Governor Semple November, 2013





Nov. 6 –Winnipeg Symphony Orchestra 10:00-12:00 (Gym)

Nov. 7 – Remembrance Day

Assembly 10:00 a.m.

Nov. 7 Parent Meeting 6:30 p.m.

Nov. 8 - School PD (NO SCHOOL)

Nov. 11 - Remembrance Day (NO SCHOOL)

Nov. 12-15 - Hearing Screening Week

Nov. 15 - Picture retakes 9:00 am

Nov. 16—Divisional Handball

Tournament

Nov. 22 - Parent/Teacher

Conferences (NO SCHOOL)

Nov. 29 - Theme Day

Dec. 18- Holiday Concert 7:00p.m

Thank you to all the families for a 'spooktacular' evening of fun! We raised over \$1000.00 which will go towards further playground development. We appreciate all the work that went into making this such a successful event. Look for special thanks and more photos in this newsletter!





REMEMBRANCE DAY ASSEMBLY Thursday, November 7th @ 10:00 a.m. Everyone is welcome to attend.









Active Healthy Kids Canada: Are we driving our children to unhealthy habits?

Active transportation – walking, biking, in-line skating and skate-boarding to get to and from places such as school, parks and shops – has long been known to be an important source of physical activity for children and youth. If children walked for all trips of less than one kilometre rather than being driven, they would take an average of 2,238 additional steps per day! This translates to approximately 15-20 minutes of walking and thus has the potential to make a substantial contribution to the 60 minutes of daily physical activity children need for overall health. Imagine the potential impact this small change could have on increasing overall physical activity levels in Canadian children! Students who use active transportation to get to and from school can accumulate up to 45 more minutes daily of moderate- to-vigorous-intensity physical activity compared to students who get to school via car, train or bus.

Steps we can take:

Recommendations for increasing active transportation

Parents should: Encourage and support their children to actively travel to and from school as well as to other destinations (friends' houses, parks, etc.). Share responsibility with other parents for supervision of younger children as they travel to and from school and activities (e.g., take turns leading a walking school bus). Park the car a short distance from school and/or other destinations and walk from there when it is not possible for their kids to walk the whole way.

Source: Healthy Active Kids Canada 2013 Report Card

Submitted by: Greg Wazney

Physical and Health Education Divisional contact

Pre School Storytime

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

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

If you do not have a pre-school child, please pass this on to someone who does.



Children learn and develop best through play.

Governor Semple School - Room 4 Wednesdays Fridays 1:00 - 3:30

For more information call Community Coordinator Dave Mathers @ 204-339-7112 david.mathers@7oaks.org

Please note: This program is for residents of the 7 Oaks School Division only

FARM TO SCHOOL VEGGIE PROJECT

Our Farm to School Veggie project was a huge success. Teachers and parents unloaded over 1200kgs of vegetables early in the morning! Mr. Flett's Grade 5's sorted and organized the orders into the bags. Families picked up their bags after school to take home and cook into delicious healthy meals! We were able to contribute \$750.00 into the Playground project. Thanks for everyone's support!











Working with preschool families, the topic of toilet training comes up often. I've heard of kids who were trained before the age of two, and some who were still having accidents at the age of 5. Toilet training is just like everything else in child development; all kids are different, they have things they master early and things they learn a little later. Parents feel pressure to have their kids out of diapers as early as possible. My best friend and mother of twins ignored this pressure and had the best advice

I've heard to date: "I'm not worried, they'll go when their ready. I've yet to see a 13 year old in diapers." Parents who try too hard before their child is ready are just adding stress to their lives. It never hurts to introduce and encourage toilet training, but it will happen more quickly and easily when the child is ready and shows interest. Below are a few ideas from the article "Tales from the Tank" published in Today's Parent, April 2011.

"For my boys I put a couple of Cheerios in the bowl. It helped them aim and have fun."

Turn it into a car. "I made a wheel out of a paper plate and stuck it on the back. He sat backward and pretended to drive."

"Add a few drops of red or blue food colouring to the water. Kids love when the water turns orange or green, and love knowing they did it."

"Squirt bubble bath into the basin. Your child will get a kick out of watching the bubbles pop up when he adds more liquid to the mix."

Children love to be and need to be in control of certain things in their lives. Without question, they are in control of when they toilet train. One parent told her son on his third birthday, "Guess what? Now that you're 3, you don't have to wear diapers anymore!" He responded "I don't?!" and that was that.

Another mom found training for number 2 was easier than number 1. "When I could see they were ready to poop – they were starting to push or make that grunting sound – I had time to get them to the potty. Once they mastered that, the peeing seemed to follow effortlessly."

Try putting the diapers away and commit to staying home for 3-5 days, going to the potty at regular intervals. This works great when your child shows an interest in training.

Use the timer on the microwave as a reminder to go. If your child goes, set it again for two hours. If she doesn't go, re-set it for 30 minutes.

Remember, each child is different and not every strategy will work for you and your child. Be patient.

Avoid the power struggles, stress and frustration. If they are ready, run with it, if not try again later.

Read some books to your child about going to the bathroom. My favourites is "I Have to Go" by

Robert Munsch. Don't worry, it will happen! Ever see a 13 year old in diapers?

