

West St. Paul School

3740 Main St. West St. Paul MB R4A1A4 204-339-1964
Principal: David Ingram Vice Principal: Tanya Kohut



West St. Paul
School is on
Twitter!!

For all the latest news and
activities at West St. Paul
School follow us:
[@WestStPaulScho1](https://twitter.com/WestStPaulScho1)

March 2019

WILDCATS NEWS

Important Dates:

Mar. 13– Pizza Day
Mar. 13 & 14– Parent Teacher
Conferences—2:30-7:00 p.m.
Mar. 13 & 14—Book Fair
3:00-7:30 p.m.
Mar. 15– Parent Teacher
Conferences 8:00-11:00 a.m.
Mar. 15—Book Fair 8:00-11:00 a.m.
Mar. 14 & 15– Brandon Jazz Festival
Mar. 18-22– Spirit Week
Mar. 25-29– Spring Break
Apr. 1—Classes resume, Day 1
Apr. 9—PAC Meeting—NEW TIME
5:30 p.m. Meal & childcare provided.
Apr. 12—Family Games Night 5:30—
7:30 p.m.

PARENT TEACHER CONFERENCES

Parent Teacher Conferences are being held on Wednesday, March, 13 and Thursday, March 14 from 2:30-7:00 p.m. and on Friday, March 15 from 8:00-11:00 a.m. Beginning after 8:30 a.m. on Monday, March 4, log on to Parent Connect to book your conference time.

During your visit please stop and check the lost and found for your missing jackets, snow pants, mitts, etc. Any items not claimed during conference time will be donated.



We look forward to meeting with all our families at this time.

ADMINISTRATOR'S MESSAGE

Welcome March!

It looks like our prolonged cold spell has passed. Students are outside for recess breaks and enjoying the snow and snow hills. It gets to be a challenge for many when we need to be indoors for recess on a constant basis. Now that the temperature appears to be moderating, parents may wish to include extra mitts, socks and/or pants for wet recesses.

Parent-Teacher-Student conferences take place Wednesday and Thursday evenings and Friday morning this week. Please be sure to make an appointment with your child's teacher so you can enjoy the learning that has been taking place at school. Don't forget that Ms. Mathis will be running the Book Fair in the library this week also.

Basketball has wrapped up for another year. We had around a hundred students taking part in different levels of basketball and playing against other schools in the division. Did you know that we have had 25 staff members and two parents helping to coach our students in extra-curricular activities? Our students are fortunate to have opportunities to participate in many activities outside of regular class times.

New next month – Our PAC meeting will take place at 5:30 on Tuesday, April 9th. New people are always welcome to attend. We will meet in the staff room for a meal with parents and children. The PAC meeting will begin at 5:45 and children will be cared for by our babysitters while the PAC meeting takes place from 5:45-6:45. There will be a coding demonstration with our new Sphero Robots. See you there.

Spirit Week - March 18 to March 22

Monday, March 18—Jersey/Sports/WSP Colour Day

Tuesday, March 19—Twin/Triplet Day

Wednesday, March 20—Grade Colour Day (ask your teacher for your colour)

Thursday, March 21—Summer/Tacky Tourist Day

Friday, March 22—Formal Day & Middle Years Spring Fling Dance



Kindergarten registration continues daily from 9:00 a.m.—2:00 p.m. Children born in 2014 living in the West St. Paul School catchment area are eligible to register. Please bring your child's birth certificate or passport, Manitoba medical card and proof of address in the West St. Paul area (copy of a current utility bill will suffice).

Registration for all other grades will begin after spring break.



2019-2020 Transportation applications will be sent home after spring break. All students eligible for busing are required to complete a new application. Please complete one form per child and return it to West St. Paul School. Do not combine siblings on one form. The application deadline is April 30, 2019.

THANK YOU FROM THE TERRY FOX FOUNDATION

"I want to set an example that will never be forgotten." Terry Fox believed so strongly in the potential of our country and its people – the potential for kindness, for compassion, and for generosity. With similar verve, we commend the teachers, administration, students and families within The Seven Oaks School Division on raising **\$11186.91** to benefit cancer research in 2018.

This year, 20 schools from The Seven Oaks School Division took part in a Terry Fox event. We are proud to work with you to foster volunteerism, compassion and leadership of The Seven Oaks School Division students. Terry's story is a defining piece of Canadian history and has become an integral part of the Manitoba curriculum. This year, we are stepping up our efforts to support student growth during our event season. Initiatives such as the 'Be Like Terry' program are giving students the opportunity to develop leadership, philanthropy and service skills.

It would be wonderful to celebrate and support the combined contributions of schools within The Seven Oaks School Division. Please connect with me if I can answer any questions or be a part of an upcoming principal meeting, student leadership, senior administration or board meetings.

