



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

Administrators

Principal: Bob McIntosh
 Vice Principal: Angela Bubnowicz

PIZZA DAYS

Jan 7
 Jan 21
 Feb 4
 Feb 18
 March 4
 March 18



Upcoming Events

- Jan 16—School PD -No Classes
- Jan 29—Immunizations
Dose #2 Gr. 4 students and
Gr 6 Girls
- Feb 2—School PD—No Classes
- Feb 11-13—Middle Years
Assessipi Ski Trip
- Feb 12-13—Middle Years
Winter Activity Days
Thursday- Harbournview
Friday - Gateway CC
- Feb 16 Louis Riel Day—No
Classes

WEST ST. PAUL SCHOOL COMMUNITY NEWSLETTER

JANUARY, 2015

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

ADMINISTRATORS' MESSAGE

A Year in Review...

It seems like only yesterday that we were welcoming you back after a summer of rest and relaxation. Children excitedly came to school wondering what new adventures the school year would bring. September was marked with events such as the Terry Fox run, the Ice Bucket challenge and Middle years camp. Classroom communities were established, friendships renewed, and the children delved into their academic studies. October had us collecting Spare change for Brains, enjoying those initial field trips and being thankful for the blessings in life. November had us paying our respects to those before us who selflessly fought for our freedom, attending We day, and then celebrating our learning and achievements. December has been a month of activity with various events. These have included visits to Luther and Middlechurch homes, our Christmas concerts and Pancake breakfast. We are looking ahead with anticipation to all that the new year will bring!

FROM THE LIBRARY

Happy New Year from the library!! New books are arriving on lots of subjects and new novels and picture books continue to come in too! Students are excited to see the new items which is great! I enjoy getting their suggestions for new titles.

There are many books still out that were due in 2014 and I would like to get those back as soon as possible please. Please ensure your child is bringing back all their library books back to school on their assigned library visit day. When books don't come back, students are unable to borrow new ones. I've asked students to have a safe place at home for their books when they're not reading them. This ensures that no food, liquid or other damaging substance gets on the books and also so the items don't get lost. Please help your child keep lunches and water bottles away from the books when they are in the backpacks. Wet paper turns into mold and items must be discarded.

Have a happy 2015!

From the Gym...

MIDDLE YEARS PHYS. ED.

Middle Years Indoor Track and Field: Practices will be starting after the break on Day 1 and 3 at morning break. The 4 meets will all be at the Max Bell Centre on the University of Manitoba campus from 10:30am until 4:00pm on Jan.20, Feb.5 Feb.18, and Mar.17.

Middle Years Basketball: Basketball is also underway. Games are as follows:

Gr.6 Boys (times roughly 3:30-5:00):

Jan.12 @ OVJ

Jan.19 @ WSP

Jan.26 @ LN

Feb.9 @ ESOMS

Feb.23 @ EP



Gr.6 Girls (times roughly 3:30-5:00):

Jan.12 @ WSP

Jan.19 @ LN

Jan.26 @ ESOMS

Feb.9 @ WSP

Feb.23 @ WSP



Gr.7/8 Boys (times as indicated):

Dec.17 @ ESOMS (5:15)

Jan.7 @ WSP (4:00)

Jan.14 @ EP (4:00)

Jan.21 @ WSP (4:00)

Jan.28 @ WSP (4:00)

Feb.4 @ WSP (4:00)

Feb.11 @ Amber Trails (5:15)



Gr.7/8 Girls (times roughly 3:30-5:00):

Jan.15 @ WSP

Jan.22 @ ESOMS

Jan.29 @ WSP

Feb.5 @ WSP

Feb.12 @ HCA

Final Tournament will be held on Friday, Feb.20 @ University of Winnipeg

From the Office...

If your child will be away from school for any reason, including no buses running due to the weather, please contact the office at 204-339-1964. Please leave a message with our secretaries, Joanna Clowater or Cindy Pasternak. If you call after regular school hours, please leave a message on the school voice mail.

GRADE 8 FAREWELL MEETING

A number of families responded positively about wanting to attend an information evening about Grade 8 Farewell.

To that end, the following has been arranged:

GRADE 8 FAREWELL Information evening for parents

Thursday, January 15th, 2015

6:30 pm

Room 41 - West St. Paul School

We, the grade 8 team will share what has occurred in the past and answer questions about how to move forward with GRADE 8 FAREWELL planning.

