



# Forest Park Community School Newsletter

130 FOREST PARK DRIVE / WINNIPEG / MANITOBA / R2V 2R8  
Telephone: 338-9341 Fax: 334-4808

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**March 2011**

**Number 7**

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## **DATES TO REMEMBER**

- |                                    |   |                         |
|------------------------------------|---|-------------------------|
| Thursday, March 3                  | - Story Magic Parent/Child Program                      | - 9:30 – 11:00 a.m.     |
| Friday, March 4                    | - Rhyme Time Parent/Child Program                       | - 9:30 – 11:00 a.m.     |
| Thursday, March 10                 | - Story Magic Parent/Child Program                      | - 9:30 – 11:00 a.m.     |
| Friday, March 11                   | - Rhyme Time Parent/Child Program                       | - 9:30 – 11:00 a.m.     |
| Wednesday, March 16                | - Parent Advisory Board Meeting                         | - 6:30 p.m. in the Lib. |
| Thursday, March 17                 | - Story Magic Parent/Child Program                      | - 9:30 – 11:00 a.m.     |
| Thursday, March 17                 | - Parent/Student/Teacher Conferences (evening)          |                         |
| <b>Friday, March 18</b>            | <b>- Parent/Student/Teacher Conferences (NO SCHOOL)</b> |                         |
| Thursday, March 24                 | - Story Magic Parent/Child Program                      | - 9:30 – 11:00 a.m.     |
| Friday, March 25                   | - Rhyme Time Parent/Child Program                       | - 9:30 – 11:00 a.m.     |
| Monday, March 28 – Friday, April 1 | - Spring Break  |                         |
| Monday, April 4                    | - School Reopens  |                         |
| Thursday, April 14                 | - Story Magic Parent/Child Program                      | - 9:30 – 11:00 a.m.     |
| Thursday, April 14                 | - H. C. Avery School Open House                         | - 7:00 p.m.             |
| Friday, April 15                   | - Rhyme Time Parent/Child Program                       | - 9:30 – 11:00 a.m.     |
| Thursday, April 21                 | - Story Magic Parent/Child Program                      | - 9:30 – 11:00 a.m.     |
| Friday, April 22                   | - Good Friday (NO SCHOOL)                               |                         |

- |                         |  |
|-------------------------|--|
| <b>Monday, April 25</b> | - <b>P.D. DAY – (NO SCHOOL)</b>                        |
| Tuesday, April 26       | - Kindergarten Parent Information Night - 6:30 p.m.    |
| Thursday, April 28      | - Story Magic Parent/Child Program - 9:30 – 11:00 a.m. |
| Friday, April 29        | - Rhyme Time Parent/Child Program - 9:30 – 11:00 a.m.  |

## **SCHOOL EVENTS**

### **MUSICAL NOTES**

Hello, my name is Marina Einis and I will be taking over Mrs. Warrack's teaching duties until the end of the school year. The students in grades 4 and 5 will be working on their recorders. The children in grades 1,2 and 3 will learn and sing songs for St. Patrick's day. I am looking forward to meeting you at the upcoming parent/teacher conferences.

Thank you,  
Ms Einis

### **PHYS ED NEWS**

Forest Park "World Cup" Intramural Soccer is well under way. Teams comprised of 6 or 7 players, representing 21 different countries, are participating (Grades 2 – 5). It will continue until the end of April.

Badminton Club for grade 4 & 5 students is well under way as well. Students are practicing during the lunch hour in preparation for the Divisional Badminton Tournament on Wednesday, March 23.

Jump Rope Club continues after school as well. Grade 1 – 5 students are learning new skipping tricks which they are putting together to form routines to music. We hope to present these routines at "Arts in the Park" in May.

Our school "Jump-Off" will be held on Friday, April 8. Pledge forms will be sent home shortly before Spring Break. Soliciting donations is optional, participating in the "Jump-Off" is not! It is a fun afternoon of "jumping" activities.

