



WEST ST. PAUL SCHOOL COMMUNITY NEWSLETTER

MAY, 2013

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

PIZZA DAYS

May 8

May 22

June 5



HOT LUNCH

May 1

May 15

Upcoming Events

- Grade 5 Arts Camp
May 3 - Manitoba Museum
- PD Day - NO SCHOOL
May 6
- Immunizations - Dose #3
May 16
- Victoria Day
May 20 - NO SCHOOL
- PAC Annual General Meeting
May 28 - 7:00 p.m.
- Arts in the Park
May 29-31 - Kildonan Park

30 HOUR FAMINE



On Friday April 26th-Saturday April 27th the Grade 8's had the option to do the 30 Hour Famine. 19 came to the famine, and with help from some teachers it was a great success. At first some of us were hesitant, because we've never gone that long without food and we didn't think we would be able to do it. Some said "I thought I was going to have to sneak bannock!" and "I thought my parents would have to pick me up!" But we didn't have to do either of those things! We were actually surprised at how easy it was! Yes, we were hungry, but you kind of just got used to it, and as long as you drink lots of water and some juice you'd be fine. After doing it this year, we realized how much fun we actually had, and we would totally do it again!

Some of the things we did during the famine were volunteering at different locations, such as Winnipeg Harvest, Hands of Hope and Got Bannock. We did a "pay it forward" activity. We were given a certain amount of money and then did a random act of kindness, hoping to start a pay it forward effect, which turned out to be really fun and inspirational. Then we watched a show about being displaced called "Invisible Children". Later that night we did another one of our favourite things of the night - Mission Impossible around the school in the dark! We all had a great time.

The next day we did something called a car rally. We got a list of different questions that were located around the city, we had to complete as many as we could before 12:30. Overall we did so many fun activities that we didn't even have time to think about hunger. But when the feast came, we all ate so much, we could barely breathe after!

You never appreciate food as much as you do when you can't have it! We had a great time at the 30 hour famine and we're so happy we decided to do it, and we would definitely do it again!

Thanks to Mr. Rempel, Miss Yeo and all the other adults who helped make this event a success.

By: Paige F. and Kennedy L.

Our **MAY** newsletter is now available for viewing on our school website.
Please visit www.7oaks.org/school/weststpaul/Pages

West St. Paul School Parent Advisory Council
AGM – Tuesday, May 28th

The Annual General Meeting of the West St. Paul Parent Advisory Council will take place on Tuesday, May 28th at 7:00 p.m. at West St. Paul School. (Free childcare is provided).

The P.A.C. has worked hard for the past several years to support the school's technology goal of a Smart Board for every classroom. With this goal achieved we will be looking ahead to planning our goals for the next few years – current ideas include a new play structure for the back field or an electronic sign board for in front of the school. We encourage parents to attend the AGM to make suggestions or express their opinion about where the future should lead us.

At the AGM we will be voting on a number of changes to the constitution.

Proposed changes to West St Paul School Parent Advisory Council Constitution

Currently reads:

Article 6.3 Each elected member shall serve a one year term in office. No elected member of the Executive should hold the same office for more than two (2) consecutive years.

Proposed change:

Article 6.3 Each elected member will serve one year term in office with annual elections to be held at the May AGM.

Currently reads:

Article 7.1 An annual General Meeting of the PAC shall be held the last week of May of each year in order to receive annual reports, and the elect the Executive of the PAC. The Annual General Meeting shall be publicized by special notice in the April and May newsletters, with the second notice no later than one week in advance of the date of the meeting.

Proposed Change:

Article 7.1 An Annual General Meeting of the PAC shall be held in the month of May of each year in order to receive annual reports, and elect the Executive of the PAC. The Annual General Meeting shall be publicized by special notice in the April and May newsletters, with the second notice no later than one week in advance of the date of the meeting.

Currently Reads:

Article 7.3 The quorum for an Annual General Meeting shall be fifteen(15) members.

Proposed change:

Article 7.3 The quorum for the Annual General Meeting shall be ten(10) members.

Currently Reads:

Article 7.4 The regular meeting of PAC shall be on the second Wednesday of each school month.

Proposed Change:

Article 7.4 The regular meeting of PAC to be held in the second week of each school month.

