

March 2014 Newsletter

Elwick Community School

30 Maberley Rd. Winnipeg, Manitoba R2P 0E2 Ph. 204-633-5641 www.7oaks.org/school/elwick

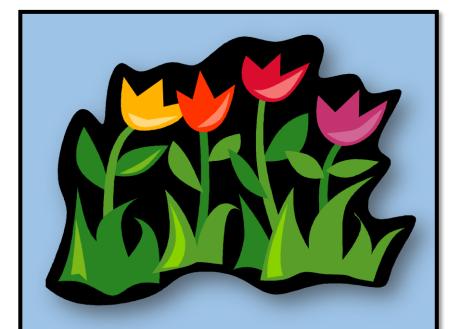
Principal: Peter Obendoerfer Vice Principal: Bobbi-Lynn Haegeman



Elwick's Drumming Group was recently featured on a CBC radio report on education in Manitoba.

Read the related article at:

http://www.cbc.ca/news/canada/manitoba/community-is-at-the-heart-of-this-winnipeg-school-1.2567273



Important Dates

March 9th - Daylight Saving Time Begins (set clocks forward)

March 11th -Report Cards Go Home

March 13th - Parent/Teacher/Student Conferences (Evening)

March 14th – Parent/ Teacher/Student Conferences (No Classes)

March 17th – St. Patrick's Day

March 28th – Last Day of Classes before Spring Break

March 29th - April 6th - SPRING BREAK (No Classes)

April 7th - Classes Resume (Day 5)

April 18th - Good Friday (No Classes)

April 20th – Easter Sunday

April 22nd – Earth Day

April 25th - Professional Development Day (No Classes)

May 11th – Mother's Day

May 12th - Professional Development Day (No Classes)

May 19th – Victoria Day (No Classes)

June 15th – Father's Day

June 26th – Administrative Day (No Classes)

June 27th - Last Day of School

July 1st – Canada Day

Please check this section each month as dates may be changed or new dates added throughout the school year.



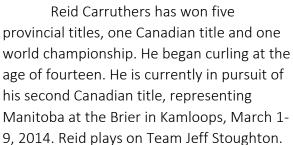
Staff Listing	
T. Manastersky T. Brown	Kindergarten Grade 1
L. Weppler	Grade 1
N. Reay	Grade 1/2
G. Neufeld	Grade 2/3
K. Ballantyne	Grade 2/3
R. Brar	
J. Beaupré	Grade 2/3
	Grade 4/5
B. Thompson	Grade 4/5
C. Shields	Grade 4/5
C. Weekes	Grade 4/5
D. Gebhardt	Grade 4/5
D. Vaarmeyer	Grade 6
C. Parenteau/R. Cairns	
R. Isfeld	Grade 6/7
K. Kammerlock	Grade 7/8
S. Keller	Grade 7/8
J. Ramos	
C. Ziegler	Grade 7/8
R. Scott	K/1 Learing Support
V. Sanders S. Clarke	2/3 Learning Support 4/5 Learning Support
P. Harding	4/5 Learning Support
C. McMillan	
D. Collette	Earry rears Guidance Middle Years Guidance
M. Hawula	Social Worker
W. Persowich	Psychologist
C. Singbiel	Speech/Language
	Music Specialist
K. Schettler	Phys. Ed. Specialist
E. Lister	Phys. Ed. Specialist
R. Dow	Dance Specialist
K. Warner	Fiddle Specialist
R. Hodgins	Band Specialist
B. Hamilton	Sistema
E. Risbey	Sistema
S. Howell	Librarian
J. Weston	Educational Assistant
B. Melnyk	Educational Assistant
K. Jemielity	Educational Assistant
D. Fisher	Educational Assistant
C. Sault	Educational Assistant
M. Humphrey	Educational Assistant
E. Lobchuk	Educational Assistant
J. Ellison	Educational Assistant
C. Bernardino	Educational Assistant
K. Chartrand	CATEP Ed. Assistant CATEP Ed. Assistant
K. Chinchilla D. Mathers	CATEP Ed. Assistant Community Coordinator
A. Lennon	Community Coordinator Community Connector
B. Roccola	Community Connector Custodian
P. Ekosky	Custodian Custodian
H. Dzinic	custodian Custodian
A. Easton	Custodian Secretary
M. Patacz	Secretary
B. Haegeman	Vice-Principal
P. Obendoerfer	Principal

Middle Years Winter Fun Day Curling with World Curling Champion Reid Carruthers February 19, 2014



Sixteen middle years students had the time of their lives on Wednesday February 19, taking part in a special curling clinic at Granite Curling Club. Students were given the opportunity to learn and practice how to sweep, deliver a rock and play the game of curling.

