



West St. Paul School Community Newsletter OCTOBER, 2011

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

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

ROSEAU RIVER CAMP

When I got to go Zip Lining at camp, I said to myself, "That thing is really high! What if I get stuck? I think I will do anything else except get on that rope." When it was my turn, I was so scared, but I wanted to face my fear and zip line. When I started to go on the rope, I was not so scared anymore. Then . . . It felt fun!

- Manmeet

I really like the zip lining because that was the first time doing anything like that. I wasn't scared. It was really fun. I also really liked the bonfire. It was a really big bonfire and it was fun being with my friends. At night we didn't go to bed till 10:30. The swimming was great because the pool was heated and Nic was taking pictures in the water.

- Tanner

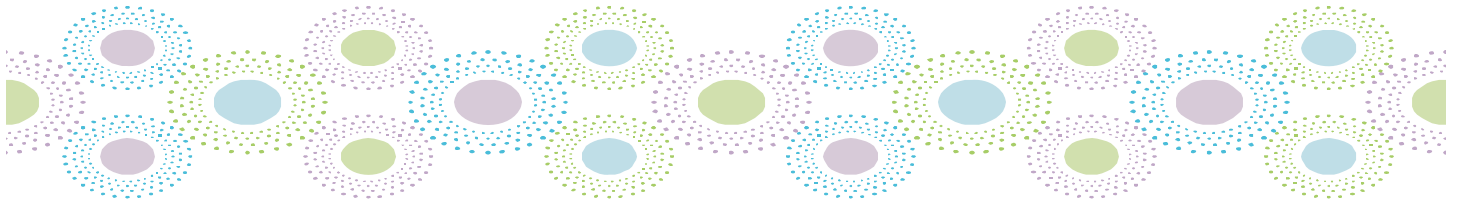
I went BMXing. It was fun and funny. I learned how to do a trick and I didn't fall! I was timed to see how fast I could ride the BMX course . I was able to do the course in 27 seconds. When I was on my BMX I was able to do jumps, turns and slides without falling. The obstacle course was fun and challenging all at the same time. The BMX bikes were cool and colourful but the helmets were not.

- Randy

Horseback riding was probably my favourite part. It was a lot of fun to ride a horse by myself. I loved how we got to take care of the horse by ourselves. My horse's name was April. April was really fast. She really wanted to run. She was a really good listener, but she really didn't listen when I wanted to STOP! She was a brown horse.

- Payton





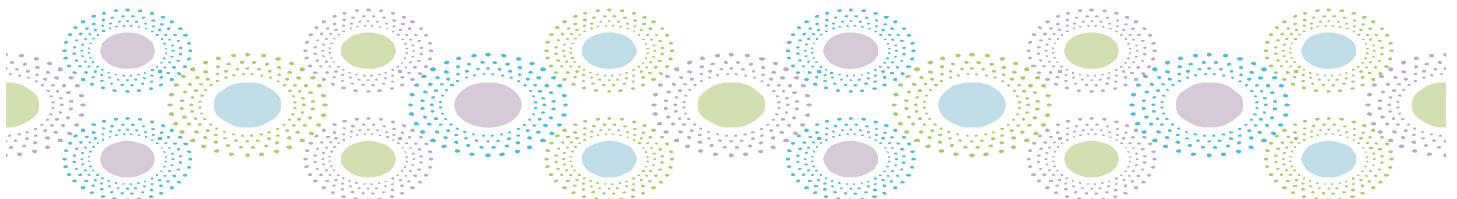
2011-2012

IMPORTANT DATES AT A GLANCE

October 7	Divisional PD ~ NO SCHOOL
October 10	Thanksgiving Day ~ NO SCHOOL
October 11	Parent Advisory Council Meeting ~ Room 43 @ 7 p.m.
October 19	PICTURE DAY
October 21	SAG In-service ~ NO SCHOOL
November 8	Parent Advisory Council Meeting ~ Room 43 @ 7 p.m.
November 11	Remembrance Day ~ NO SCHOOL
November 12	Baking donation drop-off between 10 a.m. & 1 p.m.
November 13	Annual PAC Craft Sale
November 25	Parent/Teacher Conferences ~ NO SCHOOL
December 23-January 6	Winter Break ~ SCHOOL CLOSED
January 9	Classes Resume
February 20	Louis Riel Day ~ NO SCHOOL
March 16	Parent/Teacher Conference ~ NO SCHOOL
March 26-March 30	Spring Break ~ SCHOOL CLOSED
April 6	Good Friday ~ NO SCHOOL
May 21	Victoria Day ~ NO SCHOOL
June 29	Last Day of Classes ~ 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.

www.7oaks.org/school/weststpaul/Pages



FROM THE GYM...