Spring Cross-Country training will begin after Spring Break as well. Again, all grade 3 – 5 students will be participating. The Divisional Cross-Country Meet will be held on Wednesday, May 11. (Rain date – Friday, May 13)

K. Lukas

# **HAPPINESS...**

Did you know that happy people tend to exhibit certain qualities like---LOVE, OPTIMISM, COURAGE, A SENSE OF FREEDOM, SPIRITUALITY, PERSPECTIVE, HUMOR, INNER SECURITY, HEALTH, PROACTIVITY AND A SENSE OF PURPOSE? These qualities come from a book by Dan Baker titled What Happy People Know (2003). I'm currently reading The Happiness Project (Or, Why I Spent a Year Trying to Sing in the Morning, Clean my Closets, Fight Right, Read Aristotle, and Generally Have More Fun). I find I'm happy reading about happiness!

Most of us would agree that we want to be happy. Research indicates that happiness is the number one thing that parents want for their children.

Apparently research also tells us that if you do the following simple activity once a day for one week, it will improve your health and happiness. Here it is:

**\*Take time to think about and write down 3 good things about your day.**

**\*Do this each day for one week.**

Pretty simple and it's supposed to be very effective. For those of you who do try it, let me know the results. I'm hoping some of you might even make it a family activity each evening for 7 days. It can't hurt and it may help.

Hope you're weathering this long winter with some measure of happiness...

Terry (Klan), your School Counsellor

# **PARENT ADVISORY BOARD**

The Parent Advisory Board needs your help and support. Parents are essential in order to provide special activities such as the Halloween Dance, Hot Lunch and the year end family Barbeque. Currently the Parent Advisory Board meets on the third Wednesday of every month at 6:00 p.m. This meeting is open to all parents interested in support the school. All that is required of you—is your presence. PAB is the parent planning committee for the above mentioned events. Currently there is only a handful parents attending the evening meetings. We understand that life at home/work is busy, but, without your support, extra school activities will cease to exist.

These meetings can be a great way to have your voice heard and to meet other members of the parent community. Our next meeting is on Wednesday, March 16 at 6:30 p.m. This will be an informal Meet and Greet where you can connect with parents currently involved in a parent advisory capacity. Mrs. Haegeman will provide babysitting.

All are welcome.

# **PRINCIPAL'S MESSAGE**

Recently, I had the opportunity to accompany our grade 4/5 divisional choir members to their performance with the Symphony Orchestra. I was amazed. What an opportunity—for me and for the students. Over the years, I have been to the Concert Hall, but, never ever have I been behind the scenes, so close to the orchestra. At one point, I feared that I might be struck by a trumpet—that's how up front and personal it was. My favourite part about the experience—was watching the faces of our children and hearing them sing ever so beautifully! Each child passed by me as they made their way onto the stage. I heard one student say, "I'm scared." Another child said, "I never thought I'd be here." The past few weeks have been consumed with choir rehearsals and preparing for the big day. Mrs. Warrack and her team of Music teachers deserve many thanks for their preparations.

As I sat, I listened to the conductor speak about music, poetry, art and language. He reminded me of the power of music and the importance of infusing the arts into student learning. Together, music, art and language have the power to inspire children in creative and heartfelt ways. Magical!

Mrs. Warrack will be leaving Forest Park for a few months in order to get the division ready for Arts in the Park, another opportunity to celebrate the arts. She will be coordinating this effort until June. We look forward to seeing her back in the fall. We welcome Miss Einis to Forest Park School. She will be teaching Music to our students while Mrs. Warrack is away. You will have to opportunity to meet Miss Einis during our upcoming parent/teacher interviews. We wish them well in their new experiences.

