



WEST ST. PAUL SCHOOL COMMUNITY NEWSLETTER

FEBRUARY, 2016

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

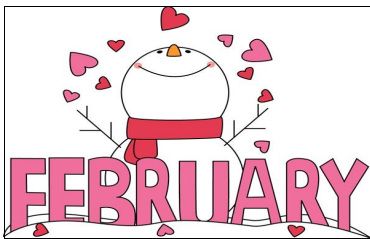
3740 Main Street
West St. Paul MB R4A 1A4
Phone: 204-339-1964
Fax: 204-339-7204

Administrators

Principal: Bob McIntosh
Vice Principal: Angela Bubnowicz

PIZZA DAYS

Feb 10
Feb 24
March 9
March 23



Upcoming Events

- Feb 5—PD Day—No Classes
- Feb 10-12—Middle Years
Asessippi Ski Trip
- Feb 11-12—Middle Years
Winter Activity Days
Thursday- Harbourview
Friday - Gateway CC
- Feb 15 Louis Riel Day—No
Classes
- Feb 17-Kindergarten Info
Night
- Feb 29 - Kindergarten
Registration Begins after
8:30 a.m.
- Mar 18—Parent/Teacher
Conferences—No Classes

ADMINISTRATORS' MESSAGE

Teachers "Back at School"

During a numeracy workshop on Friday, January 22, 2016, teachers quickly found themselves challenged with a variety of interesting problems and mathematical facts. For example, if you have a group of people in a room, say 35, did you know that there will be an 85% chance that there will be two people with the same birthday? On our staff we have two sets of people.

We found ourselves reviewing the Law of Square Numbers, solving a consecutive sums problem and learning about the brilliant mind of Frederick Gauss. In 1789, Gauss was asked to add the numbers from 1 to 100 he quickly arrived at the answer using mental math after he recognized a pattern. (How would you figure out the sum?)

We also dispelled some common myths:

- You have to be fast to be good at math.
- An aptitude for math is inborn.
- To be good at math you have to be good at calculating.
- The right answer is important.

Neil Dempsey, our guest speaker, soon had us showing 18×5 in more than two ways and delving into problems using fractions. He stressed the importance of wait time, both after we ask a student a question, and after they have given the answer. It is important that we ask students to tell us how they arrived at their answer before letting them know if they are correct.

Staff agreed it was a great day "back at school!"

"It is important to remember that we all climb the hills differently. We take different paths, different steps, and different journeys. We reach landmarks in different ways and at different times. If we push or pull children up the hill and make them practice our steps, our ways, or ...drop them off by helicopter ...we may get them up the mountain but they won't own it...they won't have learned how to climb...If, however, we support their steps, work with them as young mathematicians, the climbs and the vistas and the joys of the journey will be theirs forever." Cathy Fosnot

From the Gym...

EARLY YEARS PHYS. ED.

Remaining Event Dates:

Badminton, March 23, grades 4+5, 5:00-8:30

Healthapalooza 5, May 6, grades K-8, 10:15-2:30

Spring Cross Country, May 9 (rain date May 13), grades 3-5, Little Mountain Park, 11:30-2:30

WSP School Track and Field Meet, grades 4+5, May 18 (rain date May 20), at West Kildonan Collegiate

7 Oaks Divisional Track and Field Meet, grades 4+5, May 30 (rain date June 1), at West Kildonan Collegiate

The 7 Oaks Divisional Early Years Team Handball Tournament took place on November 28.

WSP School entered three grade 4 teams and two grade 5 teams with a total of 60 students participating. Thank you to our staff members for coaching: Mrs. Cross, Morgan Cross, Mr. Mackay and Miss Talbot.

Our fifth annual Healthapalooza event is May 6. H5 is a health and wellness day when students can participate in a variety of activities such as karate, yoga, board games, fitness training, art and dance. Our session instructors are various community members such as 7 Oaks teaching staff/students, parents, health organizations and local businesses. If you have knowledge and a passion for a wellness activity and would like to volunteer to lead a session, please let me know.

R. Chin



MIDDLE YEARS PHYS. ED.

