

Governor Semple School

150 Hartford Ave., Wpg. MB R2V 0V7

Ph.#204-339-7112 Fax#204-334-7356

<http://www.7oaks.org/school/governorsemples/> Twitter: @GovernorSemple

May 2016

Dear Governor Semple School Families,

As you know, safety is of utmost importance for the children entrusted to us at our school. Parents play a crucial role in helping us have conversations about what children should say or do in potentially dangerous situations. Please help us by reinforcing the following guidelines at home:

- ◆ Cross streets carefully, and if possible, where our school patrols are stationed.
- ◆ Always speak immediately with our school's supervising adults outside should an unfamiliar person approach and try to talk to you.
- ◆ Stay on school grounds at all times and let your teacher know if you need to leave the classroom or playground for any reason during the school day.

We would also appreciate your support in dropping off your child at school no earlier than 8:25 am (when we have adult supervision available), and in picking up your child promptly when school ends at 3:30 pm. Children left unsupervised on the school playground may face situations that they are not fully prepared to deal with.

Thank you for your anticipated support in helping us to keep your children safe at all times whether it is before, during or after school hours.

Karen Hiscott,
Principal

Reminder: NO SCHOOL on the following days

May 16th	P.D. Day
May 23rd	Victoria Day
June 27th	Administrative Day

Registrations for Kindergarten 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, 2016** in order to be eligible for registration for fall Kindergarten classes. You must bring your **child's birth certificate, medical card** and **proof of address** when coming to register.





- June 1 Rain Date for Track & Field @ West Kildonan Collegiate
- June 7 Volunteer Reception-2:00-3:30
- June 8 Assiniboine Park Zoo-Rm 1 & 5
- June 13 Arts Camp-CMU-Rm 7 & 11
- June 17 Lower Fort Garry- Rm 7 & 11
- June 27 Admin Day **NO SCHOOL**
- June 29 Grade 5 Farewell @ 2:15 p.m.
- June 30 **Last Day of School**

The transportation applications have been given out for the 2016/2017 school year. If your child is a bussed student and you haven't returned the bus form to school, please do so as soon as possible.



ARE WE GETTING ENOUGH SLEEP????

This particular column is back by popular demand. The chart below indicates how much sleep people of different ages require in order to function fully and effectively. As you examine the numbers below you will realize that most of us aren't getting enough sleep.

AGE:	TOTAL SLEEP:
0-3 months---	14-16.5 hours
1 year---	13.75-14 hours
3 years---	12-12.5 hours
5 years---	11 hours
7 years---	10.5-11 hours
9 years---	10-10.25
13-24 years---	9-9.5
3-9 months---	14-15 hours
2 years---	12.75-13 hours
4 years---	11.5-12 hours
6 years---	10.75-11 hours
8 years---	10.25-10.75 hours
10-12 years---	9.75-10
25 and older---	8-8.5

People are often quite surprised by these numbers. If you realize that your child(ren) aren't getting enough sleep, having them ease into an earlier bedtime by tucking in 15 minutes earlier every few days can help them become accustomed to the change. Having some quiet time before bed, a warm bath, a nice night-time ritual, reading a book, can all help kids transition to sleep time. Screen time prior to bed is discouraged; the light activates the brain rather than calming it. Well-rested children (and adults!) are at their best for learning and for getting along well with others.

I hope you'll sleep on this!

Sweet dreams!

Terry Klan (your School Counsellor)



Visit from Manitoba Moose players to Grade 2/3 students in Room 1



Fun at recess





COMMUNITY COORDINATOR NEWS

“When Daddy was a Little Boy” adapted from Today’s Parent Feb 2011

Libby cherishes the stories about her grandmother, who grew up in a family of seven kids. She also likes to hear stories about her dad and his siblings – especially when they got into trouble, like the time her uncle decided to give himself a bubble bath by dumping the entire bottle of shampoo into the tub.

Being pelted with requests for stories “about when Daddy was a little boy” is a common experience for parents of young kids. Yes, they like Pixar movies and Magic Tree House books, but nothing seems as satisfying as the stories you tell them about earlier generations. Psychology professor Daniel Lagace-Seguín says these stories are valuable to children because they teach them a number of concepts.

Mom and Dad survived it too. It relieves children’s stress and anxiety to know that their mom and dad made it through their first day of Kindergarten or having their teeth filled at the dentist – and came out of it with a funny story to tell about it. The story may arise out of a question – “Did you have to get needles when you were a kid?” – and parents can see that as an opportunity to share some experiences.



Don’t just say yes, and move on; tell them about how nervous you were in the waiting room, how the nurse let you practice giving needles to a doll, and in the end you barely noticed the needle going in. (And maybe how your sister, watching you get the shot fainted and ended up with a big bruise on her forehead).