Students were fortunate to have three very knowledgeable instructors, Kari Kammerlock, Kayla Fisher and Reid Carruthers guiding them throughout the experience.





Three out of the sixteen students who were involved in the clinic, won an autographed, game worn jersey. In addition, all of the students were provided with a delicious lunch.

Thank you to Ms. Fisher and Ms. Parenteau who helped out at the event.



Curling is a great sport to play. It's inexpensive and lots of fun. Contact Curl Manitoba (204) 925-5723 if you are interested in enrolling your son or daughter at a local curling club. In addition, students attending Maples Collegiate have the opportunity to join the school curling team.



City of Winnipeg Leisure Guide

The City of Winnipeg is proud to provide a wide variety of recreation and leisure opportunities that contribute to the overall well-being of our community. The Leisure Guide is published three times per year and is filled with fun and exciting programs for everyone, including a number of camps to keep the kids busy this summer!

For more information on leisure, sport and fitness programs, please pick up a copy of the Leisure Guide, call 311 or visit Winnipeg.ca. Guides are available for pick up at civic pools, libraries and leisure centres, and at a number of retail locations including Safeway, 7-Eleven and Mac's.

Watch for the Spring/Summer 2014 Leisure Guide at the beginning of March! Registration for swimming lessons only will begin on March 18 at 8:00 am. Registration for all other programs will begin on March 19 at 8:00 am. Registration will be ongoing after these start dates.

City of Winnipeg Priceless Fun

Winnipeggers now have easy access to information about free recreation, leisure and library programs with the free programming guide, Priceless Fun.

The Spring/Summer edition of Priceless Fun, available in March, provides information about the free programs for children and youth being offered by the City of Winnipeg throughout the city, all in one convenient guide.

Hard copies of Priceless Fun are available for pick up at all civic indoor pools, libraries and leisure centres. You can view the current edition of Priceless Fun online at:

Winnipeg.ca/cms/recreation/pdfs/Free_programs.pdf. Information about programs is also available by calling 311.

ALL O.K. Before & After School Child Care Centres Inc. will be CLOSED on the following dates:

April 21, 2014 - Easter Monday May 23, 2014 - Professional Development





Seven Oaks Education Foundation Inc.

invites you to attend the

Annual General Meeting

Tuesday, March 18, 2014 5:00 p.m. – 6:00 p.m.

Canad Inn Garden City 2100 McPhillips Street (Refreshments Provided)

Vision

A supportive community where all students believe they can continue their education and training beyond high school.

Mission Statement

To make post secondary education accessible for as many students as possible by engaging the financial support of the Seven Oaks Community.

We value education beyond high school, community, sustainability and inclusion.

The Seven Oaks School Division invites applications for

SUBSTITUTE BUS EDUCATIONAL ASSISTANTS

4 hours per day

7:30 a.m. to 9:30 a.m./2:30 p.m. to 4:30 p.m.

This position requires you to assist the bus driver with the safe transportation of children. Training provided.

Requirements:

- Knowledge and experience working with students with special needs.
- Position involves heavy lifting and pushing.
- Must work well as a team member.
- First Aid, CPR, Non-Violent Crisis Intervention Skills or WEVAS essential.

Please send your cover letter and resume to:

Human Resources-Student Services 830 Powers Street Winnipeg, MB R2V 4E7

or via email to: communitybeginshere@7oaks.org

The division will be pleased to accept all applicants however, only those candidates selected for an interview will be contacted.

Note: Employment is conditional upon successful clearance by Criminal Records and Child Abuse Registry.



FREE

Family Movie Night



Where? **Sinclair Park Community Center** (490 Sinclair St)

When? 1st Monday & 3rd Friday of each month @ 6:30pm

Upcoming Movies: March 3: Cloudy With a Chance of Meatballs 2 (PG, 2013)

March 21: Oz: The Great & Powerful (PG, 2013)

April 7: Smurfs 2 (G, 2013)

Canteen will be open! Serving FRESH popcorn!

TANTRUMS!!!!!

