

GOVERNOR SEMPLE SCHOOL

150 Hartford Ave. Winnipeg MB R2V 0V7

Ph 204-339-7112 & Fax 204-334-7356

web site: www.7oaks.org/school/governorsemple/ Twitter: @GovernorSemple



Seven Oaks School Division

OCTOBER 2017



On September 29th, we observed Orange Shirt Day in recognition of our Indigenous Peoples impacted by residential schools. We encourage you to ask your children to share what they have learned about residential schools and Orange Shirt Day. Should you want to learn more for yourself, please check out : <http://www.orangeshirtday.org/phyllis-story.html>

Mark your calendars!

Halloween Family Dance

Thursday, October 19, 2017

6:30—8:30pm

Governor Semple School



Watch for an email with further details!

Please follow our school on our social media platforms. We can be found on

Instagram:

@governorsempleschool and on

Twitter:

@governorsemple

NO SCHOOL ON THE FOLLOWING DAYS:



October 9th, Monday-Thanksgiving

October 16th, Monday– Divisional Day

October 20th, Friday-MTS PD Day

November 10th, Friday– School PD Day

November 24th, Friday-Parent/Teacher Conf.

Dec. 25/17-Jan. 5/18-Winter Break

February 2nd, Friday– School PD Day

February 19th, Monday– Louis Riel Day

March 16th, Friday-Parent/Teacher Conf.

March 26-March 30-Spring Break

April 20th, Friday– PD Day

May 18th, Friday—School PD Day

May 21st, Monday– Victoria Day

June 8th, Friday—School PD Day

Dear Governor Semple Families,

Thank you all so much for the great start to our school year! I have enjoyed getting to know all of the students and their families!

Some of our September highlights have included:

- Welcoming students and their families during our Orientation Days
- Enjoying the evening with our families at our Welcome Back Family BBQ
- Our community Terry Fox Walk and fundraising to support cancer research.
- School wide YOGA for the International Day of Peace
- Beginning our Parent and Child preschool program
- Beginning of our School Safety Patrols
- Tennis Club

Upcoming highlights for October include:

- Cross-Country running
- Bus Evacuation
- The beginning of our partnership with Paul Betts from the University of Winnipeg to look at our numeracy practices

ATTENDANCE: Your child's safety & whereabouts is important to us. Our **Call Back System** ensures that your child is safely in care when he or she is absent from school, and we ask for your help. Please call 204-339-7112 if your child is going to be away or late. Our office hours are from 8:30-4:00 p.m. If you wish to call earlier we have an answering machine for you to leave a message.

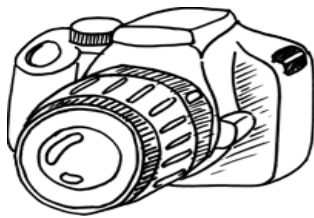
Thank you for your co-operation.

Dear Families,

If you have not yet paid your school fees for the 2017/18 school year, please do so as soon as possible. The school fee is **\$30.00 per child.**

You can pay by cheque or with cash at the school office or directly to your child's teacher.

School Forms are also due and can be accessed via Parent Connect. If you are not able to access these forms, please contact the school office.



October 12th is Picture Day at Governor Semple!
Please look for notifications coming home with your child!

PRESCHOOL STORY TIME

This **FREE** program is for children 5 and under accompanied by a parent or caregiver.

- Songs Rhymes Stories Crafts Snacks
- Free play activities Structured activities Parent magazines Lending library

Children learn and develop best through play.

Governor Semple School WEDNESDAYS & FRIDAYS

9:00 – 11:00am

Come join the fun! Bring a friend! Meet other families!
You will all have a great time! See you there!

(If you do not have a preschool child, please pass this on to someone who does!)

For more information call Community Coordinator Dave Mathers at 204-339-7112

david.mathers@7oaks.org

***please note this program is for residents of the 7 Oaks School Division only.**



ARE WE GETTING ENOUGH SLEEP????

Welcome back to staff, students and families! Greetings to any newcomers! In the caring tradition of Governor Semple School, we're sure that our new additions are already feeling right at home.

The chart below indicates how much sleep people of different ages require in order to function fully and effectively. As you examine the numbers below you will realize that most of us aren't getting enough sleep.

