



# WEST ST. PAUL SCHOOL COMMUNITY NEWSLETTER

## MARCH, 2015

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

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

March 4  
March 18



### Upcoming Events

- March 2: WK Collegiate Open House for Gr 8 Students
- March 12: Parent-Teacher Conferences Evening Appointments
- March 13: Parent-Teacher Conferences-No Classes
- March 18: Kindergarten Parent Information Evening
- March 27: Last day of classes before Spring Break
- April 6: Classes Resume

### ADMINISTRATORS' MESSAGE

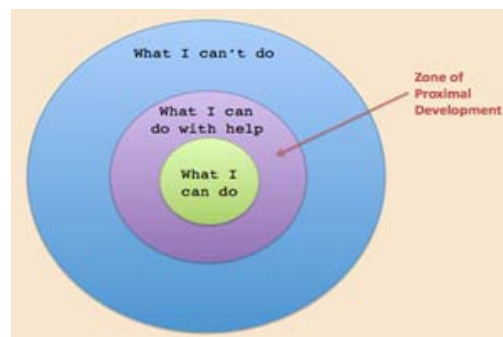
#### A Place for "Productive Struggle"

In a couple of weeks, you are invited to West St. Paul School to participate in an important event. It will be your child's *celebration of learning* (student led conference), which is the opportunity to share with you accomplishments achieved during the second term. Your child will be confident and excited as s/he describes and articulates her/his learning. You possibly have noted, when the learner attempts tasks s/he successfully can complete unaided s/he often expresses that it was 'easy'.

The key for the teacher becomes creating the climate and environment where the student is engaged, s/he participates in reflective thinking, and has the opportunity to effectively interact and learn from classmates. Learning has been researched and described by psychologists such as Lev Vygotsky, who coined the term *zone of proximal development*. This is the space just beyond what the student can do independently. The learner finds the task a challenge but not to the degree where it is too difficult. S/he benefits on receiving 'appropriate' guidance and assistance from others. This is where we play a part. We need to be supportive and encouraging. This means we have to allow our youngsters to wrestle, work at solving the problem and experience what John Van de Walle has termed experience a "*productive struggle*". We, as caregivers, have to resist the urge to be the rescuer and provide the solution too prematurely. Our role becomes one of cheerleader and encourager. We learn to ask strategic questions and make suggestions to guide our child through the thinking process. After all, thinking is vital to all learning.

#### References:

- York-Barr, J. et. al., *Reflective Practice to Improve Schools*, Pearson, (2006).
- Van de Walle, J. & Lovin, L., *Teaching Student-Centred Mathematics*, Corwin Press, (2006).
- [http://www.icels-educators-forlearning.ca/index.php?option=com\\_content&view=article&id=45&Itemid=60](http://www.icels-educators-forlearning.ca/index.php?option=com_content&view=article&id=45&Itemid=60)



www.innovativelearning.com

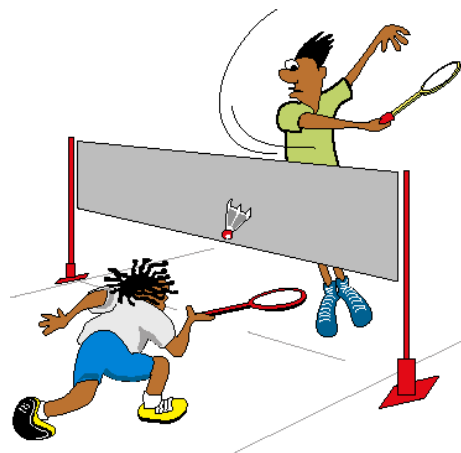
# From the Gym...

## EARLY YEARS PHYS. ED.

The remaining Early Years event dates are: Badminton March 18 (grades 4 & 5), Healthapalooza 4 May 1 (grades K-8), Cross Country May 4 (Rain Date May 6) (grades 3-5), WSP Track and Field May 25 (Rain Date May 27) (grades 4 & 5), Seven Oaks Divisional Track and Field June 3 (Rain Date June 5) (grades 4 & 5).



R. Chin



## MIDDLE YEARS PHYS. ED.

Basketball season is complete and badminton is starting up. Practices are as follows: Gr.8 on Mondays after school, Gr.6 on Tuesdays after school, Gr.7 on Thursdays after school. Games will begin after Spring Break. Indoor track and field is also coming to an end with the final meet at U of M on Mar.17.

The Winnipeg Goldeyes School Day Game is on Thursday, June 4. Permission forms have been sent to each MY student. They are due by Friday, March 6 to ensure we receive good seats for the game. If you require an extra form they are be found in the office.

# From the Office...

Teachers are not always able to access their voicemail. We ask that when your child is away from school for any reason, please contact the office to advise us of the absence. The office voice mail is available 24 hours/day. Please dial 0 to leave a message with your child's full name, classroom teacher and the reason for their absence. We greatly appreciate your cooperation.

