

MAY 2012

# ELWICK SCHOOL NEWSLETTER

S O S D

ELWICK COMMUNITY  
SCHOOL

VERLAND FORCE, PRINCIPAL BOBBI-LYNN HAEGEMAN, VICE-PRINCIPAL

## From the Office...

During the month of April, our entire Elwick Community School staff and students participated in a Day of Pink Celebration. On April 11<sup>th</sup> we came together as a collective group wearing pink t-shirts to help make a bold statement: **We want Elwick school to be a safe and respectful place!** This message tied in so nicely with what we are already learning about at Elwick school: The Seven Sacred Teachings and Restitution.

Leading up to our Day of Pink, all of our Elwick staff, including custodians, secretaries, and administration joined a classroom and talked about our "ideal school", and the restitution basic needs within our classes (love, freedom, survival, fun, power). Students learned they can use their power in a positive way to help create a safe and respectful school. In fact, the Day of Pink guidelines define bullies as "people who use their power in a negative way". We will continue to have conversations about our ideal school and we welcome any input from families and community members.

*At Elwick  
we are  
learning  
to live the  
Seven  
Teachings  
everyday!  
Respect,  
Wisdom,  
Courage,  
Love,  
Honesty,  
Humility  
& Truth.*

Thank you to our families and staff members who attended our April Parent Group Meeting. We learned valuable information from our guest speaker Rachael Fecyk-Lamb from the University of Manitoba. She spoke about the importance of home language growth while learning English. Our next Parent Group meeting is scheduled for Monday May 14<sup>th</sup> at 6:00. Randy McGunigal will be speaking with us about the Restitution model. This is a powerful approach used to help both children and adults in working together to create a positive school environment. Snacks will be served and free child minding will be provided. Please let Mrs. Phinney in the office know if you are able to attend.

Our middle years choir have been busy practicing for an upcoming musical called *School Daze* on Thursday, May 31<sup>st</sup> in the school gym. We look forward to seeing a wonderful performance! Please remember that there is no school on Monday May 7<sup>th</sup> for a divisional professional development day. There is also no school on Monday May 21<sup>st</sup> for Victoria Day. We hope you and your family enjoy the two long weekends!

**MAY 7, 2012 MONDAY - NO SCHOOL**

From Rm. 8  
Mrs. Deprez Class

April 22<sup>nd</sup> was Earth Day and our Grade 2/3 class has been busy learning all about the 3 R's: Reduce, Reuse and Recycle. A few of our classroom activities included designing posters to promote recycling, making fossils by reusing coffee grounds, creating a project using recyclable household objects and writing a song to help encourage reducing, reusing and recycling.

Here is a list of ideas that we have come up with to help our environment.

- ⇒ Reducing the amount of waste you produce.
- ⇒ Turn off lights that you are not using.
- ⇒ Save water by turning off the tap while you brush your teeth.
- ⇒ Bring reusable cloth bags to the grocery store instead of using plastic ones
- ⇒ Use plastic containers and reusable lunch bags
- ⇒ Don't throw out clothes, toys or furniture and other things you do not use anymore. Someone else may need them. Donate them or give them to a friend.
- ⇒ Use all writing paper on both sides.
- ⇒ Many of the things we use every day, like paper bags, soda cans, and milk cartons, are made out of materials that can be recycled. Recycled items are put through a process that makes it possible to create new products out of the materials from the old ones. Make sure to rinse out your recyclables and put them in your recycling bin.

**Here are the lyrics to our song titled "Do Your Part" that we are so proud of and that has a very important message:**

*No matter what do your part Reduce, Reuse, Recycle, too. The earth is calling out to you do your part to help us all today.*

*Turn off the lights when you don't want to use them, turn off the water when you are brushing your teeth. No wasting food when you are no longer hungry, save it for later it may come in hand.*

*No matter what do your part reduce, reuse, recycle too. The earth is calling out to you do your part to help us all today.*

*Pick up your garbage to keep nature clean, use both sides of paper to save the trees. Ride your bike to save energy, do what you can to keep the air clean.*

*No matter what do your part reduce, reuse, recycle too. The earth is calling out to you do your part to help us all today.*

# COMMUNITY COORDINATOR NEWS

*Dave Mathers*

## Nutrition and Health Myths

March was Nutrition Month and I came across a myth of the day email from the Dieticians of Canada. Here are 10 common myths, but you can see many more by visiting their website, listed at the end.

