

# Governor Semple School

150 Hartford Avenue  
Winnipeg MB R2V 0V7  
Phone: 204-339-7112 Fax: 204-334-7356  
web site: <http://www.7oaks.org/school/governorsemple/>

**MARCH 2015**

Dear Governor Semple Families,

February was a bustling month, with continued Learn to Swim classes, the beginning of our Kindergarten registration for the 2015-16 school year, a Family Night with soapstone carving artist Michael ManyEagles, Yoga Club for students during the lunch hour, and various I Love to Read month activities in classrooms. The month of March brings with it the opportunity to reflect on student progress through report cards and triad (parent-student-teacher) conferences, as well as Spirit Week activities during the last week before Spring Break.

Thanks to families who responded to our survey about improving our school web site! As a result of the survey, we have added sections about Student Services, as well as photos and contact information for staff so you know who we are and how to reach us. We have also chosen to provide you with your triad conference appointment times earlier than the previous term, so you can make the necessary arrangements to attend with your children. We welcome other feedback to enhance our home-school communication efforts.

We are so hoping that the weather warms up in March and that the children can spend more time outside in the fresh air. Please continue to send warm winter clothing regardless, because we offer outdoor play opportunities whenever we possibly can. There is significant research suggesting the positive correlation between recess and academic performance.

If you have any questions about upcoming events in our school, please do not hesitate to contact us at (204) 339-7112 or by email.

Karen Hiscott, Principal



Governor Semple School started accepting Kindergarten registrations on Monday, February 23rd. Registrations will continue to be taken during regular office hours from 9:00 am to 4:00 pm. Please note that your child must be five years old by **December 31, 2015** 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.

# IMPORTANT DATES

March 8	<b>Set clocks ahead</b>
March 11-13	<b>Second Term Conferences</b>
March 26	<b>Last Heritage Language class</b>
March 27	<b>Last Day of Classes before Spring Break</b>
March 30-April 3	<b>Spring Break</b>
April 6	<b>Classes resume after break (Day 5)</b>
April 29	<b>Family Night</b>
May 4	<b>X-Country—gr. 3,4 &amp; 5</b>
May 6	<b>Rain Date—X-Country</b>
May 12	<b>Track &amp; Field—gr. 4 &amp; 5</b>
May 15	<b>Rain Date track &amp; field</b>
May 21	<b>Gr. 4—3rd Hep B Shot</b>
May 27-29	<b>Arts in the Park</b>
June 10	<b>Tabloid Day</b>
June 29	<b>Grade 5 Farewell</b>
June 30	<b>Last Day of School</b>

## NO SCHOOL ON:

**March 13— Triad Conferences**

**April 24—P.D. Day**

**May 11—P.D. Day**

**May 18—Victoria Day**

**June 22—Admin Day**



### **CALLING ALL BABIES (birth to a year)**

The Seven Oaks School Division's Parent, Child preschool program is offering families an opportunity to learn massage techniques with their baby.

Infant massage is a daily practice shared by parents and caregivers all over the world looking to bond, communicate and care for their babies in a healthy, natural way. Babies who receive regular massage have been shown to have better quality of sleep, have an improved rate of healthy weight gain, and relief from the pain associated with colic, gas and teething. Aside from these physical benefits, infant massage has been shown to improve the ability of parents and babies, to bond more closely and communicate with one another. Touch is one of the ways an infant communicates with the world around them. It is the first sense to develop in utero, and the only sense we cannot live without. In essence, learning to share touch with your infant is a powerful, natural way to care for your baby's physical and emotional health.

Massage is a practice that can benefit children and babies regardless of physical or mental ability. It is a practice that can be shared by all families, regardless of religious, cultural, or socio-economic background. Essentially, infant massage is a universal practice that can be enjoyed by everyone!

Amber Maric is a Registered Massage Therapist with over 10 years of experience. She is a Certified Infant Massage Instructor with the International Association of Infant Massage (IAIM) and the owner of "Yay for Babies" specialized infant massage.

Please join us for this FREE 4 week program that promotes health and happiness through the ancient art of infant massage.

**When: Thursday April 30, May 7<sup>th</sup>, 14<sup>th</sup> and 21<sup>st</sup>, 2015 9:30 – 11 a.m.**

**Where: West St. Paul School 3740 Main St.**

**To register or questions, please call Cheryl at 204-339-1964 or Colleen at 204-226-3228.**

**How I got purple hair by Jillian B. (Room 5)**

Pay it forward means to do nice stuff. Maybe if someone needs help, you help them. We help each other in our class. One day Ms Talbot asked our class for help to make a card for a little girl who has cancer. We don't know this girl but we wanted to help her get better by giving her lots of cards. Our card was on the news! When I went home I talked to my Mom and my Dad about paying it forward. I wanted to chop my hair off for Cancer Care Manitoba. I went to my hairdresser and cut off 10 inches! Then I dyed my hair purple. That was my reward. It felt good giving up my hair.



This braid is 10 inches of hair.



Cutting off 10 inches of hair.



Holding my braid.



