

# GOVERNOR SEMPLE SCHOOL

## MARCH 2013 NEWSLETTER

Mr. Jeff Anderson – Principal 150 Hartford Avenue Winnipeg MB R2V 0V7  
Ph. # 204-339-7112 Fax #204-334-7356

### Nature- Part 2



Dear March, come in!  
How glad I am!  
I looked for you before.  
Put down your hat—  
You must have walked—  
How out of breath you are!  
Dear March, how are you?  
And the rest?  
Did you leave Nature well?  
Oh, March, come right upstairs  
with me,  
I have so much to tell!  
  
Emily Dickinson(1830-86)

This month has just flown by!  
March is always a month where  
there is so much to tell. It was  
amazing to watch the faces of  
children and adults alike as learning  
was really celebrated last week  
during Family Conferences. We  
want to thank all the families for  
the support, caring and  
encouragement they give their  
children every day.



### MILK SPIRIT GAMES 2013



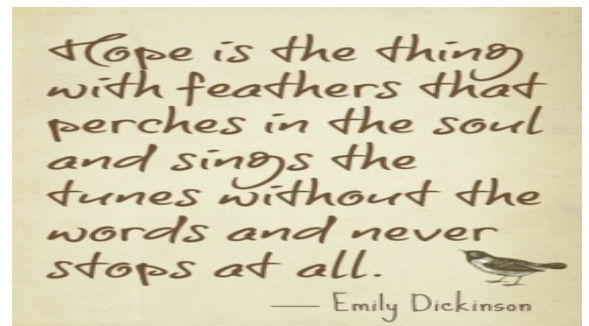
Please ensure that your child has a water resistant jacket, rubber boots and extra socks in their bag to provide an extra layer of protection on those damp days! Remember your hat for sunny days. At many times of the year temperatures and conditions vary, so dressing in layers ...is always good practice for our Winnipeg weather.



## Important Dates to Remember



|                      |        |  |
|----------------------|--------|--|
| <b>March</b>         | 25 –29 | Spring Break – <b>NO SCHOOL</b>                        |
| <b>April</b>         | 1      | 1 <sup>st</sup> day back – Day 1                       |
|                      | 3      | Gr. 5 to tour École Seven Oaks Middle School           |
|                      | 4      | École Seven Oaks Middle School Open House at 7:00 p.m. |
|                      | 13     | Badminton Tournament @ Maples Collegiate               |
|                      | 16     | Edmund Partridge Open House at 6:30 p.m.               |
|                      | 19     | <b>NO SCHOOL</b> – Professional Dev. Day               |
|                      | 23     | Jump Rope for Heart & Stroke                           |
|                      | 25     | Hot Lunch  |
| Note change of date: | 25     | Talent Show – a.m.                                     |
|                      | 25     | Family Night – 5:30 – 8:00                             |
|                      | 26     | Theme Day  |
|                      | 29     | Gr. 4 Science Camp – Manitoba Museum                   |
| <b>May</b>           | 6      | <b>NO SCHOOL</b> – Professional Dev. Day               |
|                      | 7      | X-Country – Little Mountain Park                       |
|                      | 8      | Hep B shots – gr 4's only                              |
|                      | 9      | Rain date for X-Country                                |
|                      | 13     | Dual Track & Field @ West Kildonan Collegiate          |
|                      | 15     | Rain date for Dual Track & Field                       |
|                      | 20     | <b>NO SCHOOL</b> – Victoria Day                        |
|                      | 23     | Lunch Lady Hot Lunch                                   |
|                      | 31     | Theme Day  |
| <b>June</b>          | 4      | Track & Field  |
|                      | 6      | Rain Date for Track & Field                            |
|                      | 14     | <b>NO SCHOOL</b> – Admin. Day                          |
|                      | 20     | Hot Lunch  |
|                      | 21     | Theme Day  |
|                      | 21     | grade 5 BBQ  |
|                      | 27     | Gr. 5 Farewell   |
|                      | 28     | Last Day of School                                     |



**NOTE:** PLEASE NOTE THAT SOME DATES MAY CHANGE FOR IN-SERVICE DAYS TO BE ADDED OR DELETED.

PLEASE CHECK THIS LIST MONTHLY. THANK YOU



## Kindergarten Registration Began on February 25th.

Governor Semple School started accepting Kindergarten Registration on Monday, February 25th, 2013.

