

2015

GOVERNOR SEMPLE SCHOOL
150 Hartford Ave. Winnipeg MB R2V 0V7
Ph.#204-339-7112 & Fx.#204-334-7356
Web site:
www.7oaks.org/school/governorsemple/

Dear Governor Semple Families,

As we enter the last month of the school year, many people think we begin to “wind down”. In actual fact, this time of year is a very busy one! With warmer weather, the opportunities for outdoor activity and special events are endless. Here are just a few of the events we have planned:

- ◆ Tabloid Day
- ◆ Grade 4/5 Track & Field at West Kildonan Collegiate
- ◆ BEEP programming
- ◆ Grade Five Farewell
- ◆ Patrol outing to Dragon Boating

As always, we welcome your feedback and questions. Please feel free to contact us at the school @ 204-339-7112. Happy June!

Karen Hiscott, Principal

June 3	Gr. 4/5 Div. Track & Field @ West K
June 5	Track & Field Rain date
June 5	Volunteer Reception @ 2:00 p.m.
June 5	Rain date for Divisional Track & Field
June 10	Tabloid Day
June 12	Last day to purchase a milk card
June 19	Last Pre-School class
June 22	Administration Day—NO SCHOOL
June 26	Report cards go home
June 29	Grade 5 Farewell @ 2:15pm
June 30	Last Day of School—dismissal @ 12pm (Kindergarten at 10:30am)

MONDAY - FRIDAY
8:30 A.M. TO 4:30 P.M.
\$180 + GST (includes daily lunches and snacks)

Camp Manitou is a summer camp located 5 minutes outside of Winnipeg. With its forests, large grass playing field, and the Assiniboine River on three sides, this 28-acre oasis provides lots of space in which to enjoy nature. We provide a wide range of activities, challenging educational programming, and the perfect environment to step out of the everyday, and connect with nature.



Camp Manitou creates a fun and safe environment for campers to take positive risks. Whether they realize it or not, we push every camper to grow in character skills like independence and confidence as well as life skills such as resourcefulness, teamwork and responsibility while they are at camp.

Campers gain their first steps to independence as they experience all the benefits of wilderness while still being able to go home at night.

We provide a broad range of activities so each participant gains exposure to many different types of experiences:

- Archery
- Climbing Wall
- Biking
- Field Games
- Swimming
- Zipline
- Camping Skills
- Orienteering
- And much more!

The activities are tailored to the age appropriate skills and attention levels. Each sport is always preceded by an instructional period followed by a game.

FOR MORE INFORMATION OR TO REGISTER, CONTACT: 204-837-4508
 CAMPMANITOU@TRUENORTH.MB.CA | CAMPMANITOU.MB.CA

The final preschool programs will be the week of June 15-19, so Wednesday, June 17th and Friday, June 19th are last days at Governor Semple.



Important Dates—Fall 2015

- September 8, 2015** Orientation appointments
- September 9** Orientation appointments
- September 10** First day of classes
- October 12** Thanksgiving (no classes)
- October 22** Divisional PD Day (no classes)
- October 23** SAGE (no classes)
- November 11** Remembrance Day (no classes)
- November 20** Parent/Teacher Conferences (no classes)
- Winter Break:** December 21/15—January 1/16
- Classes resume:** January 4/2016—Day 1

MOVING ???

If your family is planning to move over the summer OR your child will not be attending Governor Semple in the fall, please let the office know as soon as possible @ (204) 339-7112



Early Dismissal on June 30th
 Kindergarten @ 10:30 a.m.
 Grades 1 - 5 @ 12:00 p.m.

**2015 — FREE EAL Summer Camp
for Children in Grades 1 - 8**

**For Seven Oaks students who are new to Canada
and want to learn English**



**July 6 – 24, Monday to Friday — 9:30 - 11:30 am
Amber Trails School - 1575 Templeton Ave.
REGISTER AT YOUR CHILD'S SCHOOL**

Art

Games

Drama

Sports

Cooking

Outings

NEW THIS YEAR

Preschool Parent and Child Program

Bring your young children and stay for stories and crafts during EAL!