### **MYTH #1 – Late-night snacking will make you gain weight.**

**THE TRUTH** – Late-night snacking can lead to weight gain, but it's not due to the time on the clock. The trouble is, after dinner snacking can lead you to eat more calories than your body needs in a day, especially if you're having high calorie snack foods and sweetened beverages. If you usually get hungry for an evening snack, try eating dinner a little later. Still hungry? Sip on water with a squeeze of lemon, or go for small portions of healthy choices like whole grain cereal with milk, a piece of fruit or plain air-popped popcorn.

### **MYTH #2 – If you eat too much sugar, you'll get diabetes.**

**THE TRUTH** – You will not get diabetes from eating sugar. It's wise however, to limit your sugar intake. Foods that are high in sugar, such as cookies, candies and soft drinks, are often low in nutrients and high in calories. Diets with too many calories can lead to weight gain, and being overweight is one of the main risk factors for type-2 diabetes. Other risk factors, such as family history, age (40 and older) and ethnicity also play a role. You can reduce your risk of type-2 diabetes by eating a healthy diet, maintaining a healthy weight, and being physically active.


### **MYTH #3 – A detox diet is a good way to clean the toxins out of your body.**

**THE TRUTH** – There is no scientific evidence to support the need for detoxification diets. Detox diets claim to "cleanse" your system of toxins, but your liver, kidneys and intestine already do that for you. Detox diets typically involve fasting followed by a strict diet. Frequent fasting or fasting for more than a few days may cause unhealthy side effects such as headaches, dehydration, low blood pressure or an irregular heartbeat. Some detox diets include intestine-clearing supplements that might actually be harmful. Your best bet to keep your body healthy is to eat a daily diet based on Canada's Food Guide.

### **MYTH #4 – Only people with high blood pressure need to limit how much sodium they eat.**

**THE TRUTH** – Everyone can benefit from eating less sodium. In addition to causing high blood pressure, eating too much sodium can cause stroke, heart disease and kidney disease. Canadians eat too much sodium. Most of us eat 3,400 mg every day, that's more than double what your body needs for good health. Take a look at where you can reduce sodium in your diet. Choose more fresh foods and less processed foods and restaurant meals. Eating less sodium will help you and your family stay healthy and feel your best..

### **MYTH # 5 – Organic foods are the safest and healthiest choice for you.**

**THE TRUTH** – Both organic and non-organic are nutritious and safe to eat when you're making healthy choices based on Canada's Food Guide. Many factors affect a food's nutritional value, such as where it is grown, stored, shipped and even how it was cooked. So, organic foods may have more, about the same, or less nutrients than non-organic foods. And both organic and non-organic foods are grown and produced under strict regulations to make sure they are safe for you to eat. Like any food purchase, buying organic is a personal choice. **Continue.....** 

# COMMUNITY COORDINATOR NEWS

## Nutrition and Health Myths

### **MYTH # 6 – Cows' milk is full of hormones and antibiotics.**

**THE TRUTH** – Not true! Canadian milk meets strict government standards so it's safe and healthy. Canadian dairy farmers give their cows the best diet and health care so they produce quality milk naturally. Growth hormones to stimulate milk production are not permitted for sale or permitted for use in Canada. Just like humans, cows sometimes get sick and need medications like antibiotics. If this happens, the cow is identified and milked separately until she is healthy again. Her milk is properly disposed of for a mandatory length of time to allow for the medication to get out of her system. Milk, organic or non-organic is a safe, nutritious choice.

### **MYTH # 7 – Pasteurization destroys vitamins and minerals in milk.**

**THE TRUTH** – Pasteurization has little impact on the nutrients in milk. Pasteurization is a simple heat treatment that destroys potentially harmful bacteria sometimes found in milk. This is an important process that helps to make milk safe for Canadians to drink. It is not safe to drink unpasteurized (raw) milk because it might contain bacteria that can be harmful to your health. Pasteurized milk is a natural source of 15 essential nutrients, plus it's fortified with vitamin D, (raw milk isn't). Drink 2 cups (500 ml) of lower fat milk each day to get the calcium and vitamin D you need to help build and maintain healthy bones.

