



# WEST ST. PAUL SCHOOL COMMUNITY NEWSLETTER

## MARCH, 2013

Our Beliefs: Take care of yourself. Take care of each other. Take care of this place.

### PIZZA DAYS

March 6  
March 20  
April 10  
April 24



### HOT LUNCH

March 13  
April 3  
April 17

### Upcoming Events

- Vesey's Bulbs & Make It Sow Fundraiser order forms go home  
March 1
- Vesey's Bulbs & Make It Sow Order forms/payment due  
March 12
- PAC Meeting  
March 12 ~ 7:00 p.m.
- Brandon Jazz Festival  
March 14-15
- Parent/Teacher/Student Conferences  
March 15
- Red Cross Babysitting Course (for Grade 6 students)  
March 19-20
- Healthapalooza  
March 21
- Spring Break  
March 25-29
- Classes Resume  
April 1

## KINDERGARTEN NEWS

### PARENT INFORMATION NIGHT

Our Kindergarten information evening for parents and caregivers will take place on **Thursday, April 4, 2013 (6:15 - 7:15 p.m.)**. This will be an opportunity to come to the school and hear about what Kindergarten is all about at West St. Paul ~ what to expect, anticipate and get excited about! It will be a chance to meet the people that will spend time with your child at school. We will also have time to respond to any questions that you may have.

This is an evening for parents only, so please make child-care arrangements. Kindergarten is a very exciting time and we look forward to meeting all of you. We will meet on the steps adjacent to the school Library.

Ms Carpenter/Mr. Gamby ~ Kindergarten Teachers  
Mrs. Rajfur ~ Community Coordinator  
Ms Robertson ~ Early Learning Support Teacher

## KINDERGARTEN OPEN HOUSE

Our 2013/2014 Kindergarten students and their families are invited to a very special evening in our school gymnasium!

**Who:** All Kindergarten students starting at West St. Paul School in September 2013, and their immediate family.

**When:** Tuesday, April 23, 2013 ~ 6:15 – 7:15 p.m.

**Where:** School Gymnasium

**What to Know:** We will start our evening by meeting in the school gymnasium, where the children will have the opportunity to look through picture books. After this, families are invited to spend time at various activities which will be set up throughout the gym. Kindergarten teacher, Ms Jaime Carpenter, will lead our evening. Other adults you will meet include our Principal, Mrs. Cathy Horbas; Vice-Principal, Mr. David Ingram; Kindergarten Teacher, Mr. Andrew Gamby; Early Learning Support Teacher, Ms Joey Robertson and our Community Coordinator, Mrs. Cheryl Rajfur.

Our **MARCH** newsletter is now available for viewing on our school website.  
Please visit [www.7oaks.org/school/weststpaul/Pages](http://www.7oaks.org/school/weststpaul/Pages)

## PARENT ADVISORY COUNCIL

Please join us on  
**Tuesday, March 12, 2013 at 7:00 p.m.**  
for the next PAC Meeting.  
Free childcare will be provided.



**BOOK FAIR NEWS!!** The library will host a second book fair this year from March 12 - 15. We will need parent volunteers for Wednesday and Thursday evenings. (Wednesday until 7:00 or 7:15 and Thursday until 8:00 or 8:15.) Please call Heather (204-339-1964) if you can volunteer. Looking forward to seeing you at the fair!

We had a great presentation by our local RCMP officers. Their messages were about the consequences of drug use and cyber bullying. With all of the technology our students have, the lessons around the consequences of saying things on line were lessons the students need to pay attention to!



O Canada at MTS Centre - Middle Years Band and choir under the direction of Mr. Isaac

# From the LIBRARY...

A **BIG THANK YOU** to all of our Guest Readers who came to celebrate *I Love to Read Month* and shared their love of reading with our students.



