

Governor Semple School

150 Hartford Ave., Wpg. MB R2V 0V7

Ph.#204-339-7112 Fax#204-334-7356

Web site: <http://www.7oaks.org/school/governorsemples/>

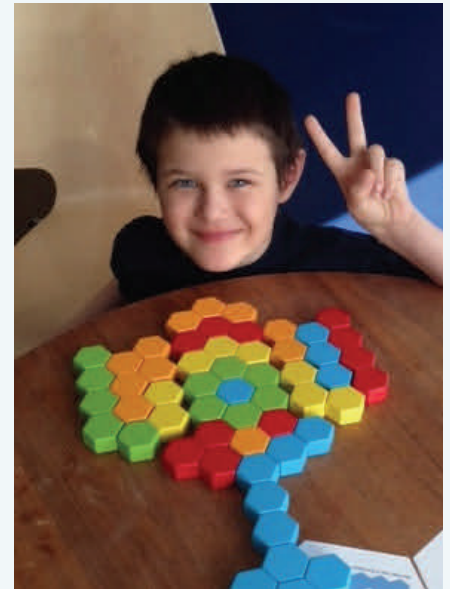
May 2015

Dear Governor Semple School Families,

April has flown by, but we certainly enjoyed a lot of activities during the month! Children were treated to a performance of “New Canadian Kid” by Manitoba Theatre for Young Children, participated in Jump Rope for Heart & Stroke, hosted Garden City Collegiate’s beautiful choirs, gazed at constellations inside Star Dome’s mobile planetarium in the school gym and welcomed our incoming Kindergarten families at our Hand-in-Hand sessions.

During the month of May, we look forward to a number of school activities and events, including:

- ◆ Science Camp at the Manitoba Museum for Grade 3, 4 and 5 students
- ◆ Divisional Track and Field Day at Little Mountain Park
- ◆ Intramural activities for children at all grade levels
- ◆ Arts in the Park at Kildonan Park (May 27-29)



It’s a very busy time of year in many respects, and we look forward to continuing to offer students lots of opportunities to learn, have fun and grow!

Karen Hiscott, Principal

Reminder: **NO SCHOOL** on the following days

May 11th	P.D. Day
May 18th	Victoria Day
June 22nd	Administrative Day

Registrations for Kindergarten continue to be taken during regular office hours from 9:00 am to 4:00 pm. Please note that your child must be five years old by **December 31, 2015** in order to be eligible for registration for fall Kindergarten classes. You must bring your **child’s birth certificate, medical card** and **proof of address** when coming to register.





- May 1 Hand-In-Hand 1:30-3:15
- May 1 X-Country gr. 3,4 & 5
Little Mountain Park 11:30-2:00
- May 4 Rain Date for X-Country
- May 8 Hand-In-Hand 1:30-3:15
- May 8 Science Camp Rms 1,3,7 & 11-
9:10-2:00
- May 11 PD Day **NO SCHOOL**
- May 12 Track & Field Gr. 4&5@ West
Kildonan 9:30-2:00
- May 15 Rain Date Track & Field
- May 18 Victoria Day—**NO SCHOOL**
- May 21 Gr. 4 Hep B final immunization
- May 22 Rooftop Photo @ 9:15am
- May 27-29 Arts in the Park
- June 3 Track & Field @ West Kildonan
School
- June 5 Rain Date for Track & Field
- June 5 Volunteer Reception-2:00-3:30
- June 10 Tabloid Day
- June 22 Admin Day **NO SCHOOL**
- June 29 Grade 5 Farewell @ 2:15 p.m.
- June 30 **Last Day of School**

The transportation applications have been given out for the 2015/2016 school year. If your child is a bussed student and you haven't returned the bus form to school, please do so as soon as possible.



MOVING????

If your family is planning to move over the summer or your child will not be attending Governor Semple School in the fall, please let the office know as soon as possible at 204-339-7112.



The beautiful spring came; and when Nature resumes her loveliness, the human soul is apt to revive also.

Harriet Ann Jacobs

Arts in the Park



Plein d'arts



A three day, two evening Arts Festival in Kildonan Park showcasing the creativity of our Kindergarten to Grade 12 students through music, visual arts, dance, drama, and student created movies.

Wednesday, May 27th 9:55 a.m. - 2:00 p.m. and 5:40 p.m. - 9:00 p.m.

