about tiny seeds, and they can take part in fun hands-on activities and crafts.

### **Exhibition: Snapshots of Canada**

#### **Alloway Hall**

Explore some unforgettable moments in history that have shaped our country, through compelling images and texts by well-known authors.



## PLANETARIUM

### **Planet Hunters**

#### **2 pm & 4 pm**

**NEW**

Find out about the recent discoveries that are making us re-think almost everything we know about planets like ours.

### **Cell! Cell! Cell! • 12 noon**

#### **For Spring Break Only!**

Learn about the trillions of minuscule parts that make up our complex bodies in this show about human biology and the reproductive system.

### **Perfect Little Planet • 11 am & 3 pm**

Discover our solar system through a new set of eyes – a family from another star system seeking the perfect vacation spot.



### **Zula Patrol: Down to Earth • 1 pm**

The zany cast of Zula Patrol learns about our planet and its many life forms.

## SCIENCE GALLERY

### **Microscopy • Explore Science Zone**

Discover how microscopes allow us to zoom in on a whole new teeny world around us.

### **Brickyard: Build with LEGO Bricks**



Small bricks inspire grand ideas and can help you solve real challenges in science and engineering.

### **Lake Winnipeg: Shared Solutions**

Small actions can lead to big solutions using our simulator to try and save Lake Winnipeg.



### **Take a Wee Break**

#### **Festival Hall**

Movies featuring pint-sized heroes will be showing all day in Festival Hall. Bring a lunch and relax while watching *Thumbelina*, *Horton Hears a Who*, *The LEGO Movie*, *Antz* and more! See staff or website for schedule.

Buy your tickets online at [ManitobaMuseum.ca](http://ManitobaMuseum.ca)

## SAVE OVER \$15 ON A FAMILY MEMBERSHIP

Become a Manitoba Museum member and enjoy exclusive benefits and unlimited FREE admission to the Museum Galleries, Planetarium & Science Gallery. Spring sale cannot be combined with other discount offers. March 1 to April 1, 2018.

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ManitobaMuseum.ca    @ManitobaMuseum



SEVEN OAKS  
SCHOOL DIVISION  
*community begins here*

# Family Friendship Program

**Would your family like to develop a friendship with another family, share culture, traditions and participate in FUN FREE/LOW COST activities?**

## Newcomer Families (Permanent Residents):

**Orientation Date:** Saturday March 10th, 2018 from 11AM-1PM

## Canadian Families (Canadian Citizens):

**Orientation Date:** Saturday March 17th, 2018 from 11AM-1PM



## **ALL FAMILIES! SAVE THE DATE:**

**Saturday March 24th, 2018 from 11AM-2PM**

You will be introduced to your match family for the first time! In a fun and casual environment get to know each other and discuss activities of interest you can do together.

**\*There will be lunch served at the above session dates**



To register and for further information, please email [priya.sharma@7oaks.org](mailto:priya.sharma@7oaks.org) or call Priya at (204) 697-5961