MIDDLE YEARS PHYSICAL EDUCATION NEWS

We have 15 middle years students participating in cross-country running. Here is a list of the remaining scheduled divisional meets:

- Wednesday, Sept. 28 @ Bird's Hill Park - East Beach (10:00 - 1:30)
- Tuesday, Oct. 4 @ Bird's Hill Park - Pope's Hill (10:00 - 1:30)
- Friday, Oct. 14 @ Bird's Hill Park - East Beach (10:00 - 1:30)

Furthermore, middle years volleyball practices are well under way. All school teams are practicing extremely hard for their upcoming tournaments. Tournaments will be on the following days. Stay tuned for the locations of these games.

- Gr. 6 tournaments @ various schools (3:30 p.m. - 5:30 p.m.)
Oct. 17, Oct. 24, Oct. 31, & Nov. 7 (all Mondays)
- Gr. 7 tournaments @ various schools (3:30 p.m. - 5:30 p.m.)
Oct. 11, Oct. 18, Oct. 25, Nov. 1, & Nov. 8 (all Tuesdays)
- Gr. 8 tournaments @ various schools (3:30 p.m. - 5:30 p.m.)
Oct. 13, Oct. 20, Oct. 27, Nov. 3, & Nov. 17 (all Thursdays)
- Divisional Games (3:30 p.m. - 5:30 p.m.)
Oct. 12, Oct. 19, Oct. 26, Nov. 2, & Nov. 9 (all Wednesdays)

Final Tournament on Friday, Nov. 18 @ Leila North

If you can make it out to a tournament we would love to have you there to cheer and support our teams and your son/daughter's efforts. If you cannot make it in person we anticipate that you are with us in spirit.



We are looking for donations of gently used hockey equipment for our Middle Years TAS hockey program. If you can help, please drop off donations at the office.

Thank you for your support!

PARENT ADVISORY COUNCIL

The dates for PAC meetings will be:

2011

October 11

November 8

December 6

2012

January 17

February 14

March 13

April 10

May 8 (Annual General Meeting)

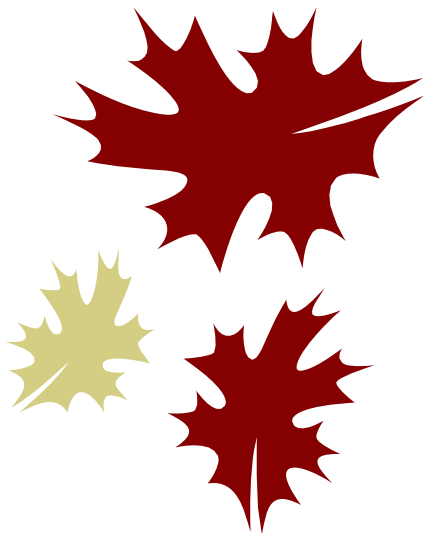
All parents/guardians are welcome to attend. Childcare is provided. Any changes to the meeting dates will be noted in the newsletter and on the school website.

Please put November 13th on your calendars for the annual West St. Paul School Craft and Bake Sale from 10:00 a.m. until 4:00 p.m. This Craft Sale is our school's biggest fundraiser of the year and we appreciate your generous support. Please consider donating some baking and/or silent auction prizes towards this event, and if you could spare an hour or two we could use some volunteers at the Front Door, Silent Auction, Bake Table, Canteen, and for set up on Sat. Nov. 12th and clean up on Sun. Nov. 13th. We will contact each family directly in this regard, but in the meantime, if you would like to sign up for a volunteer position or for a donation, please email Wendy Nachtigall at wsp_pac@yahoo.ca. Baking may be dropped off on Saturday, November 12th between 9:00 a.m. and 12:00 p.m. Thank you so much for your support! We look forward to seeing you at the sale.