Thursday, May 28th 9:40 a.m. - 2:05 p.m. and 6:00 - 9:00 p.m.

Friday, May 29th 9:55 a.m. - 2:05 p.m.

in Kildonan Park

During the day and evening, there will be ongoing choir, band, dance, violin, and drama performances, as well as student art exhibits, make and take arts and crafts, student film festival, an African drum circle, dancing in the zumba tent, and story time in the Witches Hut. Channel 7Oaks will be back at #AITP2015 to broadcast live all three days!

Follow the hashtag #AITP2015 on twitter!

Check out the 2015 AITP promo video at:

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

Check back in early May for the entire program and tent site information.

If you have any questions please contact Tyler Yip at Ecole Seven Oaks Middle School

204-586-0327 or at tyler.yip@7oaks.org

FREE SYNCHRO CLASSES

LIKE MUSIC? LIKE WATER? COME TRY A SPORT THAT COMBINES BOTH.....

PAN AM POOL

TUESDAY, MAY 26TH 6:30-7:30 & THURSDAY, MAY 28TH 6:30-7:30

Ages 5 - 14.....no pre-registration required

SUMMER CAMPS AVAILABLE

Winnipeg Synchro

- largest synchro club in Manitoba programs from beginner recreation to high performance
- outstanding, nationally certified coaches with years of experience

visit our web site: www.winnipegsynchro.com





OUTDOOR ADVENTURE DAY CAMP

WHERE
MEMORIES
ARE MADE AND
ADVENTURES
AWAIT!

JULY & AUGUST 2015



AGES 6-14 | HEADINGLEY, MB | MCA ACCREDITED



CAMPMANITOU.MB.CA

WINNIPEG JETS
TrueNorth
FOUNDATION

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.

The Importance of Parental Self-Regulation

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by John Hoffman

Self-regulation is the ability to adapt your energy, emotions, thinking skills, social skills, and the ability to care about others according to the needs of a situation or problem.

Have you ever noticed how much easier it is to be a good parent when you are feeling good? Think about it. When you feel happy, relaxed, and rested it is easier to focus on your children and enjoy them. You are less likely to be upset by their behaviour and it's easier to stay calm and figure out what to do when something goes wrong. But when you are exhausted or all stressed out, it's much harder to be a patient, clever, resourceful parent.

In other words, when your self-regulation is in a good state you are more able to put your physical, psychological, and emotional energies to work to help you understand and respond to your children.

So, if you want to support and build self-regulation in your children, you need to look after it in yourself. Self-regulation is basically what is going on internally in your brain and body that either helps or interferes with doing your best in any given situation. Looking after your "parental self-regulation" starts with the basics of looking after yourself: eating well, getting enough rest and exercise. Here are four other ways to improve your parental self-regulation.

All Parents Need Support

They say it takes a village to raise a child. In part, that is a way of saying that children benefit from having a number of different people look out for them and care for them. But it also means that parents do a better job of parenting when they feel supported. That's just common sense. But it's also backed up by research. Studies have shown that when parents feel supported by their families, friends, neighbours, and communities, they tend to parent more effectively.

Social and practical support gives anyone a psychological boost. When we feel supported we feel less alone in our responsibilities and it is easier to find the courage and energy to meet challenges. So one of the smartest things you can do to help yourself be a good parent is to get as much social support as you can. That includes things like getting help and advice from grandparents and

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other relatives who care about you and your kids, spending time with other families, going to a parent–child drop-in program or support group, or even just having coffee with a friend to share the insights, challenges, and joys of raising children.

Work as a Team

If you are parenting in a couple, your partner is one of your biggest potential sources of support. So put time and effort into caring for your relationship and working as a team. Try not to undermine each other. Instead, work together to understand and sort out any parenting differences you have (and virtually all couples have differences of opinion about parenting). Watch for times when your partner needs a break or some extra support. Research also shows that effective parenting teamwork and partner support makes for better parents.

If you are a single parent, you can still parent very effectively. But, since you don't have a built-in parenting team, you may need to work a little harder to ensure you get all the support you need.

Learn About Child Development

One thing that can undermine a parent's self-regulation is lack of confidence or the anxiety that comes from being unsure how to respond when certain issues or behaviours arise. Learning about normal child development can help. Many of the behaviours that parents find annoying, frustrating, or puzzling are actually quite normal, and some of them go away on their own as children mature. Understanding normal childhood behaviour and how it changes doesn't necessarily solve all our parenting problems. But when you know a behaviour is normal, you can see it a little more positively. And that helps you stay in the positive frame of mind that helps you be the kind of parent you want to be.