Typically, this is a student driven activity, however we want parents to be on board and have their voices heard as well as concerns or questions answered.

Mark your calendars - We hope to see you there!

Shelley Torz, Kevin Rempel, & Bryan Robertson



Reminder of Change In School Bus Cancellation Policy

If combined temperature and wind chill is -45 C or colder at The Forks at 6:00 a.m. buses will not run for the entire day. Please remember to contact the school office if you are unable to get your child to school in the event of bus cancellation.



**Remember to dress
for the weather!!**

**Even though the temperature
outside has dropped, we still
expect students to enjoy
some fresh air during break
times. Unless the tempera-
ture combined with windchill
reaches -27C, all students are
expected to go outside.
Please ensure your children
are sent to school with proper
winter clothing, including
snow pants, hats, mitts and
scarves.**



PARENT ADVISORY COUNCIL

**NEXT MEETING IS ON
TUESDAY, JANUARY 13 AT 7
PM IN ROOM 41.**

**FREE CHILD CARE WILL BE
PROVIDED.**

**WE LOOK FORWARD TO SEE-
ING YOU THERE!!**



**SEVEN OAKS
SCHOOL DIVISION**
community begins here

SEVEN OAKS SCHOOL DIVISION

Invites the Community to the 2015 - 2016

Public Budget Consultation Meeting

The Board of Trustees of the Seven Oaks School Division invites the public to an open meeting to discuss the 2015-2016 school year budget. The purpose of the meeting is to inform the public about funding provisions and current budget discussions and to invite comment on educational and budget initiatives.

Monday, February 23, 2015 – 7:00 p.m.
Judy Silver Commons – Maples Collegiate
1330 Jefferson Avenue

WEST ST. PAUL PANCAKE BREAKFAST



Lots of yummy food...

A visit from the man in the Red Suit...



A great time had by all...



Thank you to all who came out and made this event a great success!



Fit Kids Healthy Kids

A **FREE** gym program for you and your child, best enjoyed
by kids aged 2 to 6

(PARENTS MUST PARTICIPATE WITH THEIR CHILDREN IN THIS PROGRAM)

Did you know ... Both structured and unstructured activities are important in early development!
... Children shouldn't go longer than 60 minutes without physical activity unless sleeping
... Tumbling and falling is a vital skill learned at an early age. It benefits them in later years, in the event of an actual fall, decreasing their risk of serious injury and fear of getting hurt!

Come join us for an hour of structured physical activity! This is a **FREE eight week Physical Literacy program** which will allow you and your child (ages 2 to 6) a chance to get active and be fit while having fun together!

Our program will include gym activities that will focus on *the ABC's of Physical Literacy*: **Agility, Balance and Coordination**. We strongly encourage parents/caregivers to participate together and enjoy the benefits of physical activity and a healthy lifestyle.

Where: RF Morrison School - 25 Morrison Street

When: February 4 – March 25, 2015 - 8 Wednesday's from 6:15-7:15 pm

Registration is required as space is limited. Deadline for Registration is Mon. Jan. 26, 2015

Please complete and return the tear-off registration form below to your school office or your Community Coordinator by above date. You will receive a confirmation call or email, please be sure to print clearly.

A change of indoor shoes will be required for both, parents and children alike.

If you have any questions, please contact:

Veronica Thiffeault, Community Coordinator
RF Morrison School (204) 338-7804
veronica.thiffeault@7oaks.org

Cheryl Rajfur, Community Coordinator
West St. Paul School (204)-339-1964
cheryl.rajfur@7oaks.org

--Fit Kids Healthy Kids

Wednesday Feb 4 – Mar 25 2015 Registration Form

*PLEASE PRINT CLEARLY

Children's Names & Ages:

—

Parent/Caregiver's Name(s):

Positive Discipline

What it is and how to do it



We all know that parenting is a most rewarding, but challenging experience. Often we are presented with situations or behaviors 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 behavior, 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 7-Oaks School Division will be offering a seminar on Positive Discipline in March and April, 2015. The seminars will start on Wednesday, March 4, 2015 in the morning from 9:15 am to 11:15 am and will run for 8 consecutive weeks. Childcare will be provided. The program will take place at the Ben Zaidman Educational Resource Centre (BZERC) at 375 Jefferson Avenue.