### **MYTH # 8 – Everyone needs to drink 8 glasses of water a day.**

**THE TRUTH** – There is no truth to the claim that everyone needs exactly 8 cups of water a day. Water is important for good health and it is your best choice to satisfy thirst, but other liquids are also hydrating. The amount of water you need to hydrate your body varies daily and depends on factors like your gender, body size, and how active you are, as well as environmental factors like heat and humidity. To stay hydrated, drink plain water, (tap or bottled) plus other beverages like milk, coffee or tea throughout the day. And remember to drink more in hot weather and when you are active.

### **MYTH # 9 – Frozen and canned vegetables and fruits are not as nutritious as fresh.**

**THE TRUTH** – Nothing beats the taste of fresh produce in season. But frozen and canned produce can be just as nutritious since it's usually picked and packed at the peak of ripeness when nutrient levels are highest. Frozen or canned produce gives you benefits beyond health. It allows Canadians to enjoy a variety of vegetable and fruit year-round and is a practical choice for people living in remote areas. It's also sometimes more affordable than fresh produce. And cooking with frozen or canned produce can save you time in the kitchen! Read the labels: the healthiest choices are products that contain no added sugar, fat or salt.

### **MYTH # 10 – Honey, brown sugar and agave syrup are better for you than white sugar.**

**THE TRUTH** – Nutritionally speaking, they are all pretty much the same. While some people consider honey, brown sugar and agave syrup to be more natural, they are still sugars. All are concentrated sources of calories with very few other nutrients. Your body can't tell the difference between them and white sugar. In fact, your body handles naturally occurring sugar in food or processed sugars and syrups in the same way. Excess sugar in any form gives you extra calories. Whether you choose to use honey, brown sugar, agave syrup or white sugar, use small amounts.

For more information, go to: [www.healthyalberta.com](http://www.healthyalberta.com)  
[www.dietitians.ca](http://www.dietitians.ca)  
[www.eatrightontario.ca](http://www.eatrightontario.ca)  
[www.manitobadietitians.ca](http://www.manitobadietitians.ca)  
[www.healthyalberta.com](http://www.healthyalberta.com)

**Dave Mathers, Community Coordinator**



## Elwick Village & Resource Centre Inc.

1417 Fife St.  
Winnipeg, MB R2P 0A2  
Ph. 632-5992

### -FOCUS+

Beginning April 30<sup>th</sup> we will welcome Nereo II a local artist, b-boy, poet and filmmaker. He will lead a unique opportunity for youth to explore their creativity. The program is open for youth 12-24 (split age groups) and will help youth find their artistic voice, develop and enhance their skills in writing, art, dance and performance

Week one is a drop-in basis to assess interest

After school 4-6 pm

### Centre programming

There will be no make and take days or adult crafts etc. The weeks of May 7<sup>th</sup> -9<sup>th</sup> and May 14<sup>th</sup> to 18<sup>th</sup>

Boyz and Girlz club will not be happening May 8<sup>th</sup> and 9<sup>th</sup> or 15<sup>th</sup> and 16<sup>th</sup>

This to allow Kirstie and Chelsea to spend some time planning new programming and also summer planning

There will be regular drop in from 12-4 and Ken and James will both be here as normal.

Food Bank will still be on May 10<sup>th</sup> and, join us on May 11<sup>th</sup> for a mother's day come and go event.

### Make and Take Days

Most Mondays are make and take days where you can come down and join your neighbours for a fun afternoon of cooking and chatting. At the end of the day you get to take home dinner for your family.

This program has become so popular that we have had to make a sign-up sheet and limit it to 12 participants. Be sure to sign up early as spots fill up fast. You can also put you name on a waiting list and if someone doesn't show up then we can get in touch with you so you can come down if you are close.

Also when you participate in Make and Take you are expected to help clean up as well.