At the last few parent advisory meetings, we have been discussing ways to increase participation in this group's work. The Parent Group meets on the third Wednesday of every month to plan fund raising activities and to coordinate special events such as the Family Barbeque, the Halloween Dance and our Hot Lunch program. All of these activities enrich school life for our children. At our next meeting on March 16<sup>th</sup>, we are inviting all volunteers and interested parents to join us for a Meet and Greet. We will talk about volunteering at Forest Park School. More importantly, we will get to know each other in a more informal setting. Don't be intimidated by the words—Parent Advisory Meeting—these are just words for parents who want to have a voice in the education of children. Please Come! Babysitting will be provided. Before I close, I want to thank the Parent Group, for the amazing staff appreciation breakfast that was put on for us. We much appreciated breakfast and your thoughtfulness. Together we can truly make a difference!

The winter has been long, cold and dreary. There have been many indoor recesses. However, I glean hope as I see the days getting longer ever so slightly. How many more sleeps until spring? Stay warm! I look forward to seeing you in March during parent/teacher interviews. Please stop by.

Jacky Molyneux  
Acting Principal

Advancing Community Schools  
**Forest Park School**  
**Parent/Child Programs**

We'd like to welcome families in our school community to join us for our **FREE** Parent/Child Programs. Weekly classes are held in our Forest Park School Library. During each of our programs, parents/caregivers participate in fun activities along with their children. With a focus on literacy, nutrition, parenting and building community, our programs encourage you to connect with each other. This is also a great opportunity to meet other families in your community. The programs we currently have to offer are:

**Story Magic – Thursdays 9:30-11:00am** (Best enjoyed by children ages 3 – 5 years)

**Baby Rhyme Time – Fridays 9:30-11:00am** (Best enjoyed by children from birth – 3 years)

Registration is required for all Parent/Child programs as space is limited.

**For more information or to register, please call  
Debbie Talling (Community Coordinator) at 338-9341.**



**City of Winnipeg Leisure Guide**

The City of Winnipeg is proud to provide a wide variety of recreation and leisure opportunities to 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 paid registered programming as well as free drop-in programming for children and youth.

For more information on Leisure Guide programs, please pick up a copy of the Leisure Guide, call 311 or log on to [Winnipeg.ca/leisureonline](http://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. Registration for spring and summer programs, including summer camps, begins on Monday, March 14, 2011.

**Watch for the new Spring/Summer Leisure Guide out March 5<sup>th</sup>.**

**James Nisbet Nursery School** is holding an Open House & Registration on Tuesday, March 1<sup>st</sup>, 2011 from 6:30-8:30 p.m., 70 Doubleday Drive, 204-953-1193 or visit our website: [Jnns.ca](http://Jnns.ca)  
Programs Offered: 2 mornings a week for 3 and 4 year olds, 3 afternoons a week for 4 year olds.

## MARCH 2011 - KYAC Events

OPERATING HOURS - EP: M/W/F 6-9pm      ESOMS: Tu/Th 6-9pm Sat 12-5pm

HC Avery: Tues 6-9pm    RB: Fri 6-9pm

**\*\*All Super art and art programs are done in a classroom, therefore gyms will be open for  
KYAC**

SUN	MON	TUES	WED	THURS	FRI	SAT
27	28 KYAC @ EP	1 KYAC @ ESOMS <b>KYAC @ HC</b> Avery Art program (6-7:30pm)	2 KYAC @ EP KYAC @ GS (GS students only)	3 KYAC @ ESOMS Super Art program (6-7:30pm) KYAC @ FP (FP students only)	4 KYAC @ EP  KYAC @ RB	5 KYAC @ ESOMS <b>CANCELLED</b> Because of bball tournament
6	7 KYAC @ EP	8 KYAC @ ESOMS KYAC @ HC Avery	9 KYAC @ EP KYAC @ GS (GS students only)	10 KYAC @ ESOMS Hip Hop Dance Class (6-7:30pm) KYAC @ FP (FP students only)	11 KYAC @ EP EP Super Art program (6-7:30pm)  KYAC @ RB	12 KYAC @ ESOMS <b>CANCELLED</b> Because of bball tournament
13	14 KYAC @ EP	15 KYAC @ ESOMS <b>KYAC @ HC</b> Avery Art program (6-7:30pm)	16 KYAC @ EP <b>Basketball night!</b> KYAC @ GS (GS students only)	17 KYAC @ ESOMS Super Art program (6-7:30pm) KYAC @ FP (FP students only)	18 KYAC @ EP Hip Hop Dance Class (6-7:30pm) small gym  KYAC @ RB	19 KYAC @ ESOMS

### KYAC @ Forest Park

#### MARCH INFO

KYAC is at Forest Park Thursdays from 3:30pm-5pm  
All school year long! Come out and join us for a fun time!