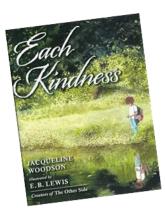
Dave Mathers
Community Coordinator



In Room 7 we have been discussing peace and how we want to treat each other. We started off the year by talking about what an ideal world would look like. In our dream world everyone would have all of their needs met. They would have water, food,



clothes, free healthcare, and be able to go to school. We read



many books about peace and different problems, and we talk about how we can solve our problems and do your best. In our table groups we brainstormed laws from around the world, like driving a car with a license and not hurting someone else. We saw that most laws are there for safety, respect, and kindness so we put all of the laws into these groups. Then we brainstormed rules we all have at home, and saw the

same thing, so we also listed them under the categories of safety, respect,

and kindness. Some rules fit into more than one category. We did the same thing for rules we have at school, like not running in the hallway. Next we wrote up a class promise and put in all of the ways we want to be treated in our room. We shared our ideas and then took turns signing it like a contract. You can see our class promise because it's up on our classroom door in the hallway. If someone breaks the promise we can remind them about it, or sometimes we go out to the hallway and reread it so we can remember what we agreed to at the beginning of the year. We also ask

In Room 7 we believe everyone:

Should be treated with kindness;
Should be respectful; W should be respectful; W should be safe; 6\eb should be safe; 6\eb should practice the Golden Rule;
Can have a positive attitude;
deserves a chance;
Can spread seeds of peace.

others, like guests in our room and other students at school, to respect our class promise, too.

Thank you!

Courtnee, Savannah, Casha, and Carrie











Thank you to...

Halloween committee-Tammy Chopp, Shannon Hartwich, Charlene Farrell, Jenn Bellino, Sam Ursel, Tanis Lavigne & Niki Unal

Cupcake/rice crispy/popcorn makers-Shannon Hartwich, Jenn Bellino, Tanis Lavigne, Tammy Chopp, Charlene Farrell (extra baking volunteers)- Anita Silva & Renata Pejakasa

Decorators—Angela & Elio Urciuoli, Tammy Chopp, Charlene Farrell, Tanis Lavigne, Randall Ursel & Niki Unal

Donations—IGA (drinks), Jets Gear & Boston Pizza

*Special Thanks to Gordie Farrell for his talent in painting the photo booth mural. Photographer-Jordan & assistant Blythe for their time and expertise.

To the parents and teachers who donated towards the silent auction and who volunteered their time to work at the dance and clean-up.









Family Halloween Dance











City of Winnipeg Leisure Guide

The City of Winnipeg is proud to provide a wide variety of recreation and leisure opportunities that 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.

For more information on leisure, sport and fitness programs, please pick up a copy of the Leisure Guide, call 311 or log on to Winnipeg.ca/leisureonline. Guides are available for pick up at civic pools, libraries and leisure centres, and at a number are available for pick up at all of retail locations including Safeway, 7-Eleven and Mac's.

Watch for the Winter 2014 Leisure Guide at the end of November! Registration for swimming lessons only will begin on December 10 at 8:00 a.m. Registration for all other programs will begin on December 11 at 8:00 a.m. Registration will be ongoing after these start dates.

City of Winnipeg Priceless Fun

Winnipeggers now have easy access to information about free recreation, leisure and library programs with the free programming guide, Priceless

The winter edition of Priceless Fun, available in December, provides information about the free programs for children and youth being offered by the City of Winnipeg throughout the city, all in one convenient guide.

Hard copies of Priceless Fun civic indoor pools, libraries and leisure centres. You can view the current edition of Priceless Fun online at: Winnipeg.ca/cms/ recreation/pdfs/ Free programs.pdf. Information about programs is also available by calling 311.

Reminder:

No School on November 22

Parent/Teacher Conferences



SCHOOL PD **NO SCHOOL** Friday, Nov. 8th

PICTURE RETAKES Friday, Nov. 15th @ 9:00 a.m.



KYAC

NOVEMBER INFO

KYAC is FREE all school year long!

Important dates:
Friday Nov. 1st –
Inservice at EP,
KYAC is still OPEN!
Friday Nov. 8th –
Inservice at FP,
KYAC is CLOSED
(GROUP B)
Monday Nov. 11th –
Remembrance Day,
KYAC IS CLOSED!
Friday Nov. 22nd – P/T
Conferences, KYAC is
still OPEN!

KYAC would like to welcome Chelsea Volkart as the new KYAC coordinator!

Check out our web-

site: http://www.70aks.org/
Programs/KYAC/
Pages/default.aspx

We are looking for parent representatives on the KYAC board council, email us! Have a suggestion for KYAC programming??
Let us know! contact Chelsea Volkart, KYAC Program Coordinator, at 586-0327 or by email at Chesea.volkart@7 oaks.org.



WEST KILDONAN MEMORIAL COMMUNITY CENTRE



www.wkmcc.webs.com

One6Yoga

(Individuals with Developmental Disabilities)
All Ages Welcome

Classes will be held on Wednesday's 5:45-6:30 p.m. **Where:** 346 Perth Ave. In the dance studio

Start Date: Wednesday January 8, 2014 (End date: March 12)

Cost: \$90.00 10 weeks (drop in fee: \$10.00)
Registration Date: Wednesday November 27th 5:30-7p.m.
(West Kildonan Community Center)

Please Note: Community Centre will Supply Yoga Mats

What is One6Yoga:

One 6 Yoga provides a comprehensive program of yoga that is gentle and therapeutic - safe for babies, children and adults with Down Syndrome, Cerebral Palsy, Microcephaly, Autism and other developmental disabilities. These methods also provide an effective treatment for persons diagnosed with Attention Deficit Disorder and Learning Disabilities.