Sincerely,

Heather Unrau

Schools and Community Coordinator

PAC HIGHLIGHTS

Please join us on April 9 for our next Parent Advisory Council meeting. The NEW meeting time is 5:30 p.m. We will be serving a meal for parents and children at this time. Free child-care will also be provided during the meeting. We look forward to seeing you all on April 9.

Community News

Silhouettes Spring Session 2019

Location: R.F. Morrison School 25 Morrison

Dates: Tuesdays April 2, 9, 16, 23, 30 May 7, 14, 21

Wednesdays April 3, 10, 17, 24 May 1, 8, 14, 22

Thursdays April 4, 11, 18, 25 May 2, 9, 16, 23

The school has the right to cancel us at any time

Registration Fee

3-6 years: 1 hour classes 6:15 -7:15

1X per week \$120 or 2X per week \$240

7 years and up: 1.5 hour classes 6:15 – 7:45

1X per week \$180 or 2X per week \$360

Please make cheque to Silhouettes Gym Club

Registration will be held Tuesday March 12, Wednesday March 13 Thursday March 14, 6:30 – 7:30 pm at R.F. Morrison School 25 Morrison

If you wish to make payments please divide the registration fee in half.

First payment is due at registration. March 12 March 13 March 14

Second payment is due first day of classes. April 2 April 3 April 4.

Any questions please email silhouettesgymclub@gmail.com



Red River Mini Soccer Club Program

Open to children born 2011 - 2015
No prior experience necessary
All games scheduled within the community
Includes jersey and soccer ball
\$50 refund for coaches

REGISTER ONLINE
March 1-15
www.rrcc.soccer

Friendship.
Leadership.
Sportsmanship.

www.rrcc.soccer
REGISTER ONLINE

Preschoolers play Tues/Thurs 6-7 pm • Kindergarteners play Mon/Wed 6-7 pm
School Age (grades 1 & 2) play Tues/Thurs 7:15-8:15 pm



West St. Paul Nursery School 2019/20 Registration

West St. Paul Nursery School will be having registration for the 2019/20 school year on Wednesday April 3 in the lobby of the Sunova Centre. West St. Paul residents can register at 6:00 p.m. and the surrounding community at 6:30.

Please call Sheri at 204-334-9669 for more information.



Registration Now open for the 2019 spring box lacrosse season.

North Winnipeg Falcons Lacrosse



Visit our website to find out more
information. www.falconslacrosse.net

nwpgfalconslox@gmail.com



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 Spring/Summer 2019 Leisure Guide is filled with fun and exciting activities for everyone. The Spring/Summer 2019 edition features a number of exciting camps to keep the kids busy this summer, including a full-day format for our “L’il Critters” preschool camps and new sport camps.

For more information on leisure, sport and fitness programs, please pick up a copy of the Leisure Guide, contact 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.

Registration for all spring and summer activities begin Tuesday, March 19 at 8:00 a.m. and will be ongoing. The spring and summer 2019 Leisure Guide Swimming brochures and the spring 2019 Leisure Guide Skating brochure will be available online at Winnipeg.ca/leisureguide on Thursday, March 7.

Register for any 2019 City of Winnipeg summer camp by May 3 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 at the end of 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/leisureguide. Information about programs is also available by contacting 311.



FATHER FIGURES MATTERS

SUPER DADS=SUPER KIDS

WHEN

Five Mondays Starting April 8, 2019

(Apr 8, 15, 22, 29)

6-730pm

WHERE

RF Morrison School

25 Morrison Street

AN INTERACTIVE PROGRAM FOR FATHERS AND FATHER FIGURES AND THE KIDS IN THEIR LIVES. SUITABLE FOR CHILDREN AGES 3-8

DEEP CONNECTIONS COME FROM ENJOYING YOUR CHILD, KNOWING YOUR CHILD AND PAYING ATTENTION TO WHO THEY ARE

To register, please call or email your name, your children's names and ages and a contact number to: cheryl.rajfur@7oaks.org, 204-339-1964.

MALE PRESENCE IN A CHILD'S LIFE IS IMPORTANT, WHETHER IT'S A DAD, UNCLE, OLDER SIBLING, GRANDFATHER OR STEPDA.

THEY ACTIVATE THEIR CHILDREN EMOTIONALLY, PHYSICALLY AND CONGNITIVELY

WHY SHOULD I TAKE PART?

Super kids... they come from Super Dads. This is an opportunity to spend time with your child in the gym and other hands on activities together.

You will also get a chance to connect with other father figures about the rewards and challenges of being involved in your children's lives.

A nutritious snack will be provided

**RSVP BY FRIAY
MARCH 29, 2019**

**REGISTER EARLY,
MAXIMUM 16 FAMILIES!**

CALLING ALL BABIES AND THEIR CAREGIVERS!

