

## West St. Paul School

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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 2019 WILDCATS NEWS

### Important Dates:

Oct. 2: Early Years Cross Country  
Oct. 4: Middle Years Cross Country  
Oct. 4: Photo orders due  
Oct. 9: Pizza Lunch  
Oct. 9: PAC Meeting - 5:45 p.m. Light Supper provided, meeting begins at 6 p.m. Free childcare provided.  
Oct. 10: Middle Years Cross Country  
Oct. 11: Divisional Day—No classes  
Oct. 14: Thanksgiving—No classes  
Oct. 16: Pita Pit Lunch  
Oct. 21: Federal Election Day  
Oct. 23: Pizza Lunch  
Oct. 24: Middle Years Flag Football  
Oct. 25: MTS PD Day—No classes  
Oct. 28: Grade 6 Immunizations

### Terry Fox Day at West St. Paul School

**Congratulations to the students, staff and community members of West St. Paul School for raising \$4700.00 for the Terry Fox Foundation. Students who raised the most funds shared their sweet success with a staff member of their choice by giving them a pie in the face. Such great school spirit!!**



### ADMINISTRATOR'S MESSAGE

September was a bit of a blur for everyone – a cold and wet one at that. We begin October hoping for some sun and dry days ahead so classes can continue their studies in the schoolyard and neighborhood. Remember to dress your child for the ever-changing weather as we go outside each day unless we have dangerous conditions.

Our Terry Fox Walk generated \$4700 in donations to the Terry Fox Foundation! Our original school goal was to raise \$1600 and we clearly shattered our goal, which resulted in five teachers receiving a pie in the face in a whole school assembly. After the assembly, we went for a walk/run down Minnehaha, Kenabeek and Hiawatha. The air was cool while we enjoyed a walk through the community.

Cross Country runs continue in October and middle years volleyball, grade 1/2 Learn to Skate and grade 3/4 Learn to Swim programs begin for some classes. Hot lunches will begin on some Wednesdays and we will host another election, this time federal, at the school in October.

On Wednesday, October 9th, we will have our second PAC meeting of the year. As the parent group starts to gear up for the 31<sup>st</sup> annual craft show on November 17th, volunteers will be needed as we continue this long running successful community event. A light supper will be served at 5:45 with the meeting beginning at 6:00. All parents are invited to attend and childcare is provided for each PAC meeting.

Fall has arrived! Let's get out and enjoy the crisp air.

## Save the Turtles – Schoolyard Clean Up Club



A group of West St. Paul students teamed up because they wanted to help the environment by cleaning up garbage around the school. The clean up was such a big success that they formed a club called Save the Turtles. Save the Turtles will meet monthly to pick up garbage and help to keep our schoolyard looking clean. Stay tuned for more to come from these awesome student leaders!



# October





West St. Paul School Parent Advisory Council invites you to come and see what they are about. The PAC meeting dates for the 2019-2020 school year are as follows:

Wednesday, October 9, 2019

Wednesday, November 6, 2019

Wednesday, January 8, 2020

Wednesday, February 12, 2020

Wednesday, March 11, 2020

Wednesday, April 8, 2020

Wednesday, May 13, 2020

Meetings begin at 6 p.m., a light supper is provided at 5:45 p.m. and free childcare is also provided.

*Starts*  
**OCTOBER 16**  
**AGES 4-8**

**Indoor Mini Soccer**

**WEDNESDAY'S 5:00PM-6:00PM**

**\$200 PER PERSON**

**CERTIFIED FC Northwest Technical Staff**

**FC Northwest**

**VOLUNTEER COACHES NEEDED**

**LOCATION: T-Shirt Included**

**WSF NORTH**

770 LEILA AVENUE WINNIPEG, MB

CONTACT US AT (204) 222-3269/ REGISTER AT [WWW.FCNORTHWEST.COM](http://WWW.FCNORTHWEST.COM)

**KidFit 60**  
After School Active Alternative

**JOIN THE MOVEMENT**  
**REGISTER TODAY**  
**FOR THE 2019/2020 SCHOOL YEAR!**

**WHO:**

- Children ages 5 to 13

**WHAT:**

- Activity-based after school care

**WHEN:**

- 3:30 to 5:45 pm, Monday to Friday

**WHERE:**

- Garden City Community Centre

**THE PROGRAM:**

KidFit 60 is a safe, after school active program for children ages 5 to 13 to engage in daily workout sessions, structured group games, and activities led by physical education teachers at the Garden City Community Centre soccer complex and gymnasium. KidFit 60 runs everyday after school.