Individuals categorized as disabled are frustrated and encouraged by the same things that a typical person is affected by. While their capacities might be varied, they are no less able to fully appreciate and participate in activities such as yoga that can improve and enrich their quality of life.

Since it may be difficult to integrate developmentally disabled individuals into a standard yoga class, specialized yoga programs are typically done in a one on one setting or in very small groups.

Yoga not only relaxes the body and decreases the feelings of stress, yoga also can also develop and improve:

- attention span and concentration
- motor planning
- strength and flexibility
- organizing sensory input
- deep breathing patterns
- nervous system calming
- balance, strength and coordination confidence
- self-control
- increased body awareness

November 2013

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	Fl	RIDAY	SATURDAY
GOVENOR SEMPLE – GS (8) ECOLE SEVEN OAKS MIDDLE SCHOOL – ESOMS (49) RIVERBEND – RB (23) FOREST PARK – FP (16) EDMUND PARTRIDGE – EP (36)				1 KYAC @ FP 330-5:30pm GROUP B KYAC @ EP 6-9pm KYAC @ RB 6-9pm		2 KYAC @ ESOMS 12-5pm	
3 KYAC is CLOSED	4 KYAC @ EP 6-9pm	5 KYAC @ RB 3:15-5:15pm KYAC @ ESOMS 6-9pm	6 KYAC @ GS 330-530pm KYAC @ EP 6-9pm	7 KYAC @ FP 330-5:30pm GROUP A KYAC @ ESOMS 6-9pm	8 Inservice – NO KYAC @ FP KYAC @ EP 6-9pm KYAC @ RB 6-9pm		9 KYAC @ ESOMS 12-5pm
10 KYAC is CLOSED	11 KYAC is CLOSED (REMEMBRANCE DAY)	12 KYAC @ RB 3:15-5:15pm KYAC @ ESOMS 6-9pm	13 KYAC @ GS 330-530pm KYAC @ EP 6-9pm	14 KYAC @ FP 330-5:30pm GROUP A KYAC @ ESOMS 6-9pm	15 KYAC @ FP 330-5:30pm GROUP B KYAC @ EP 6-9pm KYAC @ RB 6-9pm		16 KYAC @ ESOMS 12-5pm
17 18 KYAC is CLOSED EP 6-9pm		19 KYAC @ RB 3:15-5:15pm KYAC @ ESOMS 6-9pm	20 KYAC @ GS 330-530pm KYAC @ EP 6-9pm	21 KYAC @ FP 330-5:30pm GROUP A KYAC @ ESOMS 6-9pm	22 KYAC @ FP 330-5:30pm GROUP B KYAC @ EP 6-9pm KYAC @ RB 6-9pm		23 KYAC @ ESOMS 12-5pm
		PARENT/TEA					
24 KYAC is CLOSED	25 KYAC @ EP 6-9pm	26 KYAC @ RB 3:15-5:15pm KYAC @ ESOMS 6-9pm	27 KYAC @ GS 330-530pm KYAC @ EP 6-9pm	28 KYAC @ FP 330-5:30pm GROUP A KYAC @ ESOMS 6-9pm	29 KYAC @ FP 330-5:30pm GROUP B KYAC @ EP 6-9pm KYAC @ RB 6-9pm		30 KYAC @ ESOMS 12-5pm



Foundation

N E W S

Fall/Winter 2013

The Foundations of the Seven Oaks Education Foundation

Most of us have volunteered for something at some point, whether it's to help organize an event, raise money for a cause or just be there to lend a helping hand when needed.

But the reasons we volunteer are different from person to person.

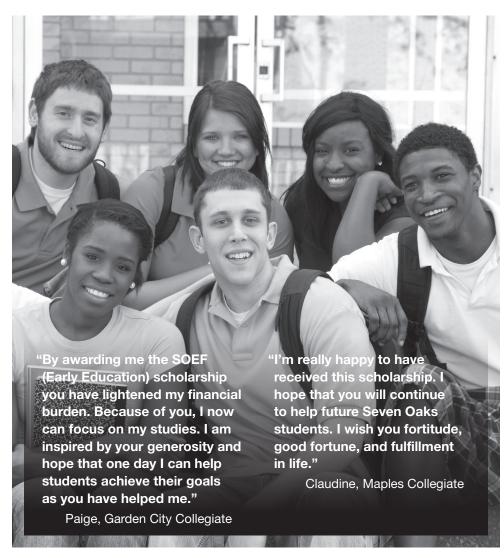
Our Seven Oaks Education Foundation volunteer Board of Directors is no different. Each person has reasons for giving his or her time and energy to the Foundation. And though some of the reasons may be similar, it's the personal meaning that makes them unique.

Pat Stefanchuk

After years of teaching in the Seven Oaks School Division, Pat Stefanchuk retired in 2004. But you'd never know it from the amount of time she spends working for the Seven Oaks Education Foundation Board.