Thanks to Candace Katz and Debbie Glatz, our two Hot Lunch Moms. The list of Hot Lunches were sent home this week. Please get your orders in on time! If you can help out on Hot Lunch Days, please call the school and leave a message or contact Candace or Debbie directly.

**The QSP fundraiser is in full swing.
Please have orders in by October 14th!**

Thanks to Arron Kohut, who did the Wildcats design for our gym mats that hang on the wall in our gym.





Seven Oaks School Division, Educational and Clinical Support Services is pleased to offer a Triple P group for parents who are looking for new strategies to help with their children. This program is designed for parents who have children between two and ten years of age. Group Triple P is a five session program. During Triple P you will learn about a positive parenting approach that aims to promote children's development and manage children's behaviour in a constructive and helpful way.

Evening Group:

Location: Ecole Constable Finney

25 Anglia (off Mandalay)

Dates: Monday Evening: 6:00 p.m. to 8:00 p.m.

October 17th, 24th; November 7th, 14th, and 2

Registration:

Yes, I would like to register for the Evening Group _____

Registrant's Name: _____

Telephone Number: _____

Child care required: Yes _____ No _____

Child(s) age: _____

You will be contacted prior to the start of Triple P to confirm your registration. Your childcare needs will be discussed at that time. If you would like further information in the meantime you can also contact Jennine Scott or Lisa Dveris, Educational and Clinical Support Services at 582-3383.

Please return this form to the school Prior to Wednesday October 5th .

**** For office use only****

School Secretaries please fax returned registration to ECSS.



VINCE LEAH RECREATION CENTRE

1295 Salter Street

HALLOWEEN PRE-TEEN DANCE

(12 and under only - ID may be required)

FRIDAY, OCTOBER 21, 2011

7PM TIL 9PM

ADMISSION: \$2.00 per person

COSTUMES, PRIZES AND CANTEEN WILL BE OPEN

PARENTS ARE WELCOME TO ATTEND



Did You Know?

Han Kai is starting Wed. Oct. 12, 9:15 a.m. at West St. Paul School

The program originated in Japan, believes that people who meet to spend time together and monitor their health live longer, healthier lives.

Following the six week "Health Sessions" members will continue to meet for 2 hours once a month for at least the remainder of the school year (day and time to be determined by the group). The group members choose their activity, which could include: Zumba, Yoga, guest speakers on various topics, or other non physical activities. The activities are arranged and paid for by NorWest Co-op.

FREE childcare and snacks are provided.

The program is open to anyone who would like to participate. There is no cost to participants.

For more information or to register contact Cheryl at 339-1964.



KEYSTONE KIPS (1998) GYMNASTICS

RECREATIONAL PROGRAMS
PARENT & TOT CLASSES 2 YEARS & UP
GIRLS & BOYS - AGES: 3 YEARS & UP

GIRLS COMPETITIVE PROGRAMS
REGIONAL & PROVINCIAL STREAM

2011 FALL REGISTRATION
SEPTEMBER 9 & 16, 2011

6:00 PM TO 7:30 PM

LOCATION: WEST ST PAUL SCHOOL
(3740 MAIN ST, NORTH OF THE PERIMETER)

FOR INFORMATION CALL: 694-8096
Or email us at: keystonekips@mts.net





ARE YOU INTERESTED IN A HEALTHIER LIFESTYLE?

Han Kai is a community-based health promotion program run by NorWest Co-op Community Health. There are currently programs running in the communities of Inkster and Seven Oaks.

The goal of the program is to reduce the obstacles that may prevent individuals from achieving a healthy lifestyle. Each group is free to choose sessions that address the specific topics they decide are important to their needs. NorWest organizes and provides the administrative and financial resources necessary to support each group. FREE on-site childcare is provided.