**Busing available from Garden City Collegiate, 711 Jefferson Ave.,
and return to Garden City Collegiate daily
For more information contact your child's school
Or Cindy Burkett 204 894 1174**



Governor Semple Children's Place

Governor Semple Children's Place has openings starting this summer and for the fall for new Kinders registering for September 2015. The centre's hours are from 6:45 a.m. to 5:30 p.m. We are open through the summer and on school in-service days. Please call Anita @ 204-290-8517 for inquiries.



REMINDER to all Parents/Guardians

It is important that you notify the office of any address, phone numbers and other changes, so that our records can be kept up to date.

Thanks for your cooperation!

Community Coordinator News

As another year end is approaching, we would like to thank all of the families who have attended the preschool programs, the gym sessions, our family night events, the Hand-In-Hand program and Arts in the Park.

We would like to send best wishes to those children who will be starting Kindergarten in the fall. Remember to say “Hi” and let us know how great it is to be in “big kid school.”

Our final week of preschool programming will be June 15 – 19.

Our summer programming will be held at:

Amber Trails School

Tuesdays July 7, 14, 21, and 28

10:00 – 12:00 or 1:00 – 3:00

or

Victory School

Wednesdays July 8, 15, 22, and 29

10:00 – 12:00 or 1:00 – 3:00



Summer programming will be a drop in format, but if you are going to attend this year, please call Dave by June 19th with your name and phone number. We need a rough idea of how many families are attending.

We look forward to another great year in the fall. Until then, have a great summer.

Dave Mathers, Community Coordinator

B.E.E.P.

The **Balanced Experiential Education Program (B.E.E.P)** is a **FREE** summer program for students in Grades 1-5 at Governor Semple School. The program is run by certified teachers and provides hands-on learning activities, sports, art, music and cooperative games. The program is **FREE** and loads of fun and we hope that your child can attend! Keep an eye out for B.E.E.P registration forms that will be coming home soon. Our summer program runs from July 6th - August 14th.



SEVEN OAKS
SCHOOL DIVISION
community begins here

PRESCHOOLERS AND PARENTS/ ADULT CAREGIVERS YOU'RE INVITED FOR SOME FREE SUMMER FUN!

In July

FREE parent-child summer preschool programs
for parents/adult caregivers and children ages 0-5

Tuesdays at Victory School (395 Jefferson Ave.),

Or

Wednesdays at Amber Trails School (1575 Templeton Ave.)

Each school will be open for drop-in on the following dates:

Victory School: July 7, 14, 21 and 28

10:00 am to 12:00pm or 1:00 pm to 3:00 pm

Amber Trails School: July 8, 15, 22 and 29

10:00 am to 12:00 pm or 1:00 pm to 3:00 pm



At summer pre-school programs we:

- 🍏 read interesting books
- 🍏 play
- 🍏 sing
- 🍏 create wonderful art
- 🍏 share a delicious healthy snack.

Note: To help us with the planning, please let a Community Coordinator know if you and your preschooler would like to join us at preschool summer programs. (You can also contact jacky.molyneux@7oaks.org or cheryl.rajfur@7oaks.org)

Bedtime Routines

by John Hoffman

Research shows that many of today's children get less sleep than they need. Child development expert Stuart Shanker says, "Don't underestimate the negative impact that insufficient sleep can have on children's behaviour and learning." Here are some ways to help your child get enough sleep.

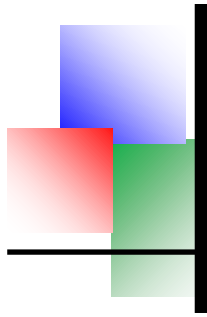
Have a consistent bedtime. You don't need to be completely rigid, but keeping consistent bedtime and waking up times, especially on school days, helps children fall into a pattern where their bodies become physiologically accustomed to winding down for sleep at the same time each day.

Create calming bedtime routines. Parents can't "make" children go to sleep. However, a bedtime routine that includes a small snack, a relaxing bath, and some quiet one-on-one time with Mom or Dad reading stories or having quiet conversation helps them relax and get into a physiological and mental state that will help them to fall asleep.

