



# Governor Semple School

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<http://www.7oaks.org/school/governorsemples/> Twitter: @GovernorSemple

May 2017

Dear Governor Semple School Families,

The month of April just flew by, and with the quantity of events coming up in May and June, it won't be a surprise if the upcoming months feel the same! Some of the highlights of April at school included:

- ◆ A symphony orchestra concert at the Centennial Concert Hall for Grade 3-5 students
- ◆ French cooking workshops for all classes learning the French language as part of their class instruction
- ◆ Weekly Pow Wow Club for Grades 1-5
- ◆ Open houses at middle schools for Grade 5 students and their families
- ◆ Bus evacuation practices and bus safety instruction for all grade levels

As always, please feel free to contact us with any questions about activities taking place at school. Also, stay tuned for details about a Family Fun Night at the end of the month!

Karen Hiscott, Principal



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

Monday, May 22nd

Victoria Day

Friday, June 9th

Prof. Dev. Day

Monday, June 26th

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, 2017** 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.





## Grade 1/2 and Grade 5 Buddies from Rooms 6 and 11 at play





**Food Allergy Q & A : HOW WE LIVE WITH FOOD ALLERGIES**

**Wednesday May 3<sup>rd</sup> 7:00 pm – 8:30 pm**

Come hear from our Panel of Young People with Food Allergy & CFL Winnipeg Blue Bomber & Food Allergy Advocate: THOMAS MILES & Pediatric Allergist: DR. T. GERSTNER

For Parent/Caregivers of children with food allergy

Teens (12yrs and older are welcome)

Health Care Professionals, School Staff

Held at the Children’s Allergy & Asthma Education Centre  
685 William Ave Winnipeg

Call 204-787-4116

This is a free event

**ARE WE GETTING ENOUGH SLEEP????**

This particular column is back by popular demand. 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.

<b>AGE:</b>	<b>TOTAL SLEEP:</b>
<b>0-3 months---</b>	<b>14-16.5 hours</b>
<b>1 year---</b>	<b>13.75-14 hours</b>
<b>3 years---</b>	<b>12-12.5 hours</b>
<b>5 years---</b>	<b>11 hours</b>
<b>7 years---</b>	<b>10.5-11 hours</b>
<b>9 years---</b>	<b>10-10.25</b>
<b>13-24 years---</b>	<b>9-9.5</b>
<b>3-9 months---</b>	<b>14-15 hours</b>
<b>2 years---</b>	<b>12.75-13 hours</b>
<b>4 years---</b>	<b>11.5-12 hours</b>
<b>6 years---</b>	<b>10.75-11 hours</b>
<b>8 years---</b>	<b>10.25-10.75 hours</b>
<b>10-12 years---</b>	<b>9.75-10</b>
<b>25 and older---</b>	<b>8-8.5</b>

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 in 15 minutes earlier every few days can help them become accustomed to the change. Having some quiet time before bed, a warm bath, a nice night-time ritual, reading a book, can all help kids transition to sleep time. Screen time prior to bed is discouraged; the light activates the brain rather than calming it. 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!                      Terry Klan (School Counsellor)



On April 21 our staff attended a program at the Canadian Museum of Human Rights. The program, entitled the Mikinak-Keya Spirit Tour, helped us discover the powerful connection between First Nations' sacred knowledge and worldviews and the Museum's architecture and human rights mandate. The tour offered unique insight into the seven sacred teachings that call on each of us to take responsibility for how we live and treat each other. Visits such as these prepare us to educate students with increased skill and knowledge, and we learn of the options available for classroom experiences as well.

## Canadian Museum for Human Rights Visit April 21/17





The transportation applications have been given out for the 2017/2018 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.

### NURSERY SCHOOL

**Sunny Mountain Nursery School**

**Register now for the September 2017/2018 school year**

**2 or 3 day programs available**

**For children 3 & 4 years old**

**For more information**

**Contact us @ 204-334-7075 or @**

**smdcnursery@gmail.com**

### Governor Semple Children's Place

Kindergarten spaces are available for Governor Semple Children's Place for September 2017.

Please call 204-290-8517 or visit Room 8 in the school.