### Changes Around The Centre

There have been lots and lots of new things happening in and around the centre. Come by check them out and let us know any suggestions that you might have to make the centre even better. We are happy to discuss any new ideas.



## Science Camp

Science Camp is a fun place to go to. I guarantee you'll have fun! I bet, just by reading this you will want to go. Now we will tell you some of the things that we experienced. First, we went to the CSI investigation room. CSI stands for Crime Scene Investigator. We had to figure out who stole the school's mascot, which was a live beaver named Clyde. There were 6 evidence stations. They were: 1) Tire Tread Match Up and DNA Match Up, 2) Clothing Fibre Analysis, 3) Chromatography (marker ink analysis), 4) Shoe Print Measuring, 5) Tape lift of animal hair from suspect's clothing and 6) Physical Matching of broken car grill with suspect's car grills. Then we went and explored the Manitoba Museum. We thought that the best part of the Museum was the "Olden Days" exhibit. We also saw the "Boreal Forest" and the "Parklands Habitat". We saw lots of animals in their natural habitats. In the afternoon we went to the Science Gallery. There were many activities to do there. Some of our favourites were: The Race Car Track, where you can design and race your own cars and The House of Mirrors, where you can see many images of yourself with flashing lights all around. We also really enjoyed the water and sand exploration area, as well as the Freeze Frame Photo booth. There was a station where you can imagine that you're on a space mission to the Moon and it is your job to make some repairs to the shuttle.

**Written by: Melissa and Francisca**





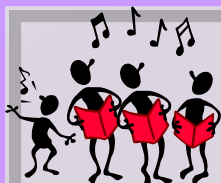
COMMUNITY  
BEGINS HERE.

WWW.7OAKS.ORG

830 Power Street  
Winnipeg, Manitoba R2V 4E7  
Phone: 586-8061

Elwick Community School  
30 Maberly Rd. Wpg., MB R2P 0E2  
Telephone: 204 633-5641  
Fax: 204 632-6034

## From the Music Room



Spring has sprung and sounds and sights of spring are alive in the music and dance department of Elwick School. The K-5 students are busy preparing for a music and dance celebration of colours. We are learning many new songs and dances about colours and rainbows. **Our celebration will take place in the afternoon of June 22 in the big gym.**

The Middle Years choir is also in fast motion preparing for their spring musical called "School Daze!" We look forward to performing it for you on **May 31 at 7:00pm** in the big gym. See you there!



Belmont Before and After School Program now have a few openings for ages 6-12 years of age. Please contact 290-7980 for more information or stop by our location in the gym at Belmont School and speak to Teresa.

Governor Semple Children's Place has a few openings for ages Kindergarten to 12 years of age. Please contact 290-7980 or stop by Room 5 at Governor Semple School and speak to Anita.

Patrisha Bell  
Assistant Director  
Sunny Mountain Daycare  
334-7075/290-8517  
Email: [sunnymdc@hotmail.com](mailto:sunnymdc@hotmail.com)



## Dates to Remember!

Monday	May 7	School PD, No Classes
Monday	May 21	Victoria Day, No Classes
Monday	June 11	PD/Admin Day, No Classes

V. Force	Principal
B. Haegeman	Vice-Principal
C. Phinney	Secretary
M. Pirrie	Secretary
S. Howell	Library
B. Grubber	Head Custodian
B. Roccola	Night Custodian

### TEACHING STAFF

C. Shields	C. Weekes
M. Mann	D. Gebhardt
N. Reay	D. Vaarmeyer
C. Crawford	A. Huber
K. Lyons	N. Jemlilty
R. Brar	G. Prout
A. Deprez	K. White
C. Parenteau	P. Harding
C. Splers	S. Evans
S. Clarke	E. Risbey
K. Schettler	E. Lister
B. Wallace	K. Oleson
R. Dow	K. Warner

### EA'S

• E. Lobchuk	• J. Elsbrenner
• K. Jemlilty	• B. Melnyk
• C. Sault	• L. Swack
• D. Fisher	• J. Weston
• J. Ellison	
• V. Czarnecki	Guidance
• C. McMillan	Early Yrs .Guidance
• V. Sanders	} Learning Support
• R. Scott	
• Jenny Blodeau	