Registration forms will be sent home early Feb, 2015. We look forward to sharing information, ideas and experiences in these fun and informative parent seminars.

For more information please contact: Cheryl Rajfur at 204 339-1964.

WINTER PROGRAMS

New Classes Begin in January

Classes available

Monday/Tuesday/Thursday/Saturday-Pan Am Pool

Tuesday/Thursday/Saturday/Sunday—Cindy Klassen Pool

For a complete list of programs, dates, times & locations

visit our web site:

www.winnipegsynchro.com

Winnipeg Synchro:

with years of experience on deck as well as in the Canadian & International Synchro Community.

led by a team of outstanding, nationally certified coaches

Our programs support Long Term Athlete Development and ensure the development of physical literacy upon which excellence can be built.



LEARN LACROSSE



Falcons Lacrosse Association is offering an introduction program to the sport of Lacrosse!

Clinics are FREE of charge, non-contact and open to boys and girls ages 5 - 11!

Where: Duncan Arena - 55 Duncan Street

When: Saturday mornings 10:30 - 11:30 a.m.

Sports teams welcome!

Please contact nwfalconslox@gmail.com for more info or visit the Falcons Lacrosse website at www.falconslacrosse.net.



JANUARY, 2015

WEST ST. PAUL SCHOOL

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
WINTER BREAK						
4	5 – Day 6 CLASSES RESUME	6 – Day 1	7 – Day 2 PIZZA DAY Divisional BB at WSP	8 – Day 3 HANS KAI 9:00-11:00 a.m.	9 – Day 4	10
11	12 – Day 5 Gr.6 Boys BB at OVJ Gr.6 Girls BB at WSP	13 – Day 6 PAC Meeting 7pm, Rm. 41 Free Child Care Provided	14 – Day 1 Divisional Boys BB at EP	15 – Day 2 Gr.8 Parents Farewell Meeting 6:30 pm Gr.7/8 Girls BB at WSP	16 – Day 3 PD DAY NO SCHOOL	17
18	19 – Day 4 Gr.6 Boys BB at WSP Gr.6 Girls BB at Leila North	20 – Day 5	21 – Day 6 PIZZA DAY Divisional Boys BB at WSP	22 – Day 1 Gr 7/8 Girls BB at ESOMS	23 – Day 2	24
25	26 – Day 3 Gr.6 Boys BB at Leila North Gr.6 Girls BB at ESOMS	27 – Day 4	28 – Day 5 Divisional Boys BB at WSP	29 – Day 6 IMMUNIZATIONS DOSE #2 Gr 7/8 Girls BB at WSP	30 – Day 1	31

2015 IMPORTANT DATES AT A GLANCE...

Jan 5	Classes Resume, school day 6
Jan 16	PD Day, No Classes
Jan 29	Immunizations –Dose #2, Gr. 4 Students and Gr.6 Girls
Feb 2	PD Day, No Classes
Feb 11-13	Middle Years Asessippi Ski Trip
Feb 12-13	Middle Years Winter Activity Days (Thursday -Harbourview, Friday-Gateway CC)
Feb 16	Louis Riel Day, No Classes
Mar 2	West Kildonan Collegiate Open House 5pm
Mar 13	Parent Teacher Conferences, No Classes
Mar 27	Last day of classes before Spring Break
Mar 30-Apr 3	Spring Break
Apr 3	Good Friday
Apr 6	Easter Monday – Classes Resume – School Day 5...Yes, there are classes today!

