

WEST ST. PAUL SCHOOL COMMUNITY NEWSLETTER

OCTOBER, 2012

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

SEPTEMBER RE-CAP...

We have had a great first month of learning at West St. Paul School. It is hard to believe that October is upon us already. The weather has been warm and students love the opportunity to be outside playing at break times. Our nutrition breaks are allowing students to keep their bodies and minds alert for the full school day.

Skating classes have begun for our Grade 1 classes. Swimming will begin this month for one of our Grade 4 classes. Some of our Grade 2 and 3 classes cooked soup and muffins from the vegetables grown in the school garden. Art classes are being taught to the first of our Grade 5 classes at the Winnipeg Art Gallery. Middle Years classes have already enjoyed two days at camp and TAS classes are in full swing. It seems everyone has the craving to learn and do something new!

It is important for parents to keep the school up to date with changes in home, cellular and work phone numbers in case of emergency. You can speak to someone in the office, email the school or leave the information on the school answering machine. Please keep us current! In emergent cases, we may need to contact someone quickly. We are continuing to update and improve our school Emergency Preparedness Plan. We had our first fire drill of the year and all students know where they are to line up outside when the fire bell rings. In the case of a real emergency, our students would evacuate to the West St. Paul Curling Club and Middlechurch Home of Winnipeg. Parents would then be called from the evacuation location. We will be having an evacuation practice and a lockdown practice in the next month.

We have a student drop off space on the south side of the gym. If you are dropping off or picking up your child/children, please drive beside the gym to the back of the school to do so. Then proceed back through the parking lot to exit onto Main Street. If you are going to park to drop children off, please park against the fence by the gym.

We have been placing the MPI Speed Reader Board along the highway near the school. It has been monitored by school adults along with some classes. We have been recording the speeds of vehicles as they pass the Reader Board. The information will be given to MPI and they will provide us with the results shortly. It has been the concern of the school and parents that vehicles are speeding on Main Street. This creates an unsafe situation for students crossing the road, crossing guards, and school buses and cars turning into and driving out of the parking lot. A small group of community members will be speaking to the West St. Paul Mayor and Councillors in the near future about encouraging the Department of Highways to reduce the speed limit around the school.

As always, the safety and education of the students in our community is our primary concern.

David Ingram and Cathy Horbas - Administrators

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

PIZZA DAYS

October 3

October 17

October 31

November 14

November 28

December 5



Upcoming Events

- EY Cross Country
Little Mountain Park
October 3 - 11 a.m.-2 p.m.
- MY Cross Country
Bird's Hill Park
October 3 - 9 a.m.-2 p.m.
- Parent Advisory
Committee Meeting (PAC)
October 9 - 7 p.m.
- Picture Day
October 17
- SAGE - No School
October 19
- PD DAY - No School
October 29



Middle Years at Camp Roseau River

This year, West St. Paul's Middle Years students went to Roseau River Camp. At camp, students enjoyed horseback riding, zip-lining, swimming, archery, hayrides, BMX biking, a bonfire and free time of their choice. Every student got to experience each event.

Students and staff ate four meals - breakfast, lunch, dinner, and a snack before bed. Pancakes, ham and bacon were for breakfast. For lunch, there was delicious grilled cheese sandwiches and soup. For dinner, we had some tasty spaghetti and bread sticks. Our bedtime snack was cookies and water. On our last day, we had some homemade pizza. After every meal, students had the opportunity to wash their own dishes. I liked that part.

Before bed, we had a bonfire and a group game. Our cabin curfew was 10:30 p.m., but cabins still stayed up and talked for a while before falling asleep.

The next morning, groups finished two more events that they didn't do the day before. Overall, I think all the students and staff enjoyed camp. We had a lot of fun!

~ Payton L.

Camp, this year, was better because last year, when I was new at West St. Paul School, I didn't have that many friends. Now I have a lot of friends to talk to, instead of being shy. I like how this year at camp, they added a few more activities. They took away some of the activities from last year...but that's okay. One of the activities they added was archery, which I love doing. Also, they added the hayride, which was also really fun. The most fun I had at camp was going swimming, talking to my friends and also meeting new friends.

At about 7 p.m., we played a big game with everyone. It was really fun that everybody was playing together. I really liked the food they made there. It was great that the cooks took the time and effort to make such great meals. Every year, it seems as though camp gets better. I hope next year is as good as this year. Next year will be my last at West St. Paul School, so I hope it brings the best of fun like it did this year.