**Althea Guiboche**



**Bruce Henley**



**David A. Robertson**



**Edie Wilde**



**Evelyn Myskiw**



**Lydia Hedrich**



**Marcy Markusa**



**Jeremy Muise**



**Niigaan & Sarah Sinclair**



**Susan Rocan**

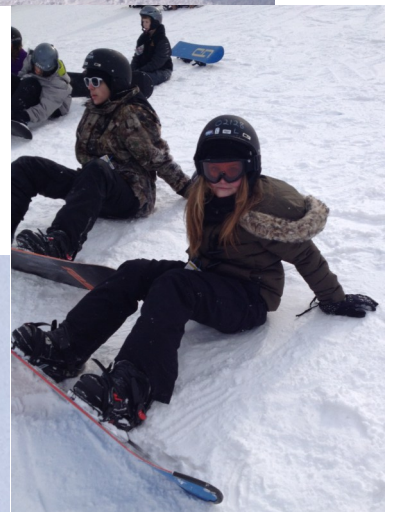


**Pamela Roz**



**Ron Schuler**

# MIDDLE YEARS WINTER ACTIVITY DAYS



# MIDDLE YEARS WINTER ACTIVITY DAYS



# GRADE 9 REGISTRATION INFORMATION



West Kildonan Collegiate ~ 101 Ridgecrest Avenue

Registration Day ~ Tuesday, March 5th ~ 9:00 a.m.



Garden City Collegiate ~ 711 Jefferson Avenue

Registration Day ~ Wednesday, March 6th ~ 8:45 a.m.



Maples Collegiate ~ 1330 Jefferson Avenue

Registration Day ~ Monday, March 4th  
(by appointment with Teacher Advisor)

## **SPRING FUNDRAISING**



Fundraising packages for Vesey's Bulbs and Make It Sow seeds will be sent home with the youngest or only student in each family on Friday, March 1st. The due date for orders is Tuesday, March 12th. These are different companies. **Please keep orders and payment separate in the envelopes provided.**

We expect the seeds from Make It Sow to arrive right after Spring Break. The Vesey's order will arrive in mid-May, just in time for spring planting.



Hop into spring break at Oak Hammock Marsh!

From March 25 – 28, have fun participating in daily themed activities at Oak Hammock Marsh Interpretive Centre or register for one or all of our day camps. Camp runs daily from 9 a.m. to 4 p.m. and is for children ages 6 to 9. Camp is filled with fun indoor and outdoor themed activities that may include scavenger hunts, animal tracking, outdoor cooking and nature crafts. For more information on daily themes or to register a camper please visit:

<http://www.oakhammockmarsh.ca>, or call (204) 467-3300.

# DAD'S PROGRAM



On Tuesday evenings in January and February, our gym has been full of Dads and their young children. This is a program run from Advancing Community Schools with our Community Coordinator Cheryl Rajfur. The families come for open gym with the goal to play with each other and connect to other families who have young children. Thanks to all the Dads who have taken leadership roles throughout the time of the program.



## 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, including 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 log on to [Winnipeg.ca/leisureonline](http://Winnipeg.ca/leisureonline). 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 2013 Leisure Guide at the beginning of March! Registration for swimming lessons only will begin on March 12 at 9:00 am. Registration for all other programs will begin on March 13 at 9:00 am. Registration will be ongoing after these start dates.

### 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/pdfs/Free\\_programs.pdf](http://Winnipeg.ca/cms/recreation/pdfs/Free_programs.pdf). Information about programs is also available by calling 311.

## MANITOBA ANAPHYLAXIS INFORMATION NETWORK (MAIN)

A local affiliate of Allergy/Asthma Information Association (AAIA)

Phone: 204-654-2676 Email: [mainmanitoba@shaw.ca](mailto:mainmanitoba@shaw.ca)

February 2013

MAIN presents an evening information session on Thursday April 4, 2013 7:00 – 8:30 pm with guest speaker Dr. Michael Teschuk.

Please register by contacting Nancy at 654-2676 or email [mainmanitoba@shaw.ca](mailto:mainmanitoba@shaw.ca).

### Vigilance Without Fear: Helping Parents and Kids Cope with Life Threatening Allergies

Dr. Michael Teschuk, Psychologist with the University of Manitoba and Winnipeg Regional Health Authority, will discuss strategies to help parents and their children cope with anxiety and stress that arises from living with life threatening allergies.

Although the majority of our attendees are parents of children with allergies we also invite staff and volunteers working in the schools with students who have life threatening allergies to attend.