Even normally well behaved children have tantrums from time to time. 60-90% of 2 year old children have tantrums. The frequency peaks between 2 ½ and 3, with many of these kids having tantrums daily. Most stop by age 5, but it's common for older children to have the odd melt down.



Parents can't control their children's emotions, but can have an affect on the situations that cause tantrums. Here are some common triggers with suggestions to avoid them.

TIRED TRIGGER – Children are not at their best when tired, and to compound the problem, they can't understand why they feel out of sorts.

Try to keep nap/rest schedules as much as possible, but there will be times when you can't avoid it. For these times, it helps to take a special sleep object with you, a favourite stuffed animal or blanket for example. If a visit is going to be a long one, bring pyjamas and try to find a comfortable place for your child to rest, even if it's on your lap.

HUNGRY TRIGGER – Just like fatigue, hunger prevents a child from coping with emotions and being on their best behaviour.

If you are out and about, pack extra nutritional snacks. (Sugary snacks are empty calories that don't keep the hungry feeling at bay for very long.) Children need to eat smaller amounts more often throughout the day. This is something to keep in mind even at home.

DISTRACTED PARENT TRIGGER – All children crave attention from their parents, and most can tantrum when they don't get it. When you can't just drop what you are doing to give that attention, it's important to acknowledge the request for it. Ignoring the plea will only add fuel to the fire.

Let your child know that you want to give it and will give it as soon as you are done your task. "I'd love to play blocks with you! I just need to finish what I am doing. I'll be ready in 5 minutes." Offer a distraction to fill their waiting time, but be sure to follow through with your promise. The distraction could be something as simple as singing a song together, providing a drawing activity, a picture book or getting the blocks ready.

TOO FAST TRIGGER – Sometimes we rush from one thing to another without giving ourselves any wiggle room. Young children live in the moment and need time to change from one activity to the next.

Try not to schedule too many activities/plans in your child's day, and allow time between the ones you do plan to avoid being rushed. Children need time to finish what they are doing, especially when they are learning to master new skills such as dressing themselves. They also need time to finish an activity before moving on to the next one. A 10 minute and 5 minute warning routine let's them know that a transition is coming and allows them to bring a conclusion to their play.

So, even with these tools, a tantrum can still happen. What then?

Avoid trying to reason with them, they can't hear you or think rationally at this point. Keep your cool. If you're upset, it only adds to their emotional frenzy, and models behaviour you are trying to discourage.

TANTRUMS (Continued)

The classic advice of ignoring the tantrum is perfect for situations that stem from your child wanting something like candy or the toy another child is using. To give in teaches them that tantrums get them what they want. You may have to gently remove them from the area until they calm down, but avoid talking to them.

Ignoring can have the opposite effect when the tantrum stems from a reasonable request such as picking up toys. Every minute spent in the tantrum is a minute avoiding the task requested. If the child does not comply with the request, follow up by gently placing your hands over the child's hands to pick the toys up.



It is best to discuss tantrums, expected behaviours and what the consequences might be, at a different time, when the child is calm and able to listen and understand. During or immediately after a tantrum, is the worst possible time for a discussion.

Dave Mathers - Community Coordinator



Open House

April 26th 2014 from 12:30 PM - 4:30 PM

Come on down for an afternoon of jamming and motivational talks from the staff and campers of Let It Out!

Bring your instrument and come jam with some awesome young musicians! We will also be announcing the winner of the Bullies Hurt! Creative Arts Competition at 1 pm!

Robert A. Steen Community Centre

80 Palmerston ave. Winnipeg, Manitoba MDAM Contact Info

204-786-0987

Mary's Music Update

"My Favourite Things" April 16, 2014 6:30 p.m.

Students in K-3 are very busy preparing for their concert, "My Favourite Things." In this concert students will sharing some of what they have learned in their music and dance classes. The Middle Years Choir and Specialty Dance groups will also be featured at this concert. The dance groups are taught by Mrs. Dow. I hope you can attend and see some of the wonderful music and dance performances.

Grade 4/5 Students to attend a WSO concert April 22, 2014

On Tuesday April 22, our students will be attending an Adventures in Music Concert with the Winnipeg Symphony Orchestra. This will be a wonderful opportunity for students to listen to a variety of orchestral music performed by our local professional musicians.