The Seven Oaks School Division's Partners in Learning Parent/Child preschool program is offering families living in the division 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, an improved rate of healthy weight gain, and relief from the pain associated with colic, gas and teething. Learning to share touch with your infant is the most powerful, natural way there is to care for your baby's physical and emotional health.

Melanie Morris is a Registered Massage Therapist with over 14 years of experience. She is also a Certified Infant Massage Instructor with the International Association of Infant Massage (IAIM) and the owner of Valeo Therapeutic Massage. Most recently, she is the mother of 2 young daughters who benefitted from infant massage at home.

In this free four-week series, you will learn how to safely and effectively apply a full body massage on your baby and also techniques to help relieve discomfort from digestion, colic, teething and congestion issues. Oils and handouts will be provided. Please bring a small blanket for your baby to lie on.

When: Friday mornings on May 3, 10, 17 & 24, 2019

Time: 9:30-11:00 a.m.

Where: West St. Paul Community School, 3740 Main Street

Advance registration is required as space is limited to 8 families. To register, please contact Colleen at Colleen.Zahedi@7oaks.org or (204) 334-8417 or Cheryl at Cheryl.Rajfur@7oaks.org or (204) 339-1964.



It's an adventure they can **GET THEIR HANDS ON.**



SUMMER CAMP OFFERED WEEKLY IN JULY AND AUGUST

Guess what I did at Zoo Camp?

• Hands-on animal experiences • Zoo chats • Visits to the Polar Playground, Nature Playground and other Assiniboine Park attractions • Water games • And so much more!

Group activities are age appropriate and designed to encourage positive social interactions.

Cubs (age 5)

Polar Bears (age 6–7)

Jr. Keepers (age 8–9)

Jr. Researchers (ages 10–12)

**Zoo Camp is perfect
for ages 5–12!**

assiniboinepark.ca/zoocamp

204-927-6070

camp@assiniboinepark.ca

**REGISTER
ONLINE
TODAY!**



Bringing
you **closer**

zoo
Assiniboine Park



SHARE THE UNFORGETTABLE

GET YOUR MEMBERSHIP TODAY



FAMILY
MEMBERSHIPS
START AT
\$209

Enjoy unlimited Zoo visits, exclusive offers, discounts on programs and more!

NEW this year – members bring your friends for 10% off Zoo admission

ONLINE assiniboineparkzoo.ca/membership

CALL 204-927-6033

IN PERSON at the main Zoo entrance located at 2595 Roblin Blvd. Open daily 9am – 5pm

Bringing
you **closer**

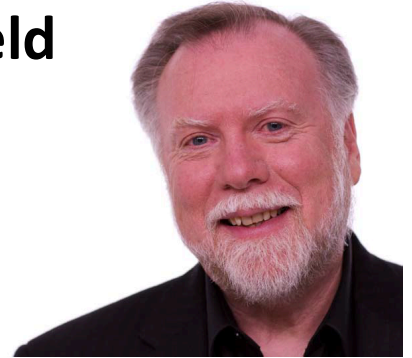
ZOO
Assiniboine Park



Raising Children in the Digital World

Presented by Dr Gordon Neufeld

Thursday April 11th – 7 to 9 pm
Ecole Charleswood School
505 Oakdale Drive, Winnipeg



REGISTER ONLINE AT www.edenhealthcare.ca
Early bird: \$25/person (until March 31)
Regular rate: \$35/person

The digital world is here to stay, changing our society in ways that have far reaching consequences for our children. What are the implications for parenting? How do we harness the spectacular connecting potential and yet avoid the pitfalls of attachment technology gone awry? How do we prepare them to live in this new world and yet preserve what is required for healthy development to take place? Dr. Neufeld will look at the digital revolution as a developmentalist committed to helping parents help their children become all they were meant to be.

Dr. Gordon Neufeld is a Vancouver-based developmental psychologist with over 40 years of experience with children and youth and those responsible for them. Foremost authority on child development, Dr. Neufeld is an international speaker, a bestselling author (*Hold On To Your Kids*) and a leading interpreter of the developmental paradigm. He is a father of five and a grandfather to five.



For more information and to register
website: edenhealthcare.ca
email: terry@recoveryofhope.ca
call: 1-866-493-6202

RECOVERY of
hope 



KidFit 60

After School Active Alternative



SPRING BREAK SPORT & WELLNESS CAMP JOIN THE MOVEMENT

WHO:

- Children ages 5 to 12

WHAT:

- Multi-sport programming with a focus on health and wellness

WHEN:

- Spring Break
- Monday to Friday, 9:00 - 4:00 with an early drop-off and late pick-up option of 8:30 and 4:30

WHERE:

- Garden City Community Centre
- Seven Oaks Arena

THE PROGRAM:

KidFit 60 Spring Camp is a safe and active program for children ages 5 to 12 to engage in structured sports and health-related activities led by physical education teachers and qualified support staff during the Spring Break period.