This meeting will take place at The Gray Academy at 123 Doncaster Street (room number will be posted). Enter the building through the main doors of the Asper Jewish Community Campus located at 123 Doncaster Street. Free visitor parking is located across the street from the doors. Upon entering you must check in with the security desk. Identification may be requested.

The Gray Academy is located off Kenaston Blvd near Academy Road. For directions go to:

[http://www.grayacademy.ca/about\\_visiting\\_directions.html](http://www.grayacademy.ca/about_visiting_directions.html)

Call or send an email with any questions.

Nancy Boni

Manitoba Anaphylaxis Information Network (MAIN)

[mainmanitoba@shaw.ca](mailto:mainmanitoba@shaw.ca)

1-204-654-2676



# Roots of Empathy



We would like to welcome our Roots of Empathy family, Candice Katz and baby, Oren. They visit Mr. Zylstra's Grade 4 class once a month. Over the nine months, Oren and his mom help the students learn about empathy and respectful communication.



## West St. Paul Nursery School 2013-2014 Registration

**Tuesday, April 2, 2013**

**West St. Paul Recreation Centre (Sunova Centre)  
48 Holland Road**

West St. Paul residents can register from 6:00 p.m. - 7:00 p.m.  
City residents can register from 7:00 p.m. - 8:00 p.m.

For more information call Sheri at 204-334-9669.

3740 Main Street  
West St. Paul MB R4A 1A4  
Phone: 204-339-1964  
Fax: 204-339-7204

Administrators

Principal:  
Vice Principal:

Cathy Horbas  
David Ingram



# MARCH, 2013

| Sun | Mon   | Tue  | Wed  | Thu  | Fri  | Sat |
|-----|---|--|--|--|--|-----|
|     |   |  |  |  | 1 – Day 3<br>Spring Fundraising Packages go home | 2   |
| 3   | 4 – Day 4<br>Gr. 6 Basketball Boys at LN (3:30-5:30 p.m.) | 5 – Day 5  | 6 – Day 6<br><b>PIZZA DAY</b><br>Divisional Basketball Girls at ESOMS (4-6 p.m.) | 7 – Day 1  | 8 – Day 2  | 9   |
| 10  | 11 – Day 3  | 12 – Day 4<br>PAC Meeting 7:00 p.m.<br>Free childcare.<br><b>Seeds/Bulbs Fundraiser Orders Due</b> | 13 – Day 5<br><b>HOT LUNCH</b>   | 14 – Day 6<br><b>Brandon Jazz Festival</b>   | 15 – Day 1<br><b>Parent/Teacher Conferences</b>  | 16  |
| 17  | 18 – Day 2  | 19 – Day 3<br><b>Red Cross Babysitting Course for Grade 6 students</b>                             | 20 – Day 4<br><b>PIZZA DAY</b>   | 21 – Day 5<br><b>Healthapalooza</b><br>Gr. 4 & 5 Badminton at Maples (5-8:30 p.m.) | 22 – Day 6<br>Middle Years Dance (p.m.)          | 23  |
| 24  | 25  | 26   | 27   | 28   | 29   | 30  |
| 31  | <b>SPRING BREAK</b>                                       |  |  |  |  |     |

## 2012-2013 IMPORTANT DATES AT A GLANCE...

|                 |   |
|-----------------|---|
| Mar 1           | Spring Fundraising Packages go home               |
| Mar 12          | Spring Fundraising orders due                     |
| Mar 12          | PAC Meeting – 7:00 p.m. (Childcare provided.)     |
| Mar 14-15       | Brandon Jazz Festival                             |
| Mar 15          | Parent/Teacher Conferences – <b>NO SCHOOL</b>     |
| Mar 19-20       | Red Cross Babysitting Course for Grade 6 students |
| Mar 21          | HEALTH-A-PALOOZA                                  |
| Mar 25 – Mar 29 | Spring Break – <b>SCHOOL CLOSED</b>               |
| Apr 19          | Professional Development Day – <b>NO SCHOOL</b>   |
| May 6           | Professional Development Day – <b>NO SCHOOL</b>   |
| May 20          | Victoria Day – <b>NO SCHOOL</b>                   |
| June 24         | Professional Development Day – <b>NO SCHOOL</b>   |
| June 28         | Last Day of Classes – <b>EARLY DISMISSAL</b>      |

The February newsletter is now available for viewing on our school website. Please note, dates and events are subject to change. During the year, other professional development days and special events will be planned. Monthly newsletters will provide updates and the information will be posted on our school website. Please visit our website frequently for updates: [www.7oaks.org/school/weststpaul/Pages](http://www.7oaks.org/school/weststpaul/Pages)





SEVEN OAKS  
EDUCATION FOUNDATION  
INC.

