

ELWICK COMMUNITY SCHOOL

NEWSLETTER

VERLAND FORCE, PRINCIPAL

BOBBI-LYNN HAEGEMAN, VICE-PRINCIPAL

At Elwick
we are
learning
to live the
Seven
Teachings
everyday!
Respect,
Wisdom,
Courage,
Love,
Honesty,
Humility
& Truth.

OFFICE

We would like to thank all of our parents who participated in our first Parent Group meeting. Conversations about school related activities, special projects and school events happened with 18 parents from our

community. Our next meeting will be Monday, February 27th at 6:00 in the school library. We encourage all parents/guardians to participate. Please contact the school at 633-5641 if you will be needing free child minding. We look forward to seeing you!!

Chilly Night is just around the corner and our Aboriginal Education Group has been busy planning the big event! Preparation of food and activities are well underway and we look forward to an evening of families and staff members coming together to enjoy great food and various cultural activities. Our Elwick School

Chilly Night is planned for Thursday, February 16th from 5:30 until 7:30. This is a come and go evening so please try to drop by for chili, bannock, and a whole lot of fun. The entire evening is free of charge for Elwick Community School families!

Our next school professional development day will be Friday, February 3rd. Just a reminder there is no school for students on this day. Our school staff will be continuing to learn about the Restitution model. We look forward to sharing some of our learning at our next Parent Group meeting.



Kindergarten Registrations will begin Monday, February 27th for the 2012-2013 school year. All children registering for Kindergarten must be 5 years old by Dec. 31st 2012, (born in 2007).

“REMINDER”- FRIDAY, FEBRUARY 3RD, NO CLASSES !!

FROM THE COORDINATOR...

When Toddlers Attack

Astrid Van Den Broek

Adapted from Today's Parent Nov 2011

Last summer, 2 ½ year old Carmin started hitting in the home daycare her mom, Cheri Bojcic of Chilliwack BC, was running. Up until then, Carmin had been so easygoing.



Got a hitter on your hands? Or maybe your daughter has sunk her chompers into the arms of daycare mates? It's challenging when your toddler or preschooler acts out aggressively – you might be embarrassed or upset by the behaviour, or worried about what exactly is causing your sweet pea to lash out at unsuspecting subjects.

BEHIND THE BITE – First of all, you needn't worry your angel has suddenly developed a devilish side.

"This kind of behaviour often accompanies a time in children's lives when their language is still evolving and they can't express what they want to say," Says Kim Watts, interim manager for the Ryerson Early Learning Centre in Toronto. "Or they're frustrated at not being understood, or someone has something they would like to have." Other triggers include a change in the child's life, such as the arrival of a sibling.

So what can you do? "If we think children are naturally aggressive and we have to drill that out of them, we'll come at toddler years thinking about 'training' rather than helping them," says Jean Clinton, a Hamilton child psychiatrist and member of the Canadian Paediatric Society's Mental Health and Developmental Disabilities Committee. "Helping them grow in learning empathy and connecting to others has a huge impact on how you approach this." Here are tricks to try at home and with any caregivers – experts say consistency helps discourage the behaviour.

FOCUS YOUR ATTENTION – "Our approach is to say in a firm voice, 'Stop! I don't like that. It hurts,'" says Watts. Then, instead of scolding the aggressor, child care workers focus their attention on the injured party and soothe his pain. "We then encourage the biter to come and see why her friend is crying, and involve her in helping the hurt child to feel better," she says.

USE DIVERSION – If your child wants a toy someone else has, help him by saying "Oh, you're really frustrated because you really want that toy. Why don't you play with this one first, and then we can take turns." (Another good tip here is to get your child to say "Can I have that toy when you're finished?" Then get him to ask the other child "How long will you be?" If the child isn't sure how to respond in terms of time, you can offer a suggestion, "How about 5 minutes?" I like this approach because it let's the child know that he will get the toy he wants within a short period of time, and it gives children a strategy they will soon learn to use to solve problems on their own.)