FEATURING:

- Two 1-hour on-ice learn to skate sessions with a certified Hockey Canada instructor
- No experience necessary, equipment provided

WHAT TO BRING:

- Two snacks and a lunch
- Water bottle
- Indoor shoes and athletic attire

LIMITED SPACES AVAILABLE - CONTACT US TO REGISTER TODAY!

204-791-8582 or 204-999-6707

kidfit60@gmail.com

www.KidFit60.com



TOTAL FIRE STOP
SYSTEMS
LIMITED
344-5696

BATH
FITTER®

Spring Break

Rock • Paper • Fossils

Play the Manitoba Museum version of this classic game with your family over Spring Break!



ROCK

or meteorite?



PAPER

3D trilobite craft



FOSSIL

of a *Tyrannosaurus rex*

PRESENTED BY BMO



SAVE OVER \$15
ON A FAMILY MEMBERSHIP

Become a Manitoba Museum member to enjoy exclusive benefits and unlimited FREE admission to the Museum Galleries, Planetarium & Science Gallery. Spring sale cannot be combined with other discount offers. Sale ends March 31, 2019.

Spring Break EVENTS & ACTIVITIES

MUSEUM GALLERIES

Museum's Choice: Fossil Favourites from Across Canada Discovery Room

Assembled by the Alliance of Natural History Museums of Canada this exhibit features impressive fossils from sites across Canada including a *T-rex* skull and the world's largest *Trilobite*.

Rock, Paper, Fossils Crafts Earth History Gallery

Create rock art or make your own 3D paper *Trilobite*.

Rock, Paper, Fossil Scavenger Hunt Museum Galleries

Play a new version of a classic game looking for rocks, paper, and fossils in the galleries. Submit your answers for a chance to win a daily BMO prize pack!

Dino Dig Earth History Gallery

Junior palaeontologists will enjoy searching for fossils in our dig pit and learning what they tell us about dinosaurs.

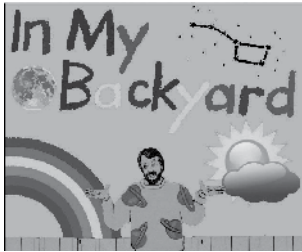
FRI, MAR 29 ONLY
1 pm – 4 pm

Rock & Fossil Ancient Road Show
Think you have an unusual rock or a rare fossil? Show your treasure to our Curator of Geology and Paleontology and find out.

PLANETARIUM

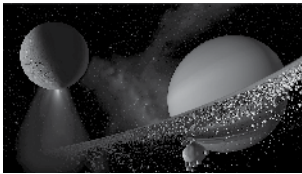
In My Backyard with Fred Penner Daily: 11 am & 1 pm

Sing along with Fred Penner as he explores the colors of the rainbow, the reasons for the seasons, planets, the moon, meteors, and more.



Ice Worlds Daily: 2 pm & 4 pm

Explore the effects of ice and the "ice melt" on Earth and travel to other worlds to see how ice has shaped their landscapes.



Zula Patrol: Down To Earth Daily: NOON & 3 pm

The cast of *Zula Patrol* learn about the formation of our planet, the evolution of its life forms, and the effects of pollution.

SCIENCE GALLERY

FRI, MAR 29 ONLY
1 pm – 4 pm

Meteorite Petting Zoo

Come and touch real meteorites from space with meteorite hunter and author Ralph Croning.

Where X Meets Why? Explore Science Zone

What do 3D shapes look like if you slice them? Is a circular wheel the only way to have a smooth ride? Come and find out.



The GOAT Artisan Market Mar 23 & 24 Alloway Hall

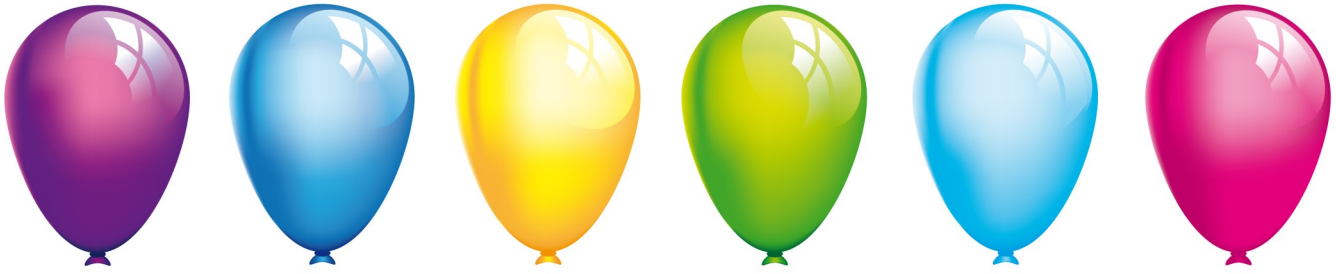
Our first Artisan Market features Manitoba artisans and their unique hand-made items. This curated market features jewelry, bath and beauty, pottery, art, house wares, plants, toys, and so much more!