W. Persowich	Psychologist
M. Hawula	Social Worker
C. Singbell	Speech Language
D. Mathers	Comm. Coordinator
A. Zabalotnuk	Comm. Connector



# Elwick Village & Resource Centre Inc.

1417 Fife St.  
Winnipeg, MB R2P 0A2  
Ph. 632-5992

May 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 10-12 CAHRD 12-4 Drop in 3:30-5 Girlz Club	2 12-4 Drop in 1-4 Ken is here 3:30-5 Boyz Club	3 12-4 Drop in	4 1-3 Bingo 1-4 Ken is here	5
		4-6 FOCUS+	4-6 FOCUS+	4-6 FOCUS+	4-6 FOCUS+	
6	7 12-4 Drop in 1-4 Ken is here	8 10-12 CAHRD 12-4 Drop in No Girlz club 4-6 FOCUS+	9 12-4 Drop in 1-4 Ken is here No Boyz Club 4-6 FOCUS+	10 Winnipeg Harvest	11 11-3 Mother's day Come and go Event 4-6 FOCUS+	12
	4-6 FOCUS+	4-6 FOCUS+	4-6 FOCUS+	4-6 FOCUS+	4-6 FOCUS+	
13	14 12-4 Drop in 1-4 Ken is here	15 10-12 CAHRD 12-4 Drop in No Girlz club 4-6 FOCUS+	16 12-4 Drop in 1-4 Ken is here No Boyz Club 4-6 FOCUS+	17 12-4 Drop in	18 12-4 Drop in 1-4 Ken is here	19
	4-6 FOCUS+	4-6 FOCUS+	4-6 FOCUS+	4-6 FOCUS+	4-6 FOCUS+	
20	21 12-4 Drop in 1-3 Make & Take 1-4 Ken is here	22 10-12 CAHRD 12-4 Drop in 3:30-5 Girlz Club	23 12-4 Drop in 1-4 Ken is here 3:30-5 Boyz Club 6-7 Tenant Advisory 4-6 FOCUS+	24 Winnipeg Harvest	25 12-4 Drop in 1-3 Come and eat 1-4 Ken is here	26
	4-6 FOCUS+	4-6 FOCUS+	4-6 FOCUS+	4-6 FOCUS+	4-6 FOCUS+	
27	28 12-4 Drop in 1-3 Make & Take 1-4 Ken is here	29 10-12 CAHRD 12-4 Drop in 3:30-5 Girlz Club	30 12-4 Drop in 1-4 Ken is here 3:30-5 Boyz Club	31 12-4 Drop in		
	4-6 FOCUS+	4-6 FOCUS+	4-6 FOCUS+	4-6 FOCUS+		





# West Kildonan



## Memorial Community Centre

346 Perth Avenue

Winnipeg, MB R2V 0T7

334-1679

wkmcc.webs.com



*~ Important Reminder ~*

Mark your calendars and plan to attend!!

**WKMCC AGM**

**APRIL 30 , 7:30 in the Hall**



### **Kids Bingo – Family Night**

~ Come for supper and enjoy a family evening of Bingo ~  
~ Great prizes to be won ~

Max. of 4 cards/person. Kids are encouraged to play their own cards.  
This is a fun family night away from the TV, computer and video games.

**THURSDAY – MAY 24th –**

doors open at 6:00, games begin at 6:30 – 8:00

**Upcoming dates: \*\* Anniversary Bingo event \*\* Friday June 8<sup>th</sup>  
THURSDAY, JUNE 21<sup>ST</sup>**



### **65<sup>th</sup> ANNIVERSARY CELEBRATION JUNE 8<sup>th</sup> and 9<sup>TH</sup> 2012**

Fun for all ages!!

**CHECK OUT OUR WEBSITE FOR DETAILS**

We are planning an amazing event –  
bring the family – want to get involved?

Call Vickie at 470-6503



**SEVEN OAKS  
SCHOOL DIVISION**  
*community begins here*

Seven Oaks Adult  
Learning Centre

**CALL US**

Phone: 632-1716

**VISIT US**

1330 Jefferson Ave.  
2nd Floor

**Office Hours:**

**Monday to  
Thursday**

**1:00 p.m. to 8:30  
p.m.**

**E-MAIL US**

[nispreferral@7oaks.org](mailto:nispreferral@7oaks.org)

The Neighbourhood  
Immigrant  
Settlement program  
helps immigrant and  
refugee  
families in the Seven  
Oaks area.