GOLDEYES SCHOOL GAME DAY



West St. Paul students have the opportunity to see the Winnipeg Goldeyes play in their annual school day game on Thursday, June 16th at 11:00 a.m. School Day ticket prices will be \$15 per ticket.

Buses will pick students up at the school at 10:00 a.m. and arrive at Shaw Park in time for the game at 11:00 a.m. A normal baseball game usually lasts approximately three hours so the game should end around 2:00 p.m. We will be transporting students back to West St. Paul School at 1:45 p.m. in order to catch their bus home as they normally would do at the end of the school day.

As of February 1, a permission note has been sent home with your child. Notes are also available in the office. Please fill out and return the form below along with the money by Friday, March 4th, 2016. The cut-off date is so early because many other schools participate in this event and, to avoid disappointment, I need to know how many tickets we need. Please phone me at the school if you have any questions or need further information.

MY INDOOR TRACK AND FIELD

Grade 7 & 8:

We are well into the Indoor Track and Field season. Grade 7 and 8 students have participated in the first of a 4 meet track Attack series run by Athletics Manitoba at the University of Manitoba (Max Bell Centre). The remaining meets are on Feb.4, Feb.17, and Mar.16 running from 10:30 until 4:00. Transportation is provided to the university, but students need to arrange their own ride home at 4:00. The remaining 3 meets are as follows:

TENTATIVE SCHEDULE

Meet #2 - Feb. 4

INFIELD	OVAL	HORIZONTAL JUMPS
10:30am - 60m Hurdles 12:30am - Shot Put Girls	10:30am - 4 x 100m Relay 1:00pm - 300m 2:30pm - 800m	10:30am - Triple Jump Boys (inside pit) Long Jump Girls (outside pit)

Meet #3- Feb. 17

INFIELD	OVAL	HORIZONTAL JUMPS
10:30am - 60m Hurdles 12:30am - Shot Put Boys	10:30am - 1200m 12:30pm - 200m 2:30pm - Medley Relay (4-2-2-8)	10:30am - Triple Jump Girls (inside pit) Long Jump Boys (outside pit)

Meet #4 - Mar.16

INFIELD	OVAL	HORIZONTAL JUMPS
10:30am - 60m Hurdles 12:30am - Shot Put Girls	10:30am - 800m 1:00pm - 300m 2:30pm - 4 x 100m Relay	10:30am - Triple Jump Boys (inside pit) Long Jump Girls (outside pit)

Grade 6:

New this year are 2 meets for interested Grade 6 students also at the University of Manitoba (Max Bell Centre). They are on Feb. 3 and Mar. 15 running from 10:00 until 2:00. Transportation will be provided to and from the University of Manitoba. However, Grade 6 students will need to go home on the late bus as we will not return in time for 2:30 buses. Below is a tentative schedule of both Grade 6 meets.

TENTATIVE SCHEDULE

10:00am

4 x 200m Relay Grade 6 Boys
4 x 200m Relay Grade 5 Boys
4 x 200m Relay Grade 4 Boys
4 x 200m Relay Grade 6 Girls
4 x 200m Relay Grade 5 Girls
4 x 200m Relay Grade 4 Girls

10:00am

4 x Long Jump Relay Grade 4 Girls
4 x Long Jump Relay Grade 6 Boys
4 x Long Jump Relay Grade 4 Boys
4 x Long Jump Relay Grade 5 Boys
4 x Long Jump Relay Grade 6 Girls
4 x Long Jump Relay Grade 5 Girls

10:00am

8 x 40m Shuttle Run Grade 6 Girls
8 x 40m Shuttle Run Grade 5 Girls
8 x 40m Shuttle Run Grade 4 Girls
8 x 40m Shuttle Run Grade 6 Boys
8 x 40m Shuttle Run Grade 5 Boys
8 x 40m Shuttle Run Grade 4 Boys

Once the Shuttle relays are completed the following events will take place on the infield

4 x Shot Put Relay Grade 4 Girls
4 x Shot Put Relay Grade 5 Girls
4 x Shot Put Relay Grade 6 Girls
4 x Shot Put Relay Grade 4 Boys
4 x Shot Put Relay Grade 5 Boys
4 x Shot Put Relay Grade 6 Boys



WSP SCHOOL PARTNERSHIP WITH MIDDLECHURCH HOME



NATIONAL CUPCAKE DAY JANUARY
CELEBRATED WITH MS. SHARPE'S GRADE 5 CLASS
AND OUR FRIENDS at MIDDLECHURCH HOME.