Registrations will be taken during regular office hours from 9:00 a.m. to 4:00 p.m.

Please note that your child must be five years old by **December 31, 2013** in order to be eligible for registration for the fall Kindergarten classes. You must bring your **child's birth certificate, medical card and proof of address** when coming to register.

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## Parents of Kinders and School Age Children

Governor Semple Children's Place currently has spaces open for enrollment. If you or someone you know is in need of child care, please drop by room 5 in the school or call our program @ 290-8517 between 7:00 a.m. – 9:00 a.m. or 11:30 a.m. – 5:30 p.m. You can ask for Anita or Cecilia. You may also call our main center Sunny Mountain Daycare @ 290-7980 after 9:00 a.m. and ask to speak with Patrisha.

In the spring the center will also be starting up an introduction to French nursery program from 9:00 – 11:30, Monday to Friday. Please call with inquiries.

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### **REMINDER** to all Parents/Guardians

*It is important that you notify the office of any address, phone numbers and other changes, so that our records can be kept up to date.*

*Thanks for your cooperation!*

**Student Milk Forms-** Parent(s)/Guardian(s), please make sure that you sign the milk forms for the students that buy milk.



**Reminder** -we don't sell single milks, you must buy a card for \$7.00 or \$14.00.

Thank you

Please remember to send utensils (spoons, forks) with your child for their lunch/snacks.

École Seven Oaks Middle School  
Open House  
Thursday, April 4<sup>th</sup> 2013 @ 7:00 p.m.

Edmund Partridge  
Open House  
Tuesday, April 16, 2013  
@ 6:30 p.m.

## École Seven Oaks Middle School Open House – Thursday, April 4<sup>th</sup> at 7:00 p.m.

We welcome all students and families of Grade 5 students to our annual Open House at École Seven Oaks Middle School.

A formal presentation begins at 7:00 p.m. in the school gym with information about the school and its programming for students.

At 7:30 students and families will have the opportunity to tour the school, meet current staff and students and have opportunities for questions about the upcoming school year.

We look forward to seeing you all.  
The staff of École Seven Oaks Middle School

## PHYSED NEWS:



### Grade 4 & 5 Divisional Badminton Tournament

Saturday, April 13th, 2013 @ Maples Collegiate

Grade 4's arrive @ 8:45 am

Grade 5's arrive @ 11:45 am

### JUMP ROPE FOR HEART AND STROKE 2013

April 1st Consent forms go home

April 11th Consent forms/pledges are due

April 26th JUMP OFF/Sponsor sheets, collected pledges are due



## Community News: 2013 Spring Clean-Up Organizational Meeting

The snow is slowly melting and it is time to organize the annual Spring Clean-Up, which has traditionally been a co-operative effort between our community's residents associations. Last year's event was very successful and with renewed activity in a couple of our neighbourhood's, this year's Clean-Up can be even better!

This office would be pleased to host an organizational meeting (or meetings) again this year with those who will be working on this event. A Clean-Up date of **Saturday May 11th** appears to be preferred .

The first organization meeting is: Wednesday March 27 @ 7:00 pm, 1763 Main Street

### *Paul Worster*

Executive Assistant

to Gord Mackintosh

Minister of Conservation & Water Stewardship

MLA for St. Johns

1763 Main Street Winnipeg, MB R2V 1Z8 Ph: (204) 582-1550 Fax: (204) 586-3736

Email: [StJohns1@yourmanitoba.ca](mailto:StJohns1@yourmanitoba.ca)

## Community Coordinator News

### Fine Motor Development

Children gain the ability to perform fine motor tasks such as printing through a series of developmental stages that start at infancy.



Babies move their heads while on their backs and fronts, they learn to roll to the side and then over. All of this works on the development of central tone and control which is the foundation on which all other movement and function is based.

Once stability and strength start to develop in the core or trunk, movement can occur; rolling to sitting to crawling to kneeling to standing to walking and running.

