

# 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/](http://www.7oaks.org/school/governorsemple/) Twitter: @GovernorSemple

Dear Governor Semple Families,

We've had a very good start to our school year together. Highlights of September included:

- ◆ welcoming students and families during Orientation Days
- ◆ seeing families at our Welcome Back Family BBQ
- ◆ raising funds to support cancer research through our Terry Fox Walk
- ◆ welcoming families to our preschool parent-and-child programs

October brings with it students participating in cross-country running, bus evacuation practice and various other activities to enhance and expand on the learning within their classrooms. If you have questions about the events and activities taking place both inside and outside our school, please don't hesitate to contact your children's teachers or me at any time.

Karen Hiscott, Principal

Seven Oaks School Division

OCTOBER 2016

**Mark your calendars!**

## Halloween Family Dance

Thursday, October 20, 2016

6:30—8:30pm

Governor Semple School

Watch for an email with further details!



We are excited to let you know that our



students are using brand new-Chromebooks this year! As with all tools of technology, we have expectations for safe and ethical use. Please take the time to review our "acceptable use" divisional policies with your child by visiting:

<http://www.7oaks.org/Resources/Technology/Pages/default.aspx>



## DATES TO REMEMBER

Oct. 4	Bus Evacuation	Oct. 21	<b>MTS P.D. Day—NO SCHOOL</b>
<b>Oct. 10</b>	<b>Thanksgiving Day—NO SCHOOL</b>	Oct. 24	Picture Day @ 9:00
Oct. 11-14	Hearing Screening Week	Oct. 26	Room 3 Field Trip to Boston Pizza @ 9:15-10:45
Oct. 13	Div. X-Country-gr's 3,4 & 5 Little Mountain Park @ 11:30	Oct. 28	Patrols to Deer Meadows Farm @ 9:15-12:30
Oct. 18	Heritage Language classes start	Oct. 31	Rooms 7 & 11 to Assiniboine Park @ 9:15—1:45
Oct. 18	Rain Date for X-Country		
Oct. 20	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 visit [Winnipeg.ca](http://Winnipeg.ca). Guides are available for pick up at civic indoor pools, libraries and leisure centres, and at a number of retail locations including Safeway, 7-Eleven and Mac's.

Registration for swimming lessons only will begin on August 30 at 8:00 am. Registration for all other activities will begin on August 31 at 8:00 am.

### 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 Fun.

The fall edition of Priceless Fun, available in September, 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 are available for pick up at all civic indoor pools, libraries and leisure centres. You can view the current edition of Priceless Fun online at: [Winnipeg.ca/cms/recreation/leisureguide.stm](http://Winnipeg.ca/cms/recreation/leisureguide.stm). Information about programs is also available by calling 311.

## NO SCHOOL ON THE FOLLOWING DAYS:

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Monday, October 10—Thanksgiving

Friday, October 21— PD Day

Tuesday, November 1—PD Day

Friday, November 11— Remembrance Day

Friday, November 25—Parent/Teacher Conferences

December 23-January 6— Winter Break

Friday, January 20—P.D. Day

Friday, February 3—P. D. Day

Monday, February 20—Louis Riel Day

Friday, March 17—Parent/Teacher Conferences

March 27-March 31—Spring Break

Friday, April 14—Good Friday

Friday, April 21—P. D. Day

Monday, May 15—P.D. Day

Monday, May 22—Victoria Day

Monday, June 26—Administration Day



## PRESCHOOL STORY TIME

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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 9:00 – 11:00am**

**& 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](mailto: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! I also offer a warm welcome to any newcomers. In the caring tradition of Governor Semple School, I'm sure that our new additions are already feeling right at home.

I will make an effort to provide periodic columns in the school newsletter. I welcome topics, feedback and connections with families.

This particular column I offer has become a yearly tradition; it's 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>
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<b>0-3 months---</b>	<b>14-16.5 hours</b>
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<b>3-9 months---</b>	<b>14-15 hours</b>
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<b>1 year---</b>	<b>13.75-14 hours</b>
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<b>2 years---</b>	<b>12.75-13 hours</b>
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<b>3 years---</b>	<b>12-12.5 hours</b>
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<b>4 years---</b>	<b>11.5-12 hours</b>
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<b>5 years---</b>	<b>11 hours</b>
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<b>6 years---</b>	<b>10.75-11 hours</b>
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<b>7 years---</b>	<b>10.5-11 hours</b>
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<b>8 years---</b>	<b>10.25-10.75 hours</b>
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<b>9 years---</b>	<b>10-10.25</b>
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<b>10-12 years---</b>	<b>9.75-10</b>
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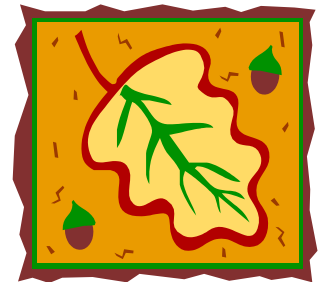
<b>13-24 years---</b>	<b>9-9.5</b>
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People are often quite surprised by these numbers. If you realize that your child(ren) aren't getting enough sleep, having them ease into an earlier bedtime by tucking them in 15 minutes earlier