# Foundation

NEWS

Winter 2013

## Beyond the Bronze:

*Speaking Soccer & Scholarships with Desiree Scott*



“It’s a huge splash of emotions. You step out on the field, you’re waiting for that whistle to blow, you’re all nerves. Then you settle in and throw that first big tackle. Suddenly you realize, ‘I’m playing on the biggest stage in the world!’” - Desiree “The Destroyer” Scott on playing in the Olympics

If you follow soccer – and even if you don’t – you’ve probably heard of Desiree Scott.

She was thrust into the international spotlight when, as part of the Canadian Women’s Soccer Team, she defended the goal line at a critical moment in a game against France. That game? The one that won Canada

a Bronze Medal at the 2012 Olympics; the first time Canada has won a medal in a traditional team sport since 1936.

If you think things have slowed down for Scott since then, think again. In addition to continuing to train with and play for the national team (with an eye on the next Olympic games), Scott coaches at the University of Manitoba

and will be playing professionally with FC Kansas City in the newly formed National Women’s Soccer League.

“It’s been go-go-go, never really stopping,” says Scott. “But it’s really been exciting. I’m kind of a homebody so the move to Kansas City is going to be really different for me.”

“Fortunately, it’s only about a twelve hour drive so my family can come and visit a lot. I’m just really excited to be able to have this new experience.”

Her enthusiasm and love of the game has been propelling Scott forward since she first began playing soccer at age eight.

“My brother and I are really close and I always went to his games,” recalls Scott. “I think that’s where my love of the game started, watching him and wanting to play. I started playing and I happened to have a talent for it. I tried other sports but soccer was the one for me.”

Her talent was recognized and encouraged by many over the years, including the four years she played on the team at West Kildonan Collegiate.

“I had one coach named Mr. Prime. He was the high school soccer coach and a substitute gym teacher. He saw something in me and really encouraged me to develop my professional edge, to push myself to get to the next level.”

“He still calls me to check in, offer his congrats and see where I am in the soccer world, saving all the newspaper clippings!”

Her coach wasn’t the only one who recognized her abilities. At her high school graduation, Scott was awarded the Vince Leah Scholarship; a scholarship named after the beloved Winnipeg sportswriter and well-known supporter of community sports.

That same year, the University of Manitoba Bisons awarded Scott the Winnipeg Women’s Soccer League Award and the Archie Nunn Award, both of which furthered her options when it came to her education and her soccer career.

“For soccer, you usually have to go to the states for scholarships – and like

I said, I’m kind of a homebody,” she says. “But that year, the University of Manitoba Bisons team awarded me a CIS (Canadian Interuniversity Sports) award that allowed me to get my education locally. That meant a lot to me. It was perfect for me.”

Scholarships and awards are something Scott feels very strongly about.

“When you’re striving for a scholarship, it’s not just about the sport. You need the grades to get a scholarship. And that scholarship can help you get the highest quality education.”

“Students should look at the information that is available, because scholarships and grants give you so many opportunities.”

For Scott, it’s all about how hard work pays off – a message she shares with those she coaches.

“I take what I’ve learned over the years from my experiences and I try to pass that knowledge along to others. I may not be the most technical player. I may not be the fastest player. But

I’m a hard-worker and I can tell them for a fact that hard work always pays off.”

Though she’s won numerous accolades over the years, the Olympics – perhaps not surprisingly – remain a personal highlight in her career to date.

“Personally, the Olympics meant a lot to me, the way we came together after our loss. Even though we were battered and bruised, we still brought ourselves together and came back after that... I’m so lucky to be part of such a special team.”