At the AGM, we also elect members to the executive. Positions on the executive include:

- Chair
- Vice-Chair
- Secretary
- Treasurer
- Hot Lunch Committee Chair
- QSP Fundraising Committee Chair
- Craft Sale Committee Chair

Please feel free to contact Elana Spence (current co-chair) if you are interested in running for any of the above-noted positions on PAC or questions about the constitutional changes. Phone: 663-8455, Text: 791-4131 or e-mail: elanaspence@shaw.ca.

Getting involved with PAC is one of the best ways to stay involved with what is going on in West St. Paul School. Parents are always welcomed to any meeting!

MIDDLE YEARS PHYS. ED



We have just finished a really busy badminton season. All teams in Grades 6-8 had tournaments at other schools. Thanks to coaches Mr. Olson, Mrs. Janzen, Mr. Gamby, Ms Gingera, Mr. Bencharski and Mr. McGunigal for helping out.

The Marathon Club is up and running! They are enthusiastically training twice a week under the guidance of Ms. Los, Mr. Zlystra and Mr. Skead.

The track and field club is starting this week. They will be training Tuesdays and Thursdays until late bus. It's a little challenging with the field conditions, but we will train anyway!

We had been doing circuit training in gym classes. One of the favorite stations is the ropes.

Upcoming Events:

May 21	Divisional Track & Field
May 24	3000m run
June 5	Provincial Track & Field at U of M
June 9	Manitoba Marathon
June 10	Grade 6 Slo-Pitch
June 11	Grade 7 Slo-Pitch
June 12	Middle Years to Goldeyes Game
June 13	Grade 8 Slo-Pitch



EARLY YEARS PHYS.ED

Despite the fact that we haven't been able to run outside on the track, we are preparing for the cross country meet which will take place on May 8th with the rain date on May 10.

Upcoming Events:

May 17	WSP Gr. 4 & 5 Track & Field
June 4	Divisional Track & Field



GRADE 4 SCIENCE CAMP

Science camp was a great success.

Ms Greening's and Mr. Zylstra's Grade 4 classes had a lot of fun at the Manitoba Museum learning about nature and habitats at Stephen Juba Park. We did a nature scavenger hunt and learned about the Ross Creek that used to flow from the Red River to Main Street. We learned all about different rocks, minerals, and crystals. We also had time to explore the science gallery and had lots of fun!

By: Halle D.



Our Trip to the Symphony

~ Cruise B. ~ Zoe S. ~ Cordell S. ~ Megan M. ~

Our trip to the symphony was extraordinary! I loved the "time travel" theme. When I closed my eyes in the beginning it felt like a movie was starting because the music was catchy. They actually said "Let's travel back in time to visit Beethoven and listen to *Ode to Joy*." They even had a picture that looked like a time travel machine on the giant screen in the background.

There was also an acrobat and she was in a hula hoop and put sheets over her and it looked like a baby's crib. She did all sorts of flips and turns and she held on to the hula hoop with her feet. It was amazing! I loved the way she danced to the music especially when she did a back flip and the music got louder.

There were seven girls dancing and it looked like they were dancing robots! They were mostly on the floor while they were dancing. I couldn't believe how flexible they were! There was also a man and a woman who did a duet together. It was opera.

At the end the time travel machine malfunctioned and we went to the future and they started to play "Star Wars", the song.

We loved it, we can't wait to go next year!

Mrs. Arjoon's Grade 5 Class

KINDERGARTEN OPEN HOUSE

Tuesday, April 23, 2013

It was a pleasure to meet all of our new Kindergarten children coming to West St. Paul school for the 2013/2014 school year. Our evening was spent first listening to a story read aloud by our two Kindergarten Teachers, Ms Carpenter and Mr. Gamby. Afterwards, the children and their families had time to play in various activities throughout the gym. As our future students left for the evening, they took home a West St. Paul bag with a brand new picture book, play dough, and some information for their families about Kindergarten and the importance of play.

A special thank you to the additional West St. Paul School staff that came out to support the evening, including Mrs. Horbas (Principal), Mr. Ingram (Vice-Principal), Mrs. Rajfur (Community Coordinator), Ms Burrige (Grade 3 Teacher), Ms Feuer (Teacher Candidate, University of Winnipeg) and Ms Robertson (Early Learning Support Teacher).