The program begins with a FREE 6 week health school led by health professionals. Topics include:

- The Han Kai model
- Nutrition
- Physical activity
- Stress
- Sleep
- Self-health checks

Following the initial 6 weeks, groups will meet for a minimum of 2 hours per month for the duration of the school year. The occurrence and length of meetings can be adjusted to fit the group. NorWest will provide a monthly \$25 gift card to cover the cost of the snack, to be purchased and prepared by the group. At Han Kai meetings, group members will conduct self-health checks (for example, monitor blood pressure and blood glucose {sugar}), engage in physical activity and discuss health issues. The group will also be able to arrange for health professionals to speak to the group on a variety of different recreational activities or health topics such as:

- Healthy eating options
- Pilates, yoga or zumba instruction
- Getting your child sport ready
- Exercise myth busters
- Diabetes and other health conditions

**Classes will be held at West St. Paul School
Wednesday, October 12, 2011 9:15 – 11:15 a.m.**

To register, or for more information, please contact:

Jackie Redekop @ 226-0902

Evan Zarecki @ 938-5707

Cheryl Rajfur @ 339-1964

R.M. of West St. Paul Fire Department

OPEN HOUSE



Sunday Oct 9, 12-3 PM

West St. Paul Fire Hall
3550 Main Street, West St. Paul

- **BBQ**
- **Try Our Obstacle Course In Full Fire Fighting Gear**
- **Ladder Truck Bouncer For Kids**
- **Use Our Vehicle X Equipment To Take Apart A Car**
- **Simulation Smoke House**
- **Test Out Some Equipment**
- **Fire Fighters On Hand To Answer Questions**
- **Fire Prevention/ Public Education Display**

Interested in becoming a Member?
Pick up an Application at our Open House



OCTOBER, 2011

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
						1
2	3 – Day 2	4 – Day 3 Immunizations Gr. 4 Students Gr. 6 Girls	5 – Day 4 EY Cross Country Little Mountain Park 11:45 a.m.	6 – Day 5	7 – Day 6 DIVISIONAL PD NO SCHOOL	8
9	10 THANKSGIVING DAY NO SCHOOL	11 – Day 1 PAC Meeting 7:00 p.m. ~ Rm. 43 Gr. 7 Volleyball @ TBA (4-6 p.m.)	12 – Day 2 PIZZA DAY Divisional Volleyball @ TBA (4-6 p.m.)	13 – Day 3 Gr. 8 Volleyball @ TBA (4-6 p.m.)	14 – Day 4 Grade 1 Skating Maples Arena 12:00 p.m.	15
16	17 – Day 5 Gr. 6 Volleyball @ TBA (4-6 p.m.)	18 – Day 6 Gr. 7 Volleyball @ TBA (4-6 p.m.)	19 – Day 1 PICTURE DAY!! Divisional Volleyball @ TBA (4-6 p.m.)	20 – Day 2 HOT LUNCH Gr. 8 Volleyball @ TBA (4-6 p.m.)	21 – Day 3 SAG PD NO SCHOOL	22
23	24 – Day 4 Gr. 6 Volleyball @ TBA (4-6 p.m.)	25 – Day 5 Gr. 7 Volleyball @ TBA (4-6 p.m.)	26 – Day 6 PIZZA DAY Divisional Volleyball @ TBA (4-6 p.m.)	27 – Day 1 Gr. 8 Volleyball @ TBA (4-6 p.m.)	28 – Day 2 Grade 1 Skating Maples Arena 12:00 p.m.	29
30	31 – Day 3 Gr. 6 Volleyball @ TBA (4-6 p.m.)					

2011-2012 IMPORTANT DATES AT A GLANCE...

Oct 7	Divisional PD Day – NO SCHOOL
Oct 10	Thanksgiving Day – NO SCHOOL
Oct 11	PAC Meeting – 7:00 p.m. in Room 43 (Free childcare provided.)
Oct 18 & 19	Grade 4 Swimming begins
Oct 19	PICTURE DAY!
Oct 21	SAG – NO SCHOOL
Nov 11	Remembrance Day – NO SCHOOL
Nov 13	Annual PAC Christmas Craft Sale (Baking donation drop off on Nov 12 between 10 & 1)
Nov 25	Parent/Teacher Conferences – NO SCHOOL
Dec 23 – Jan 6	Winter Break – SCHOOL CLOSED
Jan 9	Classes Resume
Feb 20	Louis Riel Day – NO SCHOOL
Mar 16	Parent/Teacher Conferences – NO SCHOOL
Mar 26 – Mar 30	Spring Break – SCHOOL CLOSED
May 21	Victoria Day – NO SCHOOL
Jun 29	Last day of Classes – EARLY DISMISSAL