Already busy volunteering for the F.A.S.T. (Families and Schools Working Together) program at Margaret Park School, chairing a committee that plans luncheons for ex-Flin Floners and taking courses through Creative Retirement, Pat wanted another way to maintain her ties with Seven Oaks.

"I looked for a way that I could stay connected to the school division and contribute as a volunteer," explains Pat. "The Seven Oaks Education



Foundation was a perfect opportunity to continue to work for students who graduate and pursue post-graduate studies at a university or community college."

"I joined the Board in March, 2005, and

immediately began my quest to have a Creative Arts Scholarship created for each of the three high schools. The creative arts have always been important to me as a former Music teacher and Arts Consultant in Seven Oaks School Division." The Board moved to approve a Creative Arts Scholarship along with two others: the Technology and Campus Life Scholarships. Seeing the addition of new scholarships and knowing what a vital role they played in promoting post-secondary education, Pat decided to continue her volunteering. She's been part of the Board ever since.

Today, she's Past President and current Chair of the Newsletter Committee (the most recent edition of which you're enjoying right this second). And she doesn't intend to stop volunteering any time soon.

"I believe in making a commitment once I have joined an organization," says Pat. "I enjoy meeting with my fellow Board members, serving on committees and working on fundraising initiatives such as our annual Bud, Spud, and Steak night."

More than that, however, Pat remains involved for the simplest of reasons; she believes in what the Board does.

"I don't think there's such a thing as too much support for education," says Pat. "Anything we can do to help encourage a student to take that next step into post-secondary learning is something that we should consider. Because it means a lot more than people realize."

Wayne Shimizu

Wayne Shimizu's involvement with the Seven Oaks Education Foundation Board actually started when he was working at another school division.

Wayne was originally a member of the Seven Oaks Scholarship Board, the precursor to the Seven Oaks Education Board. However, when the Scholarship Board began its transition to a full-fledged Foundation, Wayne took a job with the St. Vital/Louis Riel School Division.

"I began working with the St. Vital Education Foundation and learned of the support they were receiving from the Winnipeg Foundation," says Wayne. "I mentioned this to Ed Johns, the Secretary-Treasurer of the Seven Oaks School Division who was spearheading the transition from Board to Foundation."

Ed arranged a meeting between the newly formed Seven Oaks Education Foundation and the Winnipeg Foundation, and an agreement was completed for the Winnipeg Foundation to look after a portion of the Seven Oaks Foundation's investments.

When Ed retired from Seven Oaks in 2005, Wayne returned to the Division and immediately re-involved himself with the Foundation. He remains part of the SOEF Board because he wants to ensure the good work – and opportunities for students – continue to grow.

"My interest is in seeing students from the high schools receive financial assistance for their post-secondary education," explains Wayne. "It would be great if we were able to see our asset base grow to the extent that we would be able to provide some very significant scholarships."

Since the move to an endowment model, the Foundation's asset base has grown from around \$60,000 in the late 90's to approximately \$600,000 as of today. But the goal is to continue to build on that so more scholarships in larger amounts can be awarded.

"An asset base of over \$1,000,000 would likely enable the Foundation to provide a number of \$500 scholarships along with a few scholarships in the \$5,000 range," says Wayne. "So my hope is to see our asset base grow to the extent that we can provide a few significant scholarships along with the ones we are providing currently."

Dawne Smithson

For Dawne Smithson, volunteering as a member of the Seven Oaks Education Board is a matter of family. Starting with her own.

As the mother of three children who attended school in Seven Oaks, Dawne has seen the changes and challenges students and their families encountered, including those related to post-secondary education.

Now, with grandchildren in the Division, Dawne volunteers her time to help ensure as many children as possible have more doors open when it comes to their education – particularly in an age where post-secondary education is becoming increasingly expensive.

"I joined the board because I was impressed with the way the division is adapting itself to the challenges associated with education in 2013 and with the unique programs that have been put in place to address these needs," says Dawne. "I also believe that providing financial support for education through the Foundation can make a real difference for someone."

"We have seen first-hand the commitment that the people that work in the Division have towards their role in helping to set children on a strong path for the future. I want to be part of that."

Dawne is currently the Secretary of the Board, and she definitely intends to remain involved with the SOEF Board for some time. She has a vision for where the Foundation can go; one she shares with her fellow Board members.

"For the future, I hope that the SOEF can raise its visibility and awareness in the community, allowing for greater fundraising opportunities which will ultimately benefit students in the Seven Oaks School Division by providing greater funds for scholarships."

Ramona Gallos

Though Ramona Gallos is now an Honorary Member of the Seven Oaks Education Foundation Board, you can rest assured her dedication and belief in what the Foundation does remains steadfast.

"I knew my ability to attend the meetings was going to be reduced and I didn't think it would be fair to keep the spot from someone else who wanted to be part of things," explains Ramona of her new Honorary Member status.

The title "Honorary Member" is wellearned. Ramona has been involved with the Seven Oaks School Division since 1979 when her own children began attending school and she joined the Parent Council. She has been an active volunteer since, along with her eleven years of service on the Seven Oaks School Board.