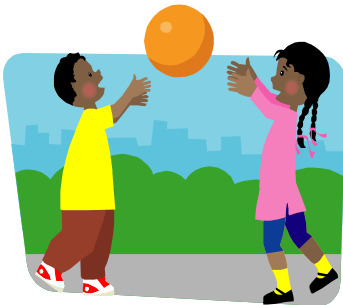
Once there is strength and control in the larger muscles of the legs and arms, the fine muscles in the wrists, hands and fingers begin to develop. All the “work” of playing and developing contributes to strength and coordination required for more complex tasks such as using utensils, opening containers, doing buttons, colouring, drawing and printing.



This early work lays the foundation for a healthy self-esteem, as well as later school and life success. The challenge is to foster development while making it seem like fun.

Good general trunk tone and strength are needed for good position and alignment. Adequate shoulder, arm and wrist strength is required to stabilize the fingers to perform tasks. Bilateral coordination between the helping hand and the doing hand is necessary for most tasks.

Many toys and furnishings for infants are designed to “prop” the baby up and have the toys close at hand. They fail to promote the core muscle development needed to support further development.



5-6% of school age children are affected by motor issues. Poor muscle development and coordination can be greatly attributed to decreased play opportunities – safety issues, more sedentary life styles, game boy/computer age, T.V.

Physical movement in children’s play will have a positive effect on development for the rest of their lives.

**James Nisbet Nursery School (70 Doubleday Drive) is a 30 space nursery program located at Ecole James Nisbet School in the Maples.**

**We are holding an Open House and Registration on Monday, March 4, 2013 from 6:30-8 pm.**

**A \$50 non-refundable deposit (either cash or cheque) is required for registration.**

**We are now offering a three class per week morning program!**

**Programs Offered**

**Mon/Wed/Fri AM 9:15-11:30 am for children 3-5 yrs.**

**Tues/Thurs AM 9:15-11:30 am for children 3-5 yrs.**

**Tues/Wed/Thurs PM 12:45-3 pm for children 4-5 yrs.**

**Please visit our website at [www.jnns.ca](http://www.jnns.ca) or phone 204-953-1193 for more information**



## TD Canadian Children's Book Week

TD Canadian Children's Book Week will take place from Saturday, May 4<sup>th</sup> to Saturday, May 11<sup>th</sup>, 2013. This year's theme is "All the Bookshelf's a Stage: Celebrating the Performing Arts" and celebrates the importance of theatre, music, singing and dance. The performing arts are not only part of Canada's rich cultural heritage, but also offer children and teens a way to explore their emotions and express their feelings.

Manitoba is very fortunate to be hosting author and illustrator Wallace Edwards and author Sylvia Gunnery during Book Week 2013.

Wallace Edwards is an award-winning author and illustrator who graduated from the Ontario College of Art in 1980. Following a 20 year career as a freelance artist Edwards decided to create a series of paintings based on the letters of the alphabet, and *Alphabeasts* (2002) was born. The rest, as they say, is history. Edwards has been the recipient of many awards for his books which include *The Cat's Pajamas*, *The Painted Circus*, *Monkey Business* and *The Extinct Files*.

Sylvia Gunnery is a writer and educator with 32 years' experience at the intermediate and senior levels. She offers host schools and libraries a choice of two presentations. In the first presentation, Gunnery explores the writing process, from the spark that generates an idea to the final publication of a book. The second is a workshop-style presentation in which students will create their own characters and experiment with ways to make them "come alive". Some of Gunnery's books are *Emily for Real*, *Menace and Mischief*, *Out of Bounds*, *Personal Best* and *Chewing Gum and Other Crimes*.

If you would like further information about Book Week or any of the touring authors, please check the Canadian Children's Book Centre Book Week web site at [www.bookweek.ca](http://www.bookweek.ca) or contact the Manitoba Book Week Coordinator, Gail Hamilton, at 204-654-3721 or [gghamilton@shaw.ca](mailto:gghamilton@shaw.ca).