Seven Oaks Arts Camp May 28, 2014

Students in Grade 4/5 will be attending the Seven Oaks Arts Camp on Wednesday May 28, 2014. This will be a very exciting day. Students will break off into groups and have the opportunity to experience a variety of arts experiences.

Thank-you for the privilege to teach music to your children

I am so lucky to have so much fun teaching your children about music every day.

Mary Kirkwood

SISTEMA PROGRAM IMPORTANT DATES Wednesday, March 19, 1:30pm Judith Flynn group @ Edith Baron Home, small group (see below) Sunday, March 23, 2:30pm JUNO Fiddle Celebration @ West End Cultural Center, small group (see below) Tuesday, March 25, 9:15am Mozart violin rehearsal with WSO @ concert hall 12:30pm - ALL Sistema students see WSO @ concert hall Wednesday, March 26, 9:00am Mozart Violins perform with WSO @ concert hall Thursday, March 27, 10:00am Judith Flynn group @ Waberly/Rosewood, small group (see below) Friday, March 28, 12:20pm JUNO Celebrations @ Airport, Mozart Orchestra Mass Fiddle Concert Rehearsal @ ESOMS, ALL Sistema Tuesday, April 8, 9:15am students Wednesday, April 9, 9:15am Mass Fiddle Concert Rehearsal @ Jubilee Place (MBCI), ALL Sistema Students 6:00pm - Mass Fiddle Concert @ Jubilee Place (MBCI), ALL Sistema Students

Sunova Centre - West St. Paul's Recreation Site

48 Holland Rd. West St. Paul. MB Phone: 204-336-0294

Email: recreation@weststpaul.com

FUNky Monkey - Movement Education Classes For Kids "Where passion for movement comes alive"

Jumping Jellybeans! - Fun for 2-5yrs

This class is for parents to enjoy with their children. A variety of group and individual activities will be offered - with a focus on exploring movement and equipment through song, dance, basic movement skills, stories and much more! 10-Weeks - Sunday April 13th-June 22nd (No Class: May 4th) - 11am-Noon \$70/Participant

FREE DEMO CLASS for Jumping Jellybeans - Saturday March 29th - 9:30-10:30am

Rainbow Stew – Fun for 6-9yrs

This class is all about running, hopping, jumping, skipping, throwing, catching, kicking, striking all through the use of cooperative games, freestyle dance and everyone's favorite...TAG! 10-Weeks - Sunday April 13th-June 22nd (No Class: May 4th) - 12:10-1:10pm \$70/Participant

Down with Dodgeball – Fun for 10-14yrs

Basic movement and manipulative skills (running, hopping, skipping, throwing, catching, kicking, etc...) are developed with a focus on strategic and cooperative play through a variety of dodgeball activities. 10-Weeks - Sunday April 13th-June 22nd (No Class: May 4th) - 1:20-2:20pm \$70/Participant

FUNky Monkey Classes will be led by Bethany. Bethany has been teaching for 8yrs & holds a Bachelor of Physical Education, Bachelor of Education and is a current Masters Student.

Pre-registration is Required - Contact Bethany directly to register for all classes!

Phone: 204-396-1787

Email: funkymonkeymovement@gmail.com Visit: www.funkymonkeymovement.com

Sunova SPRING BREAK Camp! - For 5-12yrs

Come out and enjoy a MINI version of Sunova Summer Camp during SPRING BREAK! Campers will participate in awesome activities such as Arts & Crafts, Organized Games, Sports, Special Theme Days & More!!

> Monday-Friday - March 31st-April 4th - 8:30am-5pm \$100/Camper

Pre-registration is Required – Contact the Sunova Centre to Register!

Babysitters Course - For 11-15yrs

With Barbara Roy of Mystic First Aid Services – A Canadian Red Cross Training Partner 2 Night Course - Wednesday June 11th & Thursday June 12th - 5:30-9pm Each Evening Youth will learn: How to safely care for babies, toddlers, pre-school &school aged children; Proper rescue breathing & choking techniques; How to deal with Emergency Rescue Workers/911 Operators; About household hazards & disease prevention; About a variety of life-saving tools such as A.E.D's; How to recognize emergencies & deal with them!

\$40/Participant (Payable to Mystic First Aid) plus Lab Fee: \$10/Participant (Payable to RM of West St. Paul) Registration Fees for Mystic First Aid Courses include Text Book, Prizes, Wall/Wallet Certificates & More!

