

GOVERNOR SEMPLE SCHOOL

SEPTEMBER 2013 NEWSLETTER

150 Hartford Avenue, Winnipeg MB R2V 0V7
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That Was Summer

By Marci Ridlon

Have you ever
smelled summer?
Sure you have.
Remember that time
When you were running
Or doing nothing much
And you were hot
And you flopped right down on the ground?
Remember how the warm soil smelled-
And the grass?
That was summer.

Remember that time
When the storm blew up quick
And you stood under the ledge
And watched the rain till it stopped
And when it stopped
You walked out again to the sidewalk?
Remember how the pavement smelled-
All steamy and wet?
That was summer.

Remember that time
When you were trying to climb
Higher in the tree
And you didn't know how
And your foot was hurting in the fork
But you were holding on tight
To the branch?
Remember how the bark smelled then-
All dusty dry, but nice?
That was summer.

If you try very hard
Can you remember that time
When you played outside all day
And when you came home for dinner

And had to take a bath right away
Right away?
It took you a long time to pull
Your shirt over your head.
Do you remember smelling the sunshine?
That was summer.



That Was Summer!

Welcome to a new school year! Summer brought us a successful BEEP program in which 60 children participated in fun activities, field trips and learning. It saw the completion of our playground projects; a log climbing structure, a rock circle with sand pit and a larger grass covered hill. Summer also brought us new windows throughout the school, a new classroom and Daycare space, a large pull down screen in the gym, installation of new computer equipment,(projector, mimeo, document reader and laptop cart) for the school...That WAS summer!

Our first couple of weeks have been exciting and busy. We have welcomed 21 new students and the following staff members to Governor Semple School; Karl Campbell (Kindergarten), Carrie Lundy (Grade 4/5), as well as Educational Assistants: Lynn Bunn, Stacey Conolly, Erica Kirton and our Librarian, Sara Wilson.

We would love to have you join us for our first 2013- 2014 Parent Meeting beginning @ 5:30 p.m. on Thursday, September 19th, just before the BBQ begins. Activities will be set up for the children while adults meet in the music room. We would like to share some of the projects that have taken place over the summer and dream alongside you in envisioning possibilities for the coming year!



Daily Timetable

Our school follows a six-day cycle. Physical Education Days 1,3,5 & Music 2,4,6
Parents are asked to have the children arrive at school no earlier than 8:30 A.M., as we have no supervision on the playground until this time.

9:00 a.m. **First Learning Block**

10:40– 10:55 a.m. 1st Nutrition Break 10:55-11:25 Activity/ Recess

11:30-1:00 p.m. **Second Learning Block**

11:30 a.m. Morning Kindergarten dismissal

1:00-1:20 p.m. 2nd Nutrition Break 1:20-1:55 Activity/Recess

Children going home for lunch will use this break.

2:00 p.m. **Third Learning Block**

3:30 p.m. Dismissal

Please inform your child's teacher if 3:30 p.m. pick-up arrangements change at any time during the school year. Thanks!



Sept. 18 – Pre-school Starts @ 1:00 p.m.
Sept. 19 – “Welcome Back” Family BBQ
Sept. 20 – **NO SCHOOL**
Sept. 25 – Terry Fox walk
Sept. 27 – Theme Day

Oct. 9 – X-Country-Little Mountain Park
Oct. 11- X-Country rain date
Oct. 14 – **NO SCHOOL** –Thanksgiving Day
Oct. 15-Farm to Market Fundraiser
Oct. 18-Pizza Hot Lunch & Theme Day
Oct. 21-**NO SCHOOL**-Divisional PD Day
Oct. 23-School pictures @ 9:00
Oct. 25-**NO SCHOOL**-SAG Provincial
In-service Day
Oct. 30-(revised date)Gr. 4 Hep B @ 9:00

Nov. 7- Remembrance Day Assembly
Nov. 8- **NO SCHOOL**-School PD Day
Nov. 11- **NO SCHOOL**-Remembrance Day
Nov. 15 – Picture Retakes
Nov. 18-22- First Term, Triad Conferences
Nov. 22 – **NO SCHOOL**-Triad Conferences
Nov. 28- Family Night
Nov. 29- Theme Day

Recess is FUNdamental!

Even on days when the weather isn't the best, we believe outdoor recess is an important and valuable part of our student's day at Governor Semple. With that in mind, we ask that you consider the temperature and weather conditions when assisting your child with clothing for the day. Please remember that on most days we will have outdoor recess...a little bit of rain or drizzle will not keep us indoors!



Please ensure that your child has a **water resistant jacket** in their bag to provide an extra layer of protection on those damp days! A warm layer and an extra pair of socks come in handy during the Spring and Fall! At many times of the year temperatures and conditions vary, so dressing in layers is always good practice for our Winnipeg weather.



Interested in Volunteering?

If you are interested in helping us with Hearing Screening, Vision screening or Immunization please let us know soon. You can call the office at 204-339-7112.

“Recess Gamers!”

As a staff we have heard, “I have nothing to do”, seen children wandering aimlessly at recess times, or mediated a dispute that was the result of rough play. As a staff we also believe in encouraging and modelling active healthy living as part of our school day. One of our guiding questions at the end of last year was “How can we provide opportunities for children to play in positive ways at recess AND promote physical activity?”