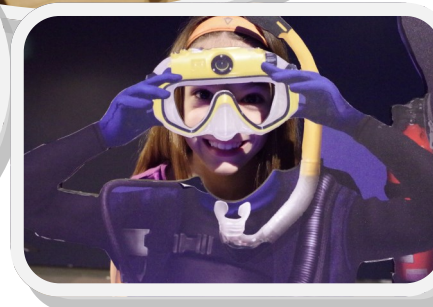


TOGETHER THEY MADE AND DECORATED CUPCAKES AND PLAYED A GAME OF PIN THE CHERRY ON THE CUPCAKE.



FIELDTRIP: MANITOBA MUSEUM

Grade 3 students enjoyed a visit to the Manitoba Museum at the beginning of January. Ms. Greening's class enjoyed the various experiments that were demonstrated during the "Forces that Attract and Repel Program". The Science Gallery and National Geographic's Earth Explorers were also big hits throughout the day.



FROM THE LIBRARY..



February is I Love to Read month! We have a calendar full of fun activities for the students to do in their classrooms and a number of great guests coming to read to us!



Please don't forget to help your son or daughter return their books on time and on their library day! We still have a few overdue items but the numbers are depleting. Thanks to all parents and family members for your help keeping books accounted for and returned! I really appreciate it!

