



# West St. Paul School Community Newsletter

## NOVEMBER, 2010

3740 MAIN STREET ~ WEST ST. PAUL MB R4A 1A4 ~ PHONE 339-1964 ~ FAX 339-7204

*The rules: Take care of yourself. Take care of each other. Take care of this place.*

### Administrator's Message

David Ingram - Acting Vice-Principal

#### IMPORTANT DATES

Nov 1

PD Day

**NO SCHOOL**

Nov 2

Lockdown Drill

Nov 11

Remembrance Day

**NO SCHOOL**

Nov 14

PAC Christmas Craft Sale

Nov 26

Parent/Teacher  
Conferences

**NO SCHOOL**

Dec 6 - 10

Vision Screening  
Grades K, 1, 3, 5, 7

Dec 20 & 21

Holiday Concert  
7:00 p.m.

Dec 23 - Jan 5

Winter Break

Jan 6

Classes Resume

Autumn weather has been fine and conditions set for a full year of learning. As a school we have practiced fire drills and an evacuation drill. Each classroom has established their routines and small (and large) projects have begun. The excitement in the school is evident as students happily engage each other in learning.

As we enter November, some parents begin to think of the traditional report card. Of course the way a child's learning is communicated to parents has changed throughout the years. The telephone call has been overtaken by e-mail as the more common form of parent-teacher communication. E-mail works well for straightforward communication. Remember that at any time during the school year teachers are available for conversations and/or meetings to discuss individual student progress. Hopefully, only pleasant surprises await parents when they see their child's work at a parent-student-teacher conference. Expect report cards to go home with your child on Tuesday, November 23.

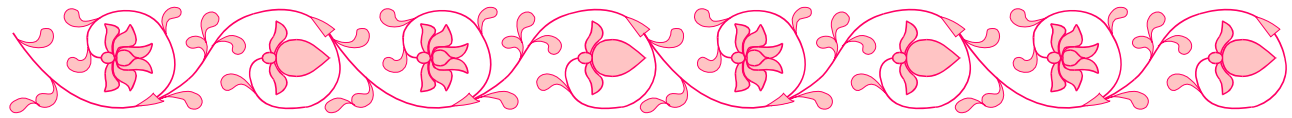
In the past decade, it has become more and more common for students to attend, and even lead the parent-student-teacher conference. Why? The most important factor in increasing student learning is self-reflection. Student performance increases when they are able to speak about and demonstrate their learning and talk about things they did well and ways to improve their own work. When given the opportunity to speak, students know very well what things they do well and what things they need to improve. Students beam when they are able to show and demonstrate their learning to an adult! Be certain to take the time to discuss your child's learning each day. If you haven't done so already, please complete and return the parent-student-teacher appointment form for your child's teachers as soon as the forms come home. Appointment times will be sent home with the student's report card.

CLEANING UP? - We are in need of indoor recess items...

PUZZLES  
Kinex

Puppets

Lego  
BOARD GAMES



## 2010-2011 IMPORTANT DATES AT A GLANCE

November 1	School In-service ~ <b>NO SCHOOL</b>
November 2	Lockdown Drill
November 11	Remembrance Day ~ <b>NO SCHOOL</b>
November 13	Bring in your Baking for the Craft Sale (10:00 a.m. - 1:00 p.m.)
November 14	PAC Christmas Craft Sale (10:00 a.m. - 4:00 p.m.)
November 26	Parent/Teacher Conference ~ <b>NO SCHOOL</b>
December 6 - 10	Vision Screening - Grades K, 1, 3, 5, 7
December 20 & 21	Holiday Concert ~ 7:00 p.m.
December 23/10 - Jan 5/11	Winter Break
January 6	Classes Resume
February 4	School In-service ~ <b>NO SCHOOL</b>
February 21	Louis Riel Day ~ <b>NO SCHOOL</b>
February 23-25	Middle Years Winter Activity Days
March 17 - 18	Brandon Jazz Festival
March 18	Parent/Teacher Conferences ~ <b>NO SCHOOL</b>
March 28 - April 1	Spring Break
April 25	School In-service ~ <b>NO SCHOOL</b>
May 23	Victoria Day ~ <b>NO SCHOOL</b>
June 24	School In-service ~ <b>NO SCHOOL</b>
June 30	Last Day of School ~ Early Dismissal

Please keep this list of dates handy, however, 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.



# From the Gym...



## Early Years Cross Country

WSP School had a beautiful day for our Divisional Cross Country Meet on October 6 at Kilcona Park! We had 67 grade 3-5 participants and 19 of our students finished in the top ten. Well done boys and girls!