“I am truly blessed and appreciate all my experiences. But this is just a beginning, just a taste of what’s coming up next.”



SEVEN OAKS  
EDUCATION FOUNDATION

Visit [7oakseducation.org](http://7oakseducation.org) for more information on how to donate or to make an online contribution.

The Foundation provides tax receipts for donations of \$10 or more.



For more information on Canada’s soccer teams, visit [www.canadasoccer.com](http://www.canadasoccer.com)

And to follow Desiree’s career, check out [www.fckansascity.com](http://www.fckansascity.com) Or, better still, keep up with Desiree’s journey with the woman herself by following her via [@msdscott11](https://twitter.com/msdscott11) on Twitter.



SEVEN OAKS  
EDUCATION FOUNDATION INC.

# Foundation

NEWS

extra edition

## Let It Snow – On With the Show!

*Seven Oaks Got Talent lives up to its name (and then some!)*



It may have been a cold night, but the music was hot at the Essence Nightclub as some of the Seven Oaks School Division's secret superstars took the stage to raise funds for future scholarships.

February 8 was the annual, "Seven Oaks Got Talent" fundraiser organized on behalf of the Seven Oaks Education Foundation. As the name proved true as Division staff members shed their day job clothes and got in touch with their inner rock (and country) stars.

Eleven groups performed to an amped up audience:

- Swing Wright - A.E. Wright staff
- Seven Oaks Singers - Multi-School Administrators
- The Partridge Family - Edmund Partridge staff
- Lianne Fournier - Constable Finney
- Zumba Divisional Dance Troup - Multi-School members
- Ipals- Fran Taylor, Lorelei Bunkowsky, Jane Romio
- ARPL and the Reflections - Multi School Members
- Fiddlers - Multi School members
- The Last Minute Men- Garden City
- Aaron Millar Usiskin and the Permanent Contracts - Maples
- The West Kildonan Junior All-Star Band - West Kildonan

Add in a delicious buffet dinner and silent auction prizes and you have a great fundraiser that resulted in more money for future scholarships. Take a bow, folks! You earned it!



SEVEN OAKS  
EDUCATION FOUNDATION INC

Visit [7oakseducationfoundation.org](http://7oakseducationfoundation.org) for more information on how to donate or to make an online contribution.

The Foundation provides tax receipts for donations of \$10 or more.

# LIFE THREATENING ALLERGIES

Understanding the Risks

Reducing the Risks

## **Vigilance Without Fear:**

**Helping Parents and Kids Cope with Life Threatening Allergies**

**Dr. Michael Teschuk, Psychologist with the University of Manitoba and Winnipeg Regional Health Authority, will discuss strategies to help parents and their children cope with anxiety and stress that arises from living with life threatening allergies.**

**Thursday April 4, 2013**

**7:00—8:30 pm**

**The Gray Academy, 123 Doncaster Street**

**(room number will be posted)**

**to register call Nancy at 204-654-2676  
or send email to [mainmanitoba@shaw.ca](mailto:mainmanitoba@shaw.ca)**

**Enter through the Asper Jewish Community Campus at 123 Doncaster Street.  
Free parking is located across the street. Please register at the security desk.**

**Manitoba Anaphylaxis Information Network (MAIN)**

**affiliated with Allergy/Asthma Information Association (AAIA)  
Contact: Nancy Boni 204-654-2676 Email: [mainmanitoba@shaw.ca](mailto:mainmanitoba@shaw.ca)**

**Helping Families Cope with Life Threatening Allergies**



# Helping People Save Lives – Every Day!

This training is being provided by:



**Office #:** (204) 233-CFAT (2328)  
**Website:** [www.cfat-fesc.ca](http://www.cfat-fesc.ca)  
**Email:** [First-Aid@cfat-fesc.ca](mailto:First-Aid@cfat-fesc.ca)

**PHILIPS**

AED Authorized Master  
Stocking Distributor



## **Babysitting Course**

(Caring for Babies, Toddlers, Preschoolers, School-Aged Children & First-Aid modules)