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



MAY, 2013

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
			1 – Day 5 HOT LUNCH	2 – Day 6	3 – Day 1 Grade 5 Arts Camp Manitoba Museum	4
5	6 – Day 2 PD DAY NO SCHOOL	7 – Day 3	8 – Day 4 PIZZA DAY Early Years X-Country Gr. 3-5 Little Mountain Park 11:45-1:45	9 – Day 5 Hans Kai 9:15-11:15 Library	10 – Day 6 Early Years X-Country Rain date	11
12	13 – Day 1	14 – Day 2	15 – Day 3 HOT LUNCH	16 – Day 4 Immunizations Dose #3	17 – Day 5 WSP Track & Field Gr. 4/5 WKC 9:00-1:45	18
19	20 VICTORIA DAY NO SCHOOL	21 – Day 6 Middle Years Track & field WKC	22 – Day 1 PIZZA DAY	23 – Day 2	24 – Day 3 Middle Years 3000m WKC Track & Field Raindate	25
26	27 – Day 4	28 – Day 5 PAC – Annual General Meeting 7:00 p.m. Free childcare.	29 – Day 6	30 – Day 1	31 – Day 2	

ARTS IN THE PARK
Kildonan Park

2012-2013 IMPORTANT DATES AT A GLANCE...

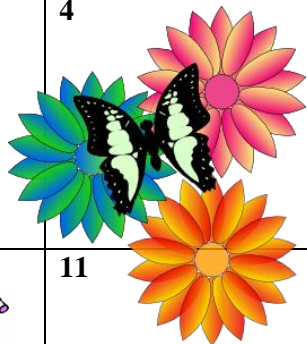


May 3	Grade 5 Arts Camp
May 6	Professional Development Day – NO SCHOOL
May 16	Immunizations – Dose #3 (all Grade 4 students & Grade 6 girls)
May 20	Victoria Day – NO SCHOOL
May 28	PAC Annual General Meeting – 7:00 p.m. (Free childcare provided.)
May 29-31	Arts in the Park – Kildonan Park
June 6	Volunteer Reception
June 10	International Dance Day at West St. Paul School
June 12	Middle Years – Goldeyes Game
June 21	WSP Mini We Day
June 24	Professional Development Day – NO SCHOOL
June 28	Last Day of Classes – EARLY DISMISSAL

The May 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

MAY

WEST ST. PAUL COMMUNITY SCHOOL

Advancing Community Schools
 Joey Robertson - Learning Support Teacher - Early Years
 Cheryl Rajfur - Community Coordinator
 204-339-1964

Sun	Mon	Tue	Wed	Thu	Fri	Sat
PARENT/CHILD PROGRAMS			1	2	3	4
				Positive Discipline Victory School 9:00 – 11:00 a.m. Free childcare. Must Register Wee Be Jammin 6:00 – 7:00 p.m.		
5	6	7	8	9	10	11
	PD DAY NO SCHOOL	Rhymes & More 9:15 – 10:30 a.m. 0 – 5 years		Positive Discipline Victory School 9:00 – 11:00 a.m. Free childcare. Hans Kai 9:15-11:15 a.m. Wee Be Jammin 6:00 – 7:00 p.m.		
12	13	14	15	16	17	18
	Meet at Children's Museum 9:30 -11:30 a.m. Must register.	Rhymes & More 9:15 – 10:30 a.m. 0 – 5 years		Positive Discipline Victory School Free childcare. 9:00 – 11:00 a.m. Wee Be Jammin 6:00 – 7:00 p.m.	Parent/Child Stay 'n' Play 9:15 – 10:45 a.m. 0 – 5 years	
19	20	21	22	23	24	25
	VICTORIA DAY NO SCHOOL	Rhymes & More 9:15 – 10:30 a.m. 0 – 5 years		Positive Discipline Victory School Free childcare. 9:00 – 11:00 a.m.		
26	27	28	29	30	31	
	Parent/Child Storytime 9:00 – 10:30 a.m. 3 – 5 years	Rhymes & More 9:15 – 10:30 a.m. 0 – 5 years	ARTS IN THE PARK - PRE-SCHOOL TENT May 29 & 30: 10 a.m. – 2:00 p.m. & 6:00 – 7:30 p.m. May 31: 10:00 a.m. – 2:00 p.m.			