OCTOBER



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	
PARENT/CHILD PROGRAMS							
2	3 Parent/Child Storytime 9:00 – 10:30 a.m. 3 – 5 years	4 Parent/Child Rhymes & More 9:15 – 10:30 a.m. 0 – 5 years	5	6	7 DIVISIONAL PD DAY NO SCHOOL	8	
9	10 Thanksgiving NO SCHOOL	11 Parent/Child Rhymes & More 9:15 – 10:30 a.m. 0 – 5 years	12 Health Sessions For Parents 9:15 – 11:15 a.m. FREE CHILDCARE	13	14 Parent/Child Drop-In 9:00 – 11:00 a.m. 0 – 5 years	15	
16	17 Parent/Child Storytime 9:00 – 10:30 a.m. 3 – 5 years	18 Parent/Child Rhymes & More 9:15 – 10:30 a.m. 0 – 5 years	19 Health Sessions For Parents 9:15 – 11:15 a.m. FREE CHILDCARE	20	21 SAG PD NO SCHOOL	22	
23	24 Parent/Child Storytime 9:00 – 10:30 a.m. 3 – 5 years	25 Parent/Child Rhymes & More 9:15 – 10:30 am 0 – 5 years	26 Health Sessions For Parents 9:15 – 11:15 a.m. FREE CHILDCARE	27	28 Parent/Child Drop-In 9:00 – 11:00 a.m. 0 – 5 years	29	
30 	31 Parent/Child Storytime 9:00 – 10:30 a.m. 3 – 5 years Wear a costume!		<div style="border: 1px solid black; padding: 5px;"> NEW PROGRAM: HEALTH SESSIONS FOR PARENTS Please call Cheryl @ 339-1964 for more information or to register. </div>				


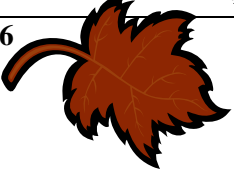
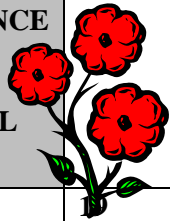


2011

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
		1 Parent/Child Rhymes & More 9:15 – 10:30 a.m. 0 – 5 years	2 Health Sessions For Parents 9:15 – 11:15 a.m. FREE CHILDCARE	3	4 Parent/Child Drop-In 9:00 – 11:00 a.m. 0 – 5 years	5
6 	7 Parent/Child Storytime 9:00 – 10:30 a.m. 3 – 5 years	8 Parent/Child Rhymes & More 9:15 – 10:30 a.m. 0 – 5 years PAC Meeting – 7 p.m. Free Childcare.	9 Health Sessions For Parents 9:15 – 11:15 a.m. FREE CHILDCARE	10	11 REMEMBRANCE DAY NO SCHOOL	12 
13	14 Parent/Child Storytime 9:00 – 10:30 a.m. 3 – 5 years	15 Parent/Child Rhymes & More 9:15 – 10:30 a.m. 0 – 5 years	16 Health Sessions For Parents 9:15 – 11:15 a.m. FREE CHILDCARE	17	18 Parent/Child Drop-In 9:00 – 11:00 a.m. 0 – 5 years	
20	21 Parent/Child Storytime 9:00 – 10:30 a.m. 3 – 5 years	22 Parent/Child Rhymes & More 9:15 – 10:30 a.m. 0 – 5 years	23	24	25 PARENT/TEACHER CONFERENCES NO SCHOOL	26
27	28 Parent/Child Storytime 9:00 – 10:30 a.m. 3 – 5 years	29 Parent/Child Rhymes & More 9:15 – 10:30 am 0 – 5 years	30	<div data-bbox="1115 1206 1833 1320" style="border: 1px solid black; padding: 5px; text-align: center;"> <p>NEW PROGRAM: HEALTH SESSIONS FOR PARENTS Please call Cheryl @ 339-1964 for more information or to register.</p> </div>		

PARENT/CHILD PROGRAMS

2011