Pre-registration is Required – Contact the Sunova Centre to Register!

EXTENDED DAY GROWTH EDUCATION

GREAT AFTER SCHOOL - MIDDLE YEAR ACTIVITIES!

EDGE SPRING SESSION WELCOMES ALL GRADE 5 – 8 STUDENTS!

EDGE will be offering a variety of after school activities for grades 5 – 8 students this spring. Participation begins after regular class times and in most cases - right in your own school! Parents and students who are looking to fill the gap between school and the supper hour can check out the programs provided by EDGE. We offer up to 18 hours of instruction plus all materials are supplied in each 8 week course.

You can pre-view the activities offered on the Seven Oaks School Website by the end of March!

Registration booklets and registration forms will be available on the Seven Oaks Website (click on Parents and then click on EDGE). Find your school, booklet and registration forms all on-line.

Paper copies will be available at your school right after spring break on April 7th.

Programs will begin the week of April 28th (NO CLASSES ON VICTORIA DAY - Monday MAY 19th) through to June 23rd. Courses are fun and educational, but spaces are limited. So...don't delay, register as soon as possible to ensure participation in EDGE programming at your school. Registration is due Monday, April 21st.

Ouestions?

Contact Penny Raymond, Extended Day Coordinator at: 885-4333 or

E-mail: penny.raymond@7oaks.org



SEVEN OAKS SCHOOL DIVISION

SETTLEMENT PROGRAM

FOR IMMIGRANTS TO SEVEN OAKS

MARCH 2014

www.7oaks.org/programs/settlement

All events and programs are for newcomers to Canada. They are CIC funded and hosted by the Seven Oaks Settlement Program.

BRING YOUR PERMANENT RESIDENT CARD TO REGISTER.

Questions? Phone 204-632-1716 or 204-697-5961

PRESENTATIONS, PROGRAMS AND WORKSHOPS

Seven Oaks Adult Learning and

Settlement Services

CONTACT INFORMATION

Website: www.7oaks.org/

programs/settlement

Call us: 204-632-1716

Email us:

settlement@7oaks.org

Visit us:

950 Jefferson Ave

OFFICE HOURS

Monday to Thursday 10am-8pm (extended hours starting this month)

Drop-in Computer Use, Help or Information

660 Sheppard St. Monday to Thursday 1-4pmor

Settlement Team: Shane. Rowena, Jose, Randean and Sally

March is a special month to help parents attend our programs. Fee Childcare is available for most programs. Please consider taking this opportunity to join in.

- Men's Cooking Classes- Saturday March1st, 8th, 15th, 10am--12 noon at Maples Collegiate (1770 Jefferson Ave.) Call Jose if you have questions or to Register
- Computer Classes Saturdays starting March 1, 1-3pm at 950 Jefferson Ave. OR Wednesdays 1-4pm at 660 Sheppard St (Wednesdays include child-care). Beginner level classes at your own pace— Call Jose if you have questions or to Register
- Manitoba Start Employment Program with free childcare—Saturdays March 8,15,22, and 29, 950 Jefferson Ave. Programs includes career planning, job search, resumes, interview skills, networking— Call Randean if you have questions or to Register
- Income Tax Clinic with free childcare—Saturday, March 22 and 29, April 5, 12, and 26 at 10am-2pm at 950 Jefferson Ave. Volunteers will help you with your 2013 income tax if you income is below \$30,000 and your taxes are simple. Please see page 2 to know what to bring to do your taxes. Phone Randean if you have questions or to book an appointment.
- Mom and Me Tuesdays starting March 4th, 1-4pm at 660 Sheppard St. This is a parent/pre-school child time of games, songs, crafts. Call Rowena if you have questions or to Register
- Women's Zumba and Sharing Circles with free childcare—Fridays starting March 7, 5-8pm at 950 Jefferson Ave.
- Career Coaching with free childcare— Mondays starting march 10th, 1-3pm at 660 Sheppard Ave. Call Shane if you have questions or to register
- Conversation Classes with free childcare continue Saturdays only. 1-3pm at 950 Jefferson Ave. Call Randean to register.

EVENTS

Budget Shopping Tour- Saturday, March 2014 11am-3:30pm. Learn some of the best places in Winnipeg to shop and save money for clothes, furniture, food and electronic by joining on the bus tour. Call Randean if you have questions or to register. No children.