~ Trinity



Washing Dishes

Archery



BMX Biking



Active Living

Terry Fox Run Friday, September 28th

West St. Paul's school run in support of Terry Fox was held on Friday, September 28th from 1:10 until 2:25. It was a beautiful day to support cancer research.

West St. Paul School has raised approximately \$6800 this year and almost \$30,000 in the last 10 years.

Thank you West St. Paul community!!



Cross Country Wednesday, October 3rd

Middle Years students had their first Cross-Country Meet at Bird's Hill Park. Their next meet is on Thursday, October 11th, also at Bird's Hill Park (Pope's Hill).

The Early Years students from Grades 3-5 had their Cross-Country Run at Little Mountain Park.

Congratulations to all our students who participated and thank you to the Middle Years students who helped Mr. Chin with the Early Years.

Early Years Phys. Ed Events

Team Handball - Grades 4 & 5
November 17
Location TBA

Badminton - Grades 4 & 5
March 21
Location TBA

Cross Country - Grades 3-5
May 14
Location TBA

WSP Track & Field - Grads 4 & 5
May 17
Location: WKC

Divisional Track & Field - Grades 4 & 5
June 4
Location: WKC

AROUND THE COMMUNITY



Seven Oaks Healthy Living

Everyone is invited to get "in motion" with **Seven Oaks Healthy Living!** All ages are welcome to join in the Open Gym times (equipment provided).

When: Thursdays (October 2-December 13, 2012)

Where: Elwick School, 30 Maberley Road

Time: 6:00 - 8:00 p.m.

Students, please attend with an adult. Adults welcome!

Join us for skating every Tuesday at Elwick from 4-6 p.m. starting January, 2013. Free giveaways for all participants.

For more information, call Sandee at 204-223-3499

Free snacks and information every week.

St. Andrews Community Centre

Do you need someone to watch your child on In-service days?

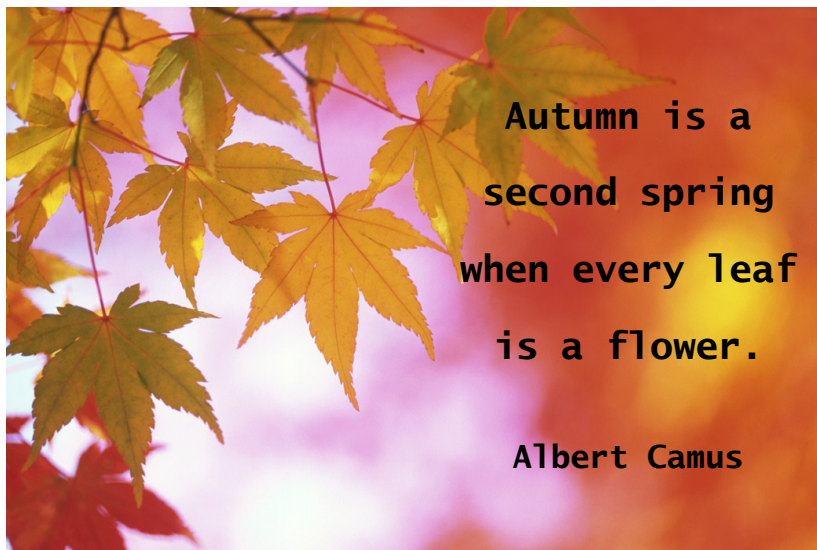
In-service day camps are being planned for the entire school year. If you can't find anyone to look after your child when school is out, sign them up for day camp.

Activities will include arts and crafts, sports and games, cooking, skating and outdoor time. A peanut-free bag lunch is required, as well as appropriate clothing for indoor and outdoor time. Sports are limited and registration is required. We have a new instructor this year, local resident Karen Murray.

ZumbAtonics - for boys and girls right after school on Mondays and Thursdays.

Fitness Classes for all ages during the day and evenings.

For more information, please visit www.standrewsrec.com.



Autumn is a
second spring
when every leaf
is a flower.

Albert Camus

Winnipeg Symphony Orchestra

On Thursday, September 27th, an ensemble of brass players from the Winnipeg Symphony Orchestra visited the school. The afternoon presentation included all students from Kindergarten to Grade 5, and featured music from the Renaissance to the present day. The musicians interacted with the audience, sharing information about their instruments and personal stories about being professional musicians. At the end of the presentations, students were invited to ask questions. In previous years, we have been visited by a percussion ensemble and a string quartet and our Grade 5 students visit the concert hall for a performance featuring the entire symphony orchestra every spring.