My new hair!



Original artist's sketch

L.B.—Room 11

## THINGS THAT MAKE YOU GO HMMM....

Regarding our children, here are a few quotes that we should give some thought to:



**A child's life is like a piece of paper on which every passer-by leaves a mark.** (Ancient Chinese Proverb)

**Education is not preparation for life; education is life itself**  
(John Dewey)

**Don't tell them how to do it, show them how to do it and don't say a word. If you tell them, they'll watch your lips move. If you show them, they'll want to do it themselves.** (Maria Montessori)

**A community of completely independent people is not a community at all.**  
(Mary Gordon)

**We worry about what a child will be tomorrow, yet we forget that he or she is someone today.** (Stacia Tausher)

**Teaching kids to count is fine, but teaching them what counts is best.** (Bob Talbert)

**Children are our most valuable natural resource.** (Herbert Hoover)

**What's done to children, they will do to society.**  
(Karl Menninger)

**Thank you for sending in your pop tabs from aluminum cans! Due to your contributions, the "Tabs for Kids" program was able to purchase an additional set of brakes for an adapted tricycle used with students at Governor Semple School. If you'd like to donate your pop tabs, please send them to the school and/or drop them off in the bin outside the office labelled "TABS".**



	<b>NORTH WINNIPEG FALCONS LACROSSE</b>
PLAY THE FASTEST GAME ON TWO FEET!!! SPRING REGISTRATION STARTING MARCH 1- APRIL 7 SEASON RUNS APRIL - JUNE	
TYKES DIVISION - 2007 AND UNDER NOVICE DIVISION - 2005 / 2006 PEE WEE DIVISION - 2003 / 2004 BANTAM DIVISION - 2001 / 2002 MIDGET DIVISION - 1999 / 2000 JUNIOR DIVISION - 1994 - 1998	
TO REGISTER ONLINE <a href="http://www.falconslacrosse.net">www.falconslacrosse.net</a> FOR MORE INFO CONTACT <a href="mailto:nwfalcons1ax@gmail.com">nwfalcons1ax@gmail.com</a>	
FREE LEARN LACROSSE AT DUNCAN ARENA FOR CHILDREN AGES 5 - 11 MARCH 7, 14, 21, 28 10:30 - 11:30 AM FOR MORE INFO EMAIL: <a href="mailto:nwfalcons1ax@gmail.com">nwfalcons1ax@gmail.com</a>	



SEVEN OAKS  
EDUCATION FOUNDATION

## Seven Oaks Education Foundation Inc.

Invites you to attend the **Annual General Meeting**

**Tuesday, March 10, 2015, 5:00 p.m.—6:00 p.m.**

**Canada 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.



## 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. The Spring/Summer 2015 edition features new spring skating lessons and 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](http://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 2015 Leisure Guide at the beginning of March! Registration for swimming lessons only will begin on March 17 at 8:00 am. Registration for all other programs will begin on March 18 at 8:00 am.

**Register for any 2015 City of Winnipeg summer camp by April 15 and you could win your camp for FREE!**

### 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/leisureguide.stm](http://Winnipeg.ca/cms/recreation/leisureguide.stm). Information about programs is also available by calling 311.



**APRIL 2, 2015**

**6:00pm**

**THE MANITOBA LEGISLATIVE BUILDING**

**450 BROADWAY**

**3RD ANNUAL**

**PACE**

**WORLD AUTISM AWARENESS DAY  
WALK**

**April 2 is World Autism Awareness day**

**Don't forget to wear BLUE**

Please join us in a walk and rally to bring Acceptance and Understanding to those living with an  
**ASD (Autism Spectrum Disorder).**

Beginning and ending at the Manitoba Legislative Building

We will have coffee (thank you to Starbucks Canada) and treats available.

Bring your kids, parents, grandparents, aunts/uncles, neighbours, respite workers anyone you want.

There will be Autism PACE merchandice available for purchase

Organized by

Autism Winnipeg PACE

(Parents of Autistic Children Everywhere) - you'll find us on Facebook.



Painting by Ryan Swartz

**PACE**  
Parents of Autistic  
Children Everywhere



# Positive Discipline Parenting Sessions

- Are you feeling challenged by your kid's power struggles?
- Bad attitude or whining?
- Lack of follow through?
- Bed time and morning time routines?
- Getting chores done?
- Getting homework done?
- Or something else????



Then come learn some positive, long-term solutions for raising kids to feel "I am capable, I can contribute, and I can use my personal power in useful ways to improve my life and the lives of others!"

Positive Discipline is for parents who are looking for long-term parenting skills that will encourage their children to;



- think for themselves,
- become more responsible,
- have a greater respect for themselves and others.

The teachings of Positive Discipline are filled with non-punitive, respectful methods that will incorporate kindness and firmness into parenting, help parents get to the core of their child's misbehavior, bring more joy into the home and give parents a sense of accomplishment!

The 7-Oaks School Division will be offering a series of 8 sessions on Positive Discipline.