Ms. Mathis

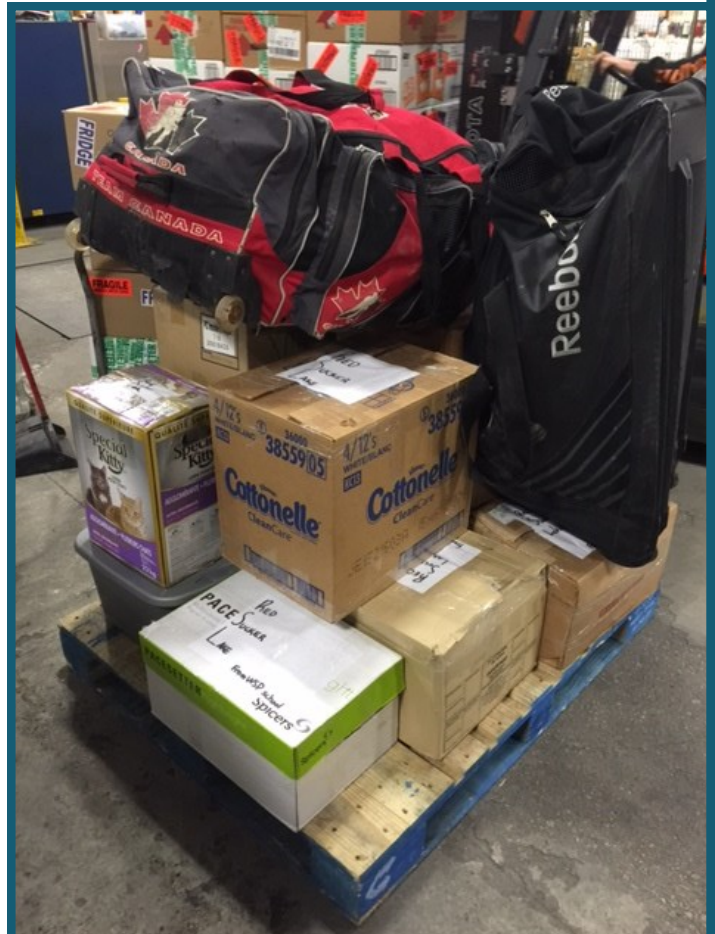
UNESCO

The UNESCO students at West St. Paul school have adopted a northern initiative for this school year. We have partnered with Red Sucker Lake First Nation, the second most remote Northern community in Manitoba which is accessible by ice roads in the winter and air travel in the summer. We were fortunate to have an elder and her family visit our school in December to speak to our children about their Northern community. Many of our classes were able to spend 30 minutes listening to stories and learning about life and living in the north. We learned that living in the North is different from living in the city and that it is more difficult to access the necessities of life. Students learned how expensive it is to live in the North. As part of our relationship with Red Sucker Lake we have pledged to donate used hockey equipment for their youth and to collect non-perishable food items to support their local families and food banks. In one week in December we were able to outfit four skaters and send 510lbs of food. Thank you to all of the families who donated to this worthy endeavour. We are still collecting food and hockey equipment; donations can be dropped off to Mrs. Cross' classroom.

The UNESCO students have organized a family movie night for January 28th where they will be collecting a tin for the bin at the door for Red Sucker Lake.

Thank You

Ms. Yeo, Ms. Schur. Mrs. Cross



Kindergarten Registration...



A 2016-2017 Kindergarten information evening will be held on Wed. February 17th from 6:00 –7:00 p.m. in Red River Hall.

Kindergarten registration for the 2016-2017 school year will begin no sooner than 8:30 a.m. until 5:00 p.m. on Mon. February 29th. After February 29th, you are invited to register your child between the hours of 9:00 a.m. and 2:00 p.m.

Please bring your child's birth certificate, MB medical card and proof of residence in the West St Paul catchment area. If you are not within the West St. Paul catchment area, you are required to register at your catchment school.

FRIENDLY REMINDERS FROM THE OFFICE:

We ask that parents call in student absences at anytime, as the school has 24-hour voicemail. The school phone number is 204-339-1964. An advance note to the classroom teacher and the office is appreciated when extended absences will occur. We have great concern for the safety of your children. Advance calls regarding absences allow us to focus more quickly on students who are unaccounted for each morning due to either missed buses or morning delays. Also, please call if your child will be late for any reason. Thank you for your cooperation.



Cold Weather Statement



Outdoor recess may be cancelled if it is -27 or colder with the windchill, as determined by the Environment Canada Winnipeg Richardson International Airport weather report. Good judgement will be used to determine this, by the administrators.

Please ensure that your children are dressed for the weather, including hats, mitts, scarves and winter jackets. In many cases, students are arriving at school wearing only a sweater. Transportation can refuse to transport a child not wearing appropriate winter clothing. For health and safety reasons, students must be dressed for cold weather, due to the possibility of bus breakdown or unforeseen incidents.

MET SCHOOL

SEVEN OAKS SCHOOL DIVISION

Open House

Wednesday, Feb. 17th

6:00-7:00 pm

Seven Oaks Met School

640 Jefferson Ave.

SAVE THE DATE!!

Now accepting applications for grades 9-12*

**space is very limited to grade 10 & 11*

Applications for the 2016-2017 school year are due on:

Friday, March 11, 2016

Please join us to learn more about this innovative, challenging and award-winning high school.

Nancy Janelle — Principal (Acting)
204-336-5050 metschool@7oaks.org

PARENT ADVISORY COUNCIL

NEXT MEETING IS ON TUESDAY, FEBRUARY 9 AT 7 P.M. IN ROOM 41.

FREE CHILDCARE WILL BE PROVIDED.

WE LOOK FORWARD TO SEEING YOU THERE!!



SEVEN OAKS
SCHOOL DIVISION
community begins here

SEVEN OAKS SCHOOL DIVISION

Invites the Community to the 2016 - 2017

Public Budget Consultation Meeting

The Board of Trustees of the Seven Oaks School Division invites the public to an open meeting to discuss the 2016-2017 school year budget. The purpose of the meeting is to inform the public about funding provisions and current budget discussions and to invite comment on educational and budget initiatives.