2013

Please call Cheryl at 204-339-1964 to register Wee Be Jammin.

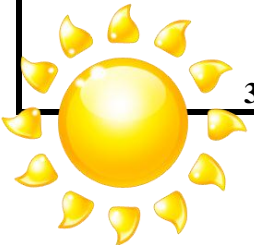
West St. Paul School Website: <http://www.7oaks.org/school/weststpaul/Pages>

JUNE

WEST ST. PAUL COMMUNITY SCHOOL
 Advancing Community Schools
 Joey Robertson - Learning Support Teacher - Early Years
 Cheryl Rajfur - Community Coordinator
 204-339-1964

Sun	Mon	Tue	Wed	Thu	Fri	Sat
PARENT/CHILD PROGRAMS						1
2	3 Parent/Child Storytime 9:00 – 10:30 a.m. 3 – 5 years	4 Rhymes & More 9:15 – 10:30 a.m. 0 – 5 years	5	6	7	8
9	10 Parent/Child Storytime Time TBA 3 – 5 years	11 Rhymes & More 9:15 – 10:30 a.m. 0 – 5 years	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

Have a safe and happy summer!



2013

MY camp

MY summer MY way 2013

WHAT?

Affordable, accessible activity camps, combining activities from arts to sports, plus one-week intensive hockey camp.

All sessions are Monday to Friday, 9:00 a.m. to 4:00 p.m. Students are required to bring their own lunch.

WHO?

Participants: students entering Grades 4 through 9 in September 2013.

Instructors: Coaches, Teachers and Educational Assistants from Seven Oaks School Division

WHY?

Because SOSD students are bright, talented and energetic – our camp offers a safe, fun and high-energy way to spend summer vacation.

WHEN & WHERE?

Two Week Sessions

SESSION	DATES	LOCATION	COST
1	July 2-12	West Kildonan Collegiate	\$50
2	July 15-26	West Kildonan Collegiate	\$50
3	July 29- Aug 9	Garden City Collegiate	\$50
4	August 12-23	Garden City Collegiate	\$50

Intensive Session

SESSION	DATES	LOCATION	COST
5 Hockey Intensive	Aug 26-30	Maples Arena & Community Club	\$150

Space is limited, so register early!

Sessions will consist of a variety of different activities. These could include:

Dance	Drama	Tennis	Soccer	Softball
Art	Track and Field	Swimming	Hockey	Yoga
Audio/Visual	Wrestling	Basketball	Combatives	Bowling
Tech	Football	Volleyball	Fitness	



SEVEN OAKS
SCHOOL DIVISION
community begins here

MY Camp Registration Form 2013

Session number 1 2 3 4 5

Name

Birthdate mm/dd/yr

School (June 2013)

School (Sept 2013)

Home Address Postal Code

Home Phone number

T-shirt size youth S M L adult S M L XL XXL (check one)

Parents' names Medical conditions

Daytime phone numbers Medications

Cell phone numbers Allergies

Emergency contact Previous injuries

Phone number Emergency contact 2

Phone number

Is your child funded or receiving any support services? yes no

Is he/she using adaptive equipment? yes no

Parent/guardian signature

Payment Options:

- Cash
- Cheque (payable to Seven Oaks School Division)
- Interac
- Visa
- MasterCard

Card number

Expiration date

Name on card

Card holder signature

Payment is accepted in three ways:



In person, by mail or at your child's school:

Cheque or credit card information addressed to:

SOSD IT Centre, BZERC
 375 Jefferson Ave
 R2V 0N3
 Attention: Continuing Education
 Phone: 204.927.3700



By phone:

204.927.3700 ext. 6
(credit card only)



Securely online:

www.7oaks.org

For more MY Camp information, contact Cindy Burkett at cindy.burkett@7oaks.org or 204.479.0803.





SEVEN OAKS
SCHOOL DIVISION

community begins here

Seven Oaks Adult
Learning and
Settlement Services
Centre

CALL US

Phone: 632-1716

VISIT US

950 Jefferson Ave.

Office Hours:

Monday to Thursday
1:00 p.m. to 8:30 p.m.

E-MAIL US

settlement@7oaks.org

Settlement Services
helps immigrant
families in the
Seven Oaks area.