# WSP SCHOOL PARTNERSHIP WITH MIDDLECHURCH HOME

February was "I Love To Read" Month  
Students ranging from grade 3-8 read books with our friends at Middlechurch Home



**I LOVE TO  
READ**

# WINTER ACTIVITY DAY



Adam and Brock along with Mr. Isaak and Mr. Zylstra make it to the 6.1 KM mark on the Red River Trail.

## FROM THE LIBRARY...



Here comes March and that means it's **BOOK FAIR** time again!! The Book Fair will be open Thursday March 12 until 8pm and again Friday, March 13 until 11:00am. I look forward to seeing you at the book fair!

February was a great month for I Love To Read! We had fabulous visitors come in and read to us, including Ron Schuler, MLA for St. Paul; Evelyn Myskiw, Seven Oaks School Division Trustee; Constable Paul Human from the Selkirk Detachment; a surprise visit from Nina Wasilewski, West St. Paul's past School Secretary; Lydia Hedrich, Assistant Superintendent; Bruce Henley, West St. Paul Mayor and Kaycee Kulbaba friend and future educator! A big thank you to all of you for coming out!



## Parent/Teacher Conference Online Booking

Parent/Teacher Conferences are being held on Thursday, March 12 and Friday, March 13.

Please book your conference times online through *Parent Connect* beginning at 9 a.m. on Monday, March 2nd.

Instructions to access *Parent Connect* can be found on our school website under the **Parents Tab**.



### NORTH WINNIPEG FALCONS LACROSSE

PLAY THE FASTEST GAME ON TWO FEET!!!  
SPRING REGISTRATION STARTING  
MARCH 1- APRIL 7  
SEASON RUNS APRIL - JUNE

TYKES DIVISION - 2007 AND UNDER  
NOVICE DIVISION - 2005 / 2006  
PEE WEE DIVISION - 2003 / 2004  
BANTAM DIVISION - 2001 / 2002  
MIDGET DIVISION - 1999 / 2000  
JUNIOR DIVISION - 1994 - 1998

TO REGISTER ONLINE  
[www.falconslacrosse.net](http://www.falconslacrosse.net)  
FOR MORE INFO CONTACT  
[nwfalconsjax@gmail.com](mailto:nwfalconsjax@gmail.com)

FREE LEARN LACROSSE AT DUNCAN ARENA  
FOR CHILDREN AGES 5 - 11  
MARCH 7, 14, 21, 28  
10:30 - 11:30 AM  
FOR MORE INFO  
EMAIL: [nwfalconsjax@gmail.com](mailto:nwfalconsjax@gmail.com)

## PARENT ADVISORY COUNCIL

NEXT MEETING IS ON  
TUESDAY, MARCH 17th  
AT 6:30 P.M. IN ROOM 41.

FREE CHILDCARE WILL BE  
PROVIDED.

WE LOOK FORWARD TO  
SEEING YOU THERE!!

Remember to dress for the  
weather!

Please ensure your children are  
sent to school with proper winter  
clothing, including snow pants,  
hats, mitts and scarves.  
Unless the temperature  
combined with windchill  
reaches  $-27$ , all students are  
expected to go outside.

# PRESCHOOLERS IN THE KITCHEN



Bring your preschooler (2- 5 years) and let's cook together. Riverbend and West St. Paul parent child programs are teaming up to offer families an opportunity to prepare simple, yet nutritious snacks together in the kitchen.

When: 4 Fridays, March 20<sup>th</sup>, 27<sup>th</sup>, April 10<sup>th</sup> and 17<sup>th</sup>

Where: West St. Paul school kitchen

Time: 9:30 - 11:30 a.m.

Space is limited to a total of 8 families. REGISTRATION DEADLINE is March 12<sup>th</sup>

For more information or to register call or email Cheryl at 204 339-1964,  
[cheryl.rajfur@7oaks.org](mailto:cheryl.rajfur@7oaks.org)

PLEASE INDICATE IF THERE ARE ANY FOOD ALLERGIES.



## **CALLING ALL BABIES (birth to a year)**

**The Seven Oaks School Division's Parent, Child preschool program is offering families an opportunity to learn massage techniques with their baby.**

Infant massage is a daily practice shared by parents and caregivers all over the world looking to bond, communicate and care for their babies in a healthy, natural way. Babies who receive regular massage have been shown to have better quality of sleep, have an improved rate of healthy weight gain, and relief from the pain associated with colic, gas and teething. Aside from these physical benefits, infant massage has been shown to improve the ability of parents and babies, to bond more closely and communicate with one another. Touch is one of the ways an infant communicates with the world around them. It is the first sense to develop in utero, and the only sense we cannot live without. In essence, learning to share touch with your infant is a powerful, natural way to care for your baby's physical and emotional health.