# NISP EVENTS AND RESOURCES

May – June 2012

## Neighbourhood Immigrant Settlement Program

### CONVERSATION CIRCLES

**Wednesday and  
Thursday**

**from 5 to 6 pm.**

At the 7 oaks Adult  
Learning Centre

Practice English, meet new  
people and enjoy!

No requirements just come over!!



### NEW TO CANADA ? WE HAVE INFORMATION

- Employment
- English Classes
- Housing
- Schools
- Health Services
- Financial
- Social and  
Community  
Activities
- Volunteering

# SPRING FAMILY FUN DAY!

Hosted by the 7Oaks Neighbourhood Immigrant Settlement Program

**Saturday, June 16th, 2012**

12:00 noon to 4:00 p.m.

**Kildonan Park.**

2015 Main St.

Come and Join us for :

**FREE**



-Piñata Crafting for Kids and adults

-Make a Fire Pit

-Share food with your community, play games and much more



**PLEASE REGISTER YOUR FAMILY**

**To Register** call us  
at **632-1716** or email us at  
[nispreferral@7oaks.org](mailto:nispreferral@7oaks.org)

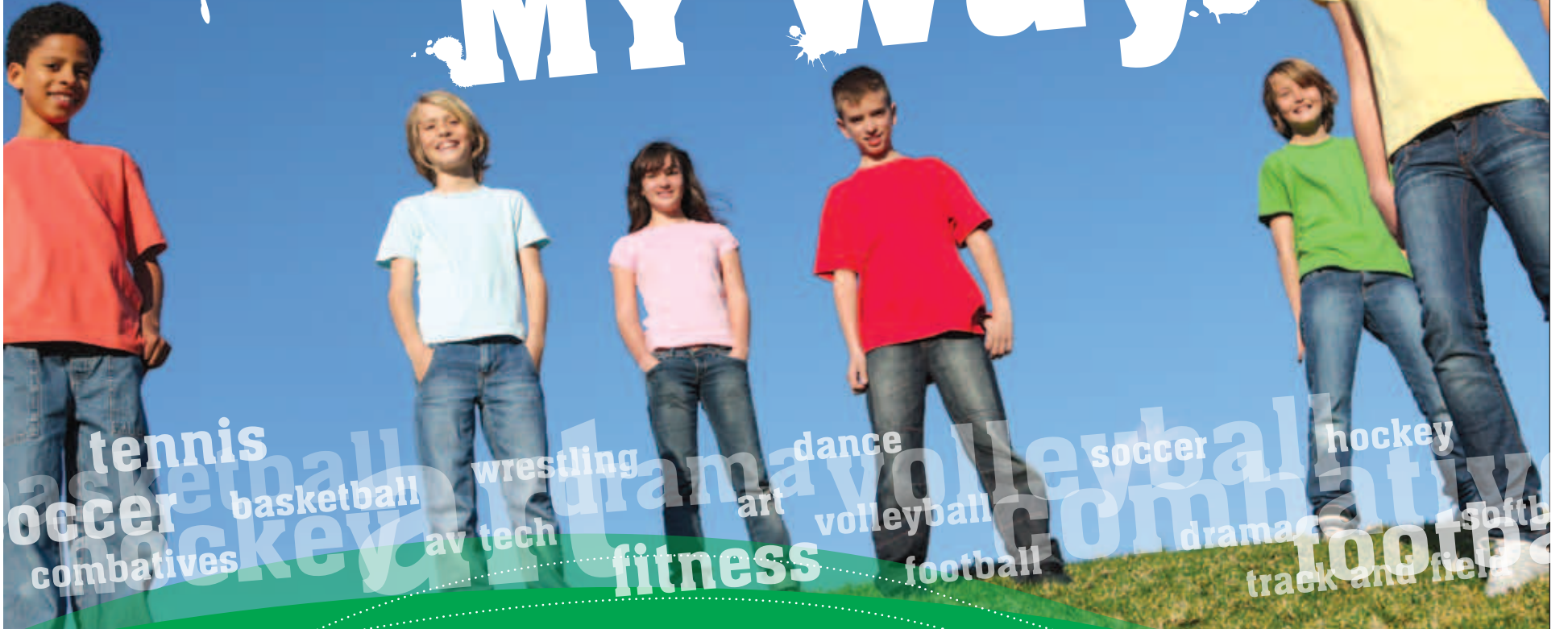
**FREE TRANSPORTATION AVAILABLE**



**EVERYONE IS WELCOME**

# MY camp

# MY summer. MY way.



tennis, soccer, basketball, wrestling, drama, dance, volleyball, soccer, hockey, combatives, art, volleyball, fitness, football, track and field, softball, drama, track and field

**WHO** Entering Grade 6, 7, 8 or 9 MY Camp is for you!

**WHAT** MY Camp is designed so you – middle years students – aren't stuck at home for the summer. Each session offers days of action and activity tailored to your wants, interests and needs.

**HOW** Each session costs \$125 - \$150 (\$150 for hockey session only) and every student must have parental permission to register.

Contact Sandee Deck at 223.3499 for more information, request an information package at your school or visit [www.7oaks.org](http://www.7oaks.org).

## WHEN

### Two Week Sessions

SESSION	DATES	LOCATION	COST
1	July 3-13	West Kildonan Collegiate	\$125
2	July 16-27	Garden City Collegiate	\$125
3	July 30- Aug 10	Garden City Collegiate	\$125
4	August 13-24	Maples Collegiate	\$125

### Intensive Session

SESSION	DATES	LOCATION	COST