You can learn about child development from books, magazine articles, and websites, and by talking to other parents about their children. Another great way to build your knowledge and confidence about parenting is to take a parenting course. Some people think parenting courses are only for "bad parents." Not so. They can be helpful for just about any parent. Parenting courses provide useful information about child development. They are also a way to connect with other parents and gain the enormously comforting lesson that most other moms and dads are going through the same struggles as you.

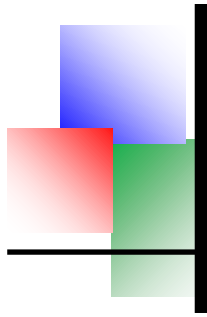
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Take Time for Yourself

Raising children is a hands-on, labour-intensive process. So parents need breaks. That can mean going out to dinner or a show with your spouse, going to the gym for a workout, meeting a friend for coffee, or setting aside regular “me time” for the activities you enjoy. The energy you gain from these little breaks can help you do a better job as a parent. And it’s just as important for you to be aware of what it feels like to be calm when you are starting to feel agitated as it is for your child.

Get Help If You Need It

If you feel you are having serious problems—with parenting, your own mental health, or an addiction—don’t hesitate to seek help. There are so many rich resources available in Canada that have been created to serve the needs of families. When you help yourself, you help your children too. Many parents need support with their personal problems in order to parent well. And many people who do get professional help with their personal problems wonder why they didn’t seek help a little sooner.



Kildonan Youth Activity Centre (KYAC)

MAY 2015



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

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

KYAC Program Hours:

Drop-in Gym Hours:

Edmund Partridge Community School EP:
Monday, Wednesday and Friday 6-9pm

École Seven Oaks Middle School (ESOMS):
Tuesdays and Thursdays 6-9pm
Saturdays 12-5pm

Structured Program Hours:

Governor Semple School
Wednesdays 3:30-5:30pm

Forest Park School (FP students only)
Thursdays 3:30-5:30pm

École Riverbend Community School:
Tuesdays 3:00-5:00pm
Fridays 6-9pm

KYAC Summer Program:

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 2nd , 2015

Ends: Friday August 14th, 2015

More information will be available in your June newsletter and presentations will be held in every school for program details! Or check the KYAC website for updates!

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8 Rotary Application Available Online!	9
10	11 No KYAC @ EP (Inservice)	12	13	14	15	16
17	18 No KYAC @ EP (Victoria Day)	19	20	21	22	23
24	25	26	27	28	29 Rotary Application Due!	30
31						

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. Up to 10 students will be selected for the program based on a written application process. Application's will be available online or in your school office on May 8th, 2015.

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



Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Hand-In-Hand 1:30-3:15 –New Kindergartens X-Country Gr. 3, 4,5 Little Mtn. Park 11:30-2:00 Day 6	2
3	4 Rain date X-Country Gr. 3, 4 & 5 Little Mountain Park Day 1	5 Day 2	6 Rm. 11-10:45-12:10 Swimming Day 3	7 Gr. 5 visit to Seven Oaks Middle School-9:30-10:30 Rm. 7 & 11-Millennium Library 11:45-2:15 Day 4	8 Science Camp Rm. 1,3, 7 & 11 9:10-2:00 Hand-In-Hand 1:30-3:15 New Kindergarten Day 5	9
10 	11 NO SCHOOL P. D. Day Day 6	12 Track & Field Gr. 4&5 @ West Kild. Coll. 9:30-2:00 Day 1	13 Rm. 11 Swimming 10:45-12:10 Day 2	14 Rm. 3—Bird's Hill Park 9:15—2:00 Day 3	15 Rain Date Track & Field Day 4	16
17	18 NO SCHOOL Victoria Day	19 Day 5	20 Rm. 11 Swimming 10:45-12:10 Rm.5 - Circle Garden 9:30-12:00 Day 6	21 Gr. 4 –3rd Hep B. shot @ 9:00 Day 1	22 Rooftop Photo @ 9:15 Rm. 5– Wpg Harvest 10:10-11:30 Day 2	23
24	25 Day 3	26 Day 4	27 Last swim class-Rm 11 10:45-12:10 ARTS IN THE PARK →	28 Day 6	29 Day 1	30
31						