JANUARY

PARENT/CHILD PROGRAMS

WEST ST. PAUL COMMUNITY SCHOOL






Advancing Community Schools

Serina Shewchuk - Learning Support Teacher - Early Years

Cheryl Rajfur - Community Coordinator

204-339-1964

School Website: <http://www.7oaks.org/school/weststpaul>

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3 
4	5 Parent/Child Storytime 9:30 – 11:00 a.m. 3 – 5 years	6 Parent/Child Rhymes & More 9:30 – 11:00 a.m. 0 – 5 years	7	8 Hans Kai 9:15 – 11:00 a.m.	9 Parent/Child Let's Play Drop In 9:00 – 11:00 a.m. 0-5 years	10
11	12 Parent/Child Storytime 9:30 – 11:00 a.m. 3 – 5 years	13 Parent/Child Rhymes & More 9:30 – 11:00 a.m. 0 – 5 years PAC 7pm Free childcare	14	15 Parent/Child Gymtime 9:00 – 10:15 a.m.	16 PD DAY NO SCHOOL	17 
18 	19 Parent/Child Storytime 9:30 – 11:00 a.m. 3 – 5 years	20 Parent/Child Rhymes & More 9:30 – 11:00 a.m. 0 – 5 years	21	22	23 Parent/Child Let's Play Drop In 9:00 – 11:00 a.m. 0-5 years	24
25	26 Parent/Child Storytime 9:30 – 11:00 a.m. 3 – 5 years	27 Parent/Child Rhymes & More 9:30 – 11:00 a.m. 0 – 5 years	28	29	30 Parent/Child Let's Play Drop In 9:00 – 11:00 a.m. 0-5 years	31



2015

February

PARENT/CHILD PROGRAMS

WEST ST. PAUL COMMUNITY SCHOOL

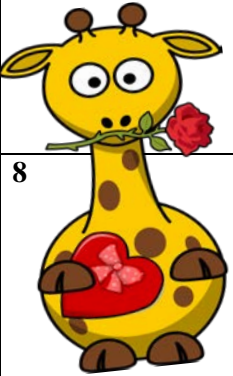


Advancing Community Schools

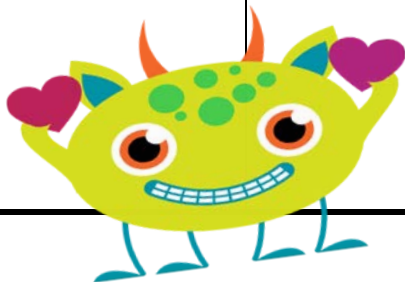
Serina Shewchuk - Learning Support Teacher - Early Years

Cheryl Rajfur - Community Coordinator

204-339-1964

School Website: <http://www.7oaks.org/school/weststpaul>

Sun	Mon	Tue	Wed	Thu	Fri	at
1 	2 PD NO SCHOOL	3 Parent/Child Skate/Gym at Sunova Centre 9:30 – 11:00 a.m. 0 – 5 years	4	5	6 Parent/Child Let's Play Drop In 9:00 – 11:00 a.m. 0-5 years	7 
8 	9 Parent/Child Storytime 9:30 – 11:00 a.m. 3 – 5 years	10 Parent/Child Skate/Gym at Sunova Centre 9:30 – 11:00 a.m. 0 – 5 years PAC 7 pm Free Childcare	11	12 Hans Kai 9:15 – 11:00 a.m.	13 Parent/Child Let's Play Drop In 9:00 – 11:00 a.m. 0-5 years	14 Valentine's Day
15	16 LOUIS RIEL DAY NO SCHOOL	17 Parent/Child Skate/Gym at Sunova Centre 9:30 – 11:00 a.m. 0 – 5 years	18	19	20 Parent/Child Let's Play Drop In 9:00 – 11:00 a.m. 0-5 years	21
22	23 Parent/Child Storytime 9:30 – 11:00 a.m. 3 – 5 years	24 Parent/Child Skate/Gym at Sunova Centre 9:30 – 11:00 a.m. 0 – 5 years	25	26	27 Parent/Child Let's Play Drop In 9:00 – 11:00 a.m. 0-5 years	28 



2015



SEVEN OAKS SCHOOL
DIVISION



SEVEN OAKS SCHOOL DIVISION

SETTLEMENT PROGRAM FOR IMMIGRANTS TO SEVEN OAKS

DEC 2014-JAN 2015 www.7oaks.org/programs/settlement

All events and programs are for newcomers to Canada. They are CIC funded and hosted by the Seven Oaks Settlement Program.

BRING YOUR PERMANENT RESIDENT CARD TO REGISTER.