190 Rupert Avenue • Infoline: 204-943-3139
ManitobaMuseum.ca    @ManitobaMuseum

Buy your tickets online at
ManitobaMuseum.ca

SPRING BREAK HOURS
MAR 23 – 31
10 AM – 5 PM DAILY



Seven Oaks Met School



2009-2019

10 Year Celebration & Feast

Wednesday, March 13, 2019

6:00-8:00pm - A 'Come & Go' Event

Seven Oaks Met School, 640 Jefferson Ave

With special guest, **Elliot Washor**, founder of Big Picture Learning

Were you a part of the Met School between 2009-2019?

If so, you are invited to attend our 10 year reunion, celebration, and feast. Students, families, mentors, alumni, support staff, advisors, and more - you are all welcome to attend. The evening will begin with a few short speeches and an *award ceremony* for our long-term mentors. Due to space constraints, this will be a 'Come & Go' event, so don't feel obligated to be here right at 6pm.

We will be providing pulled pork sandwiches, chips, pop, coffee, and cake (vegetarian options will also be provided). You are encouraged to bring along a salad, appetizer, or desert to share in our celebratory feast. Please let us know if you are planning on bringing something to the *potluck* here:

<https://goo.gl/Qfx6Zc>

Come with some of your favourite memories to share. Leave a message and a *favourite photo* on our memory wall to put in our time capsule.





Spring Camp 2019



Oak Hammock Marsh Interpretive Centre Spring Day Camps

- From 9 a.m. to 4 p.m. daily -

Early drop off and later pick ups can be arranged.

Ages 6 to 9

\$27 per day for Members or \$33 per day for non-members.



**March 25th
Gone Buggy!**

We've gone buggy here at Oak Hammock Marsh! Join us and explore all things bugs!



**March 26th
Busy Builders**

From nests to lodges, tunnels to burrows, learn about the many busy builders of the marsh!



**March 27th
Spring Sprouts!**

Plant a seed & dig in the soil as you learn about the many plants that are about to sprout!



**March 28th
Thaws & Paws**

As the ice thaws, learn about animals who are out and about or waking up!



**March 29th
Winged & Webbed**

Create your own winged creature while learning about the different adaptations of wetland animals!

Fun for all seasons for so many reasons!

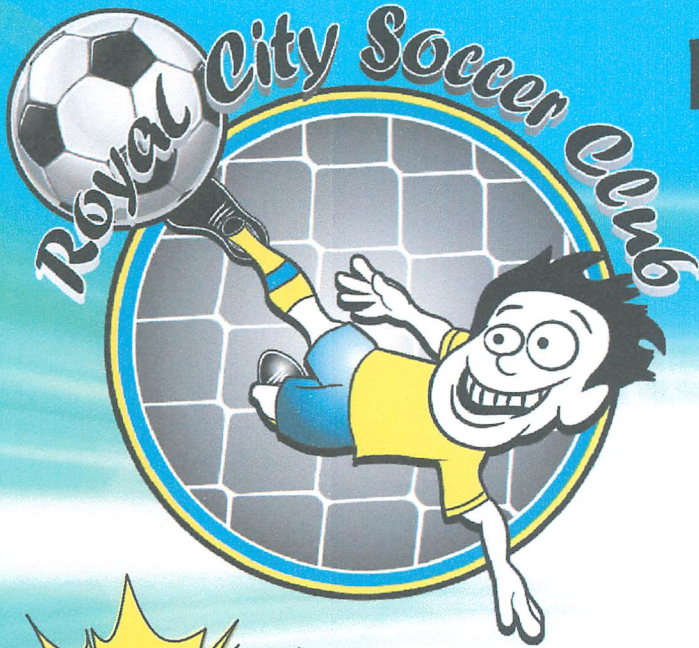


For more information or to register:
Call (204) 467-3300 or visit www.oakhammockmarsh.ca



Since 1993

presents



NEW
discounts
Check out our
Earlybird (March 31)
& June 1 discounts

Soccer Camps 2019

- ⚽ July and August weeks
- ⚽ full days, mornings or afternoons
- ⚽ boys & girls aged 5 to 13
- ⚽ ball, tshirt & medal provided
- ⚽ FREE early drop off/ pickup

**3 locations
in
Winnipeg**



1-800-427-0536

royalsoccer.com



SEVEN OAKS *SPORTSPLEX*

GARDEN CITY COMMUNITY CENTRE

Spring/Summer Youth Sport Registration Now Open !!!