Thank you to Mr. Zylstra and Miss Yeo for their assistance during the season. Our next inter-school activity is Team Handball on November 20.

R. Chin



## **Middle Years Cross Country**

2010 brought in another very successful cross country run. The runners started practicing for the meets on the second day of school, and stayed very dedicated and determined to the very end. We would all like to thank Mr. Ens and Ms. Shewchuk for working with us and making this possible. We would also like to thank the weather for holding out for us.



## **Terry Fox Walk**

This year's Terry Fox walk was held on Thursday, September 30. All classes participated in walking to help raise awareness of cancer and remember Terry Fox and what he did. We were able to raise \$5008.15 as a school!!!! In addition to raising the money, Mr. Rempel and Mr. Ens will be dressing up in sumo suits and wrestling. This event will take place on October 29 in the gym at 10:30 a.m.

Congratulations to all West St. Paul School students!!

# COMMUNITY LED EMISSIONS REDUCTION (CLER) PROGRAM



**Greetings West St. Paul School!**

My name is Craig Gibb and I'm the new Coordinator for the Community Led



Emissions Reduction (CLER) Program at your school! You'll see me in and around the school over the next several months and I hope to meet and work with a lot of you. As a team, we plan to bring in school-wide composting, build some community gardens,

construct several solar panels for the school roof, plant thousands of trees, and host a Community Eco-Fair. It will all be exciting, a lot of fun, and we'll learn a lot along the way. Hope to see y'all soon!

## West St. Paul School Composting



As part of the CLER project Ms. Sharpe's and Mr. Olson's classes are taking the lead and are starting a school wide composting program. At present, students are doing a solid organic waste inventory to gauge the amount of solids produced at the school per week. They will be building pallet composting bins at the school with the hope of reducing the amount of waste the school sends to the landfill. Students and teachers are hoping to have the bins up and working in the next week or two. The long-range goal is to further the development of composting bins throughout the community.

## Roots of Empathy (Ms Greening's class)

### **Our first visit with baby Maciek!**

I thought it was really fun to have baby Maciek come for Roots of Empathy. I think everyone was excited, because I think that was when the room was the quietest it has ever been! Baby Maciek saw every one of us, he smiled at everyone. He got a T-shirt that says "Roots of Empathy Teacher" and three pictures from Bella, Katie and Taylor. Then he climbed on a tube, I think he liked it a lot! When we put him on his back he would put his hands under his head, when we put him on his tummy he did not like it that much. He started to cry when he got hungry so his mom gave him a bottle. We rattled a toy to see how he reacted, he did not like it. I thought it was really fun to see baby Maciek!!!

By: Elana

We sang a welcome song to Maciek the first time he came to meet us. We watched Maciek on the roll and saw how he could hold his head up. We also saw what he would do with the rattle and how he would react when his mom moved his legs back and forward. Maciek started to cry so his mom gave him his bottle he drank the whole thing! We gave him a roots of empathy t-shirt.

By Aidan



# Squash Soup: By: Rooms 4 and 9

Last school year, rooms 2 and 4 planted a vegetable garden. In the garden we planted pumpkins and squash.



Room 2 and 4 planting the garden.

In September we went to look at the garden. We learned that it takes a lot of space to grow pumpkins and squash. We did not harvest that many squash or pumpkins because we had planted too many and overcrowded the garden.

Students in room 9 harvested the few squash and one pumpkin that had grown in the garden.

After the squash were harvested, both rooms 4 and 9 observed the squash and pumpkins and sketched them in our notebooks.

Room 9 then scooped the seeds out of the inside of the squash. The squash was then pureed to prepare it to make soup.

Room 4 then began to research different recipes that could be used to make the soup. We found 4 different recipes and surveyed each other to decide which recipe we would make. We decided that it would be a great idea to choose ingredients out of each recipe to invent our own type of squash soup.

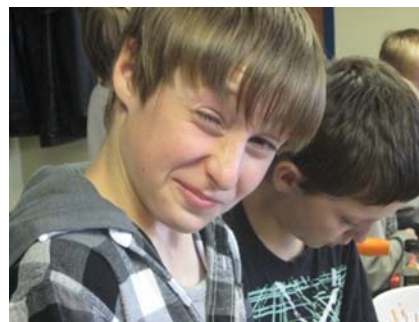


Preston, Andrew and Kyle K peeling garlic.

We got together with our older buddy class (Miss Los' grade 7 class). Room 4's jobs included washing all of the vegetables, peeling the carrots, measuring different liquids, putting things into the pot, and stirring it up. Our big buddies helped us with the cutting of the vegetables. It took us until the end of the day to make the soup.