HELP HER USE WORDS – Bojcic gets down to her daughter's level to talk to her. "I remind her not to hit people because it hurts them and their feelings," Bojcic explains, "and then I give her examples of what she should say in order to settle the situation. (For children a little older, it also helps to ask them what they might say the next time they are in the same situation rather than just give them a solution.)

ACT PREVENTIVELY – Bojcic tries to watch for when her daughter has reached her "boiling point" and steps in before anything happens. "I'll also tell her what she should say to try to get the other kids to realize that she's getting mad," Bojcic says.

BE A MODEL – Practise taking turns with your toddler and talk through what you're doing: It's my turn; now it's your turn." Or help him with a social situation – say some other child is reading a book he wants. Try: "She's using that book right now. Can you find one that isn't being used? Here's one!" A little TLC never hurts either. "Sometimes if things just aren't working with Carmin, I pick her up, tell her it's OK, and remind her not to throw toys." says Bojcic. "Then we'll sit down together and maybe watch a show, and have a 'time in.'"



FROM THE LOVE MONTH COMMITTEE

Love Month

Hello Everyone!

This month's 7 Teaching Theme is Love. We have decided to combine the theme with I Love To Read Month.

Our tiny committee has met and have set out the following activities and ideas for this month! We hope everyone will participate and have fun! Please mark the dates in your calendar.

Everyday – Following in the Honesty Committee's footsteps, we will be playing a song about Love everyday at 1:00. We will have a short saying about love read at that time too. We've chosen "All You Need Is Love" by The Beatles. (We will all be singing the song at the assembly at the end of the month – it's an oldie but a "goodie").

Thursday February 2nd – Book Pass

The committee has chosen a book about Love that will be passed from class to class. On the day that your class has the book, please read it to your students, have a class discussion and fill out your page in the journal that will accompany the book. The purpose of the journal will be for you and your class to show your thoughts about the book in a single page. Your page will be read by a student in your class at the Love Assembly on TUESDAY February 28TH AT 1:00 PM. **When you have finished with your book, please pass it to the person who is next on the schedule. The calendar for the book is attached at the end of this hand out!**

Friday February 10th – Teacher Switch

At some point during the day we'd like you to visit another class and read them a story. Your class will also have the pleasure of being read to at this time. We are asking you to arrange your own switch and choose your own book for this activity. (It can be about love if you'd like – but doesn't have to be restricted to theme.)

CONTINUE..





LOVE MONTH COMMITTEE CONT'D.

Friday February 17th – PJs and Your Favorite Book Day

On this day, students will be invited to wear their pj's to school and bring their favourite book to read. We would ask that for a period of time during the day, students will be given a chance to read the book they have brought from home and relax while reading. We will also be providing a snack for students to enjoy!

Friday February 24th – Guest Readers Day

On this day there will be some special guests invited to our school to read to our students. Once the details have been finalized, we will send out a schedule for the day. (If you have "connections" to someone who you think might be a great guest reader – please let a committee member know!)

Tuesday February 28th – Love Assembly 1:00 PM

Our Assembly will be the culmination of all our LOVE Month Activities. Please stay tuned for more details!

If you have any questions please feel free to email or talk to:

Carole, Val S, or Dana Crawford

Your Love Month Committee



You have been invited to attend the Seven Oaks Healthy Living Community Engagement Session

February 28th 2012 from 1-3 or 4-6

1050 Leila Education Room

Call Evan to register at 938-5707

Limited space available

Refreshments will be provided

Learn about Healthy Together Now and how it can be used to support healthy living initiatives in the Seven Oaks community!

Why should you attend...

We want to hear from Seven Oaks residents and stakeholders to learn about what program needs and barriers exist within the community. We want to ensure every resident in Seven Oaks, young and old, have opportunities to live healthy lives.