Things change and that’s OK. Preschoolers are sometimes anxious about change. Hearing stories about their parents’ childhood sometimes shocks them (Whoa, you didn’t have car seats when you were 5?) but also reassures them that change is an inevitable – and not always bad – part of life. Stories can also teach how relationships change. Grandma is Daddy’s mother and took care of him when he was young; now he lives with Mommy but helps Grandma out by cutting her grass and fixing her car. It can be quite a revelation for a preschooler to realize that Daddy was once a little boy.

People see things from a different perspective. A young preschooler thinks that everyone else sees the world just as he does. Stories help the child see the world through others’ eyes. Even better, if Mom tells about being lost in the woods, and later Grandpa tells about the same incident, the child learns that what was an amusing adventure for Mom was a worried search and rescue for Grandpa.



These are our family's values. The stories you choose to tell and the way you deliver them convey the values you hope to teach your children. If you tell a story about a relative that smoked and later became ill or died, you are impressing on them that smoking isn't good for you. A story about how Uncle Tom protected you from bullies when you were little shows that your family believes in helping one another – and it might also encourage your own child to come to you if they too, experience bullying.

They are like Mom and Dad and other relatives. Children naturally desire to model themselves and be like the people they are close to. You'll see that in the way your children imitate you. That's why they love to hear that Daddy also hated peas when he was little, and that Aunt Lisa's favourite colour was purple too. Stories that point out similarities help to strengthen the bonds between parents and children.

It's not TV. Kids love spending time with their parents and listening to the stories. It's so important in this day and age – when families spend so much time apart or watching TV or on the computer – to give kids the time and attention that happens when we tell them stories. You can tell stories while you drive in the car, while you cuddle before bed, or as you relax over a meal.

But maybe Libby summarized it best. After a long afternoon of being pestered, her mother asked, exasperated, "Why do you always want me to tell you these stories?" Libby replied, "Because they help me know who I am."



Dave Mathers—Community Coordinator

MOVING????

If your family is planning to move over the summer or your child will not be attending Governor Semple School in the fall, please let the office know as soon as possible at 204-339-7112.

Take your child to used book stores and book fairs and help them build their own personal "library on a shoestring" of favorite biographies, novels, books of poetry and classics.

Silhouettes Gymnastic Club
 Summer camp for girls age 5 years and up.
SPACE IS LIMITED
 July 25-29 (8am-4pm) & August 2-5 (8-4pm)
 R.F. Morrison School 25 Morrison
 For more information email
silhouettesgymclub@gmail.com



An exciting program is returning
to Governor Semple School
THIS SUMMER!



B.E.E.P.

(Balanced Experiential Education Program)

Will be offered to Governor Semple and Victory students Gr. 1 – 5

By the Seven Oaks School Division

FREE OF CHARGE

BEEP starts Tuesday, July 5th

and runs Monday to Friday until August 12th

9:00 am to 3:00 pm daily at Governor Semple School

Watch for more info and a registration form in late May

BEEP will include:

- Free Breakfast Program
- Exciting Hands-on Learning Activities
- Free Weekly Outings on School Buses
- Indoor and Outdoor Sports
- Art and Music
- Cooperative Games
- Special Theme Days
- Loads of Fun!

For more information please contact:

Cindy Burkett at 204 894 1174 or cindy.burkett@7oaks.org

OR

Karen Hiscott at 204 339 7112 or karen.hiscott@7oaks.org

DISCOVER GIVING FESTIVAL

First 100
visitors
FREE!



Admission:
\$5/person

Saturday, April 30
10 a.m. to 2 p.m.
at the Manitoba
Children's Museum

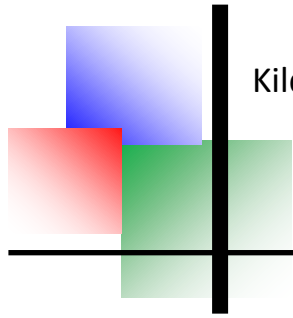
The Discover Giving Festival helps families instill the values of generosity and charity in their children.

- Tips for raising generous, giving children.
- Hands-on activities to inspire children to give.
- Stories that encourage generosity.
- Give-Save-Spend piggy banks for you to take home.



#DiscoverGiving





Kildonan Youth Activity Centre (KYAC)

MAY 2016



KYAC Program Coordinator: 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, ages 8-17, 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.

To register: visit our website, click "online registration" and fill our your child's information. Or contact the program coordinator.

KYAC Summer Program Information:

WHO: Any student, ages 8-17, who attends schools within Seven Oaks School Division.