**\*Pre-course Requirements: Participants must be 11 years of age or older**

**Full Course: \$49.00 / person + GST (8 hours)**

**In-House Training available: Unit B – 390 Provencher Blvd. Winnipeg**

**\*Saturday February 23, 2013\***

**\*Spring Break: March 25, 27 & 28, 2013\***

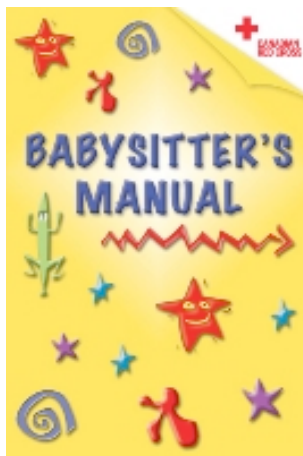
**Full course training takes approx. 8 hours to complete**  
(e.g. 8:30am - 4:30 pm)

**\*Babysitter Certification card included**

### **Group Training Also Available!**

- \* Minimum 10-person charge**
- \* Large groups welcome**
- \* Train at our facility or yours – Same price!**

**Receive this manual!**



**CANADIAN  
RED CROSS**

TRAINING  
PARTNER

**CROIX-ROUGE  
CANADIENNE**

PARTENAIRE  
DE FORMATION

**To register for one of our in-house courses or to set up training at your facility, please contact us at:**

**Office #: (204) 233-CFAT (2328)**


**Email: [First-Aid@cfat-fesc.ca](mailto:First-Aid@cfat-fesc.ca)**

# Helping People Save Lives – Every Day!

For more information, visit our website at: [www.cfat-fesc.ca](http://www.cfat-fesc.ca)

## Here is what you'll learn about!

The Babysitting course includes the following modules:

|  |   |
|--|---|
| <p style="text-align: center;"><b>Chapter 1: GETTING STARTED</b></p> <ol style="list-style-type: none"> <li>1. The Business of Babysitting</li> <li>2. Your Role</li> <li>3. Rules and Routines</li> <li>4. Family's Expectations</li> <li>5. Discussion</li> </ol>  | <p style="text-align: center;"><b>Chapter 2: CARING FOR BABIES</b></p> <ol style="list-style-type: none"> <li>1. Stages for Babies</li> <li>2. Holding, Diapers, Dressing, Feeding, Food Find</li> <li>3. Sleeping, Crying, Getting Along</li> <li>4. Be a Problem Solver</li> <li>5. Precaution for Babies</li> <li>6. Toys and Games for Babies</li> <li>7. Matching Toy with Age</li> <li>8. Discussion + Practical Component</li> </ol>   |
| <p style="text-align: center;"><b>Chapter 3: CARING FOR TODDLERS</b></p> <ol style="list-style-type: none"> <li>1. Stages for Toddlers</li> <li>2. Diapers, Dressing, Feeding, Food Find</li> <li>3. Sleeping, Getting Along</li> <li>4. Be a Problem Solver</li> <li>5. Precaution for Toddlers</li> <li>6. Toys and Games for Toddlers</li> <li>7. Matching Toy with Age</li> <li>8. Discussion</li> </ol>   | <p style="text-align: center;"><b>Chapter 4: CARING FOR PRESCHOOLERS</b></p> <ol style="list-style-type: none"> <li>1. Stages for Preschoolers</li> <li>2. Feeding, Food Find, Toilet Learning</li> <li>3. Dressing, Sleeping, Getting Along</li> <li>4. Be a Problem Solver</li> <li>5. Precaution for Preschoolers</li> <li>6. Toys and Games for Preschoolers</li> <li>7. Matching Toy with Age</li> <li>8. Discussion</li> </ol>  |
| <p style="text-align: center;"><b>Chapter 5: CARING FOR SCHOOL-AGED CHILDREN</b></p> <ol style="list-style-type: none"> <li>1. Stages for School-Aged Children</li> <li>2. Feeding, Food Find, Bedtime</li> <li>3. Getting Along, Be a Problem Solver</li> <li>4. Precautions for School-Aged Children</li> <li>5. Toys and Games for School-Aged Children</li> <li>6. Matching Toy with Age</li> <li>7. True-or-False Brain Teaser</li> <li>8. Summary of Decision-Making Abilities</li> <li>9. Discussion</li> </ol> | <p style="text-align: center;"><b>Chapter 6: INJURY IS NO ACCIDENT: CREATING SAFE ENVIRONMENTS</b></p> <ol style="list-style-type: none"> <li>1. Home Safety</li> <li>2. Outdoor Play Safety</li> <li>3. Fire Safety</li> <li>4. Water Safety</li> <li>5. Personal Safety and Security</li> <li>6. Rural Babysitting</li> <li>7. Safety Search</li> <li>8. Discussion</li> </ol>  |
| <p style="text-align: center;"><b>Chapter 7: HOW TO HANDLE EMERGENCIES AND FIRST AID</b></p> <ol style="list-style-type: none"> <li>1. Handling Emergencies</li> <li>2. Preventing Injury and Illness</li> <li>3. How to Call for Help</li> <li>4. What to Do in an Emergency</li> <li>5. Illness, Choking, Bleeding, Sprains, Strains, and Fractures</li> <li>6. Poison, Burns, Special Health Problems</li> <li>7. First Aid Kit Explanation</li> <li>8. Discussion + Practical Component</li> </ol>                 | <p style="text-align: center;"><b>Chapter 8: SPECIAL CONSIDERATIONS</b></p> <ol style="list-style-type: none"> <li>1. Appropriate and Inappropriate Touching</li> <li>2. Child Abuse and Neglect</li> <li>3. Discussion</li> </ol>  |
| <p style="text-align: center;"><b>For Your Information:</b></p> <p style="text-align: center;">2 x 15 minute breaks<br/>30 minute lunch break</p> <p style="text-align: center;"><b>*Light afternoon snack provided!</b></p> <p style="text-align: center;"><b>*Please bring lunch!</b></p> <p style="text-align: center;">*Please note, we are a nut AND peanut-free environment</p>  | <p style="text-align: center;"><b><u>Hi Parents! Interested in upgrading your training?</u></b></p> <p>Take the 1 day training to be certified in <b>Emergency Child Care First-Aid w/ CPR Level B &amp; AED for only \$90.00</b></p> <p style="text-align: center;"><b><u>Cover the following modules:</u></b></p> <div style="display: flex; align-items: center;">  <ul style="list-style-type: none"> <li>• Adult, Child &amp; Infant:</li> <li>• Choking</li> <li>• CPR (Cardio Pulmonary Resuscitation)</li> <li>• Cuts, Scrapes, Bleeds, Wound Care</li> <li>• Medical Conditions: Fainting, Seizures, How to Use Epipens®</li> <li>• And much more!</li> </ul> </div> |

# Helping People Save Lives – Every Day!

## Looking For Value Added Training For Your Training Dollar? We Do That!

" The bitterness of poor quality lingers long after the sweetness of low cost is forgotten"

- L. Porteous Fenster -

**CANADIAN FIRST-AID TRAINING Ltd.** provides the following list of value added components to all our in-house and out-course ***First-Aid, CPR, Babysitting and Automated External Defibrillation (AED)*** training. This includes:

- Professional, fun and knowledgeable staff certified as Authorized Providers with the **CANADIAN RED CROSS**.
- We can teach at your location and at your convenience
- Show up early for course set up (30 minutes).
- Provide course specific manuals for students to keep. We only use recognized material developed by the **CANADIAN RED CROSS**, which is recognized in over 185 countries around the world!
- **CANADIAN FIRST-AID TRAINING Ltd.** teaches to the new 2010 ILCOR (International Liaison Committee On Resuscitation) guidelines for which the **CANADIAN RED CROSS** is a participating member.
- Relaxed atmosphere when teaching.