We fund community groups and organizations that support physical activity, nutrition, tobacco awareness and positive mental health!



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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, including a number of camps to keep the kids busy this summer!

For the Spring/Summer 2012 session, the registration process will have staggered start dates. Registration for swimming lessons only will begin on Day 1 of registration (March 13) at 9:00 a.m. Registration for all other programs will begin on Day 2 of registration (March 14) at 9:00 a.m. Registration for all programs will be ongoing after these start dates.

For more information on leisure, sport and fitness programs, please pick up a copy of the Leisure Guide, call 311 or log on to Winnipeg.ca/leisureonline. 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 new Spring/Summer Leisure Guide out March 3rd.

City of Winnipeg Priceless Fun

Winnipeggers now have easy access to information about free recreation, leisure and library programs with the new 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/pdfs/Free_programs.pdf. Information about programs is also available by calling 311.

Lunch Bag Makeover



This article was written by [Breakfast for Learning](#), a proud member of the Live Right Now Advisory Board.

Are you bored with packing the same lunch for your family every day? Are your kids coming home with half eaten sandwiches and uneaten apples? This time of year many children are in need of a lunch bag makeover to give them the energy they need to get through the afternoon. Breakfast for Learning suggests following these three easy tips to brighten up your child's brown bag lunch.

- 1. Alter the shape.** Whether it's cutting an orange into easy-to-eat bite-sized pieces, slicing up a mundane apple to mimic a beautiful fan or simply cutting a sandwich into three pieces instead of two, changing the appearance of your child's food will spark their interest and give them the enthusiasm they need to eat the nutritious lunch that you've packed.
- 2. Makeover your sandwich.** Transform your ordinary sandwich into an impressive entrée. Leave the bread at home and stuff your sandwich fixings into a pita, roll them into a wrap, or toss them over a bed of lettuce. Stimulate your child's creativity by simply packing ingredients and letting your child assemble his/her own lunch. (Hint: kids love making mini sandwiches out of dinner rolls or crackers.)
- 3. Introduce something new.** We all know that variety is the spice of life, so why not spice up your lunch bag with something exotic? Once a week surprise your child with a new fruit or vegetable and at the end of the day have a family discussion about what everyone thought of this unfamiliar product.

DATES TO REMEMBER!

| Weekday | Date | Event |
|-----------------|---------------|--|
| Friday | Feb 3 | PD , No Classes |
| Thursday | Feb 16 | Chilly Night |
| Monday | Feb 20 | Louis Riel Day, No classes |
| Wednesday | Mar 14 | Report cards go home |
| Thursday | Mar 15 | Evening parent teacher conferences |
| Friday | Mar 16 | No classes – parent teacher conferences |
| Friday | Mar 23 | Last day before spring break |
| Monday | April 2 | School reopens |
| Friday | Apr 6 | Good Friday, No Classes |
| Friday | Apr 20 | PD, No Classes |
| Monday | May 7 | School PD, No Classes |
| Monday | May 21 | Victoria Day, No Classes |
| Monday | Jun 11 | PD/Admin Day, No Classes |





SEVEN OAKS
SCHOOL DIVISION

Www.7oaks.org

Community begins here.

830 Power Street
Winnipeg, Manitoba R2V 4E7
Phone: 586-8061
Fax: 589-2504

Elwick Community School
30 Maberly Rd. Wpg., MB R2P
OE2
Telephone: 204 633-5641



SEVEN OAKS
SCHOOL DIVISION

SEVEN OAKS SCHOOL DIVISION

Invites the Community to the 2012 - 2013

Public Budget Consultation Meeting

The Board of Trustees of the Seven Oaks School Division invites the public to an open meeting to discuss the 2012-2013 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 27th, 2012 – 7:00 p.m.
West Kildonan Collegiate
101 Ridgcrest Avenue



Hop into spring break at Oak Hammock Marsh!