## Hop into spring break at Oak Hammock Marsh!

From March 25 – 28, have fun participating in daily themed activities at Oak Hammock Marsh Interpretive Centre or register for one or all of our day camps. Camp runs daily from 9 a.m. to 4 p.m. and is for children ages 6 to 9. Camp is filled with fun indoor and outdoor themed activities that may include scavenger hunts, animal tracking, outdoor cooking and nature crafts. For more information on daily themes or to register a camper please visit: <http://www.oakhammockmarsh.ca>, or call (204) 467-3300.

Encourage your child's efforts by showing him/her how pleased you are when he/she tries hard and finishes:

"You worked so hard!

It's wonderful how much effort you put out for that science project."

# *R. F. Morrison is Celebrating 50 years!*



All former staff and students of R. F. Morrison School in Seven Oaks School Division are invited to join us in celebrating 50 vibrant years of learning. There will be two events:



## *Fashion Show Through the Decades* *April 25*

Drop in to R. F. Morrison to visit between 5:00 and 8:00 pm  
Program at 6:30

## *Anniversary Barbeque*

*June 7*

*4:00 to 7:00 pm*

Join us at 25 Morrison Street

For information please call 204-338-7804



We are preparing an Anniversary presentation and we are looking for R. F. Morrison memorabilia and photos of R. F. Morrison events from the 1960's and 1970's. If you can help us out, please call the school at 204-338-7804. We will be happy to photograph the memorabilia items, scan any Morrison photos and return them to you.

Thank you!

# LIFE THREATENING ALLERGIES

Understanding the Risks

Reducing the Risks

## **Vigilance Without Fear:**

**Helping Parents and Kids Cope with Life Threatening Allergies**

**Dr. Michael Teschuk, Psychologist with the University of Manitoba and Winnipeg Regional Health Authority, will discuss strategies to help parents and their children cope with anxiety and stress that arises from living with life threatening allergies.**

**Thursday April 4, 2013**

**7:00—8:30 pm**

**The Gray Academy, 123 Doncaster Street**

**(room number will be posted)**

**to register call Nancy at 204-654-2676  
or send email to [mainmanitoba@shaw.ca](mailto:mainmanitoba@shaw.ca)**

**Enter through the Asper Jewish Community Campus at 123 Doncaster Street.  
Free parking is located across the street. Please register at the security desk.**

**Manitoba Anaphylaxis Information Network (MAIN)**

**affiliated with Allergy\Asthma Information Association (AAIA)  
Contact: Nancy Boni 204-654-2676 Email: [mainmanitoba@shaw.ca](mailto:mainmanitoba@shaw.ca)**

**Helping Families Cope with Life Threatening Allergies**





SEVEN OAKS  
EDUCATION FOUNDATION INC.

# Foundation

NEWS

extra edition

## Let It Snow – On With the Show!

*Seven Oaks Got Talent lives up to its name (and then some!)*



It may have been a cold night, but the music was hot at the Essence Nightclub as some of the Seven Oaks School Division's secret superstars took the stage to raise funds for future scholarships.

February 8 was the annual, "Seven Oaks Got Talent" fundraiser organized on behalf of the Seven Oaks Education Foundation. As the name proved true as Division staff members shed their day job clothes and got in touch with their inner rock (and country) stars.

Eleven groups performed to an amped up audience:

- Swing Wright - A.E. Wright staff
- Seven Oaks Singers - Multi-School Administrators
- The Partridge Family - Edmund Partridge staff
- Lianne Fournier - Constable Finney
- Zumba Divisional Dance Troup - Multi-School members
- Ipals- Fran Taylor, Lorelei Bunkowsky, Jane Romio
- ARPL and the Reflections - Multi School Members
- Fiddlers - Multi School members
- The Last Minute Men- Garden City
- Aaron Millar Usiskin and the Permanent Contracts - Maples
- The West Kildonan Junior All-Star Band - West Kildonan

Add in a delicious buffet dinner and silent auction prizes and you have a great fundraiser that resulted in more money for future scholarships. Take a bow, folks! You earned it!





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Visit [7oakseducationfoundation.org](http://7oakseducationfoundation.org) for more information on how to donate or to make an online contribution.

The Foundation provides tax receipts for donations of \$10 or more.



SEVEN OAKS  
EDUCATION FOUNDATION  
INC.