**CONTACT US:**

204-791-8582 or 204-999-6707  
kidfit60@gmail.com  
[www.KidFit60.com](http://www.KidFit60.com)

**100% TAX DEDUCTIBLE, KIDFIT60 SHUTTLE TRANSPORTATION PROVIDED!**

[www.KidFit60.com](http://www.KidFit60.com)

**KID MOVE** **ANITA** **√Da** **TFS** **TOTAL FIRE STOP SYSTEMS** **BATH FITTER**



Have winter outerwear to share? This year 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 at the front of the school from October 7th 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/>

## *If you know a child who needs a coat*

### **For parents and caregivers**

You can place your Koats for Kids order with your child's school, daycare or agency. Your child will also receive his or her winter gear there. (Please note: The Koats for Kids Volunteer Centre is not open to the public.) For a list of all United Way Winnipeg agency partners, visit [unitedwaywinnipeg.ca](http://unitedwaywinnipeg.ca)

### **For schools, daycares and agencies**

You can order online by visiting our website [KoatsForKids.ca](http://KoatsForKids.ca)

Boots and ski pants are provided on request and when available. If you have questions, please call Koats for Kids at **204-586-5628** or email [koats@unitedwaywinnipeg.ca](mailto:koats@unitedwaywinnipeg.ca)



## **If you have winter outerwear to share**

Donations of new and gently used winter outerwear can be dropped off at any Winnipeg Fire Paramedic Station, Perth's Drycleaners, Access Storage or Sentinel Storage locations, or the AMJ Campbell Van Lines office. For a complete list of drop-off locations, visit [KoatsForKids.ca](http://KoatsForKids.ca)

Our focus is children's winter outerwear. We appreciate all sizes (infants, children, youth):

- \* gently used winter jackets (clean with working zippers)
- \* ski pants
- \* hats, scarves and mittens
- \* boots

## **If you'd like to volunteer**

The Koats for Kids Volunteer Centre is located at 231 King Street.

Picture 16,000 pounds of coats, hats, mittens, scarves, ski pants and boots. That's a lot of sorting, organizing and assembling!

Join us for a few hours so we can get our packages to kids quickly.

If you would like to set up a volunteer shift, please call **204-586-5628** or email [koats@unitedwaywinnipeg.ca](mailto:koats@unitedwaywinnipeg.ca)

We also appreciate small groups of friends and co-workers. Winnipeg's community spirit can't be beat!

*Winnipeggers across the city donate over 6,000 coats each year.*

We would love to know if your group is part of making a difference.

Please register your coat drive at [KoatsForKids.ca](http://KoatsForKids.ca)



Koats for Kids is part of United Way Winnipeg's commitment to helping children and youth be all they can be. Every year, from September to February, Koats for Kids distributes winter outerwear to families. **For some children, having a warm coat means attending school on a cold day instead of staying home.**

United Way Winnipeg brings together the partners and volunteers required to coordinate, promote and staff the program for approximately six months. The clothing is ordered, processed and distributed in conjunction with the recipients' school, daycare or social service agency.



**United Way**  
Winnipeg

## THANK YOU TO OUR PARTNERS



# KOATS for KIDS



## **FREE Community Based Health And Wellness Program!**

The Hans Kai program is looking for new members to join our group! The West St. Paul Hans Kai group will typically be meeting the second Friday morning of every month at the WSP Sunova Centre.

**FREE** Childcare is provided.

**What is Hans Kai?** The Hans project is a community-based approach to improving health and wellbeing. Participants meet monthly to support community members to take control of their own health. You will be given information and taught how to monitor your own health, engage in healthy activities through socializing with your peers, while being supported by NorWest and Winnipeg Regional Health Authority staff. Each month, a presenter of the groups choosing, is brought in to discuss a health and wellness topic.

For more information or to join the Hans Kai group, please contact:

Tanya (West St. Paul contact)

[tanyapilat@yahoo.com](mailto:tanyapilat@yahoo.com) or call 204-453-6984

Or

Michelle Kirkbride – Community Development Coordinator, NorWest Co-op Community Health Centre [mkirkbride@norwestcoop.ca](mailto:mkirkbride@norwestcoop.ca) or 204-938-5996



## Seven Oaks Better Access to Groceries



### Better Access to Groceries (BAG) is

- Available for people in the Seven Oaks community
- A bag of fresh and low-cost fruits and vegetables
- A program to promote healthy eating

### You can learn more about Seven Oaks BAG online!

- Join the Facebook Group: Seven Oaks Better Access to Groceries
- "Like" us on Instagram or follow us on Twitter: sevenoaksbag

### BAG instructions:

1. FILL OUT order form below
2. ORDER YOUR BAG. Place your order by no later than 4:30 on the

Monday before BAG pick up.

Email: [sevenoaksbag@gmail.com](mailto:sevenoaksbag@gmail.com) -OR-

Telephone: 204-938-5690 (ask for Emmy) -OR-

In-person: 3-1050 Leila Avenue.

(Right behind the Shoppers Drug Mart)

3. PICK-UP YOUR BAG and Enjoy!

Date: see attached schedule

Time: 10:30 am - 4:00 pm

Location: Education room at 3-1050 Leila Avenue

Orders due by:	Pick up Dates
May 27th	June. 2nd
July 8th	July 14th
Aug 12th	Aug. 18th
Sept.9th	Sept.15th
Sept 30th	Oct. 6th
Oct 28th	Nov. 3rd
Dec. 2nd	Dec. 8th

Please submit payment before pick up day. Payment can be by cash or cheque.