The next day we got together with our buddies before lunch to eat the soup. Before our buddies came we set the table and heated the soup.

We had a great time researching, surveying, graphing, measuring, cooking and eating!! Here is a copy of our squash soup recipe.



One of our big buddies (Cody) 'crying' from cutting onions.

## Room 4's Squash Soup Recipe

### INGREDIENTS:

2 cups of cooked spaghetti squash  
4 tablespoons of olive oil  
1 large chopped onion  
4 minced garlic cloves  
2 tomatoes  
3 1/2 carrots  
4 celery stalks  
1 teaspoon of curry powder  
1 teaspoon of allspice  
6 cups of either vegetable stock or chicken stock  
Parsley  
Salt & ground pepper  
1/2 cup of cream  
1 cup of water

### DIRECTIONS:

In a saucepan, add olive oil and on medium flame and add the onions.

1. Cook the onions till they soften, then add the garlic and curry powder and allspice. Stir it for about 2 minutes.
2. Add carrots, tomatoes, celery and parsley. Fry for about 10 minutes or until vegetables are soft.
3. Add the squash to the sauce pan along with the vegetable or chicken stock and water.
4. Heat on low flame until a thick consistency, probably about 20 minutes
5. Now, season the soup with salt and ground pepper.
6. Add cream just before you are ready to serve, heat for another five minutes and serve.
7. Put in bowls and add small amount of sour crème on top.



West St. Paul staff members participated in the **CIBC Run for the Cure** on Sunday, October 3rd.



Pictured are Diana Zylstra, Dana Brown, Bryan Robertson, Linda Janzen, Jeff Zylstra, Laine Lefteruk (holding Ricky), Kim Greening, Stacey Los, Manny Calisto and Cathy Gingera.

Dear Families,

As part of a hearing conservation program, Seven Oaks School Division is conducting hearing screening tests again this year. This is being done to identify those students who may have a hearing problem that needs attention. **Hearing screening tests will take place between Monday, November 15th and Friday, November 19th.**

Your child will have his/her hearing tested, unless you notify the school in writing that you do not wish him/her to take part in this program.

**If you do not hear further from us, you may assume that your child's hearing is within the normal limits; however, if further testing is indicated, you will be informed by letter.**

Joey Robertson  
Learning Support Teacher



**Thinking...**  
*of a way to give back?*

Bright Futures is looking for creative, talented volunteers to develop and share their passions with high-school aged students

The sky's the limit to developing ideas that will *enrich and inspire* students' success in high school.

For more information  
[www.brightfuturesmanitoba.com](http://www.brightfuturesmanitoba.com)  
or 631-5849 ext. 3278



ROB "THE BLOB" ENS  
VS.  
KEVIN "TORNADO OF TERROR"  
REMPEL

Congratulations to WSP School for raising over \$5000 for the Terry Fox Foundation. Mr. Ens and Mr. Rempel took to the ring in Sumo suits while the students cheered for their favourite wrestler. Mr. Rempel won the battle 3 rounds to 2.

### **EDGE IS LOOKING FOR INSTRUCTORS**

The EDGE program offers after school programs for students in middle year grades 6 - 8. We are looking to hire local instructors within our community who have the time to spend teaching youth in the after school time period.

Current interests of the students are: to learn to knit, crochet, needlepoint, cross-stitch, beginner guitar, various languages, and fashion design just to name a few. We are interested in providing a wide variety of courses for the students in the areas of art, crafts, homework help, fitness, etc. If you or someone you know would be interested in working with students and can share a talent please contact EDGE for more information regarding class times, locations and program options.

Penny Raymond  
Extended Day Coordinator  
Office: 885-4333  
Cell: 227-7136  
E-mail: penny.raymond@7oaks.org