Monday, February 22, 2016 - 7:00 p.m.
Garden City Collegiate - Commons
711 Jefferson Avenue



WEST KILDONAN COLLEGIATE
101 RIDGECREST AVENUE
WPG MB R2V 4T6
PH: 204-339-6959

**MARK
YOUR
CALENDAR!**

OPEN HOUSE & REGISTRATION!

TWO EVENTS... ONE EVENING!

5:30 p.m. – 8 p.m.

More info coming soon

www.7oaks.org/school/westkildonan



ADDITIONAL HIGH SCHOOL OPEN HOUSE DATES:

MAPLES COLLEGIATE

1330 JEFFERSON AVE.

MONDAY, FEBRUARY 22

6:00-8:30 p.m.

GARDEN CITY COLLEGIATE

711 JEFFERSON AVE.

WEDNESDAY, FEBRUARY 24

6:00-8:30 p.m.

Positive Discipline

What it is and how to do it

We all know that parenting is a most rewarding, but challenging experience. Often we are presented with situations or behaviors in our children that leave us feeling confused, frustrated and unsure of how to respond.



Positive Discipline is an approach to parenting that teaches children and guides their behavior, based in research on children's healthy development and effective parenting.

Positive Discipline is not permissive parenting and is not about punishment. It is about long-term solutions that develop children's own self-discipline and their life long skills. Positive discipline is about teaching non-violence, empathy, self-respect, human rights and respect for others.

The 7-Oaks School Division will be offering a seminar on Positive Discipline in March and April, 2015. The seminars will start on Wednesday, March 4, 2015 in the morning from 9:15 am to 11:15 am and will run for 8 consecutive weeks. Childcare will be provided. The program will take place at the Ben Zaidman Educational Resource Centre (BZERC) at 375 Jefferson Avenue.

Registration forms will be sent home early Feb, 2015. We look forward to sharing information, ideas and experiences in these fun and informative parent seminars.

For more information please contact: Cheryl Rajfur at 204 339-1964.

**Parenting isn't about
having all the answers.
It's okay to ask for help.**



Click or call - we'll listen.

manitobaparentzone.ca

1-877-945-4777 (toll free)



Manitoba 

Red River Community Center

Red River Community Center Spring Registration:

This includes: Baseball/Softball, Outdoor Soccer, and Mini Soccer.



Thursday, February 25- 6:30-8:30
Wednesday, March 2- 6:30-8:30
Monday, March 14- 6:30-8:30



Payment is cash or cheque at this time.
(There is no bank machine on site.)

FAMILY GAMES NIGHT

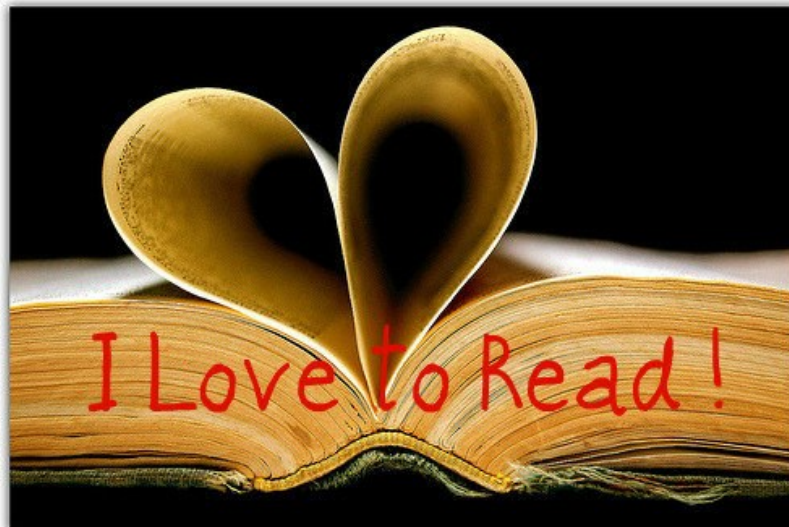
Our next Family Games Night will be Friday Feb. 12th. from 6 p.m. - 7:30 p.m. upstairs in room 41. This is a screen free evening.

Let's get together to continue to build family relationships, patience, teamwork, strategies, problem solving and other life skills, while having a great time.