AGE: **TOTAL SLEEP:**

0-3 months---14-16.5 hours

3-9 months---14-15 hours

1 year---13.75-14 hours

2 years---12.75-13 hours

3 years---12-12.5 hours

4 years---11.5-12 hours

5 years---11 hours

6 years---10.75-11 hours

7 years---10.5-11 hours

8 years---10.25-10.75 hours

9 years---10-10.25

10-12 years---9.75-10

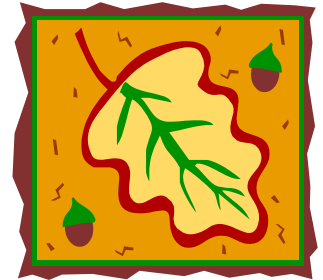
13-24 years---9-9.5

25 and older---8-8.5

People are often quite surprised by these numbers. If you realize that your child(ren) aren't getting enough sleep, having them ease into an earlier bedtime by tucking them in 15 minutes earlier every few days helps them become accustomed to the change. Having some quiet time before bed, a warm bath, and/or a nice night-time ritual can all help kids transition to sleep time. Well-rested children (and adults!) are at their best for learning and for getting along well with others.

I hope you'll sleep on this!

Sweet dreams!



Please let us know.....

Just a reminder: if there has been or will be a change in your child (ren)'s situation, whether positive or negative, please let us know.

We're not trying to be nosy— we are simply trying to anticipate and support your child (ren) in ways she/he might need during times of transition.

So, if, for example:

- ◆ a new baby is on the way,
- ◆ someone close has died or is dying,
- ◆ you're moving,
- ◆ a change in visitation with a parent is coming,
- ◆ special visitors are at your home,
- ◆ extended travel is planned,
- ◆ there is a serious illness...please contact us.

Always, our goal is to respect your privacy while planning together for your child(ren). We believe that it takes a village to raise a child...and we're glad to be part of your village.

The ABCs of back-to-school safety

As families begin another school year, please remember to review safety rules with your children for walking, biking, skateboarding and bussing to school:

- Encourage them to travel with friends whenever possible;
- Develop an 'action plan' in the event of a scary situation;
- Point out Block Parent homes and other safe places along their route;
- Keep a list of your child's friends, addresses and phone numbers.



Parents and grandparents may recall the familiar Block Parent window sign, which depicts an adult lending a helping hand to a child. Since 1975, the Block Parent goal has been to ensure 'safe homes with safe strangers'. To that end, every adult in a Block Parent home is background-checked by the police every two years, at no cost to the volunteers.

Today's Block Parent program has the participation of over 3,000 families in over 180 elementary schools throughout the city of Winnipeg. We are singles, parents, grandparents, empty-nesters, home daycare operators, retirees – any homeowner interested in the safety of their community. Our volunteers dedicate their time as the eyes and ears of our neighbourhoods.

If you are interested in becoming a Block Parent, or in having a presentation at your school, please call 204-284-7562. Further Block Parent and general safety information is available by visiting our website: www.winnipegblockparents.mb.ca

Dear Families,



We are asking for your cooperation in making our school and the surrounding area as safe as possible. The front of the school is very busy and often congested with families dropping their children off for school in the morning or picking them up at the end of the day. We ask that when you are dropping off your child, you make this process as quick and safe as possible. If your child cannot enter the school independently, we ask that you find a parking spot to walk your child in. Stopping in front of the doors, and running in is very unsafe and causes congestion for other drivers. The City of Winnipeg is becoming much more strict with violations in school zones and we would like to ensure that our parent community does face unnecessary fines or violations.

Thank you for your support with this!

OCTOBER 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Day 2	3 Day 3	4 Day 4 Bus Evacuation @ 9:15	5 Day 5	6 Day 6	7
8	9 NO SCHOOL Thanksgiving	10 Day 1	11 Day 2	12 Day 3 Picture Day 	13 Day 4 X-Country- Gr.3,4 & 5 Little Mountain Park 11:15-2:00	14
15	16 Day 5 NO SCHOOL Divisional Day	17 Day 6 X- Country @ Little Mntn Park (*rain date*)	18 Day 1	19 Day 2 HALLOWEEN DANCE 6:30-8:30	20 Day 3 NO SCHOOL MTS PD Day	21
22	23 Day 4	24 Day 5 Rm. 1-MTYP 9:15-11:10	25 Day 6	26 Day 1	27 Day 2 Rm. 3-Oak Hammock Marsh 9:15-1:45	28
<div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 0 auto;">Vision Screening Week</div>						
29	30 Day 3	31 Day 4 				

Notes:

Friday, November 10/17-
NO SCHOOL
Friday, November 24/17-
NO SCHOOL

Notes:

Heritage Language classes start on
October 17th. Classes are every
Tuesday, Wednesday & Thursday @
Maples Collegiate (4:30-5:30)



GOVERNOR SEMPLE SCHOOL

IMPORTANT DATES 2017 – 2018

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May 18 th , Friday	No School – School PD Day
May 21 st , Monday	Victoria Day
June 8 th , Friday	No School, School PD Day

Please check our website for updates/changes:

<http://www.7oaks.org/school/governorsemples/Pages/default.aspx>