Massage is a practice that can benefit children and babies regardless of physical or mental ability. It is a practice that can be shared by all families, regardless of religious, cultural, or socio-economic background. Essentially, infant massage is a universal practice that can be enjoyed by everyone!

Amber Maric is a Registered Massage Therapist with over 10 years of experience. She is a Certified Infant Massage Instructor with the International Association of Infant Massage (IAIM) and the owner of "Yay for Babies" specialized infant massage.

Please join us for this FREE 4 week program that promotes health and happiness through the ancient art of infant massage.

**When: Thursday April 30, May 7, 14 and 21, 2015 9:30 – 11 a.m.**

**Where: West St. Paul School 3740 Main St.**

**To register or questions, please call Cheryl at 204 339-1964 or Colleen at 204 226-3228.**

**The class is limited to 10 families.**





### City of Winnipeg Leisure Guide

The City of Winnipeg is proud to provide a wide variety of recreation and leisure opportunities that contribute to the overall well-being of our community. The Leisure Guide is published three times per year and is filled with fun and exciting programs for everyone. The Spring/Summer 2015 edition features new spring skating lessons and a number of camps to keep the kids busy this summer!

For more information on leisure, sport and fitness programs, please pick up a copy of the Leisure Guide, call 311 or visit [Winnipeg.ca](http://Winnipeg.ca). Guides are available for pick up at civic pools, libraries and leisure centres, and at a number of retail locations including Safeway, 7-Eleven and Mac's.

Watch for the Spring/Summer 2015 Leisure Guide at the beginning of March! Registration for swimming lessons only will begin on March 17 at 8:00 am. Registration for all other programs will begin on March 18 at 8:00 am.

**Register for any 2015 City of Winnipeg summer camp by April 15 and you could win your camp for FREE!**

### City of Winnipeg Priceless Fun

Winnipeggers now have easy access to information about free recreation, leisure and library programs with the free programming guide, Priceless Fun.

The Spring/Summer edition of Priceless Fun, available in March, provides information about the free programs for children and youth being offered by the City of Winnipeg throughout the city, all in one convenient guide.

Hard copies of Priceless Fun are available for pick up at all civic indoor pools, libraries and leisure centres. You can view the current edition of Priceless Fun online at: [Winnipeg.ca/cms/recreation/leisureguide.stm](http://Winnipeg.ca/cms/recreation/leisureguide.stm). Information about programs is also available by calling 311.







SEVEN OAKS  
EDUCATION FOUNDATION INC.

## **Seven Oaks Education Foundation Inc.**

invites you to attend the

# **Annual General Meeting**

**Tuesday, March 10, 2015**  
**5:00 p.m. – 6:00 p.m.**

**Canad Inn Garden City**

**2100 McPhillips Street**

(Refreshments Provided)

### **Vision**

A supportive community where all students believe they can continue their education and training beyond high school.

### **Mission Statement**

To make post secondary education accessible for as many students as possible by engaging the financial support of the Seven Oaks Community.

We value education beyond high school, community, sustainability and inclusion.






**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>

**PARENT/CHILD PROGRAMS**


Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 	2 <b>Parent/Child Storytime</b> 9:30 – 11:00 a.m. 3 – 5 years	3 <b>Parent/Child Rhymes &amp; More</b> 9:30 – 11:00 a.m. 0 – 5 years <b>Mindfulness Activities</b>	4 <b>Positive Discipline</b> 9:15-11:15 a.m. <b>FULL</b> <b>Fit Kids, Healthy Kids</b> <b>RF Morrison</b> 6:15-7:15 pm <b>FULL</b>	5	6 <b>Pre-Schoolers Drop In</b> 9:30 – 11:00 a.m. 0-5 years <b>MUST REGISTER</b>	7
8	9 <b>Parent/Child Storytime</b> 9:30 – 11:00 a.m. 3 – 5 years	10 <b>Parent/Child Rhymes &amp; More</b> 9:30 – 11:00 a.m. 0 – 5 years	11 <b>Positive Discipline</b> 9:15-11:15 a.m. <b>FULL</b> <b>Fit Kids, Healthy Kids</b> <b>RF Morrison</b> 6:15-7:15 pm <b>FULL</b>	12 <b>Hans Kai</b> 9:15 – 11:15 a.m.	13 <b>PARENT/TEACHER/STUDENT CONFERENCES</b>  <b>NO CLASSES</b>	14 
15 	16 <b>Parent/Child Storytime</b> 9:30 – 11:00 a.m. 3 – 5 years <b>Music with Sonja</b>	17 <b>Parent/Child Rhymes &amp; More</b> 9:30 – 11:00 a.m. 0 – 5 years <b>St. Patrick's Day</b> <b>Wear green!!</b>	18 <b>Positive Discipline</b> 9:15-11:15 a.m. <b>FULL</b> <b>Fit Kids, Healthy Kids</b> <b>RF Morrison</b> 6:15-7:15 pm <b>FULL</b> <b>KINDERGARTER PARENT INFO EVENING</b> 6:15 p.m.-7:15 p.m.	19	20 <b>Pre-Schoolers in the Kitchen</b> 9:30 – 11:00 a.m. 3-5 years <b>MUST REGISTER</b>	21
22	23 <b>Parent/Child Storytime</b> 9:30 – 11:00 a.m. 3 – 5 years	24 <b>Parent/Child Rhymes &amp; More</b> 9:30 – 11:00 a.m. 0 – 5 years	25 <b>Positive Discipline</b> 9:15-11:15 a.m. <b>FULL</b> <b>Fit Kids, Healthy Kids</b> <b>RF Morrison</b> 6:15-7:15 pm <b>FULL</b>	26	27 <b>Pre-Schoolers in the Kitchen</b> 9:30 – 11:00 a.m. 3-5 years <b>MUST REGISTER</b>	28
29	30	31	April 1	2	3	4
<b>SPRING BREAK</b>						