From March 26 – 30, have fun participating in daily themed activities at Oak Hammock Marsh Interpretive Centre or register for one or all of our day camps. Camp runs daily from 9 a.m. to 4 p.m. and is for children ages 6 to 9. Camp is filled with fun indoor and outdoor themed activities that may include scavenger hunts, animal tracking, outdoor cooking and nature crafts. For more information on daily themes or to register a camper please visit: <http://www.oakhammockmarsh.ca>, or call (204) 467-3300.

| | |
|-----------------------|---------------------|
| V. Force | Principal |
| B. Haegeman | Vice-Principal |
| C. Phinney | Secretary |
| M. Pirrie | Secretary |
| S. Howell | Library |
| B. Grubber | Head Custodian |
| B. Roccola | Night Custodian |
| TEACHING STAFF | |
| C. Shields | C. Weekes |
| M. Mann | D. Gebhardt |
| N. Reay | D. Vaarmeyer |
| C. Crawford | A. Huber |
| K. Lyons | N. Pldhirnlak |
| R. Brar | G. Prout |
| A. Deprez | K. White |
| S. Kaye | P. Harding |
| C. Splers | D. Collette |
| S. Clarke | E. Rlsbey |
| K. Schettler | E. Lister |
| B. Wallace | K. Oleson |
| R. Dow | L. Weppler |
| PARAS | |
| - J. Ellson | - J. Elsbrenner |
| - E. Lobchuk | - B. Melnyk |
| - K. Jemlelty | - L. Swack |
| - C. Sault | - J. Weston |
| - D. Fisher | |
| - V. Czarnacki | Guidance |
| - C. McMillan | Early Yrs .Guidance |
| - V. Sanders | } Learning Support |
| - R. Scott | |
| - Jenny Bilodeau | |
| W. Persowich | Psychologist |
| M. Hawula | Social Worker |
| C. Singbell | Speech Language |
| D. Mathers | Comm. Coordinator |
| A. Zabalotnuk | Comm. Connector |

Elwick School Goes to WE Day



On November 23, 2011 twelve lucky students were able to go to WE Day at the MTS Center. Free The Children's We Day is more than just one day of celebration and inspiration. We Day is the movement of our time – a movement of young people leading local and global change.

Created by Free The Children to celebrate the power of young people to create positive change, We Day is a day-long event that ignites a year-long educational program for change, called We Schools in Action. Young people from across North America come together to celebrate the positive actions they are taking and to launch a movement of youth working for social change. Through messages from world-renowned celebrities, speakers and musicians, young people not only learn about a diverse range of current issues, they gain the inspiration and knowledge needed to act.

Our very own students at Elwick were able to witness the truly inspiring messages by Craig and Mark Keilburger, Al Gore, Mia Farrow, Rick Hansen, Spencer West, Michel Chikwanine, and many others. We also got very excited to see Sean Desmond, Hedley, Down with Webster, and Sierra Noble perform.

If all of us could take away one message from that day it was: **THE WORLD NEEDS CHANGE AND WE HAVE THE POWER TO MAKE CHANGE!** We look forward to forming a student group at school to see the positive impact we could have on our school, our community, and even our world.





Attention Seven Oaks Community Members!

Seven Oaks Healthy Living invites all of you to "Food, Fitness, and Fun"!

Elwick Community School (30 Maberley Road)
 Thursdays: 6:00 - 8:00pm (until March 22, 2012)
 * Children: please bring an adult with you ☺



Get active during the open gym while tasting some tasty and healthy foods. Copies of these tasty and low-cost recipes will be provided.

| | | |
|----------|--|---|
| Jan 19 | Quick and Easy Breakfasts | Recipes and tips to start your day off right! |
| Jan 26 | Healthy Lunches | Spice up the classic lunch bag! |
| Feb 2 | Festive Dinners | These flavourful dinners will warm you up! |
| Feb 9 | Real Fruit Snacks | Fruit is nature's candy! |
| Feb 16 | Make Mondays Meatless | Try something a little different for dinner! |
| Feb 23 | <i>To be decided - based on community feedback ☺</i> | |
| March 1 | <i>To be decided</i> | |
| March 8 | <i>To be decided</i> | |
| March 15 | <i>To be decided</i> | |
| March 22 | <i>To be decided</i> | |



Stop by and let us know what *YOU* would like to learn about.