## **Sessions begin:**

Wednesday, March 4, 2015 and run until Wednesday, April 29, 2015 from 9:15 am to 11:15 am at BZERC – 375 Jefferson Ave

For more information please contact Marielle Meades at 204-633-8870 or 204-338-7893 or email [marielle.meades@7oaks.org](mailto:marielle.meades@7oaks.org). Space is limited so registrations will be processed on first come basis. Please return this form to your school before Friday, Feb 20<sup>th</sup>, 2015.

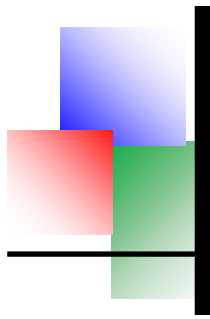
Free Childcare is available.

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Parent(s) first and last names: \_\_\_\_\_ Phone #: \_\_\_\_\_

Child's name: \_\_\_\_\_ age: \_\_\_\_\_ Child's name: \_\_\_\_\_ age: \_\_\_\_\_

Child's name: \_\_\_\_\_ age: \_\_\_\_\_ Email: \_\_\_\_\_

Do you require child care: Yes \_\_\_ or No \_\_\_ If yes, for how many: \_\_\_\_\_ Allergies: Yes \_\_\_\_\_ or No \_\_\_\_\_



Kildonan Youth Activity Centre (KYAC)

# MARCH 2015



KYAC Program Coordinator: [chelsea.volkart@7oaks.org](mailto:chelsea.volkart@7oaks.org) OR (204)470-9460

<http://www.7oaks.org/Programs/KYAC/Pages/default.aspx>

## What is KYAC?

KYAC is a non-profit youth drop-in centre concerned with meeting the needs of youth, in Seven Oaks School Division.

Our drop-in programs offer a wide variety of activities ranging from low organized games, recreational sports, movie nights, guitar lessons, art classes and crafts. Programming hours are as follows for the month of March!

### **Drop-in Gym Hours:**

Edmund Partridge Community School:

Monday and Wednesdays 7-9pm  
Fridays 6-9pm

École Seven Oaks Middle School (ESOMS):

Tuesdays and Thursdays 6-9pm  
Saturdays 12-5pm

### **Structured Program Hours:**

Governor Semple School

Wednesdays 3:30-5:30pm

Forest Park School (FP students only)

Thursdays 3:30-5:30pm

École Riverbend Community School:

Tuesdays 3:00-5:00pm  
Fridays 6-9pm

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Art Class @EP	3	4	5	6	7 No KYAC @ ESOMS
8	9 Art Class @EP	10 No KYAC @ Riverbend	11	12	13	14
15	16 Art Class @EP	17	18	19	20	21
22	23 Art Class @EP	24	25	26	27	28
29	30 KYAC Open Gym: 11-4pm	31 KYAC Open Gym: 11-4pm	1 KYAC Open Gym: 11-4pm	2 KYAC Open Gym: 11-4pm	3 No KYAC @ ESOMS	4 No KYAC @ ESOMS



[Looking for something to do during Spring Break???](#)


**\*\*Please note: all structured program hours consist of organized games and activities and also provide a snack and beverage for participants.\*\***

**Come down to KYAC for open-gym, movies, crafts and activities!  
We are open Monday—Thursday of Spring Break from 11:00-4:00pm  
@ Seven Oaks Middle School.**



# MARCH

2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Swimming Rm.11 10:15-11:45  Day 3	3 Swim/Rm. 1 9:30-11:00  Swim/Rm. 3 10:15-11:45  Day 4	4 Swimming Rm. 7 9:30-11:00  Day 5	5    Day 6	6    Day 1	7
8 	9 Swimming Rm.11 10:15-11:45  Day 2	10 <u>Reports go home</u> Gr. 4/5's to Concert Hall <u>9:45-11:30</u> Swimming for Rms. 1 & 3  Day 3	11 Swimming Rm. 7 9:30-11:00  Day 4	12 No Heritage Language class  Day 5	13 Parent/Teacher Conferences  <b>NO SCHOOL</b>  Day 6	14      <b>PARENT/TEACHER CONFERENCES</b>
15	16 Swimming Rm.11 10:15-11:45  Day 1	17  Swim/Rm. 1 9:30-11:00 Swim/Rm. 3 10:15-11:45  Day 2	18 Swimming Rm. 7 9:30-11:00  Day 3	19    Day 4	20   Day 5	21
22     <b>SPirit WEEK</b> →	23 Last swim class for Room 11  Theme— Fancy Day  Day 6	24 Last swim class for Rms. 1 & 3  Theme— crazy Hair day  Day 1	25 Last swim class Rm. 7  Theme—Sports Day  Day 2	26 Last Heritage Language class Theme— Pyjama Day  Day 3	27 Rm. 3 to Wpg. Harvest 10:10-11:30 Theme— Moustache Day <b>LAST DAY OF CLASSES</b>  Day 4	28
29	30	31	1	2	3 Good Friday	<b>Classes resume on Mon. April 6 (Day 5)</b>
<b>SPRING BREAK WEEK</b>						