Winnipeg Art Gallery

This year as part of the Grade 6 TAS options (TAS stands for Technology Arts and Sports), some students are heading to the Winnipeg Art Gallery every Day 6. This option is also being made available for our Grade 5 students. Miss Sharpe's class goes on Day 1. Mrs. Arjoon's class will go in the second term.

The students are working on line drawings, collage and sculpting.

Here you see Malachi, Meagan and Vanessa hard at work.



So far, at W.A.G. (Winnipeg Art Gallery), we had made sketches of horses and we made clay heads for our puppets and all of the heads look amazing. Our teacher's name is Curtis and all of the Grade 5s absolutely love him. Curtis loves all of the kids in our class. He is the best art teacher that you can get.

Gianna D.

Paper Crane Project

One year ago, Ms. Sharpe's and Mrs. Arjoon's grade 5 classes read Sadako and the Thousand Paper Cranes, a story of two friends' struggles and triumphs in the aftermath of the bombing of Nagasaki, Japan. One of the beliefs shared in the novel is that a person who is sick can be well again when 1000 paper cranes are folded in their honour.

This led to a challenge for all West St. Paul classes from the Grade 5s - make one thousand paper cranes per class. While the goal was ambitious, the plan was to send all of the cranes to the military forces and civilians serving our country in Afghanistan. The cranes were displayed throughout the school during our season of remembrance and were shipped overseas later in the year once all of the details were finalized with the military.

Kindly, we received emails and pictures from 2 individuals posted in Afghanistan thanking West St. Paul School and its community for their kind thoughts and words.

Ms Ashley Sharpe, Grade 5 Teacher

We received in Kabul Afghanistan this week a box of 5000 hand made cranes. I just wanted to let you know that we are taking the time to send them out to all the different camp here for everyone to enjoy with a copy of the e-mail you sent for everyone to read.

Please thank all the classes on behalf of all the Canadian Soldiers who are serving over here. This means so much to know that they took the time to think of us.

Cathleen Loughead
MS
I/C SPSS/SMF
Camp Souter, Kabul



Ms Sharpe,

Many thanks for you and your student's efforts with the paper cranes. They are greatly appreciated over here. It is always nice to get reminders of home and normal life, to know that you're not forgotten and your efforts and sacrifices are appreciated.

I joined the military in the early 90s and went on several missions



that were all but ignored, coming home to no fanfare apart from my family's welcome. Of course, fanfare is not why we do what we do, and sacrifice for. Personally, I do it for my three girls at home. I want to leave them a better world than the one I inherited and to set the example that change doesn't happen by sitting at home and lamenting the state of the world, but by getting out and changing it yourself.

I grew up in Winnipeg myself, attended Isaac Brock and Tec-Voc High School, so I'm especially pleased to see a package from my hometown. A good friend of mine even teaches there, Sandy Welbergen, although I'm not sure where she's currently working.

I've attached a picture of some of the cranes on display in our team room. Thanks again to you and your students.

Patrick
P.J. Twomey
Warrant Officer
CANSOF SOAG Team 21C
Camp Morehead
Rish Kvor Afghanistan

PARENT/CHILD PRESCHOOL PROGRAM

Positive Discipline

What is it and how to do it:

We all know that parenting is a most rewarding, but challenging experience. Often, we are presented with situations or behaviours in our children that leave us feeling confused, frustrated and unsure of how to respond.

Positive Discipline is an approach to parenting that teaches children and guides their behaviour, based in

research on children's healthy development and effective parenting.

Positive Discipline is not permissive parenting and is not about punishment. It is about long-term solutions that develop children's own self-discipline and their life long skills. Positive discipline is about teaching non-violence, empathy, self-respect, human rights and respect for others. The Seven Oaks School Division will be offering a series of 7 seminars on

Positive Discipline. FREE child care will be available. For more information, please contact your Community Coordinator at 204-339-1964.

WHEN: Tuesday, October 9 - November 20, 2012 (6:00 to 8:30 p.m.)

WHERE: Constable Finney School, 25 Anglia Ave. (corner of Mandalay & Anglia)



MANITOBA ANAPHYLAXIS INFORMATION NETWORK (MAIN)

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

Phone: 204-654-2676 Email: mainmanitoba@shaw.ca

Sept 2012

MAIN will hold an information session on Tuesday Nov 20, 2012 7:00 – 8:30 pm.