For more information about "Food, Fitness, and Fun" please contact: *Lana @ 938-5675*. For general questions about the Healthy Living initiative, please contact *Evan @ 938-5707*.



Dufresne

Children's Hospital Book Market

50 YEARS OF SUPPORTING CHILDREN

Thousands of books in over
65 categories at incredible prices!



February 9 - 11, 2012 at St. Vital Centre



For more information, please call
204-783-1125 or visit www.goodbear.mb.ca.



**Seven Oaks School Division
Met School**



The Seven Oaks Met School is hosting its annual
Open House!

**Wednesday, Feb. 29th, 2012
7:30—8:30pm**

Met School—Room 302 East
Garden City Collegiate East, 707 Jefferson Avenue

Students entering grades 9—12 are invited to apply.

Application deadline: Monday, April 30, 2012

The **Met School** provides a Manitoba Curriculum high school program featuring strong personal student/advisor relationships and real world learning opportunities through internships, projects and authentic assessment.

For more information contact:
Ms. Adair Warren, Principal
204-336-5050
adair.warren@7oaks.org

Met School Website:
<http://www.7oaks.org/site/metschool/>

Seven Oaks School Division
Met School

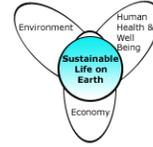
Now accepting
applications
for
September 2011

**Canadian Education Association's 2010
Ken Spencer Award for Innovation in Teaching and Learning**

honours schools that demonstrate a *commitment* to engaging
the **hearts and minds** of adolescent learners
through a **successful**, sustainable and scalable initiative
to **deeply engage** students in their **LEARNING**.



Seven Oaks School Division Met School
CEA's Ken Spencer Award Recipient 2010



SCIENCE COUNCIL MANITOBA Y.E.S. SHOWCASE Challenges For a Sustainable Future

A PERSONAL INVITATION

PLEASE CONSIDER REGISTERING YOUR FINE PROJECT IN THE 2012 Y.E.S. SHOWCASE TO BE HELD ON SATURDAY, MAY 12 AT OAK HAMMOCK MARSH INTERPERATIVE CENTRE.

REGISTRATION FORM ONLINE AT WWW.SCMB.MB.CA

WELCOME ABOARD THE MAGIC CARPET OF SUSTAINABILITY.....LIFE IS A JOURNEY, LET YOUR VOICE BE HEARD FOR SUSTAINING OUR PLANET EARTH.

Projects connected to sustainability could be in the following areas: Human Health, Animal Health, Social Welfare, Social Justice, Ecology, Environmental Science, Culture Geographic Issues, Economics, Philosophy, Education, Use of Resources

Please register early as only the first 50 registered and paid projects will be accepted.

DR. H.ROBINSON
CHAIR Y.E.S.

Information Regarding a Sustainable Development Project

The Youth Encouraging Sustainability Showcase is like a science fair. However 25% of your mark comes from the connections of your project to sustainable development. The backboard diagram in the *How to Make Your Display Appealing and Effective* section of the rulebook found at www.scmb.mb.ca shows where to put your sustainability applications section and your conclusions sustainability applications section. If your backboard can not be rearranged or you have a poster type display, please make separate sections for the two areas. They should be displayed on the table in front of your backboard/poster.

Please indicate in your sustainability sections and your verbal answers how your project connects to sustainability. For grades 1 to 8 you should connect to two of the three factors. For grades 9 and upwards you must show connections to all three factors. Of course the connections to one factor could be greater than the connections to the other factors. Manitoba Education has an explanation of all different parts of the factors on their website <http://www.edu.gov.mb.ca/k12/esd/definitions.html> .