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](http://www.winnipegblockparents.mb.ca)

## SYNCHRO CLASSES

Like Music? Like Water? Come try a sport that combines both.....

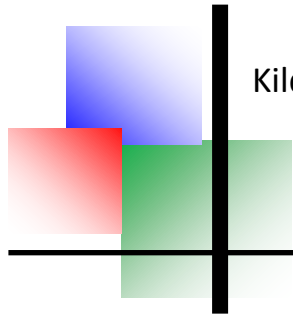
Free Try-It Days Available

Check our website for times and locations

### Winnipeg Synchro

- Largest synchro club in Manitoba
- Programs from beginner recreation to high performance
- Outstanding, nationally certified coaches with years of experience
- Programs support long term athlete development

For a complete list of programs, dates and locations please visit our web site:



Kildonan Youth Activity Centre (KYAC)

# OCTOBER 2016



Kildonan Youth Activity Centre

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

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

## What is KYAC?

KYAC is a non-profit youth drop-in centre concerned with meeting the needs of youth, ages 8-17, in Seven Oaks School Division. Our drop-in programs offer a wide variety of activities ranging from low organized games, recreational sports, movie nights, guitar lessons, art classes and crafts.

## Programming Hours :

### Drop-in Gym Hours:

#### Edmund Partridge Community School (EP):

Monday, Wednesday and Friday 6-9pm

#### École Seven Oaks Middle School (ESOMS):

Tuesday and Thursday 6-9pm  
Saturday 12-5pm

### Structured Program Hours:

#### Governor Semple School:

Wednesdays 3:30-5:30pm

#### Forest Park School:

Thursdays 3:30-5:30pm

#### École Riverbend Community School:

Tuesdays 3:00-5:00pm

Fridays 6-9pm **(students from all schools welcome!)**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5 <u>Guitar Program Begins</u>	6 <u>Art Program Begins</u>	7	8
9	10 <u>Thanksgiving NO KYAC</u>	11	12	13	14	15
16	17	18	19	20	21 <u>NO KYAC</u>	22
23	24	25	26	27	28	29
30			31			

**Reminder: KYAC Fall Art and Guitar Programs (Classes Currently Full)**


**Art:** (First Class is Oct 6th)

**Thursdays 6:30-9:00pm @ Edmund Partridge School in the Multi-Purpose Room.**

**Guitar:** (First Class is Oct 5th)

**Wednesdays 6:00-7:30 & 7:30-9:00 @ École Seven Oaks Middle School in the Band Room**

# OCTOBER 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 Day 2	4 Day 3 Bus Evacuation @ 9:15	5 Day 4	6 Day 5	7 Day 6	8
9	10 Thanksgiving (SCHOOL CLOSED)	11 Day 1   12 Day 2 Hearing Screening Week		13 Day 3 X-Country- Gr.3,4 & 5 Little Mountain Park 11:30-2:00	14 Day 4	15
16	17 Day 5	18 Day 6 X- Country @ Little Mntn Park (*rain date*)	19 Day 1	20 Day 2 Halloween Dance 6:30-8:30	21 Day 3 Provincial In-service (NO CLASSES)	22
23	24 Day 4 Picture Day Happy Halloween! Rm 7&11 Zoo-9:15-1:45	25 Day 5	26 Day 6 Rm. 3-Field Trip Boston Pizza 9:15-10:45	27 Day 1	28 Day 2 Patrols-Deer Meadows Farm- 9:15-12:30	29
30	Day 3 31					

**Notes:**  
 Tuesday, November 1/16-  
 NO SCHOOL  
 Friday, November 11/16-  
 NO SCHOOL  
 Friday, November 25/16-  
 NO SCHOOL

**Notes:**  
 Heritage Language classes start on  
 October 18<sup>th</sup>. Classes are every  
 Tuesday, Wednesday & Thursday @  
 Maples Collegiate (4:30-5:30)