COMMUNITY NEWS IN THE SEVEN OAKS AREA

- Free Women's Craft Day-celebrating International Women's Day -- on Saturday, March 8th, 2014 from 12pm-4pm at 611 Main St. Craft workshops on beads, medicine pouches, Metis sashes. Includes child- minding and multi-cultural snacks. No need to pre-register.
- Presentation on Post-Secondary Education Supports for Immigrants Wednesday, March 12 at 6:30pm at 950 Jefferson Ave. Do you want to further your education? This presentation will help you know about the extra supports you can use to help you succeed. Bring your PR card to register for this presentation.
- Red River Community College Presentation Thursday, March 13th at 6:30pm at 950 Jefferson Ave.

SCHOOL NEWS FOR SEVEN OAKS SCHOOL DIVISION

Kindergarten Registration started Monday, Feb 24th in Seven Oaks School Division. If you have a child ready for school, please contact your local school or see our website: www.7oaks.org



Spring Break in Seven Oaks School Division is March 31st-April 4th, 2014

What you need to get ready to file your 2013 Income Tax

* Bring these items with you when you attend your appointment with the free Community Income Tax Clinic in March (see first page for details including eligibility, registration and times)

You must have the following information and documents when filing your Income Tax Return:

- Your income information T4, T5007, T4A, T4E, T5, etc.
- Date of birth
- Date of entry to Canada
- Your spouse's net income (if applying for GST rebate)
- Your spouse's SIN
- Proper address with the right postal code
- Void cheque to be attached to the Income Tax Return if you require direct deposit for GST or CTB.
- All receipts for medical expenses if you want to claim them. Ask your pharmacist for a printout of all your prescriptions.
- All receipts for charitable donations you made to claim deductions.
- A copy of your last year's tax return; it will help volunteers to ensure they have all the necessary information.
- If you received a T1 package in the mail with personalized identification label, bring it with you.
- Report any changes to your family situation or to your income since last year.

ELWICK COMMUNITY SCHOOL MARCH 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Middle Years: Band Day 1-3-5 Fiddling Day 2-4-6 TAA Day 2 & Day 4	Every Monday: Pow Wow sewing 900-1130	Every Tuesday: Preschool StoryTime: 100-300 Career Trek 330-830 Heritage Language Community Skate 400-600	Every Wednesday: MY Late Start 1000 Mr. Spiers swim 1015- 1145 Mr. Gebhardt swim 100- 220 Heritage Language Ojibwe class 430-630 rm 21	Every Thursday: MY girls beading 1015-1115 Preschool Storytime 100-300 Heritage Language Career Trek 330-830 Community Skate 400-600		Early Years: Dance Day 2 & Day 4 Fiddling Day 2-4-6	
2	3 Day 3	4 Day 4	5 Day 5 Reay/Weekes to Arts Junction 1245-200 Gr 8 boys bball @ ESOMS 215-515 (last game of season)	6 Day 6	7 Day 1 Cricket in Gym 330- 600	8	
9 DAYLIGHT SAVING TIME BEGINS	10 Day 2 Mrs. Dow & group to Maples Collegiate 900-1000	11 Day 3	12 Day 4 Report cards go home	13 Day 5 MY to Freeze Frame 915-215 Parent Teacher meetings 400-800	14 Day 6 NO CLASSES Parent Teacher meetings all day	Teen Club in Breakfast Rm 1200- 400	
16	17 Day 1 St. Patrick's Day Gr 6-7 Term 3 TAA begins	18 Day 2 Mrs. Dow & group to Maples Collegiate 900-1000	MY Drug Awareness presentation 100 1st MY Girls soccer w/Ms. Keller 330-430	20 Day 4 MY Internet Safety presentation 230	21 Day 5 Cricket in Gym 330- 600	Teen Club outing to Roxy Lanes 100- 215	
23	24 Day 6 Spirit Week begins!	25 Day 1 Sistema & Fiddlers to Concert Hall Rehearsal w/WSO	26 Day 2 Sistema performs w/WSO 900-1145 MY Girls soccer w/Ms Keller 330-430	27 Day 3 School Assembly 130 Last Heritage Language class	28 Day 4 Last Day of Spirit Week - Spirit Week Assembly Sistema Parent Night	29	
SPRING BREAK CLASSES RESUME APRIL 7, 2014							