## **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 combined Fall 2019/Winter 2020 Leisure Guide is filled with fun and exciting activities for everyone.

For more information on leisure, sport and fitness programs, please pick up a copy of the Leisure Guide, call [311](tel: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 Circle K.

Registration for all fall and winter activities (with the exception of winter skating lessons and winter swimming lessons) begins Tuesday, August 27 at 8 a.m. and will be ongoing. The Winter 2020 Leisure Guide Swimming brochure and the Winter 2020 Leisure Guide Skating brochure will be available online at [winnipeg.ca/leisureguide](http://winnipeg.ca/leisureguide) on Thursday, November 28. Registration for winter skating lessons and winter swimming lessons begins Tuesday, December 10 at 8 a.m.

## **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 fall edition of Priceless Fun will be available at the beginning of September. All in one convenient guide, Priceless Fun provides information about free programs for children and youth being offered by the City of Winnipeg throughout the city.

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](http://winnipeg.ca/leisureguide). Information about programs is also available by contacting [311](tel:311).

### **Gymnastic Classes Silhouettes Gymnastic Club**

**Classes for girls ages 3 and up  
Recreational and Competitive programs  
Located at R.F.Morrison School  
For more information email  
[silhouettesgymclub@gmail.com](mailto:silhouettesgymclub@gmail.com)**





# The Poppy Blanket Project

Join us to


**Tie a poppy on Manitoba's historic Poppy Blanket to help commemorate our veterans and fallen soldiers**



**GARDEN CITY SHOPPING CENTRE**  
Centre Court | 2100 McPhillips St.

*Drop off your knitted poppies at the events*

Tues Sept 17 at 6:30 – 8:30 pm  
Tues Sept 24 at 6:30 – 8:30 pm  
Tues Oct 8 at 6:30 – 8:30 pm  
Tues Oct 15 at 6:30 – 8:30 pm  
Tues Oct 22 at 6:30 – 8:30 pm  
Tues Oct 29 at 6:30 – 8:30 pm



**Please go to [www.PoppyBlanket.ca](http://www.PoppyBlanket.ca) for more information on how to help!**



The POPPY DESIGN is a registered trademark of The Royal Canadian Legion, Dominion Command and is used under licence. La représentation du coquelicot est une marque de commerce enregistrée de La Direction nationale de La Légion royale canadienne, employée sous licence.

# Gate Night at the Museum



Silent Auction



Art Auction

Raffle



**When:** October 30, 2019

**Where:** Canadian Museum of Human Rights - 85 Israel Asper Way, Winnipeg, MB

**Time:** 5:30 p.m. – 9:00 p.m.

*Ready, set, go. It's the night before Halloween let the mischief begin.*

This might be the only time your parents agree to let you participate in Gate Night shenanigans. Join us at the Canadian Museum of Human Rights on Wednesday October 30, 2019 from 5:30 p.m. to 9:00 p.m. for a chance to win prizes and gather handfuls of candy.

Gate Night at the museum is a race for time. Your team of 4 will read the clues and discover the answers that will lead you to the finish line. 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> prizes to be won! Candy for your success after finding every clue and don't forget we have a prize for the best costume too.

Scurry on to one of the websites below and purchase your ticket for Gate Night at the Museum. Don't wait space is limited.

Brought to you by Dyslexia Awareness Committee.



[www.fodcanada.ca](http://www.fodcanada.ca)



[@DecodingDyslexiaMB](https://www.instagram.com/DecodingDyslexiaMB)



[www.kcdlc.com](http://www.kcdlc.com)

# Winnipeg Minor Dodgeball

There is an athlete in  
all of us!

Dodgeball for ages 9-17



Winter Season Starts  
October 1st, 2019

For more information or to register visit:

[www.winnipegminordodgeball.com](http://www.winnipegminordodgeball.com)

Contact us at [winnipegminordodgeball@gmail.com](mailto:winnipegminordodgeball@gmail.com)

or

(204) 202-1785



**WINNIPEG  
DIVING  
ACADEMY**

# Learn To Dive

**WINNIPEG DIVING ACADEMY** will foster the growth and development of all levels of diving in Manitoba by encouraging all divers to reach their maximum potential through excellence in coaching, professional leadership and positive support. Winnipeg Diving Academy is committed to providing a place for everyone who has a passion for diving.

**WINNIPEG DIVING ACADEMY VALUES**

Excellence, Integrity, Passion, Teamwork

**Tuesday 5pm - 6pm**

Seven Oaks Pool

**Thursday 5pm-6pm**

Cindy Klassen Recreation Center

[info@wpgdivingacademy.com](mailto:info@wpgdivingacademy.com)

ph: 204.291.7387

ph: 204.260.9894

**[wpgdivingacademy.com](http://wpgdivingacademy.com)**

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