Ramona was also part of the subcommittee that helped transition the Scholarship Board into the Foundation because she – like her colleagues – believed in the importance of providing sustainable scholarship opportunities for students. "I didn't want to see the opportunity for the creation of scholarships pass us by," Ramona says of the transition into an endowment fund model.

Ramona has always made time for the Foundation while balancing her already busy schedule. She volunteers (with the Maples Youth Activity Centre and the Junior Diabetes Research Foundation Gala Committee to name but two committees), operates Master Roofing with her husband, and – of course – spends time with her family.

"I think when something is important to you, you make time for it," she says. "And I feel it's important to give back to the community."

"That's something I always ask myself: how can I give back? It's just something that's near and dear to my heart." Right now, Ramona's biggest time commitment is being a grandmother to "7.5" grandkids ("The 8th is impending," she laughs, noting that her eldest grandson now attends kindergarten in Seven Oaks). But she still wants to remain connected to the Foundation she has been such an integral part of for so long.

"What I want for the Foundation is for it to become self-sustaining; for the Foundation to be able to provide an increased number of scholarships and increased scholarship amounts through the interest generated by the endowment fund."

"I'm just so proud to be part of this organization that has enabled us to offer so many opportunities to students... but there's still always room for growth."

Scholarships 2013

A quick look at this years' scholarship recipients – scholarships made possible through the Seven Oaks Education Foundation, the Seven Oaks School Division and Community members and organizations.

GARDEN CITY COLLEGIATE 2013

SEVEN OAKS EDUCATION FOUNDATION/

SEVEN OAKS SCHOOL BOARD AWARDS	S:
Seven Oaks School Board Scholarship	Meagan Burbella - \$500
Seven Oaks School Division Scholarship	
O. V. Jewitt Memorial Scholarship	Kayla Matos - \$250
Ann and Paul Ruta Scholarship	
Greg Zazulak Memorial Scholarship	Peter Oliver - \$200
S.O.S.B. Scholarship – John Leaman	
Memorial Scholarship	Braedon Humeniuk - \$300
Francis Standil Memorial Scholarship	
Graham Murray Memorial Scholarship	
Glen Proudlove Memorial Scholarship	
John Trevenen Memorial Award	
Jake Yakmission Memorial Scholarship	
Arnold G. Minish Anniversary Award	Christina Claeys - \$500
Howard & Sari Sinaisky Memorial Scholarship	
Lindsay C. Ulrich Memorial Sports Scholarship	Wesley Sysa - \$750
Vince Leah Scholarship/A. E.Wright Memorial Award.	Sara Sadowy - \$250
R.D. Bell Memorial Award/Maltz Family Award	
Robert Jolly Memorial Award	Christian Davies - \$250
Total	\$6,000

SEVEN OAKS EDUCATION FOUNDATION AWARDS:

Seven Oaks Education Foundation
Creative Arts Scholarship
Seven Oaks Education Foundation
Technology Scholarship
Seven Oaks Education Foundation Campus Life Scholarship\$500
Early Years Education Scholarship (award to rotate
annually 2011 WK, 2012 Maples, 2013 GCC etc) Paige Payment - \$500
Pow Wow ScholarshipKelsey Honke & Katee Weremiuk - \$400
Total

OTHER SCHOLARSHIPS - FUNDED THROUGH SOEF:

Garden City Collegiate 50th Anniversary Reunion
Scholarship – for excellence in the sciencesNicholas Ferens - \$1,500
Nellie & Ben Zaidman Memorial Scholarship Fund Andrell Carta - \$1,000
David Allen memorial Sholcarship
CUPE 949 Scholarship
City Councillor Scholarship, Mynarski Ward Cynthia Mazurek - \$500
Devi Sharma Leadership Award,
City Councillor, Old Kildonan
Susan Popeski Memorial ScholarshipNatasha Wagner - \$500
Kendra Latzkitsch Memorial ScholarshipSabrina Ferraz - \$500
J.D. Lysack Memorial Scholarship Shayna Pierce - \$3,000
R.M. OF West St.Paul ScholarshipKayla Atwood-Maluzynsky - \$300
Platinum Jets ScholarshipJenny Truong - \$1,000
Total\$9,600

Total Scholarships 2013\$18,000

MAPLES COLLEGIATE 2013

SEVEN OAKS EDUCATION FOUNDATION/ SEVEN OAKS SCHOOL BOARD AWARDS:

SEVEN OAKS SCHOOL BOARD AWARD	S:
a) Vocational	
b) Faculty of Education	
c) Faculty of Arts/Science (2 scholarships to be away	
	Caspar Zhong - \$300
d) University I	
(a first year Post Secondary Program)	Fredieson Tumambing - \$300
Vince Leah/ Maples Letterman Sports Award	
Ken Seaford Award	
Jake Yakmission/O. V. Jewitt Scholarships	
(2 scholarships to be awarded):	Jan Manibo - \$250
	Christian Gutierrez - \$250
Seven Oaks Education Foundation Classic Scholarsh	
Maples Scholarship Leadership Award (4 awards)	Kristen Ulasy - \$250
	Amandeep Brar - \$250
	Sursattie Gorcharan - \$250
	Jessie Gamis - \$250
Seven Oaks School Board Bursaries	Claudine Ordonez - \$400
	Joan Vilaluz - \$400
	Maria Rodella - \$400
Total	\$5,000
SEVEN OAKS EDUCATION FOUNDATIO	
a) Campus Life/ Future Paths	
b) Creativity in the Arts	
c) Technical Trades	
Pow Wow Scholarship	
Total	\$1.900
	, ,
OTHER SCHOLARSHIPS - FUNDED TH	ROUGH SOEF:
CUPE 949 Scholarship	ROUGH SOEF: Camille Quintinio - \$500
CUPE 949 ScholarshipCUPE 731 Scholarship	ROUGH SOEF: Camille Quintinio - \$500 Daljit Theathi - \$500
CUPE 949 Scholarship	ROUGH SOEF: Camille Quintinio - \$500 Daljit Theathi - \$500 Christian Ilagan - \$500
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CUPE 949 Scholarship	ROUGH SOEF: Camille Quintinio - \$500 Daljit Theathi - \$500 Christian Ilagan - \$500 Adam Lennox - \$500
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CUPE 949 Scholarship	ROUGH SOEF: Camille Quintinio - \$500 Daljit Theathi - \$500 Christian Ilagan - \$500 Adam Lennox - \$500 Phillip Hakeem - \$500 Prabhnoor Osahan - \$350 Keegan Speidel - \$500
CUPE 949 Scholarship	ROUGH SOEF: Camille Quintinio - \$500 Daljit Theathi - \$500 Christian Ilagan - \$500 Adam Lennox - \$500 Phillip Hakeem - \$500 Prabhnoor Osahan - \$350 Keegan Speidel - \$500 Melinda Dao - \$300
CUPE 949 Scholarship CUPE 731 Scholarship Mae Mendoza Scholarship: Toby Cracknell Award (Rotation: 2013 Maples, 2014 WKC, 2015 GCC) Maples Collegiate Alumni Scholarship Lion's Club of West St. Paul Scholarship (2011 WKC, 2012 GCC, 2013 Maples) Mohinder Saran, MLA for Maples Devi Sharma Leadership Award, City Councillor, Old Kildonan	ROUGH SOEF: Camille Quintinio - \$500 Daljit Theathi - \$500 Christian Ilagan - \$500 Adam Lennox - \$500 Phillip Hakeem - \$500 Prabhnoor Osahan - \$350 Keegan Speidel - \$500 Melinda Dao - \$300 . Stefan-Angel Trajkov - \$300
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CUPE 949 Scholarship CUPE 731 Scholarship Mae Mendoza Scholarship: Toby Cracknell Award (Rotation: 2013 Maples, 2014 WKC, 2015 GCC) Maples Collegiate Alumni Scholarship Lion's Club of West St. Paul Scholarship (2011 WKC, 2012 GCC, 2013 Maples) Mohinder Saran, MLA for Maples Devi Sharma Leadership Award, City Councillor, Old Kildonan R.M. OF West St.Paul Scholarship Bridge Builders Award	ROUGH SOEF: Camille Quintinio - \$500 Daljit Theathi - \$500 Christian Ilagan - \$500 Adam Lennox - \$500 Phillip Hakeem - \$500 Prabhnoor Osahan - \$350 Keegan Speidel - \$500 Melinda Dao - \$300 Stefan-Angel Trajkov - \$300 Keegan Speidel - \$300 Keegan Speidel - \$300 Keegan Speidel - \$300 Amandeep Sehira - \$500
CUPE 949 Scholarship CUPE 731 Scholarship Mae Mendoza Scholarship: Toby Cracknell Award (Rotation: 2013 Maples, 2014 WKC, 2015 GCC) Maples Collegiate Alumni Scholarship Lion's Club of West St. Paul Scholarship (2011 WKC, 2012 GCC, 2013 Maples) Mohinder Saran, MLA for Maples Devi Sharma Leadership Award, City Councillor, Old Kildonan R.M. OF West St.Paul Scholarship Bridge Builders Award Cambrian Credit Union — Learning for Life Award	ROUGH SOEF: Camille Quintinio - \$500 Daljit Theathi - \$500 Christian Ilagan - \$500 Adam Lennox - \$500 Phillip Hakeem - \$500 Prabhnoor Osahan - \$350 Keegan Speidel - \$500 Melinda Dao - \$300 Keegan Speidel - \$300 Keegan Speidel - \$300 Keegan Speidel - \$300 Kamandeep Sehira - \$500 Maryanne Tran - \$1,000