WHAT: KYAC runs a 7 week drop-in summer program at 2 schools within the division which offers a combination of activities that include: leadership program opportunities, low organized games and sports, arts and crafts, field trips every day and a variety of fun activities to help keep local youth busy during the summer months!







WHEN: Programming Starts: July 4th, 2016 and Ends: August 18th, 2016.

WHERE: Monday – Friday, 8:30 – 4:30pm @ Edmund Partridge Community School AND École Seven Oaks Middle School.

HOW to register: Registration will take place on Thursday **June 16th @ 5:00pm at Seven Oaks Middle School**. Arrive early as field trips fill up quickly!

More information will be available in your June newsletter and presentations will be held in every school for program details! Or check the KYAC website for the most recent updates and detailed program schedule! OR contact the KYAC Program Coordinator.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 6:00-9:00 EP	3 3:00-5:00 Riverbend 6:00-9:00 ESOMS	4 3:30-5:30 Governor Semple 6:00-9:00 EP	5 3:30-5:30 Forest Park 6:00-9:00 ESOMS	6 6:00-9:00 Riverbend 6:00-9:00 EP	7 12:00-5:00 ESOMS
8	9 6:00-9:00 EP	10 3:00-5:00 Riverbend 6:00-9:00 ESOMS	11 3:30-5:30 Governor Semple 6:00-9:00 EP	12 3:30-5:30 Forest Park 6:00-9:00 ESOMS	13 6:00-9:00 Riverbend 6:00-9:00 EP	14 12:00-5:00 ESOMS
15	16 6:00-9:00 EP	17 3:00-5:00 Riverbend 6:00-9:00 ESOMS	18 3:30-5:30 Governor Semple 6:00-9:00 EP	19 3:30-5:30 Forest Park 6:00-9:00 ESOMS	20 6:00-9:00 Riverbend 6:00-9:00 EP	21 12:00-5:00 ESOMS
22	23 KYAC CLOSED May Long Weekend	24 3:00-5:00 Riverbend 6:00-9:00 ESOMS	25 3:30-5:30 Governor Semple 6:00-9:00 EP	26 3:30-5:30 Forest Park 6:00-9:00 ESOMS	27 6:00-9:00 Riverbend 6:00-9:00 EP	28 12:00-5:00 ESOMS
29	30 6:00-9:00 EP	31 3:00-5:00 Riverbend 6:00-9:00 ESOMS				

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 	2 Day 1 Science Camp @ CMU Rms. 3 & 7 9:15-2:00 Pow Wow 1:20-1:55	3 Day 2 Hand-in-Hand/1:30-3:15 Hockey Skating Rm.1—10:55-12:20 Rm. 3—11:40-1:05	4 Day 3	5 Day 4 Rm. 7 & 11—Museum 9:30-2:00	6 Day 5 Sharing Dance 2:00-3:30 Rm. 7 & 11 Rm. 3/Gr. 4	7
8 	9 Day 6 Rm. 1 & 5 Oak Hammock 9:05-2:00	10 Day 1 Divisional X-C @ Little Mtn. Park Gr. 3-4-5 11:45-2:00 Hand-in-Hand- 6:00-7:30 Hockey Skating Rm. 1 & 3	11 Day 2	12 Day 3 Divisional X-C Raindate Grade 3-4-5 Rm. 11-swimming 1:00-2:15	13 Day 4	14 
15	16 Day 5 NO SCHOOL P.D. DAY	17 Day 6 Dual Track & Field Gr. 4/5@ W.K. 9:15-2:00 Hockey skating Rm.1 –10:55-12:20 Rm. 3 –11:40-1:05	18 Day 1 Sharing Dance 2:00-3:30 Rm. 7 & 11 Rm. 3/Gr. 4	19 Day 2 Raindate: Dual Track & Field @ W.K. Gr. 4/5 Rm. 11-swimming 1:00-2:15	20 Day 3 Rooftop Photo @9:00	21
22 	23 NO SCHOOL VICTORIA DAY	24 Day 4 Last Hockey skating Rm.1 –10:55-12:20 Rm. 3 –11:40-1:05	25 Day 5 Sharing Dance 2:00-3:30 Rm. 7 & 11 Rm. 3/Gr. 4	26 Day 6 Rm. 11-last swim class 1:00-2:15	27 Day 1 RWB School Rm. 7/11 11:15-12:45 Sharing Dance 2:00-3:30 Rm. 7 & 11	28 
29 	30 Day 2 Divisional Track & Field Gr. 4/5 @ WK 9:15-2:00 Pow Wow 1:20-1:55	31 Day 3 Sharing Dance 2:00-3:30 Rm. 7 & 11 Rm. 3/Gr. 4	