Limit screen time. Although children love video games and other screen activities, the intense visual stimulation of video and TV screens actually stresses their visual systems and puts them into a state of physiological arousal that makes it harder to fall asleep. Try to turn off the TV or computer at least one hour before bedtime.

Have soothing sounds in background. Children who often have trouble falling asleep (yet seem tired in the morning) may settle down more easily with a neutral background noise, like a fan, an aquarium, or soft music. Black-out blinds may also help, especially in the spring. Some children find it comforting to sleep with a pet.

Get help if you need it. Being chronically short of sleep is not good for children. If you think your child has a problem in this area, don't hesitate to ask your doctor for a referral to someone who can help.



Kildonan Youth Activity Centre (KYAC)

JUNE 2015



KYAC Program Coordinator: chelsea.volkart@7oaks.org OR (204)470-9460

<http://www.7oaks.org/Programs/KYAC/Pages/default.aspx>

KYAC Summer Program

Join us for endless fun, creative crafts, low organized games and activities, baking, sports and drop-in gym time all or which is FREE for participants! KYAC also offers a field trip each day that is either free of has a minimal cost associated with participation!

Summer Program Hours:

Monday - Friday
8:30-4:30pm @ Edmund Partridge Community School AND
École Seven Oaks Middle School!

Summer Program Dates:

Starts: Thursday July 2, 2015
Ends: Friday August 14th, 2015

How to Register?

To register for field trips and/or the drop-in program, please come to our registration night on Tuesday June 9th, 2015 @ École Seven Oaks Middle School from 6-9pm in the gym.

*Please NOTE: Different from last year, participants will be able to pick their **top 15 field trips** to register for. This is to better ensure equal opportunity for all participants. **Reserving your spot is on a FIRST COME FIRST SERVE BASIS** as each field trip has limited spots.*

For a full list of field trips contact the KYAC program coordinator or visit the KYAC website!



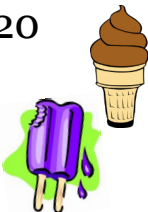



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8	9 Summer Registration (NO KYAC @ Riverbend)	10	11	12	13 Last day of KYAC
14	15	16	17 Rotary Application DUE!	18	19	20
21	22	23	24	25	26	27
28	29	30				

Rotary Leadership Circle: A 6 week leadership development and summer work project for youth aged 10-14 years in Seven Oaks School Division. Youth leaders are expected to complete 60 hours of volunteer work throughout the 6 week program and in return will each received a \$200 honorarium towards a shopping spree! Applications are available on our website or in your school office and are due on **Wednesday June 17th, 2015.**

Start Date: Friday July 2nd 2014; End Date: Friday August 14th, 2015

June 2015



Sun	Mon	Tue	Wed	Thu	Fri	Sat	
 Day 2	1 Day 2	2 Rm. 5 - Children's Museum 9:30-11:30 Day 3	3 Div. Track & Field @ WK Gr. 4/5 9:30-2:00 Day 4	4 Day 5	5 Rm 7 Bake Sale Raindate for: Track & Field Volunteer Recep- tion Day 6	6 	
7 Day 1	8 Day 2	9 Rm. 7 & 11 Dragon Boat 11:00-1:45 Day 2	10 Tabloid Day Day 3	11 Day 4	12 Last day to purchase a milk card Day 5	13	
14 Day 6	← ← Day 6	16 Day 1 Gr. 5 Arts Camp	17 Day 2	18 Day 3 → →	19 Rm 7 & 11 Cdn. Menn. Univ. Last Pre-School Class Day 4	20 	
21 	22 Admin. Day No School Day 5	23 Rm. 1 & K to: Wpg. Harvest 10:00-11:00 Rm 7 & 11- Fun Mountain 9:15-2:00 Day 6	24 Day 1	25 Day 2	26 Reports go home Day 3	27	
28	29 Grade 5 Farewell @ 2:15 Day 4	30 Last day of Classes Day 5					

**Dismissal at
noon hour on
June 30th**