CUPE 949 Scholarship CUPE 731 Scholarship Mae Mendoza Scholarship: Toby Cracknell Award (Rotation: 2013 Maples, 2014 WKC, 2015 GCC) Maples Collegiate Alumni Scholarship Lion's Club of West St. Paul Scholarship (2011 WKC, 2012 GCC, 2013 Maples) Mohinder Saran, MLA for Maples Devi Sharma Leadership Award, City Councillor, Old Kildonan R.M. OF West St.Paul Scholarship Bridge Builders Award Cambrian Credit Union — Learning for Life Award Platinum Jets Scholarship	ROUGH SOEF: Camille Quintinio - \$500 Daljit Theathi - \$500 Christian Ilagan - \$500 Adam Lennox - \$500 Phillip Hakeem - \$500 Prabhnoor Osahan - \$350 Keegan Speidel - \$500 Melinda Dao - \$300 Keegan Speidel - \$300 Keegan Speidel - \$300 Keegan Speidel - \$300 Kamandeep Sehira - \$500 Maryanne Tran - \$1,000 Mac Gel Capuno - \$1,000
CUPE 949 Scholarship CUPE 731 Scholarship Mae Mendoza Scholarship: Toby Cracknell Award (Rotation: 2013 Maples, 2014 WKC, 2015 GCC) Maples Collegiate Alumni Scholarship Lion's Club of West St. Paul Scholarship (2011 WKC, 2012 GCC, 2013 Maples) Mohinder Saran, MLA for Maples Devi Sharma Leadership Award, City Councillor, Old Kildonan R.M. OF West St.Paul Scholarship Bridge Builders Award Cambrian Credit Union — Learning for Life Award	ROUGH SOEF:Camille Quintinio - \$500Daljit Theathi - \$500Christian Ilagan - \$500 Adam Lennox - \$500Phillip Hakeem - \$500Prabhnoor Osahan - \$350Keegan Speidel - \$500Melinda Dao - \$300Keegan Speidel - \$300Keegan Speidel - \$300Maryanne Tran - \$1,000Mac Gel Capuno - \$1,000Mac Gel Capuno - \$1,000Mac Gel Capuno - \$1,000Mac Gel Capuno - \$1,000
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CUPE 949 Scholarship CUPE 731 Scholarship Mae Mendoza Scholarship: Toby Cracknell Award (Rotation: 2013 Maples, 2014 WKC, 2015 GCC) Maples Collegiate Alumni Scholarship Lion's Club of West St. Paul Scholarship (2011 WKC, 2012 GCC, 2013 Maples) Mohinder Saran, MLA for Maples Devi Sharma Leadership Award, City Councillor, Old Kildonan	ROUGH SOEF:Camille Quintinio - \$500Daljit Theathi - \$500Christian Ilagan - \$500 Adam Lennox - \$500Phillip Hakeem - \$500Prabhnoor Osahan - \$350Keegan Speidel - \$500Melinda Dao - \$300Keegan Speidel - \$300Keegan Speidel - \$300Maryanne Tran - \$1,000Mac Gel Capuno - \$1,000Mac Gel Capuno - \$1,000Hailey Kostusik - \$750 Prabhnoor Osahan - \$750Jaskiran Bedi - \$350
CUPE 949 Scholarship CUPE 731 Scholarship Mae Mendoza Scholarship: Toby Cracknell Award (Rotation: 2013 Maples, 2014 WKC, 2015 GCC) Maples Collegiate Alumni Scholarship Lion's Club of West St. Paul Scholarship (2011 WKC, 2012 GCC, 2013 Maples) Mohinder Saran, MLA for Maples Devi Sharma Leadership Award, City Councillor, Old Kildonan	ROUGH SOEF:Camille Quintinio - \$500Daljit Theathi - \$500Christian Ilagan - \$500 Adam Lennox - \$500Phillip Hakeem - \$500Prabhnoor Osahan - \$350Keegan Speidel - \$500Melinda Dao - \$300Keegan Speidel - \$300Keegan Speidel - \$300Maryanne Tran - \$1,000Mac Gel Capuno - \$1,000Mac Gel Capuno - \$1,000Hailey Kostusik - \$750 Prabhnoor Osahan - \$750Jaskiran Bedi - \$350Trevor Evanchuk - \$400
CUPE 949 Scholarship CUPE 731 Scholarship Mae Mendoza Scholarship: Toby Cracknell Award (Rotation: 2013 Maples, 2014 WKC, 2015 GCC) Maples Collegiate Alumni Scholarship Lion's Club of West St. Paul Scholarship (2011 WKC, 2012 GCC, 2013 Maples) Mohinder Saran, MLA for Maples Devi Sharma Leadership Award, City Councillor, Old Kildonan	ROUGH SOEF:Camille Quintinio - \$500Daljit Theathi - \$500Christian Ilagan - \$500 Adam Lennox - \$500Phillip Hakeem - \$500Prabhnoor Osahan - \$350Keegan Speidel - \$500Melinda Dao - \$300Keegan Speidel - \$300Keegan Speidel - \$300Maryanne Tran - \$1,000Mac Gel Capuno - \$1,000Mac Gel Capuno - \$1,000Hailey Kostusik - \$750 Prabhnoor Osahan - \$750Jaskiran Bedi - \$350Trevor Evanchuk - \$400
CUPE 949 Scholarship CUPE 731 Scholarship Mae Mendoza Scholarship: Toby Cracknell Award (Rotation: 2013 Maples, 2014 WKC, 2015 GCC) Maples Collegiate Alumni Scholarship Lion's Club of West St. Paul Scholarship (2011 WKC, 2012 GCC, 2013 Maples) Mohinder Saran, MLA for Maples Devi Sharma Leadership Award, City Councillor, Old Kildonan	ROUGH SOEF:Camille Quintinio - \$500Daljit Theathi - \$500Christian Ilagan - \$500 Adam Lennox - \$500Phillip Hakeem - \$500Prabhnoor Osahan - \$350Keegan Speidel - \$500Melinda Dao - \$300Keegan Speidel - \$300Keegan Speidel - \$300Maryanne Tran - \$1,000Mac Gel Capuno - \$1,000Mac Gel Capuno - \$1,000Hailey Kostusik - \$750 Prabhnoor Osahan - \$750Jaskiran Bedi - \$350Trevor Evanchuk - \$400\$9,000