5 Hockey Intensive	Aug 27-31	Maples Arena & Community Club	\$150

Space is limited, so register early!



SEVEN OAKS SCHOOL DIVISION  
community begins here





SEVEN OAKS  
SCHOOL DIVISION

*community begins here*

## Seven Oaks School Division

### Summer Programs 2012

#### **BEEP at Elwick and Margaret Park (new to M.P. 2012)**

**(Balanced Experiential Education Program)**

Daily Breakfast Program, Walking School Bus,

Exciting Learning Activities and Weekly Outings

**FREE OF CHARGE**

Open to Gr. 1 – 8 Elwick students and Gr. 1 – 6 Margaret Park students

Elwick and Marg. Pk. Students will be given first opportunity at their home school

July 4<sup>th</sup> to August 10<sup>th</sup>

9:00 am – 3:00 pm

For more info contact Cindy Burkett at [cindy.burkett@7oaks.org](mailto:cindy.burkett@7oaks.org) or 479-0803

#### **EAL at AEW**

**English as an Additional Language - Experiential Learning**

Weekly Outings

**FREE OF CHARGE to students Gr. 1 – 8**

Intended for any Seven Oaks students new to English  
who have lived in Canada 2 years or less

Bussing provided to/from Garden City Collegiate for those east of McPhillips

July 3<sup>rd</sup> to 25<sup>th</sup>

9:00 to 11:00 am

For more info contact Cindy Burkett [cindy.burkett@7oaks.org](mailto:cindy.burkett@7oaks.org) 479-0803

## **High School Summer School**

All courses offered, Gr. 9 – 12

July 3<sup>rd</sup> to 25<sup>th</sup>

8:00 to 10:30 am, and 10:40 am to 1:10 pm

Maples Collegiate

Seven Oaks students should register at their home schools from June 1<sup>st</sup> to 15<sup>th</sup>

Registration fee: \$150.00 for residents of Seven Oaks and \$220.00 for non-resident students

For more info contact Ken Campbell [ken.campbell@7oaks.org](mailto:ken.campbell@7oaks.org) or 632-6314

## **KYAC**

**(Kildonan Youth Activity Centre)**

**FREE** Drop-in Program, Open Gym, Daily Field Trips, Rotary Leadership Circle,  
Arts & Crafts, Movies, Hip Hop Dance, Gardening and Volunteer Opportunities

(Small fee applies to Field Trips and Canteen)