### At CANADIAN FIRST-AID TRAINING Ltd., we:

#### **1) Adhere to best practice recommendations for all training. We provide the following:**

- 1 manikin/person ratio for all CPR (**No sharing with other people!!!**)
- Floor mats for CPR training (**no more sore knees!!**)
- Flat screen TV w/ DVD capability \*(Out course groups only)
- Whiteboard \*(Out course groups only)

#### **2) Only use top of the line equipment. This includes:**

##### ***Demonstrate, fully explain & use:***

- **Automated External Defibrillator (AED) trainer units: Philips Health Care Canada**
- *Gauze roller and triangular bandages, gauze non-stick pads, splints, etc. for all first-aid practical exercises (course specific)*
- **Epipen® & Twinject®** trainer units for practical exercises (i.e. severe allergies – anaphylaxis) *(first-aid courses only)*
- **Manitoba Regulations First Aid kits.** *(All courses)*
- Asthma puffers and Aero-Chambers® - i.e. (Spacers), etc. *(first-aid courses only)*

#### **3) Also do the following at no extra charge:**

- We bring products (i.e. first-aid kits, key chains and pocket masks) available for purchase.
- We customize the course to the knowledge of the group (i.e. take prior history into account).
- Full Explanation of **Manitoba Good Samaritan Protection Act** (Enacted – Dec. 7<sup>th</sup>, 2006).
- Full Explanation of **Manitoba - The Defibrillator Public Access Act (Bill 20)**

#### **After training has been completed, we will:**

- Stay afterwards to answer all questions, concerns and comments resulting from the training and leave each participant with contact information for any concerns, which may result from training.
- Students receive 1 wallet certificate (CPR & AED courses) and 1 wall certificate\* (8.5x 11) (First-Aid courses only)
- Company/organization will receive copies of all certificates in a separate folder and all participants will be entered into our course management system. 90, 60 and 30-day notification of expired responders after 3 year period or upon request.

North Winnipeg

# FALCON BOX LACROSSE



**We are looking for the next generation  
of players to fill one of the oldest  
lacrosse clubs in Winnipeg .**

**Sign up for Canada's Official summer sport!**

**Teams in age groups from Tyke to Junior**

**Ages 5 to 16**

**Registrations begins March 1st**

**Online @ [www.falconlacrosse.net](http://www.falconlacrosse.net)**

**Special**

**Reduced registration for Tyke and Novice teams**



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For all inquirers please call Jeff Combe at 204 990 4119 or Email [combeis@mymts.net](mailto:combeis@mymts.net)

**2013****2013**

**NORTH WINNIPEG MINOR BASEBALL  
ASSOCIATION**



**BASEBALL TRYOUTS**  
**AAA and AA**



Indoor tryouts will be held at  
**Garden City Soccer Complex**  
**725 Kingsbury Ave (next to Garden City Mall)**

**April 1 – April 5, 2013**

**\$25.00 per player**

*(Payable at first tryout)*

| <b>Level</b>                | <b>Day of the Week</b>                             | <b>Time</b>       |
|-----------------------------|--|-------------------|
| Mosquito (2002 – 2003)      | Monday & Wednesday<br><i>April 1 &amp; April 3</i> | 6:00 pm – 8:00 pm |
| PeeWee (2000-2001)          | Tuesday & Thursday<br><i>April 2 &amp; April 4</i> | 6:00 pm – 8:00 pm |
| Bantam (1998-1999)          | Monday & Wednesday<br><i>April 1 &amp; April 3</i> | 7:45 pm – 9:45pm  |
| Midget (1995 – 1996 – 1997) | Tuesday & Thursday<br><i>April 2 &amp; April 4</i> | 7:45 pm – 9:45 pm |

**PITCHERS & CATCHERS ONLY TRYOUT – FRIDAY April 5, 2013 AS FOLLOWS:**

|                             |                   |
|-----------------------------|-------------------|
| Mosquito (2002 – 2003)      | 6:00 pm – 8:00 pm |
| PeeWee (2000 – 2001)        | 6:00 pm – 8:00 pm |
| Bantam (1998 – 1999)        | 7:45 pm – 9:45pm  |
| Midget (1995 – 1996 – 1997) | 7:45 pm – 9:45pm  |

- **Equipment required: glove, athletic support, ball cap, bat, water.**
- **The NWMB is looking for committed athletes and parents that have a positive attitude and love the game of baseball.**
- **Parents who are interested in coaching or assisting can also apply online.**
- **Please visit our website for more information: [nwmba.ca](http://nwmba.ca)**
- **All athletes must participate in tryouts in order to be placed on a team.**
- **There may not be outdoor tryouts scheduled for this year for AAA or AA.**