Please register by contacting Nancy at 654-2676 or email mainmanitoba@shaw.ca

Eating Safely with Food Allergies: understanding the new food labeling regulations

Our evening will include an information session on Health Canada's new food labeling regulations. These regulations came into effect on August 4, 2012. We will offer details to ensure there is a clear understanding of the regulations. The common misunderstandings about allergens and labeling of food products will be discussed.

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

Call or send an email with any questions.

Nancy Boni
Manitoba Anaphylaxis Information Network (MAIN)
mainmanitoba@shaw.ca
1-204-654-267

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





24th Christmas Craft and Bake Sale

West St. Paul School, November 18th 2012 (10 am until 4 pm)

Dear Parents,

Our Christmas Craft and Bake Sale has been a hallmark of our community for 24 years now, thanks to the support of parents like you. This year we have some new crafters, music, great baked goods and even a free hot chocolate or coffee with admission!

This sale is one of the biggest fundraisers for our school, with all the profits going directly to our kids in purchasing Smartboards for classrooms, the Red Cross Baby Sitting course, camps, and other carefully chosen improvements the school needs. But this cannot be done without your support.

Here are some ways you can contribute:

- * **Baking**
- * **Donating a Prize for the Silent Auction**
- * **Volunteering your time (2 hours on Saturday or Sunday).**

Please fill out the following form and return it to the school by October 26th. If you have any questions, please call or email Yanina Appendino (417-7526, yanieberhard@hotmail.com).

On behalf of West St. Paul School Parent Advisory Council, thank you for all your support!

Name (print) _____ Phone _____

I will help with:

- Baking (Please wrap products individually and attach a completed label from the next page).**
- Silent Auction Prize (minimum \$40 value – if you require an official letter please ask Yanina Appendino).**
- Volunteer (we are scheduling 2 hour time blocks for the following)**
 - Selling items at the Bake Sale**
 - Selling silent auction tickets**
 - Selling at the Canteen**
 - Help set up on Saturday**
 - Help clean up on Sunday**
 - Selling tickets at the door**

Suggestions or other ways you can help _____

Product name _____

Contains nut products Yes No

Major ingredients _____

Product name _____

Contains nut products Yes No

Major ingredients _____

Product name _____

Contains nut products Yes No

Major ingredients _____

Product name _____

Contains nut products Yes No

Major ingredients _____

Product name _____

Contains nut products Yes No

Major ingredients _____

Product name _____

Contains nut products Yes No

Major ingredients _____

Product name _____

Contains nut products Yes No

Major ingredients _____

Product name _____

Contains nut products Yes No

Major ingredients _____

Product name _____

Contains nut products Yes No

Major ingredients _____

Product name _____

Contains nut products Yes No

Major ingredients _____

OCTOBER, 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 – Day 2	2 – Day 3	3 – Day 4 EY Cross Country Little Mountain Park 11 a.m.-2 p.m. MY Cross Country Bird's Hill Park 9 a.m.-2 p.m. PIZZA DAY	4 – Day 5	5 – Day 6 EY Cross Country rain date Grade 1 Skating Maples Arena 12 p.m.	6
7	8 THANKSGIVING DAY NO SCHOOL	9 – Day 1 PAC Meeting 7:00 p.m	10 – Day 2 Divisional Volleyball at TBA (4-6 p.m.)	11 – Day 3 MY Cross Country Bird's Hill Park 9 a.m.-2 p.m.	12 – Day 4 Grade 1 Skating Maples Arena 12:00 p.m.	13
14	15 – Day 5 Gr. 6 Volleyball at TBA (3:30-5:30 p.m.)	16 – Day 6 Gr. 7 Volleyball at TBA (3:30-5:30 p.m.)	17 – Day 1 PICTURE DAY!! Divisional Volleyball at TBA (4-6 p.m.) PIZZA DAY	18 – Day 2 Gr. 8 Volleyball at TBA (3:30-5:30 p.m.)	19 – Day 3 SAGE PD NO SCHOOL	20
21	22 – Day 4 Gr. 6 Volleyball At TBA (3:30-5:30 p.m.)	23 – Day 5 Gr. 7 Volleyball at TBA (4-6 p.m.)	24 – Day 6 Divisional Volleyball at TBA (4-6 p.m.)	25 – Day 1 Gr. 8 Volleyball at TBA (3:30-5:30 p.m.)	26 – Day 2 Grade 1 Skating Maples Arena 12:00 p.m.	27
28	29 – Day 3 PD DAY NO SCHOOL	30 – Day 4 Gr. 7 Volleyball at TBA (4-6 p.m.) WE DAY	31 – Day 5 Divisional Volleyball at TBA (4-6 p.m.) PIZZA DAY			

2012-2013 IMPORTANT DATES AT A GLANCE...