Mini Soccer (Ages 4-8)

Outdoor Soccer (Ages 9-18)

Hardball (Ages 4-18)

Softball (Ages 8-18)

Basketball (Ages 4-18)

To find out more information or to register go to:
<http://www.gardencitycc.com/garden-city-sports-camps/registration>

Garden City Community Centre
725 Kingsbury Avenue, Winnipeg MB R2V 3H9
204-940-6111

SUNOVA

SUMMER CAMP!

Camp Dates:

Week #1: July 3rd-5th
 (No Camp: July 1st & July 2nd)
 Week #2: July 8th-12th
 Week #3: July 15th-19th
 Week #4: July 22nd-26th
 Week #5: July 29th-August 2nd
 Week #6: August 6th-9th
 (No Camp: Monday August 5th)
 Week #7: August 12th-16th
 Week #8: August 19th-23rd
 Week #9: August 26th-30th

Camp Time:

8am-5pm
 Drop-Off any time after 8am,
 Pick-Up any time before 5pm

Registration Fees:

Week #1 - Wednesday-Friday:
 \$75/Camper
 Week #6 - Tuesday-Friday:
 \$100/Camper
 Weeks #2, #3, #4, #5, #7, #8, #9
 Monday-Friday: \$125/Camper
 Or choose any **SINGLE DAYS**
 you want over the Summer for
 \$30/Day/Camper

Age Range:

Children Ages 4-11yrs

Each Camper should bring a
 labeled water bottle, gym shoes,
 weather appropriate clothing for
 outdoor activities, 2 peanut-free
 snacks and a lunch (we have a
 microwave)


























Space is Limited!

Pre-Registration Is Required

To register please contact the
 Sunova Centre
 West St. Paul's Recreation Site
 Phone: 204-336-0294

Email: recreation@weststpaul.com

Sunova Summer Camp Activity Schedule - 2019

	Monday	Tuesday	Wednesday	Thursday	Friday
Week #1	July 1  NO CAMP	2 NO CAMP	3 SPORTS DAY  Sports TBA!	4 FOAM party Bring swim suit, towel, sandals & change of clothes!	5  FIT KIDS HEALTHY KIDS *Wear your PJ's & bring blankets, stuffed animals, etc... to Camp!
Week #2	8 Reptile Show  Prairie Exotics	9 MAKE YOUR OWN  slime	10 DART POLYALYPSE NERF Battle!!!!	11 LASER TAG	12  FIT KIDS HEALTHY KIDS *Wear your PJ's & bring blankets, stuffed animals, etc... to Camp!
Week #3	15  JEDI KNIGHT TRAINING	16 FOAM party Bring swim suit, towel, sandals & change of clothes!	17 TIE DYE *Bring something 100% COTTON to dye!	18  HUMAN HAMSTER BALLS!	19  FIT KIDS HEALTHY KIDS *Wear your PJ's & bring blankets, stuffed animals, etc... to Camp!
Week #4	22 GLITTER TATTOOS	23  Bubble BALL	24 SPORTS DAY  Sports TBA!	25 DART POLYALYPSE NERF Battle!!!!	26  FIT KIDS HEALTHY KIDS *Wear your PJ's & bring blankets, stuffed animals, etc... to Camp!
Week #5	29 Mr. Ken MAGIC SHOW! 	30 Pizza Lunch with chips & drink! An extra \$5/ Person will be collected today PIZZA PARTY!	31 FOAM party Bring swim suit, towel, sandals & change of clothes!	August 1 STAR DOME mobile planetarium	2  FIT KIDS HEALTHY KIDS *Wear your PJ's & bring blankets, stuffed animals, etc... to Camp!
Week #6	5 NO CAMP	6 DART POLYALYPSE NERF Battle!!!!	7  Circus Act Performance & Instruction	8  Kids in the Kitchen	9  FIT KIDS HEALTHY KIDS *Wear your PJ's & bring blankets, stuffed animals, etc... to Camp!
Week #7	12 Princess Visit	13 LASER TAG	14 TIE DYE *Bring something 100% COTTON to dye!	15 FOAM party Bring swim suit, towel, sandals & change of clothes!	16  FIT KIDS HEALTHY KIDS *Wear your PJ's & bring blankets, stuffed animals, etc... to Camp!
Week #8	19  KIDS YOGA	20 FOAM party Bring swim suit, towel, sandals & change of clothes!	21 SPORTS DAY  Sports TBA!	22 Obstacle Course Bouncer	23  FIT KIDS HEALTHY KIDS *Wear your PJ's & bring blankets, stuffed animals, etc... to Camp!
Week #9	26 Clown Visit & DIY Balloon Animals! 	27 DART POLYALYPSE NERF Battle!!!!	28 MAKE YOUR OWN  slime	29  Bubble BALL	30  FIT KIDS HEALTHY KIDS *Wear your PJ's & bring blankets, stuffed animals, etc... to Camp!