IF YOU ARE PLANNING ON ATTENDING, PLEASE REGISTER AS SPACE IS LIMITED.

For more information or to register call Cheryl Rajfur at 204 339-1964 or email cheryl.rajfur@7oaks.org





*West St. Paul Lions
Sunova Centre*

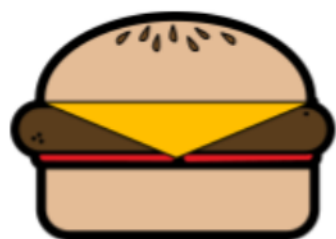


presents
Family Fun Day

48 Holland Rd

February 15th 2016

10:00 am till 4:00 pm



*Ringette
Toboggan
Bake Table
Indoor Games
Canteen
Face Painting
Craft Table
Kids Dance
B.J's Music*



February

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 Parent/Child Storytime 11:00 – 12:30 p.m. 3 – 5 years	2 Parent/Child Skate/Gym at Sunova Centre 10:00 – 11:00 a.m. 0 – 5 years	3 Handle with Care – Childrens Mental Health Workshop RF Morrison	4	5 School Inservice	6 
7 	8 Parent/Child Storytime 11:00 – 12:30 p.m. 3 – 5 years	9 Parent/Child Skate/Gym at Sunova Centre 10:00 – 11:00 a.m. 0 – 5 years PAC 7 pm Free Childcare	10 Handle with Care – Childrens Mental Health Workshop RF Morrison	11 Hans Kai 9:15 – 11:00 a.m.	12 Games Night 6:00 – 7:30 p.m. Please register	13
14 HAPPY VALENTINES DAY	15 LOUIS RIEL DAY NO SCHOOL	16 NO CLASS	17 Kindergarten Parent/Guardian Information meeting 6-7 p.m.	18	19	20
21	22 Parent/Child Storytime 11:00 – 12:30 p.m. 3 – 5 years Music with Sonja	23 Parent/Child Skate/Gym at Sunova Centre 10:00 – 11:00 a.m. 0 – 5 years	24	25	26	27 
28 	29 Kindergarten reg. 8:30 – 5 p.m. Parent/Child Storytime 11:00 – 12:30 p.m. 3 – 5 years	MARCH 1 Parent/Child Skate/Gym at Sunova Centre 10:00 – 11:00 a.m. 0 – 5 years				

2016

MARCH



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 Parent/Child Gym/Skate Sunova Centre 10-11:00 a.m.	2	3	4 Parent Child Let's Play Drop in 11:00 – 12:30 p.m. 0-5 years	5
6	7 Parent/Child Storytime 11:00 – 12:30 p.m. 3 – 5 years	8 Parent/Child Rhymes & More 11:00 – 12:30 p.m. 0 – 5 years	9 PAC 7 p.m. Free Childcare	10 Hans Kai 9:15 – 11:15 a.m.	11 Family Games Night 6-7:30 Please register	12 
13 	14 Parent/Child Storytime 11:00 – 12:30 p.m. 3 – 5 years Music with Sonja	15 Parent/Child Rhymes & More 11:00 – 12:30 p.m. 0 – 5 years	16	17	18 PARENT/TEACHER/ STUDENT CONFERENCES NO CLASSES	
20	21 Parent/Child Storytime 11:00 – 12:30 p.m. 3 – 5 years	22 Parent/Child Rhymes & More 11:00 – 12:30 p.m. 0 – 5 years	23	24	25	26
27	28	29	30	31	SPRING BREAK	
						2016