# NOVEMBER

## WEST ST. PAUL SCHOOL

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>1</b> – Day 3 <b>PD DAY</b> <b>NO SCHOOL</b>	<b>2</b> – Day 4 <b>Parent/Teacher forms due</b> WSP Lockdown Drill Gr. 7 VB Girls @ WSP Boys @ Elwick (3:30 – 5:30)	<b>3</b> – Day 5  Hot Lunch	<b>4</b> – Day 6  Gr. 8 Volleyball Girls @ Leila North Boys @ EP (3:30 – 5:30)	<b>5</b> – Day 1  Gr. 8 Final VB Tournament Girls @ ESOMS Boys @ EP <b>Grade 1 Skating</b>	<b>6</b>
<b>7</b>	<b>8</b> – Day 2  Photo Retakes (a.m.) Gr. 6 Volleyball @ EP (3:30 – 5:30)	<b>9</b> – Day 3	<b>10</b> – Day 4  Remembrance Day Assembly ~ 9:45 a.m. Pizza Day <b>PAC Meeting</b> 7 p.m. - Library	<b>11</b> <b>REMEMBRANCE DAY</b>  <b>NO SCHOOL</b>	<b>12</b> – Day 5  <b>Grade 1 Skating</b>	<b>13</b>
<b>14</b> PAC Christmas Craft Sale 10 a.m. - 4 p.m.	<b>15</b> – Day 6  Gr. 6 Volleyball @ WSP (3:30 – 5:30)	<b>16</b> – Day 1	<b>17</b> – Day 2  Hot Lunch	<b>18</b> – Day 3	<b>19</b> – Day 4  <b>Grade 1 Skating</b>	<b>20</b> Early Years Team Handball Gr. 4 & 5 @ various gyms
<b>21</b>	<b>22</b> – Day 5	<b>23</b> – Day 6	<b>24</b> – Day 1  Pizza Day	<b>25</b> – Day 2  WSO Concert 1:00 – 2:25 p.m. Parent/Teacher Conf. 2:45 – 7:00 p.m.	<b>26</b> – Day 3  <b>PARENT/TEACHER CONFERENCES</b>  <b>NO SCHOOL</b>	<b>27</b>
<b>28</b>	<b>29</b> – Day 4	<b>30</b> – Day 5				

2010

### IMPORTANT DATES AT A GLANCE

November 1	School PD ~ <b>NO SCHOOL</b>
November 2	Lockdown Drill
November 8	Lifetouch Photo Retakes ~ 8:00 a.m.
November 10	PAC Meeting ~ 7:00 p.m. in the Library. Childcare provided.
November 11	Remembrance Day ~ <b>NO SCHOOL</b>
November 14	PAC Christmas Craft Sale
November 26	Parent/Teacher Conferences ~ <b>NO SCHOOL</b>
December 6-10	Vision Screening – Grades K, 1, 3, 5 and 7
December 15	WSP Pancake Breakfast
December 20 & 21	Holiday Concert ~ 7:00 p.m.
Dec 23/10 – Jan 5/11	Winter Break
January 6	Classes Resume
February 4	School PD ~ <b>NO SCHOOL</b>
February 21	Louis Riel Day ~ <b>NO SCHOOL</b>
February 23-25	Middle Years Ski Trip to Asessippi
March 18	Parent/Teacher Conferences ~ <b>NO SCHOOL</b>
March 28 – April 1	Spring Break
April 25	School PD ~ <b>NO SCHOOL</b>
May 23	Victoria Day ~ <b>NO SCHOOL</b>
June 24	School PD ~ <b>NO SCHOOL</b>
June 30	Last Day of School ~ Early Dismissal

The newsletter for the month of **NOVEMBER** is now available on our website at  
[www.7oaks.org/school/weststpaul/Pages](http://www.7oaks.org/school/weststpaul/Pages)

A paper copy of the newsletter will only be sent home if it has been requested.





# NOVEMBER




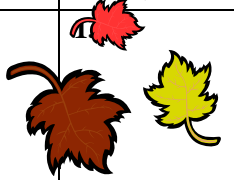
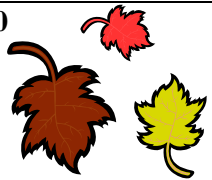
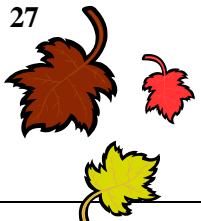