Oct 8	Thanksgiving Day – NO SCHOOL
Oct 9	PAC Meeting – 7:00 p.m. (Free childcare provided.)
Oct 17	PICTURE DAY!
Oct 19	SAGE – NO SCHOOL
Oct 29	Professional Development Day – NO SCHOOL
Nov 18	Annual PAC Christmas Craft Sale (Baking donation drop off on Nov 17 between 10 & 1)
Nov 23	Parent/Teacher Conferences – NO SCHOOL
Nov 26	Divisional In-Service – NO SCHOOL
Dec 21	Pancake Breakfast
Dec 24 – Jan 4	Winter Break – SCHOOL CLOSED
Jan 7	Classes Resume
Jan 21	Professional Development Day – NO SCHOOL
Feb 4	Professional Development Day – NO SCHOOL
Feb 18	Louis Riel Day – NO SCHOOL
Mar 15	Parent/Teacher Conferences – NO SCHOOL
Mar 25 – Mar 29	Spring Break – SCHOOL CLOSED
Apr 19	Professional Development Day – NO SCHOOL
May 6	Professional Development Day – NO SCHOOL
May 20	Victoria Day – NO SCHOOL
June 24	Professional Development Day – NO SCHOOL
June 28	Last Day of Classes – EARLY DISMISSAL

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

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
	1 Parent/Child Storytime 9:00 – 10:30 a.m. 3 – 5 years	2 Parent/Child Rhymes & More 9:15 – 10:30 a.m. 0 – 5 years	3	4	5	6
7 	8 Thanksgiving NO SCHOOL	9 Parent/Child Rhymes & More 9:15 – 10:30 a.m. 0 – 5 years Positive Discipline (Date & Time TBA)	10	11 Hans Kai 9:15 – 11:15 a.m. Meet in the Library.	12 Parent/Child Drop-In 9:00 – 10:30 a.m. 0 – 5 years	13
14	15 Parent/Child Storytime 9:00 – 10:30 a.m. 3 – 5 years	16 Parent/Child Rhymes & More 9:15 – 10:30 a.m. 0 – 5 years Positive Discipline (Date & Time TBA)	16	18 Hans Kai 9:15 – 11:15 a.m. Meet in the Library.	19 SAGE PD NO SCHOOL	20 
21	22 Parent/Child Storytime 9:00 – 10:30 a.m. 3 – 5 years	23 Parent/Child Rhymes & More 9:15 – 10:30 a.m. 0 – 5 years Positive Discipline (Date & Time TBA)	24	25 Hans Kai 9:15 – 11:15 a.m. Meet in the Library.	26 Parent/Child Drop-In 9:00 – 10:30 a.m. 0 – 5 years	27 
28	29 Parent/Child Storytime 9:00 – 10:30 a.m. 3 – 5 years	30 Parent/Child Rhymes & More 9:15 – 10:30 am 0 – 5 years Positive Discipline (Date & Time TBA)	31 	PARENT/CHILD PROGRAMS		