WEST KILDONAN COLLEGIATE 2013

SEVEN OAKS EDUCATION FOUNDATION/ SEVEN OAKS SCHOOL BOARD AWARDS:

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Total	· · · · · · · · · · · · · · · · · · ·
The Bailey Family Computer Science Award	
Vince Leah Sports Award	Mathew Carvalho - \$300
Arthur E.Wright Award for Technology & Applied Arts	Benjamin Sodja - \$250
lan Dordick Memorial Award for English	Jessica Campbell - \$300
Guy De Caire Scholarship	_
SOSD/SOEF Scolarship	•
SOSD/SOEF Scholarship	
O. V. Jewitt Memorial Scholarship	
West Kildonan Kiwanis Club Scholarship	
West Kildonan Collegiate Student Recognition Award	
SOSD/SOEF Faculty of Arts and Science Scholarship	
SOSD/SOEF Faculty of Education Scholarship	
Olive & George Allen Memorial Scholarship	•
John Leaman Memorial Scholarship	
Jake Yakmission Memorial Scholarship	
James C. Anderson Award	

SEVEN OAKS EDUCATION FOUNDATION AWARDS:

SEVEN CARS EDUCATION FOUNDATIO	IN AWARDS.
Seven Oaks Education Foundation	
Creative Arts Scholarship	Rebecca Bettencourt - \$500
SOSD/SOEF WKCI Citizenship Scholarship	Alexa Hoy - \$500
SOSD/SOEF Campus Life Scholarship	Tamara Chymyshyn - \$500
Judy Silver Memorial Scholarship Fund (award to	
rotate annually: 2011 GCC, 2012 Maples, 2013 WK)	Tayler Hewak-Lacy - \$500
Pow Wow Scholarship	Carter Wilson - \$400
Total	\$2,400

OTHER SCHOLARSHIPS - FUNDED THROUGH SOEF:

David B. Oster Memorial Scholarship (2013 WKCl, 2014 Maples
and 2015 GCCI and rotate thereafter each year) Austin Zayac - \$400
WKCl 50th Anniversary Scholarship #1Anton Uklein - \$650
WKCl 50th Anniversary Scholarship #2Liad Grosman - \$650
number TEN Architectural Group –
5 year commitment commencing 2010 WKC, 2011 GCC,
2012 Maples, 2013 WKC and 2014 GCC Jacquelyn Markiewicz - \$1,000
CUPE 949 Scholarship Laura Burtnyk - \$500
City Councillor Scholarship, Mynarski Ward
Devi Sharma Leadership Award,
City Councillor, Old Kildonan
R.M. OF West St. Paul ScholarshipAlexa Hoy - \$300
Marjorie Jean Sanders Bursary (Platinum Jets) Derek Warren - \$1,000
Total

Total Scholarships 2013\$12,700



TOTAL Scholarships \$46,600

Visit **7oaksedfoundation.org** for more information on how to donate or to make an online contribution.

The Foundation provides tax receipts for donations of \$10 or more.





INDIAN & METIS FRIENDSHIP CENTRE

REMEMBRANCE DAY TRADITIONAL POW WOW

45 Robinson Street

SATURDAY, NOVEMBER 9, 2013

Traditional Pipe Ceremony @ 11:00 am

GRAND ENTRY -1:00 PM & 7:00 PM

Traditional Feast @ 5:00 pm

MC George Spence Arena Director Mark Lyons Host Drum: Nussesuk Singers

Payout for the 1st 10 Drums & 10 Dancers in each category Craft Tables Available

For More Information contact Rose @ (204) 586-8441/ general@imfc.net

EVERYONE WELCOME!

Not responsible for lost or stolen items. No Alcohol or Drugs allowed. Not responsible for relationships, break ups & divorces.



Heritage Language classes are every Tuesday, Wednesday Thursday 4:30 - 5:30 November

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
					1	2	
					Day ①		
3	4 Skating /Rm. 5 11:25-12:50	5 Skating/Rm. 6 11:25-12:50	6 Winnipeg Symphony Orchestra 10:00-12:00 (Gym)	7 Remembrance Day Assembly Parent Mtg @ 6:30	8 School PD No School	9	
	Day 2	Day 3	Day 4	Day 6	Day 6		
10	No School Remembrance Bay	12 Skating/Rm. 6 11:25-12:50 Day ①	ring Screen	ening Wee	Picture retakes 9:00 Rm 5 & 6 Field Trip 11:00-2:30 Day 4	Div. Handball 8:30-2:30	
17	18 Skating /Rm. 5 11:25-12:50	19 Skating/Rm. 6 11:25-12:50	20 Report Cards go home	21	22 Parent/Teacher No School	23	
	Parent/Teacher Conference Week						
	Day 6	Day 6	Day ①	Day 2	Day 3		
24	25 Skating /Rm. 5 11:25-12:50	26 Skating/Rm. 6 11:25-12:50	27	28	Sports Day	30	
	Day ❹	Day 6	Day 6	Day 0	Day 2		