Please Note: Some of these activities are tentative and some dates could potentially change - contact the Sunova Centre for more information!

SUNOVA JUNIOR

Leadership Program

Information for the Summer 2019 Sunova Junior Leadership Program for youth ages 12yrs+ TBA!

Description:

The Sunova Junior Leadership Program is

open to pre-teens and teens over the age of 12yrs that are looking to make a difference by volunteering! Junior Leaders will work alongside Summer Camp Staff, acting as Volunteer Camp Staff, for our busy Summer Camp Program geared towards kids ages 4-11yrs.

LEAVE YOUR SKATES AT HOME

BALL HOCKEY

CAMP & SKILLS COMPETITION

1/2 Day Summer Ball Hockey Camp for Ages 6-12yrs

Monday July 8th-Friday July 12th - 8:30-11:30am
\$70.00/Participant

Join us at the Sunova Centre for: SCRIMMAGES, MINI TOURNAMENTS, BALL CONTROL, POSITIONAL PLAY, STICK HANDLING, SHOOTING, DISCIPLINE/EXERCISE, PASSING/DRILLS, 1 ON 1'S, 2 ON 2'S, 3 ON 3'S, RELAYS & MORE!

Required Equipment: CSA approved helmet and full cage protection, hockey gloves, elbow pads, hockey or soccer shin pads, running shoes & hockey stick.

Instructed by Franco Capolongo
Director of Leave Your Skates At Home Ball Hockey
NCCP Coach Certified Level II
Standard First Aid Level II; CPR Level C and AED Certified

Bring a hat, water bottle, sunscreen, bug spray & peanut free snack

Space is Limited! Pre-Registration Is Required

To register please contact the

Sunova Centre - West St. Paul's Recreation Site

Phone: 204-336-0294

Email: recreation@weststpaul.com



West St. Paul Recreation Committee Annual General Meeting

Sunova Centre

Wednesday March 13th, 2019 - 7pm

The role of the Recreation Committee (Committee) shall be:

- To administer, manage and encourage the participation of residents in the Municipality in relation to recreational activities and organized youth sports that are offered in Manitoba;
- To act in the best interests of the Municipality in relation to recreational activities and organized youth sports;
- To administer youth registrations in hockey, soccer and baseball and any other organized youth sports as may be determined in the future;
- To administer and maintain monies and funds related to each of these sports, maintain records, prepare budgets and financial reports for the annual audit, review, and presentation to Council, on a quarterly basis;
- To cooperate with other organizations in Manitoba for the implementation of such objectives;
- To provide delegates and support to the organized sports programs and their mandate in Manitoba;
- To promote activities through which funds may be raised to support the activities of the Recreation and Culture Committee for future development and/or growth of such activities in the Municipality;
- To communicate with the residents of the Municipality to determine recreational needs for activities, services and organized sports, and make residents aware of the recreational services, activities and sports programs being offered.

We invite and encourage all residents of West St. Paul to attend the Annual General Meeting if you are interested in volunteering or becoming a member of the West St. Paul Recreation Committee.

Contact the Sunova Centre for more information

Phone: 204-336-0294

Email: recreation@weststpaul.com



West St. Paul Spring Sports Registration - 2019

Register For:

Mini Soccer - Y.O.B. - 2015-2011

U9/U10 Soccer, 3/4 Field Soccer & Full Field Soccer
Y.O.B. - 2010-2001

Baseball/Softball

Girls: Y.O.B. - 2014-2000; Boys: Y.O.B - 2014-2001

ONLINE REGISTRATION and **PAYMENT** option for
Mini Soccer, U9/U10, 3/4 Field and Full Field Soccer
Visit the **RECREATION** Tab on www.weststpaul.com

Deadline to Register for U9-U18 Soccer - Saturday March 16th

Any registrations for U9-U18 Soccer done after this time will be subject to the FC Northwest Soccer LATE REGISTRATION PROCESS. Visit the FC Northwest Website for more information. If the registration is submitted after the Registration Deadline your child will be placed on a team within the FC Northwest Soccer District that can accept another player. There is absolutely NO guarantee what team your child will be placed on. Requests are very difficult to process when a player is late and are most often not met

Deadline to Register for Mini Soccer - Friday March 22nd

**Baseball & Softball Registrations
will still be done in person at the Sunova Centre**

Thursday March 14th - 7-9pm
Saturday March 16th - 10am-12:30pm
Tuesday March 19th - 7-9pm

**In-Person Soccer Registrations will ONLY be accepted
on **Monday March 11th** from **2-8pm****

**In-Person Registration Fees must be paid in cash or
cheque payable to the Sunova Centre**

NOTE: For Sports Registrations families must sign-up at the Community Centre within their catchment area. You must be a resident of the RM of West St. Paul to register at the Sunova Centre.