**2015**




# 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 <b>GOOD FRIDAY</b>	4
<b>SPRING BREAK</b>						
5 	6 <b>CLASSES RESUME</b>  Parent/Child Storytime 9:30 – 11:00 a.m. 3 – 5 years	7 Parent/Child Rhymes & More 9:30 – 11:00 a.m. 0 – 5 years	8	9	10 Pre-Schoolers in the Kitchen 9:30-11 a.m. 3-5 years <b>MUST REGISTER</b>	11 
12 	13 Parent/Child Storytime 9:30 – 11:00 a.m. 3 – 5 years Music with Sonja	14 Parent/Child Rhymes & More 9:30 – 11:00 a.m. 0 – 5 years	15	16	17 Pre-Schoolers in the Kitchen 9:30-11 a.m. 3-5 years <b>MUST REGISTER</b>	18
19	20 Parent/Child Storytime 9:30 – 11:00 a.m. 3 – 5 years	21 Parent/Child Rhymes & More 9:30 – 11:00 a.m. 0 – 5 years	22	23	24 <b>PD DAY</b>  <b>NO SCHOOL</b>	25
26	27 Parent/Child Storytime 9:30 – 11:00 a.m. 3 – 5 years	28 Parent/Child Rhymes & More 9:30 – 11:00 a.m. 0 – 5 years	29	30 Infant Massage 9:30-11:00 a.m. <b>MUST REGISTER</b>		

**2015**

# MARCH, 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 DAY 3 WK Collegiate Open House & Registration For Gr 8 Students 5-8 p.m.	3 DAY 4	4 DAY 5 <b>PIZZA DAY</b>	5 DAY 6	6 DAY 1	7
8	9 DAY 2	10 DAY 3	11 DAY 4 LUNCH LADY	12 DAY 5 HANS KAI 9-11 a.m. Rm. 41  BOOK FAIR 8 a.m. – 8 p.m.	13 DAY 6 PARENT- TEACHER CONFERENCES NO CLASSES BOOK FAIR 8 a.m.- 11 a.m.	14
15	16 DAY 1	17 DAY 2  Track Attack U of M 9 am-4 p.m. PAC MEETING 6:30 p.m. FREE CHILDCARE PROVIDED	18 DAY 3 <b>PIZZA DAY</b> KINDERGARTEN INFORMATION NIGHT 6:15-7:15 p.m. Early Years Badminton 5-8:30 p.m. Maples Collegiate	19 DAY 4	20 DAY 5 21 <b>BRANDON JAZZ FESTIVAL</b>	
22	23 DAY 6	24 DAY 1	25 DAY 2 LUNCH LADY	26 DAY 3	27 DAY 4	28
29	30	31	1	2	3 GOOD FRIDAY	4
<b>SPRING BREAK</b>						

## IMPORTANT DATES AT A GLANCE.....

March 2	West Kildonan Collegiate Open House & Registration for Gr 8 Students 6:30-8:30 p.m.
March 12-13	Parent/Teacher Conferences, Book Fair in the Library
March 13	Parent/Teacher Conferences, No Classes
March 18	Kindergarten Information Evening for Parents & Caregivers 6:15-7:15 p.m.
March 19-21	Brandon Jazz Festival
March 27	Last day of classes before Spring Break
Mar 30-April 3	<b>Spring Break</b> -classes resume on Easter Monday, April 6 – Yes, we have classes this day.
April 3	Good Friday
April 6	Easter Monday – <b>Classes Resume Today!</b>
April 24	PD Day – No Classes
May 11	PD Day – No Classes
June 26	Admin Day – no Classes