2012

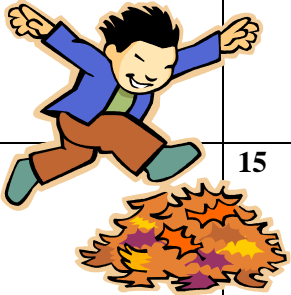

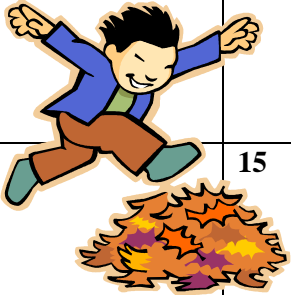

NOVEMBER

Fall



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

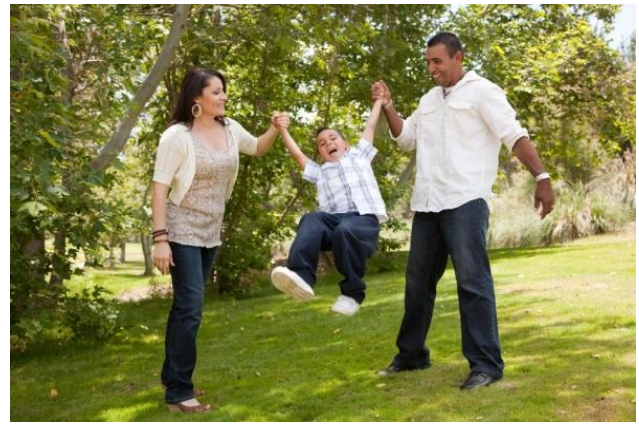
PARENT/CHILD PROGRAMS

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5 Parent/Child Storytime 9:00 – 10:30 a.m. 3 – 5 years	6 Parent/Child Rhymes & More 9:15 – 10:30 a.m. 0 – 5 years Positive Discipline Constable Finney 6-8:30 p.m.	7 	8	9 Parent/Child Drop-In 9:00 – 10:30 a.m. 0 – 5 years	10
11 	12 Parent/Child Storytime 9:00 – 10:30 a.m. 3 – 5 years	13 Parent/Child Rhymes & More 9:15 – 10:30 a.m. 0 – 5 years Positive Discipline Constable Finney 6-8:30 p.m. PAC Meeting – 7:00 p.m.	14 	15	16	17
18 WSP School Christmas Craft Sale	19 Parent/Child Storytime 9:00 – 10:30 a.m. 3 – 5 years	20 Parent/Child Rhymes & More 9:15 – 10:30 a.m. 0 – 5 years Positive Discipline Constable Finney 6-8:30 p.m.	21	22	23 Parent/Teacher/Student Conferences NO SCHOOL	24
25	26 Parent/Child Storytime 9:00 – 10:30 a.m. 3 – 5 years	27 Parent/Child Rhymes & More 9:15 – 10:30 am 0 – 5 years	27	29 	30	Parent/Child Drop-In 9:00 – 10:30 a.m. 0 – 5 years

2012

Positive Discipline

What it is and how to do it



A 3-year-old son drops his father's toothbrush into a toilet. There are several options: spank him to teach him not to do that again, scold him, or take something away from him to punish him.

But these responses wouldn't teach him anything about why he shouldn't drop toothbrushes in the toilet. At 3 years of age, he didn't understand anything about germs, money or plumbing. He didn't do this because he wanted to damage the toothbrush or the toilet. He didn't know that it was any different from dropping a toothbrush into the sink.

Positive Discipline is an approach to parenting that teaches children and guides their behavior. Based in research on children's healthy development and effective parenting, Positive Discipline helps parents feel better prepared to respond more effectively and positively to day to day issues or parent-child conflict.

Positive Discipline is not permissive parenting and is not about punishment. It is about understanding child development and teaching long-term solutions that encourage children's own self-discipline and lifelong skills.

The 7-Oaks School Division will be offering a series of 7 seminars on Positive Discipline Tuesday evenings, October 9 – November 20, 6:00-8:30 pm at Constable Finney School.

For more information or to register please contact Chris at 633-1714.

We look forward to sharing information, ideas and experiences in these fun and informative parent seminars.

(There is no cost for these seminars and FREE childcare is available upon request)

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When: Tuesday, October 9 – November 20, 2012, 6:00-8:30 p.m.

Where: Constable Finney School, 25 Anglia Avenue (corner of Mandalay and Anglia).

We look forward to sharing information, ideas and experiences in these fun and informative parent seminars.



Please register me for the Positive Discipline seminars:

Name: _____ Phone # _____

I will require childcare: Yes _____ No _____

If "yes" list names and ages of children 1. _____

Please list any allergies children may have 2. _____

3. _____

R.M. of West St. Paul Fire Department



Open House

Sunday, October 7, 2012

12pm - 3pm

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**





SEVEN OAKS
SCHOOL DIVISION

community begins here

Seven Oaks Adult
Learning Centre (ALC)

CALL US
Phone: 632-1716

VISIT US
1330 Jefferson Ave.
2nd Floor

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

E-MAIL US
nispreferral@7oaks.org

The Neighbourhood
Immigrant
Settlement program
helps immigrant
families in the
Seven Oaks area.

Hay Ride and Bonfire
October 27th, 1-4 pm

Free fall family event!