### A Philippine Heritage & Independence Day Celebration

**Presented by Seven Oaks Filipino Employees Association**

**Seven Oaks School Division & Maples Collegiate**

**Friday, June 9th, 2017 @ Maples Collegiate**

**Judy Silver Commons, 1330 Jefferson Ave., Wpg. MB.**

**Cultural entertainment, exhibits, souvenirs, food & drinks for purchase!**

**Doors open @ 5:00 p.m., formal program begins at 6:00 p.m.**

**For more information contact [sofea.org@yahoo.com](http://sofea.org@yahoo.com)**

**Or call 204-632-6641 ext. 63222**

TICKETS  
\$3.00

TICKETS  
\$3.00



# ASIAN HERITAGE SOCIETY

## Activities for May 2017

*Celebrating Canada's 150<sup>th</sup> Birthday  
and Asian Heritage's 15<sup>th</sup> Anniversary*



### UPCOMING EVENTS

#### OPENING CEREMONY

Friday, May 5, 12:00 noon

Manitoba Legislative Building – Broadway Avenue

**Reading by Sally Ito and Michiko Tsuboi**  
(Children's Book authors)

Friday, May 5 at 1:30 pm

Louis Riel Library – 1068 Dakota Street

#### Steinbach Diversity Festival

Sunday, May 7, 1:00 to 3:30 pm

Mennonite Heritage Village Museum, Steinbach, Manitoba

#### Asian Heritage High School Symposium

Thursday, May 11, 9:30 am to 5:00 pm

University of Winnipeg, Manitoba Hall – 550 Portage Ave

#### Asian Film Night

Tuesday, May 16, 7:00 pm

Japanese Cultural Centre – 180 McPhillips Street

- **A Dwarf's Hideout** – Alan Wong
- **Facing Injustice: The Relocation of Japanese Canadians to Manitoba** – Aaron Floresco
- **Vendetta** – Kyle Wong

**Readings by Marty Chan**  
(Children's Book Author)

Thursday, May 18

AM: Millennium Library, Donald Street

PM: Fort Garry Library, Pembina Highway

#### Asian Canadian Festival at The Forks

Saturday, May 27, 1:00-6:00 pm

The Forks (under the canopy) – Entertainment

#### Human Rights Tribute to Canada's 150th Birthday

Sunday, May 28




CMHR – Buhler Hall, 85 Israel Asper Way

- \* **Noon – Panel Presentation:** "Asian Canadian Sense of Belonging"
- \* **2:00 pm – Film: Facing Injustice: Relocation of Japanese Canadians to Manitoba,** Filmmaker: Aaron Floresco
- \* **3:00 to 5:00 pm – CLOSING CEREMONY** and entertainment

**VISIT OUR WEBSITE AT**  
[www.asianheritagemanitoba.ca](http://www.asianheritagemanitoba.ca)

# May

## 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Day 6 Can. Mennonite Univ.-Rm. 11 9:15-2:00 Pow Wow Club 1:20-1:55	2 Day 1	3 Day 2  Sharing Dance Rm. 7 & 11 2:00-3:30	4 Day 3  Seven Oaks Arena-Rm. 1 11:30-1:15	5 Day 4	6
7	8 Day 5  Pow Wow Club 1:20-1:55	9 Day 6  Sharing Dance Rm. 7 & 11 2:00-3:30	10 Day 1	11 Day 2  Seven Oaks Arena-Rm. 1 11:30-1:15	12 Day 3	13 
14 	15 Day 4  Pow Wow Club 1:20-1:55	16 Day 5	17 Day 6  Sharing Dance Rm. 7 & 11 2:00-3:30 KYAC cancelled	18 Day 1  Seven Oaks Arena-Rm. 1 11:30-1:15	19 Day 2	20
21	22 <b>NO SCHOOL VICTORIA DAY</b>	23 Day 3  X-Country Gr.3,4 & 5 Little Mountain Park 11:30-2:00	24 Day 4  Sharing Dance Rm. 7 & 11 2:00-3:30	25 Day 5  Seven Oaks Arena-Rm. 1 11:30-1:45 X-Country <b>Rain Date</b> "Hello Kinders" 1:30-3:15	26 Day 6	27
28	29 Day 1  Pow Wow Club 1:20-1:55	30 Day 2  Rooftop photo Sharing Dance 2:00-3:30 Family Fun Night	31 Day 3  Arts in the Park			

**NOTES:**  
NO SCHOOL-Friday, June 9<sup>th</sup>  
NO SCHOOL-Monday, June 26

Arts In The Park-May 31,  
June 1<sup>st</sup> & 2<sup>nd</sup>.

Are your Transportation  
Applications in?

*Education should be the process of helping everyone to discover his uniqueness, to teach him how to develop that uniqueness, and then to show him how to share it because that's the only reason for having anything.*

-Leo Buscaglia

Happy   
*Mother's*  
Day