FEBRUARY 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 DAY 3 GR.6 BOYS B-BALL @WSP	2 DAY 4 POW WOW CLUB 2:30-3:30	3 DAY 5	4 DAY 6 TRACK ATTACK #2 GIRLS B-BALL @WSP	5 DAY 1 PD DAY NO CLASSES	6
7	8 DAY 2 GR.6 BOYS B-BALL @WSP	9 DAY 3 POW WOW CLUB 2:30-3:30 PAC MEETING 7:00 p.m. Childcare provided	10 DAY 4 PIZZA DAY DIV. BOYS & GIRLS B-BALL @ OVJ	11 DAY 5 HANS KAI 9-11:30 a.m. GIRLS B-BALL @WSP <div style="border: 1px solid black; padding: 2px; display: inline-block;">HARBOURVIEW</div>	12 DAY 6 Early Years Sockhop <div style="border: 1px solid black; padding: 2px; display: inline-block;">GATEWAY C.C.</div>	13
			ASESSIPPI SKI TRIP			
14 	15 LOUIS RIEL DAY NO CLASSES	16 DAY 1	17 DAY 2 KINDERGARTEN INFORMATION NIGHT Track Attack #3 DIV. BOYS & GIRLS B-BALL @WSP	18 DAY 3 GIRLS B-BALL @ELWICK	19 DAY 4	20
21	22 DAY 5 Maples Collegiate Open House 6:00 p.m.-8:30 p.m.	23 DAY 6 POW WOW CLUB 2:30-3:30	24 DAY 1 PIZZA DAY Garden City Open House 6:00-8:30 p.m.	25 DAY 2	26 DAY 3 GR. 8 OPTIMIST BAND FESTIVAL	27
28	29 DAY 4 KINDERGARTEN REGISTRATION AFTER 8:30 a.m.					

IMPORTANT DATES AT A GLANCE.....

FEB 5	P.D. DAY – NO CLASSES
FEB 9	PARENT COUNCIL MEETING 7:00 p.m. FREE CHILDCARE WILL BE PROVIDED.
FEB 10-12	MIDDLE YEARS ASESSIPPI SKI TRIP
FEB 11	MIDDLE YEARS WINTER ACTIVITIES-HARBOURVIEW
FEB 12	MIDDLE YEARS WINTER ACTIVITIES- GATEWAY RECREATIONAL CENTRE
FEB 15	LOUIS RIEL DAY – NO CLASSES
FEB 17	KINDERGARTEN INFORMATION NIGHT
FEB 17	MET SCHOOL OPEN HOUSE 6:00 P.M. TO 7:00 P.M.
FEB 29	KINDERGARTEN REGISTRATION AFTER 8:30 a.m.- 5p.m. (Birth Cert., MB Medical & proof of address required)
MAR 1	WEST KILDONAN COLLEGIATE OPEN HOUSE AND REGISTRATION
MAR 17	PARENT/TEACHER CONFERENCE EVENING ONLY
MAR 18	PARENT/TEACHER CONFERENCES - NO CLASSES
MAR 25	GOOD FRIDAY – NO CLASSES
MAR 28-APR 1	SPRING BREAK – CLASSES RESUME MONDAY, APRIL 4
APRIL 4	CLASSES RESUME – DAY 5 ON THE SCHOOL CYCLE
APRIL 22	P.D. DAY – NO CLASSES

MARCH, 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 DAY 5 W.K. OPEN HOUSE & REGISTRATION EVENING 5-8 p.m.	2 DAY 6 DIV. BOYS & GIRLS B-BALL @WSP	3 DAY 1	4 DAY 2	5
6	7 DAY 3	8 DAY 4 POW WOW CLUB 2:30-3:30	9 DAY 5 PIZZA DAY PAC MEETING 7:00 p.m. FREE CHILDCARE PROVIDED	10 DAY 6 HANS KAI 9-11:30 a.m.	11 DAY 1	12
13	14 DAY 2	15 DAY 3	16 DAY 4 Track Attack #4	17 DAY 5  PARENT- TEACHER CONFERENCES EVENING	18 DAY 6 PARENT- TEACHER CONFERENCES NO CLASSES	19
				BRANDON JAZZ FESTIVAL		
20	21 DAY 1	22 DAY 2 POW WOW CLUB 2:30-3:30	23 DAY 3 PIZZA DAY EARLY YEARS BADMINTON TOURN. @ MAPLES COLLEGIATE 5-9 p.m.	24 DAY 4	25 DAY 5 GOOD FRIDAY NO CLASSES	26
				SPIRIT WEEK		
27	28	29	30	31	1	2
SPRING BREAK						

NOTES...