Settlement Team

Fran Taylor

Executive Director

Jana Mckee

Coordinator

Settlement Workers:

Sally Nelson

Jose Chinchilla

Rowena Hernandez

Shane Livingstone

EVENTS AND RESOURCES

May 2013

Seven Oaks Settlement Services Centre



2013 Spring Family Event

Assiniboine Park Tour and Family Picnic

Saturday, May 25th

Activities includes: Exploring the Children's Park

Picnic beside the duck pond

Family Frisbee Game

Visit the Conservatory and Pavilion

Meeting place: 950 Jefferson at 10:00 a.m.

Lunch and bus

transportation is limited,
so please register early.
For bus transportation
children must be 5 years and older.

Free
CALL (204) 697-5961
to REGISTER

Is your child going to university or college next year?
Want to know how you can pay for university or college?
The Seven Oaks Immigrant Settlement Program is having a meeting to
help parents understand how school can be paid for.

Why come?

To learn about Canada Student Loan and Manitoba Student Loan
and how these programs can help students pay for part or all of their
university or college. Learn about how to access free money too.

What: Manitoba Student Aid

When: Wednesday, May 29th, 2013

Time: 6:30-8:00pm

Where: 660 Sheppard Street

Upcoming
**COMMUNITY
EVENTS**



**SEVEN OAKS LEARNING AND
SETTLEMENT SERVICES CENTRE**

**We have opened our doors and want to celebrate!!!
Join us for an Open House**

**Tuesday, May 14, 2013
11:30 a.m.-1:30 p.m.
950 Jefferson Avenue**

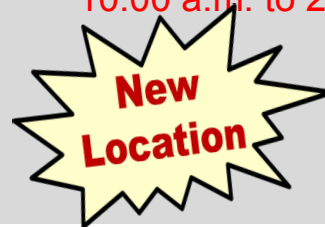


CONVERSATION CIRCLES

Come practice English and meet
new friends.
No registration.
Call our office for more
information
204-632-1716 or
email settlement@7oaks.org

**Settlement Service Centre
opens second location
at 660 Sheppard Street**

**Come & Drop-in
Every Monday and Wednesday from
10:00 a.m. to 2:00 p.m.**



IMPORTANT NOTICE for immigrants using Settlement Services

Starting April 1, 2013, you **must** show your Permanent Resident Card and give your DOB **whenever you call, email or visit the Seven Oaks Adult Learning and Settlement Services Centre**, or any other settlement program in Manitoba.
We will need this information in order to serve you.

Thank you!

**For more information about the Seven Oaks Immigrant Settlement Centre
visit our WEBSITE at:**

<http://www.7oaks.org/Programs/Settlement>

JULY & AUGUST 2013

LOWER FORT GARRY
**COMPANY OF
ADVENTURERS**
Day Camp



JOIN THE
**COMPANY OF
ADVENTURERS**
AND DISCOVER
WHAT LIFE WAS LIKE
150
YEARS AGO!

- Meet the people of Lower Fort Garry
- Dress like a fur trader
- Bake bannock over a fire
- Churn your own butter
- Help the blacksmith make a nail
- Get up close with the furs
- Go behind the scenes of the Big Stone Fort
- Visit the ghosts in Manitoba's first jail
- Go on a fort-wide scavenger hunt
- Train with the North West Mounted Police
- Write with a feather and ink
- Try your hand at beading and woodworking
- Play fur trade games

For more information and to register, visit our website www.FriendsofLowerFortGarry.com

Register before June 1, 2013
for the Early Bird Price of \$165

Have you ever wanted
to travel back in time?
Here's your chance!

Lower Fort Garry National Historic Site
5925 9 Hwy, St. Andrews, Manitoba
Only 15 minutes north of the Perimeter!

GET CONNECTED!

On site dietitian

**Child care provided for
older children**

Healthy Snacks



**Community
Outreach and
Support**

**Meet the Public Health
Nurse**

**Milk Coupons
and Bus Tickets**

Monday Mornings

10-12 noon

395 Jefferson

Victory School

For more info. call

947-2422 ext 113

Families Connecting is a Healthy Baby Community Support Program designed to assist pregnant women and parents of children under the age of one in connecting with other parents, families and health professionals.

*Milk Coupons provided for pregnant women and up to 6 months postnatal.