

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

October 2020 WILDCATS NEWS

Important Dates:

Oct. 9: Divisional Day—No Classes
Oct. 12: Thanksgiving—No Classes
Oct. 15: Photo Orders Due
Nov. 5: Grade 6 Immunizations
Nov. 6: Grade 6 Immunizations
Nov. 10: Photo Retakes
Nov. 11: Remembrance Day—No
Classes



Do you have winter outerwear to share? Once again, West St. Paul School will be involved in collecting new and gently used coats, ski pants, hats, mitts, scarves, and boots for Koats for Kids (United Way). Any winter outerwear you would like to donate **can be dropped off in the bins inside the front doors of the school from October 13th to October 28th**. Clothing will be donated to families in need through the Koats for Kids collection program. Thank you for participating in our coat drive this year.

If you are interested in receiving winter outerwear through Koats for Kids, please visit their website to submit your order.

<https://unitedwaywinnipeg.ca/koatsforkids/>

ADMINISTRATOR'S MESSAGE

The first month of school has come and gone. Kids are happy to be back with their peers and are enjoying being back at school and learning both inside and outside of the classroom.

As cooler weather approaches, students will need to be dressed to be outside for longer periods of time. Gym, music and classroom teachers will continue to take learning outside as autumn continues. Classes have taken place in the school yard and asphalt surfaces. Some classes have walked to Rivercrest and Lister Rapids and many have spent time across the street around the park and the Manitoba Yacht Club. We have many beautiful places around us to exercise, play games, sketch and investigate.

We continue to work at educating our students about COVID-19. Students have been doing a good job of washing and sanitizing their hands, wearing a mask and social distancing in the school. We have some concerns about recess breaks and students forgetting about social distancing. We have begun to encourage all our students to wear their face masks outside as well as continuing to practice social distancing at recess. We would appreciate having parents reinforce these good health practices.

Our recognition of Orange Shirt Day last week began with an incredible sight above our playground. A rare double rainbow started our day and the picture was caught and is displayed on our Twitter account. Join us at [@WestStPaulScho1](https://twitter.com/WestStPaulScho1) to follow what is going on at the school.

West St. Paul will again be participating in the Koats for Kids program. Please note that all donations should arrive at school in a sealed plastic bag and the collection bin will be directly inside the front door of the school.

We appreciate the diligence of our community by screening their children for symptoms of COVID-19 before they go to school each day. We all need to work together to maintain the health of our community.

David Ingram Tanya Kohut

Administrators

Dear Families,

October is 'Walk to School Month', also known as 'Walktober'. Walk to school month is an opportunity to spend time outside and encourage kids, students, families, and school communities to be active on the way to school. National walk to school day takes place on October 7.

Here at West St Paul School we will be participating in daily class activities and weekly events that promote active transportation.

Why Participate?

Encourage Healthy Living	Help the Planet	Better Education
Biking, walking and wheeling to school is a great way for kids to get more physical activity and time outdoors	Active school travel reduces car trips – this reduces our carbon footprint, cuts back on greenhouse gas emissions, and improves air quality.	Kids who are active on the way to school have better concentration, supporting a healthy classroom environment and improving kid's school experiences

How can families get involved?

- If safe to do so, have students walk, bike or roll to school from their homes.
- Too far? Families are encouraged to arrange a safe location near our wonderful West St Paul trail to do drop off and pick up. This will allow students to get to and from school actively on their own, or with friends. A great location for this would be at the municipality office!
- Or, visit <https://greenactioncentre.ca/asrts/walktober/> for more information and ideas surrounding 'Walktober' and active transportation.

We look forward to an active October!

Sincerely,

West St Paul Education for Sustainable Development Team

City of Winnipeg Leisure Guide

The City of Winnipeg offers a variety of recreation and leisure opportunities that contribute to the overall well-being of our community. The Fall Leisure Guide is filled with fun and exciting activities for everyone. All programs have been revised to follow health guidelines, ensuring your activity is a safe and enjoyable one.

Beginning September 15, the Fall Leisure Guide, Skating and Swimming brochures will be available to view online at winnipeg.ca/leisureguide.

Registration begins for all fall activities, Tuesday, September 22 at 8:00 a.m.

City of Winnipeg Priceless Fun

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

The Fall edition of Priceless Fun, 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. Free programming will be revised to follow health guidelines.

The Priceless Fun will be available to view online at winnipeg.ca/leisureguide mid October. Hard copies will be available for pick up at civic indoor pools, and leisure centres. Information about programs is also available by contacting 311.



AFTER SCHOOL CHILDCARE
AT THE GARDEN CITY COMMUNITY CENTRE

KidFit 60
Garden City

FOR AGES 5-12
MONDAY TO FRIDAY 3:15-5:45
PRICING INCLUDES SHUTTLE & SNACK
CALL 204-999-6707 TODAY!

SAFETY MEASURES IN PLACE!

kidfit60@gmail.com www.kidfit60.com



CALLING ALL BABIES AND THEIR CAREGIVERS!

The *Seven Oaks School Division's Partners in Learning Parent and 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, 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 retired Registered Massage Therapist with over 15 years of experience. She is also a Certified Infant Massage Instructor with the International Association of Infant Massage (IAIM. She is the mother of two 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 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 (Oct. 30 to Nov. 20) at 9:30-11:00 a.m.

Where: Riverbend Community School, 123 Red River Blvd. (ROOM 21)

Advance registration is required as space is limited to 5 families. Please contact Colleen Zahedi at Colleen.Zahedi@7oaks.org or Cheryl Rajfur at Cheryl.Rajfur@7oaks.org to register.



OCTOBER

WEST ST. PAUL COMMUNITY SCHOOL






Partners in Learning

Cheryl Rajfur - Community Coordinator

204-339-1964, Cheryl.rajfur@7oaks.org

School Website: <http://www.7oaks.org/school/weststpaul>

PARENT/CHILD PROGRAMS

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Parent and Child Preschool 10:00 – 11:30 a.m. 0-5 yrs	2 	3
4 	5	6 Parent and Child Preschool 10:00 – 11:30 a.m. 0-5 yrs	7	8 Parent and Child Preschool 10:00 – 11:30 a.m. 0-5 yrs	9 Divisional Day No school	10
11 HAPPY THANKSGIVING What are you thankful for?	12 THANKSGIVING DAY	13 Parent and Child Preschool 10:00 – 11:30 a.m. 0-5 yrs	14	15 Parent and Child Preschool 10:00 – 11:30 a.m. 0-5 yrs	16	17 
18	19	20 Parent and Child Preschool 10:00 – 11:30 a.m. 0-5 yrs	21	22 Parent and Child Preschool 10:00 – 11:30 a.m. 0-5 yrs	23	24 
25 	26	27 Parent and Child Preschool 10:00 – 11:30 a.m. 0-5 yrs	28	29 Parent and Child Preschool 10:00 – 11:30 a.m. 0-5 yrs	30 Infant Massage 9:30 – 11:00 a.m. Must register	31 HAPPY HALLOWEEN

2020