All programs are free. Questions? Phone 204-632-1716 or 204-697-5961

CONTACT INFORMATION

Seven Oaks Adult Learning and Settlement Services

Website: www.7oaks.org/programs/settlement

Call us: 204-632-1716 OR 204-697-5961

Email us: settlement@7oaks.org

Visit us:
950 Jefferson Ave

OFFICE HOURS
Monday to Thursday
9:30 am - 8:00 pm

Drop-in Computer Use, Help or Information

660 Sheppard St.
Monday to Thursday
1:00 - 4:00 pm

Settlement Team: Shane, Rowena, Jose, and Sally

Coordinator: Jana



Seven Oaks Adult Learning and Settlement Services Centre

PROGRAMS AND WORKSHOPS

Conversation Café— Tuesday, January 27th, 6-8pm. Join the conversation! An immigrant community member will come and share their story of re-starting their career as a registered nurse in Canada. At 950 Jefferson Ave. Call Shane if you have questions.

Conversation Classes— No classes in December. They will start again on January 13th— every Tuesday evening 6:30-8pm for 6 weeks at 950 Jefferson Ave. *Free Childcare.* Call Shane if you have questions.

Men's Group— a chance to learn new skills and connect with the community. For immigrant men and their sons (age 16 and over). Saturdays 11am-1pm starting January 17th, 2015 for 9 weeks. Will include car purchasing and maintenance, wood-working etc... Call Jose if you are want to join. *Free childcare* available.

Women's Group— new 9 week session start Friday, January 16th, 6-8pm. This program is a chance to learn new skills and meet new people. Will include buying and maintaining a car, wood-working, and sewing. *Free childcare.* Call Rowena if you are interested or have questions— space is limited.

EAL Classes for this term finish on December 12th. The Seven Oaks Adult Learning and Settlement Services Centre (950 Jefferson and 660 Sheppard St.) locations will be closed for Christmas Break December 20th— until it re-opens Monday, Jan. 5th, 2015.

Women's Cooking Group— Learn Canadian cooking from the experts! 6 week program with *free childcare.* Saturdays, 11am-1pm from January 17th— March 1st. Call Sally if you are interested. Space is limited.

Beginner Computer Tutoring— Drop-by tutoring in basic skills at 660 Shepard St. Tutoring starts again January 12th on Monday and Wednesday afternoons 1-3pm. Call Jose if you have any questions. No pre-registration required.

Mentoring for Women interested in daycare work: Would you like to become a child-care assistant? Do you have questions and need help in preparing for this? Theresa, our Early Childhood Educator, is here to help you. Contact Rowena if you are interested.

Job Search Skills mentoring— Please contact Sally if you'd like help learning how to find a job. She will be available for appointments on Wednesday afternoons at 660 Jefferson Ave in January 2015.

Resume help— Please contact Jose if you need help with a resume. He will be available for appointments on Wednesday afternoons at 660 Jefferson Ave. starting again in January 2015.

Career Coaching— Wanting a change? Need a plan? Contact Shane



MORE COMMUNITY NEWS: COMING SOON

Free Community Legal Presentations– Do you want to know more about buying a home or need information on Family Law? We will be hosting presentations on real estate and family law in January and February.

Free Community Winter Festival for the whole family: Feb 28th afternoon: horse and sleigh ride, bonfire, snow-shoeing, music hot chocolate and other fun indoor and outdoor winter activities. This will be a multi-cultural event at 950 Jefferson Ave.



Free Family Swim Day including water safety, Feb 2015. Check our next newsletter for details or call Jose.

English Classes (EAL) for this term finish on December 12th. The new term starts on January 5th. Are you still on a waiting list for English classes? We are planning a bus tour of other free EAL programs in Winnipeg in early 2015. Call Slavo at the office if you have questions.

Community Coffee Houses– come and enjoy your love of music together with live bands and the local community.

Friday evenings 6:30-9:30pm Feb 20th, 28th (at our Winter Festival), March 6th and 13th. At 950 Jefferson Ave. Bring your musical instrument or just come and enjoy listening to others. Free coffee and baking available. Call Jana if you have questions.



Join in the Community Discussion and help to shape the services offered immigrants in Seven Oaks: we are looking for a few community members to join the Seven Oaks Newcomer Advisory Group (SONA). The commitment is one meeting every two months. The next meeting is Feb 11th, 6:15-7:30pm at 950 Jefferson. Please call Jana if interested.

COMMUNITY BEGINS HERE



**Seven Oaks
Community
Health Fair,
November 20,
2014**