Check the KYAC calendar for events near you!

We have tons of events going on this month including Art/ Cartoon drawing classes, Super art programs (painting) and hip hop dance classes @ various KYAC locations in March. All are welcome; sign up by emailing [kyac@7oaks.org](mailto:kyac@7oaks.org) for more info!

**\*\* Important note: KYAC will only be open @ ESOMS during SPRING BREAK (12-5pm) from Monday March 28<sup>th</sup> to Friday April 1<sup>st</sup>.\*\***

**All students from any of the KYAC locations are welcome to the other schools!**

Check out our website! <http://www.7oaks.org/Programs/KYAC/Pages/default.aspx>

You can also visit us on Facebook (search **KYAC** and 'Like' our page!) or

Follow us on twitter → **kyac7oaks** for daily updates!

For more information, contact Pierre Feng, KYAC Program Coordinator, at 586-0327 or by email at [pierre.feng@7oaks.org](mailto:pierre.feng@7oaks.org).



# Maples Monarchs Sports

**WINTER/SPRING**

## **Youth Cricket**

**6 - 16 years-old  
Boys and Girls**

**Program runs from  
Jan 8, 2011 to May 28, 2011**

**Practices are on Saturdays  
10:30 AM - 1:00 PM**

**Maples Collegiate Gymnasium  
1330 Jefferson Avenue**

**For more information call either:  
Keith Deonarine at 633-0316  
Derek Dabee at 779-6101  
Kamta Roy Singh at 227-4193  
Pooran Singh at 632-6641**

**Registrations are on-going so call today!**



**This program is sponsored by:  
Maples Community Centre in association with  
The Guyanese Association of Manitoba, Maples  
Collegiate and the Manitoba Cricket Association.**

**Royal Bank of Canada provides free Cricket Starter Kits to schools. Please  
call (800)268-1268 for more information or [rbcwicketcricket@rbc.com](mailto:rbcwicketcricket@rbc.com).**

**[www.maplescc.ca](http://www.maplescc.ca)**



## BEAUTIFUL BEGINNINGS

Are you having a baby?  
Do you have children birth - 3 years of age?

### **Beautiful Beginnings is for YOU!**

Join us for 6 fabulous Saturdays to talk and share ideas about babies, toddlers, moms, dads and family—all growing healthy and happy together.

**Where:** O.V. Jewitt Community School  
66 Neville Street

**When:** April 16, 30, May 7, 14, 28,  
June 4, **11:00 am-3:00 pm**

Older brothers and sisters are welcome!

**Free Lunch, Snack & Child Care Provided**

For more information call Chris 633-1714

**Babies Growing...**



**Families Connecting...**  
**Communities Celebrating...**



# **Garden City Collegiate 50<sup>th</sup> Reunion !!!**

**1961-2011 50 Years of Gopher Pride!**



**May 20, 21, 22, 2011**

**Attention all graduates and alumni of Garden City Collegiate. Your 50<sup>th</sup> reunion is going to be one fabulous and memorable weekend you won't want to miss!**

**Take a walk down memory lane and meet former classmates, teachers, and staff of both Jefferson Junior High and Garden City Collegiate!**

**Have a blast at the Friday night BBQ, Saturday evening Dinner and Dance, and Sunday Pancake Breakfast! Check out the old & new G.C.C.I., take a school tour, visit the decade rooms, play games and sports, etc...**

**Registration is now open at [gc50threunion.ca](http://gc50threunion.ca) or call us at 339-2058 for info or to volunteer.**