Sustainable Development: The Twenty-First Century MB Priorities *

Three Parts of Sustainable Development

| Economic factors | Social -cultural factors | Environmental factors |
|---|---|--|
| <ul style="list-style-type: none"> Consumption and waste management Corporate responsibility and accountability Economic performance Education Employment Energy efficiency and conservation Mining Poverty reduction | <ul style="list-style-type: none"> Cultural diversity and intercultural understanding Demographics Gender equality Governance Health HIV/Aids Human rights Peace and human security | <ul style="list-style-type: none"> Biodiversity and habitat conservation (air, fish, forests) Climate change Disaster prevention and mitigation Natural resources (agriculture, energy, water) Rural transformation Sustainable urbanization |

This chart shows Sustainable Development broken into headings to help us understand the breadth of the concept. In real life the headings are so interrelated that they can not be isolated into individual area.

* Permission given by Manitoba Education for the use of the table.

Y.E.S.

Youth Encouraging Sustainability

SHOWCASE MAY 12, 2012

Oak Hammock Marsh Interpretive Centre

For the May 12, 2012 Showcase, please register online at www.scmb.mb.ca. If you cannot register online, contact Dr. H. Robinson at 1-204-284-5024 or 1-204-947-1674 or by fax 1-204-956-5049 for a registration form.

- **JOIN THE PIONEERING SPIRIT**
- **GET INVOLVED IN CUTTING EDGE SUSTAINABILITY PROJECTS**
- **CHAMPION A CAUSE FOR THE ENVIRONMENT**
- **CHALLENGE YOURSELVES, FELLOW STUDENTS AND TEACHERS**

In 2012 the Y.E.S. Showcase project will celebrate a year of investigations, innovations, inventions and new dimensions entitled “Challenges for a Sustainable Future (2012)”. A list of “tackle topics” is outlined at <http://www.scmb.mb.ca>. You may also choose a topic of your own as long as it emphasizes **Sustainability connected to the environment/economics/health of society**. Regulations for the competition may be found in the new Y.E.S. Rulebook to be released on the website and in abridged soft cover. Visit our website at www.scmb.mb.ca

We are encouraging **TEAMWORK**



Students working with parents, teachers and mentors

Science clubs working as a group
Teachers, team teaching with a student class
Entire classes, students working together
Small group projects
Professors working with research students

We are encouraging **COMPETITION**



Between classes in the same school
Between schools in the same division
Between individuals and small groups
Between university/college faculties

The showcase competition will be focused on the CHALLENGE of presenting the best design, model, solution, plan of action, sustainable management program etc. for the “tackle topic”. The project may be presented as an investigation, invention/innovation, entrepreneurship plan, or it may be entered into the non-competitive New Dimensions area, if preferred.

We give **CERTIFICATES**

Scholarship awards to be presented at stipulated levels.

| | |
|---|-------------------------------|
| Grade 9-11 Projects | 2 Awards at \$250 each |
| Grade 12 Projects | 2 Awards at \$300 each |
| College/Undergraduate/4th Year Honours Projects | 2 Awards at \$375 each |
| Masters/ Ph. D. Projects | 2 Awards at \$500 each |

•Platinum •Gold •Silver •Bronze

The Award of Excellence Plaques (one for each level/combined category) will be awarded to an outstanding Grades 1 to 5, Grades 6 to 8, Grades 9 to 11 and Grade 12. Showcase project based on an executive decision. Minimum of 80% in the sustainability judging section.

A lottery draw will award two platinum certificate students, Grades 1 to 5 and Grades 6 to 8, with a special prize.

Register your team and “tackle topic” on the Y.E.S. Showcase Website at www.scmb.mb.ca before the deadline of May 10, 2012.