For youth ages 8 – 17

Ecole Seven Oaks Middle School

800 Salter Street

Monday to Friday, 9:30 am – 4:30 pm

July 2<sup>nd</sup> – August 10<sup>th</sup>

For more information contact Coordinator: Pierre Feng at [pierre.feng@7oaks.org](mailto:pierre.feng@7oaks.org) or 223-2639

## **Lighthouse Program at Victory School**

**Lighthouse** provides a safe and fun environment for students ages 6 - 11 years of age  
Gym Games, Arts & Crafts, Baking, Board Games, Field Trips, Outdoor Games and more

### **FREE OF CHARGE**

(nominal fee charged for Field Trips)

Tuesday, July 3<sup>rd</sup> – Friday, August 17<sup>th</sup>  
Monday to Friday  
10:00 am – 12:00 pm and 1:00 – 3:00 pm

Victory students will be given first opportunity

For more info contact Garth Emmonds [garth.emmonds@7oaks.org](mailto:garth.emmonds@7oaks.org) or 612-1497

## **MYAC**

**(Maples Youth Activity Centre)**

**FREE** Drop-in Program, Open Gym, Rotary Leadership Program,  
Outings, Girls Program, Arts & Crafts, Movies, Bhangra Dance Classes,  
Cooking Workshops, Drama/Improv and much more!

For youth ages 10 – 17  
Arthur E. Wright Community School  
1520 Jefferson Ave.

Monday to Friday, 1:00 – 9:00 pm  
July and August

For more information contact the MYAC hotline at 471-6922 or email [myac@mts.net](mailto:myac@mts.net)

## **MY Camp**

Action and Activity tailored to the needs and interests of Middle Years' Students  
(Dance, Art, Drama, Track and Field, Wrestling, Football, Tennis and Swimming)

For Seven Oaks students currently in Gr. 5 - 8

**Four 2-week General Sessions**                      **9:00 am – 4:00 pm:**

July 3 – 13    West Kildonan Collegiate

July 16 – 27    Garden City Collegiate

July 30 – August 10                                Garden City Collegiate

August 13 – 24                                      Maples Collegiate

Cost: \$125 per session

**One 1-week Intensive Hockey Camp**            **9:00 am – 4:00 pm:**

August 27 – 31                                      Maples Arena

Cost: \$150

For more info contact Sandee Deck at [sandee.deck@7oaks.org](mailto:sandee.deck@7oaks.org) or 223-3499, or  
Cindy Burkett at [cindy.burkett@7oaks.org](mailto:cindy.burkett@7oaks.org) or 479-0803

## **Preschool Parent/Caregiver and Child Program**

**FREE** Drop-in Program for children from birth to age 5 with a caregiver  
Fun learning activities and games, stories and snack led by S.O. Community Coordinators

Tuesdays, Wednesdays and Thursdays, 3 school locations TBA

July 9<sup>th</sup> to August 17<sup>th</sup>

10:00 am – 12:00 pm

For more info contact Donna Giesbrecht [donna.giesbrecht@7oaks.org](mailto:donna.giesbrecht@7oaks.org) or  
Jacky Molyneux [jacky.molyneux@7oaks.org](mailto:jacky.molyneux@7oaks.org)



## **WASAC KIDS CAMP**

### **(Winnipeg Aboriginal Sport Achievement Centre)**

**FREE** Day Camp for students of Aboriginal Heritage

Old Exhibition Grounds, 80 Sinclair Street

**FREE** lunch, transportation and WASAC Camp T-shirt

Limited number of spots available to students ages 7 - 12 at these schools:

Constable Finney, A.E. Wright, O.V. Jewitt, James Nisbet, Elwick, Riverbend,  
Margaret Park, Forest Park, Belmont, Collicut, R.F. Morrison, Victory and Governor Semple

Transportation provided to and from several Seven Oaks Schools

**Supported by:** City of Winnipeg, Canadian Heritage, Government of Manitoba,  
Centre for Aboriginal Human Resource Development, Winnipeg Foundation,  
Sport Manitoba, Manitoba Aboriginal Sport and Recreation

For more info contact Kids Camp Hotline at 986-6785 or office line at 589-2772