- Meet at Maples School for bus ride @ 1pm (for age 5 and older). Dress warm!
- **You MUST Pre-Register:** Call Sally or Jose at 632-1716



NISP EVENTS AND RESOURCES

September/ October, 2012

7 Oaks Neighbourhood Immigrant Settlement Program

Seven Oaks English Language Classes

For further information please contact: 632-1716
7 Oaks Adult Learning Centre,
1330 Jefferson Ave.

Dates and Times:

Classes run September 2012
until June 2013. Four intakes:
September 24 – November 6/12
November 19/12 – January 25/13
January 28 – March 22/13
April 1 – June 21/13

Morning Classes:

(Morning classes located at the
Seven Oaks ALC)

- Mon & Wed CLB 2-4 9:00 am – 12:00 pm
- Tue & Thurs CLB 5-7 9:00 am – 12:00 pm

Evening Classes:

(Evening classes located at the Seven Oaks ALC)

- Mon & Wed CLB 1-8 6:00 – 9:00 pm
- Tue & Thurs CLB 1-8 6:00 – 9:00 pm

Full Week Session:

(Location: 660 Sheppard St. – Bright Futures Building)

- Mon – Fri CLB 4-6 9:00 am – 12:00 pm
- Mon – Fri CLB 1-3 12:15 pm – 3:15 pm

Classes with child-care available:

(Location: A.E. Wright School, 1520 Jefferson Ave.)

- Tue & Wed CLB 2-5 9:15 am – 11:45 am

Registration? All students must receive Benchmark testing at WELARC (943-5387) before coming to Seven Oaks English classes.

CONVERSATION CIRCLES

Wednesday and Thursday
from 4:55 pm to 5:55 pm

Starting October 10th and 11th
At the 7 Oaks Adult Learning Centre

Come practice English and meet new
friends. No registration.

ALC Presentations this month:



All workshops will be held at the ALC- 1330 Jefferson Ave. No registration.

- Housing Rental Workshop by NJH- October 16th ,4-6pm
- Apprenticeship Manitoba/Wisnit
- U of W/Global Welcome Centre

Adapting to culture shock

<http://www.cic.gc.ca/english/newcomers/after-life-shock.asp>

Though each person is different and will have a unique experience settling in to their new home, many people will go through four common stages of adapting to life in a new culture, often referred to as “culture shock.”

Stage 1: Happiness and fascination.

Just before or shortly after arriving in Canada you may:

- Have high hopes and expect great things
- Feel this is a very exciting time
- Feel everything is new and interesting
- Feel confident and that you can easily cope with problems and stress

Stage 2: Disappointment, confusing feelings, frustration and irritation.

During the first six months you may:

- Feel happy about the challenges you have overcome
- Feel frustrated, confused and disappointed
- Feel very positive one day and very negative the next
- Focus on the differences between yourself and Canadians
- Miss your family and feel no connection to Canada
- Have difficulty going to work or looking for work
- Feel loneliness for your country and loved ones.

Stage 3: Gradual adjustment or recovery.

During this stage of adjustment you may:

- Feel more in control of your life as you gain a better understanding of Canada
- Feel more confident in your language skills
- Gradually get involved in the community
- Have a better understanding of how to adapt to life in Canada
- Have a better sense of what you need to do to get what you want in Canada

Stage 4: Acceptance and adjustment.

During this stage of adjustment you will likely:

- Feel more comfortable in Canada
- Have made some friends and be more involved in your new community



Local Resources Which can Help:

⇒ **Mount Carmel Clinic Multicultural Wellness Program** provides culturally appropriate counselling and follow up

See:

www.mountcarmel.ca/programs/community/MCWP.php

Or phone: 589-9475 for more information

⇒ **Immigrant Women's Counselling Services** offer free counselling to women and other supports

See:

<http://www.norwesthealth.ca/mind-spirit/immigrant-womens-counselling-services/>

Or phone: 940-2172 for more information

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

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

LIFE THREATENING ALLERGIES

Understanding the Risks

Reducing the Risks

Eating Safely with Food Allergies: understanding the new food labeling regulations

An information session on Canada's new food labeling regulations that came into effect August 4, 2012. Details will be provided to ensure you understand these regulations and the common misunderstandings about labeling of food products.

Tuesday November 20, 2012

7:00—8:30 pm

The Gray Academy, 123 Doncaster Street
(room number will be posted)

**to register call Nancy at 654-2676
or send email to 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

Helping Families Cope with Life Threatening Allergies