**WEST ST. PAUL COMMUNITY SCHOOL**

Advancing Community Schools

Joey Robertson - Learning Support Teacher - Early Years

Cheryl Rajfur - Community Coordinator

339-1964

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
	<b>1</b> SCHOOL INSERVICE  NO SCHOOL	<b>2</b> Parent/Child Rhymes & More 9:15 – 10:30 a.m. 0 – 5 years	<b>3</b>	<b>4</b> Wiggle, Giggle, Munch 6:00 – 7:30 p.m. 2 – 5 years	<b>5</b> Parent/Child Drop In 9:00 – 10:30 a.m. 0 – 5 years		
<b>7</b>	<b>8</b> Parent/Child Storytime 9:00 – 10:30 a.m. 3 – 5 years	<b>9</b> Parent/Child Rhymes & More 9:15 – 10:30 a.m. 0 – 5 years	<b>10</b> 	<b>11</b> REMEMBRANCE DAY  NO SCHOOL	<b>12</b>		
<b>14</b> PAC CHRISTMAS CRAFT SALE 10 am – 4 pm	<b>15</b> Parent/Child Storytime 9:00 – 10:30 a.m. 3 – 5 years	<b>16</b> Parent/Child Rhymes & More 9:15 – 10:30 a.m. 0 – 5 years	<b>17</b>	<b>18</b> Wiggle, Giggle, Munch 6:00 – 7:30 p.m. 2 – 5 years	<b>19</b> Parent/Child Drop In 9:00 – 10:30 a.m. 0 – 5 years	<b>20</b> 	
<b>21</b>	<b>22</b> Parent/Child Storytime 9:00 – 10:30 a.m. 3 – 5 years	<b>23</b> Parent/Child Rhymes & More 9:15 – 10:30 a.m. 0 – 5 years	<b>24</b>	<b>25</b> Wiggle, Giggle, Munch 6:00 – 7:30 p.m. 2 – 5 years Last class	<b>26</b> Parent/Teacher Conferences  NO SCHOOL	<b>27</b> 	
<b>28</b> 	<b>29</b> Parent/Child Storytime 9:00 – 10:30 a.m. 3 – 5 years	<b>30</b> Parent/Child Rhymes & More 9:15 – 10:30 a.m. 0 – 5 years	<b>Parent/Child Program</b>				

**2010**

# December

## WEST ST. PAUL COMMUNITY SCHOOL

Advancing Community Schools

Joey Robertson - Learning Support Teacher - Early Years

Cheryl Rajfur - Community Coordinator

339-1964



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3 <b>Parent/Child Drop In</b> 9:00 – 10:30 a.m. 0 – 5 years	4
5	6 <b>Parent/Child Storytime</b> 9:00 – 10:30 a.m. 3 – 5 years	7 <b>Parent/Child Rhymes &amp; More</b> 9:15 – 10:30 a.m. 0 – 5 years	8	9	10 <b>Parent/Child Drop In</b> 9:00 – 10:30 a.m. 0 – 5 years	11
12	13 <b>Parent/Child Storytime</b> 9:00 – 10:30 a.m. 3 – 5 years	14 <b>Parent/Child Rhymes &amp; More</b> 9:15 – 10:30 a.m. 0 – 5 years	15	16	17	18
19	20 <b>WSP School Holiday Concert</b> 7:00 p.m. In the gym	21 <b>WSP School Holiday Concert</b> 7:00 p.m. In the gym	22	23 <b>WINTER BREAK BEGINS</b>	24	25 <b>CHRISTMAS DAY</b>
26	27	28	29	30	31	

Happy Holidays

2010

PARENT/CHILD PRESCHOOL



## This Fall, plan for the future – every future...



*Let's work together to encourage exploration at any age.*

### A message from Seven Oaks School Division Superintendent Brian O'Leary

Seven Oaks School Division has long made communicating with parents, students and community members a priority.

For years, this newsletter has been our way to bring you news on special events, programming changes and noteworthy people in the Division.

When we launched the Fact or Fiction campaign for fairer tax distribution, you read about it here first. Here, you learned about our innovative Bright Futures program and MET School pilot project. We have also used this publication to brag about our annual Arts in the Park celebration and many other milestone events that have happened in Seven Oaks schools over the years.

We are proud of our accomplishments and proud to share them with you. But this year we are trying something different.

Instead of using the newsletter to profile programs, events and news that – having been in your child's school on

a regular basis – you probably already know about, we will this year bring you stories we hope will inspire you and your children to explore the future and the possibility it holds.

We will introduce you to current students, teachers and community members doing extraordinary things. We will profile former students who have gone on to do things we never imagined, and those who followed their hearts and minds to an extraordinary destination.

And we hope reading these stories will help you help your kids reach for the stars – even if they are stars you don't yet know exist.

#### The dreaded question

Every one of us has at one time or another posed the question to a child: What do you want to be when you grow up?

We ask it as early as kindergarten and then repeatedly throughout the child's educational journey. We ask it so we can help children develop their paths early in life and so we can do everything possible to help them achieve their sole goal in life.

But I think it's time for that to change. When we ask a child what he or she wants to be, we inevitably use their answer to start shaping the course of that child's life.

When we predict the future we place limitations on children and potentially prevent them from achieving greatness simply because they haven't yet awakened their passion.

And we can do better.

Our jobs as educators (and, to some degree, your role as parents) shouldn't consist of creating expectations – we should be opening doors and providing support to help kids learn about themselves, their passions and their boundless potential.

We should be breaking moulds, not creating them.

Over the course of my career as an educator, principal and superintendent I have encountered many students who broke the mould and broke free of the preconceived course life and their support systems had set for them. One of the most memorable is a young man who I got to know quite well in my