# Foundation

NEWS

Winter 2013

## Beyond the Bronze:

*Speaking Soccer & Scholarships with Desiree Scott*



“It’s a huge splash of emotions. You step out on the field, you’re waiting for that whistle to blow, you’re all nerves. Then you settle in and throw that first big tackle. Suddenly you realize, ‘I’m playing on the biggest stage in the world!’” - Desiree “The Destroyer” Scott on playing in the Olympics

If you follow soccer – and even if you don’t – you’ve probably heard of Desiree Scott.

She was thrust into the international spotlight when, as part of the Canadian Women’s Soccer Team, she defended the goal line at a critical moment in a game against France. That game? The one that won Canada

a Bronze Medal at the 2012 Olympics; the first time Canada has won a medal in a traditional team sport since 1936.

If you think things have slowed down for Scott since then, think again. In addition to continuing to train with and play for the national team (with an eye on the next Olympic games), Scott coaches at the University of Manitoba

and will be playing professionally with FC Kansas City in the newly formed National Women’s Soccer League.

“It’s been go-go-go, never really stopping,” says Scott. “But it’s really been exciting. I’m kind of a homebody so the move to Kansas City is going to be really different for me.”



“Fortunately, it’s only about a twelve hour drive so my family can come and visit a lot. I’m just really excited to be able to have this new experience.”

Her enthusiasm and love of the game has been propelling Scott forward since she first began playing soccer at age eight.

“My brother and I are really close and I always went to his games,” recalls Scott. “I think that’s where my love of the game started, watching him and wanting to play. I started playing and I happened to have a talent for it. I tried other sports but soccer was the one for me.”

Her talent was recognized and encouraged by many over the years, including the four years she played on the team at West Kildonan Collegiate.

“I had one coach named Mr. Prime. He was the high school soccer coach and a substitute gym teacher. He saw something in me and really encouraged me to develop my professional edge, to push myself to get to the next level.”

“He still calls me to check in, offer his congrats and see where I am in the soccer world, saving all the newspaper clippings!”

Her coach wasn’t the only one who recognized her abilities. At her high school graduation, Scott was awarded the Vince Leah Scholarship; a scholarship named after the beloved Winnipeg sportswriter and well-known supporter of community sports.

That same year, the University of Manitoba Bisons awarded Scott the Winnipeg Women’s Soccer League Award and the Archie Nunn Award, both of which furthered her options when it came to her education and her soccer career.

“For soccer, you usually have to go to the states for scholarships – and like

I said, I’m kind of a homebody,” she says. “But that year, the University of Manitoba Bisons team awarded me a CIS (Canadian Interuniversity Sports) award that allowed me to get my education locally. That meant a lot to me. It was perfect for me.”

Scholarships and awards are something Scott feels very strongly about.

“When you’re striving for a scholarship, it’s not just about the sport. You need the grades to get a scholarship. And that scholarship can help you get the highest quality education.”

“Students should look at the information that is available, because scholarships and grants give you so many opportunities.”

For Scott, it’s all about how hard work pays off – a message she shares with those she coaches.

“I take what I’ve learned over the years from my experiences and I try to pass that knowledge along to others. I may not be the most technical player. I may not be the fastest player. But

I’m a hard-worker and I can tell them for a fact that hard work always pays off.”

Though she’s won numerous accolades over the years, the Olympics – perhaps not surprisingly – remain a personal highlight in her career to date.

“Personally, the Olympics meant a lot to me, the way we came together after our loss. Even though we were battered and bruised, we still brought ourselves together and came back after that... I’m so lucky to be part of such a special team.”

“I am truly blessed and appreciate all my experiences. But this is just a beginning, just a taste of what’s coming up next.”



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Visit [7oakseducation.org](http://7oakseducation.org) for more information on how to donate or to make an online contribution.

The Foundation provides tax receipts for donations of \$10 or more.



For more information on Canada’s soccer teams, visit [www.canadasoccer.com](http://www.canadasoccer.com)

And to follow Desiree’s career, check out [www.fckansascity.com](http://www.fckansascity.com) Or, better still, keep up with Desiree’s journey with the woman herself by following her via [@msdscott11](https://twitter.com/msdscott11) on Twitter.