Questions?

Phone: 204-336-0294

Email: recreation@weststpaul.com



West Kildonan Memorial Community Centre

346 Perth Avenue
Winnipeg, Manitoba R2V 0T7
wkmcc.webs.com

Arena Line 204-338-2904
Community Centre 204-334-1679
Hall Rentals 204-470-6632
Email For Hall Rentals:
carla.wkmcc@hotmail.com

W.K.M.C.C Annual General Meeting
April 29, 2019 at 7:30pm
in Community Centre hall
All are Welcome

West Kildonan Memorial Centre Boundaries

- North** Back lane between Semple and Kilbride Avenue
from the Red River to the railway track
- South** Carruthers Avenue from the tracks to McGregor, the
back lane of Smithfield Avenue and McAdam
Avenue from McGregor to Scotia
- East** Red River
- West** Railway Tracks



W.K.M.C.C SPRING REGISTRATION

MINI SOCCER AND YOUTH SOCCER

SATURDAY, MARCH 2 - 12PM - 2PM

TUESDAY, MARCH 5 - 6PM - 8PM

SATURDAY, MARCH 9 - 12PM - 2PM



NO BASEBALL REGISTRATION AT W.K.M.C.C

(PLEASE REGISTER AT GARDEN CITY CC OR VINCE LEAH CC)

West Kildonan Horticultural Society



Meetings are held at W.K.M.C.C

the 1st Tuesday of the month from September to June

at 346 Perth Avenue in main hall

7pm – 9pm

Yearly membership \$15.00 per person

All welcome! They have a great website that can be accessed

West Kildonan Tiny Tots

Tiny Tots offers a quality of preschool program for children ages 3-5 years of age.

The professional staff provide a great program offering play time, crafts, circle time, gym, stories and songs.

Children meet 2 to 3 times per week at West Kildonan Memorial Community Centre, 346 Perth Avenue. For more information

call:

204-339-1724



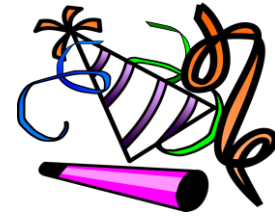


Hall Rentals

204-470-6632

Email:

carla.wkmcc@hotmail.com



Looking for an Intimate and Quaint Hall?
Call now to book your next function

Our main hall holds up to 150 people

Our hall is perfect for Birthday Parties (Children and Adults) - Anniversary Celebrations – Showers
– Socials – Weddings - Windups and more

W.K.M.C.C Dance Recital



Friday, May 31, 2019 at 7pm
MBCI Jubilee Concert Hall
173 Talbot Avenue

Tickets \$10

Rush Seating

For more information contact

Wendy, Program Director

204-471-5372



wkmcc.webs.com

Public Skating in the Arena

Free skating

SUNDAY AFTERNOONS

2:15PM - 4:15PM

Skating ends March 2019

(Date to be announced on our website)

PLAN AHEAD FOR 2019 W.K.M.C.C FALL PROGRAMS



Tae Kwando

Mondays and Wednesdays

7pm – 8pm

Wrestling

Tuesdays and Thursdays

5pm – 7pm



DANCE

Tap

Jazz

Hip Hop

Mom's Group

YOGA FOR SENIORS

In Dance Studio behind Arena



Meraki Theatre Productions Youth Empowerment Camp



Meraki Theatre Productions is a new theatre company in Winnipeg that is dedicated to bringing theatre productions to the stage that create change and nurture compassion. This year will be hosting two separate youth empowerment “Day Camps” where students will engage in theatre (acting), music, and dance. The camp will have a focus on themes of belonging, acceptance, anti-bullying, equality and ending hate. Students will have the opportunity to create scenes, learn musical theatre, participate in acting exercises and even write a song!

Camp Dates (Spring Break):

Thursday, March 28th (9-12 year olds)

Friday, March 29th (13-17 year olds)

Location: Garden City Collegiate

Cost: \$70 for the day (*see below for 7 Oaks Discount)

(“End Hate” camp t-shirts are also available for an extra \$25)

*** 7 OAKS DISCOUNT: All 7 Oaks School Division students along with students of 7 Oaks employees will be offered a 10% discount on the camp if registered and paid before March 1st.**

The camp will be taught by Taylor Gregory, a second year teacher in 7 Oaks School Division who has countless Teaching, Directing, Musical Directing and Stage Management credits from her work inside and outside of Winnipeg. She has had the opportunity to teach theatre across Winnipeg (MTYP, Theatre Dance Centre, Rady JCC, 7 Oaks Arts Camp, Winnipeg School Division, Pembina Trails School Division, etc.) along with teaching Drama and Performing Arts in Athens, Greece.

www.merakitheatreproductions.com

end hate.