Our “Recess Gamers” project started in May with our BEEP teachers working with a group of Grade 4 students finding many different games that could be played with a minimum of equipment and outside in most seasons. Interested students were invited to sign up to be a “Recess Leader” for other students. We have squads of games leaders who have volunteered to coordinate and teach these games to other children at activity/outdoor recess times. The games are informally organized with the leaders inviting children to learn and play with them. They will meet with Mr. Kozak, to talk through the details of their games and any problems they might be having. It is our hope that this project will provide children with a repertoire of recess activities that they will eventually organize and play without the leaders. It has been exciting to watch this project unfold and we hope that it will continue to contribute to our goal of healthy living!

- Active Living
- Healthy Lifestyles
- Opportunity For All
- Fair Play
- Student Leadership
- Fun

ARE WE GETTING ENOUGH SLEEP????

Welcome back to staff, students and families! I also offer a warm welcome to any new comers. In the caring tradition of Governor Semple School, I'm sure that our new additions will quickly feel right at home.

I will make an effort to provide periodic columns in the school newsletter. I welcome topics, feedback and connections with families. Since I'm only in the building 1.5 days per week, (usually all day Tuesday and Thursday morning or afternoon) it can be hard to pin me down! Our very kind and capable secretary, Carol Ritchot can help you find me. I return all phone calls; it may just take a few days.

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.

AGE: TOTAL SLEEP:

0-3 months---14-16.5 hours

3-9 months---14-15 hours

1 year---13.75-14 hours

2 years---12.75-13 hours

3 years---12-12.5 hours

4 years---11.5-12 hours

5 years---11 hours

6 years---10.75-11 hours

7 years---10.5-11 hours

8 years---10.25-10.75 hours

9 years---10-10.25

10-12 years---9.75-10

13-24 years---9-9.5

25 and older---8-8.5



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, 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!

Terry Klan (your School Counsellor)



MILK PROGRAM

Starts Monday, Sept. 16th

\$14.50 - for 20 milks \$7.50 for 10 milks

Chocolate or white milk

Exact change only please

Parent(s)/Guardian(s) must sign the milk form

Preschool Story Time

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 Room 4
WEDNESDAYS & FRIDAYS 1:00 - 3:30
Begins Wednesday September 18th

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 339-7112
david.mathers@7oaks.org Governor Semple School 150 Hartford Ave

*please note this program is for residents of the 7 Oaks School Division only.

FRIENDLY REMINDERS TO START THE YEAR!



Attendance:

Your child's safety and whereabouts is important to us. Our **Call Back System** ensures that your child is safely in care when he or she is absent from school, and we ask for your help. Please call 204-339-7112 if your child is going to be away or late. Our office hours are from 8:30 to 4:00 p.m. If you wish to call earlier we have an answering machine for you to leave a message.

Thank you for your co-operation.

Late Arrivals

Students who are late at 9:00 a.m. or 2:00 p.m. should come and check in at the office upon arrival.

Please call the school when your child will not be taking the school bus home so we can let the bus driver know at 3:30!

Messages

Please remember that we **will not** interrupt classes to give messages to students. This prevents disruption of the entire class. If your call is urgent or an emergency in nature we will make sure that the message is given to the student and their teacher right away.



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 of retail locations including Safeway, 7-Eleven and Mac's.

Register now for fall programs!

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/pdfs/Free_programs.pdf. Information about programs is also available by calling 311.

LIFE THREATENING ALLERGIES

Understanding the Risks

Reducing the Risks

Anaphylaxis Q & A Session

Do You Have Questions About Managing Life Threatening Allergies?

We are hosting an open forum to address topics related to the management of life threatening allergies. You will have an opportunity to share ideas and tips while meeting with others who understand your experience.

Tuesday October 1, 2013

7:00—8:30 pm

The Gray Academy, 123 Doncaster Street
(room number will be posted)

**to register call Nancy at 204-654-2676
or send email to mainmanitoba@shaw.ca**

Enter through the Asper Jewish Community Campus at 123 Doncaster Street.
Free parking is located across the street. Please register at the security desk.

Manitoba Anaphylaxis Information Network (MAIN)

affiliated with Allergy\Asthma Information Association (AAIA)
Contact: Nancy Boni 204-654-2676 Email: mainmanitoba@shaw.ca

Helping Families Cope with Life Threatening Allergies

MANITOBA ANAPHYLAXIS INFORMATION NETWORK (MAIN)

A local affiliate of Allergy/Asthma Information Association (AAIA)

Phone: 204-654-2676 Email: mainmanitoba@shaw.ca

August 2013

MAIN will be holding an information session on Tuesday Oct 1, 2013 7:00 – 8:30 pm.

Please register by contacting Nancy at 654-2676 or email mainmanitoba@shaw.ca

Anaphylaxis Q & A Session

Do You Have Questions About Managing Life Threatening Allergies?

We are hosting an open forum to address topics related to the management of life threatening allergies. You will have an opportunity to share ideas and tips while meeting with others who understand the experience of dealing with life threatening allergies.

Although the majority of our attendees are parents of children and individuals with allergies, staff and volunteers working in schools with students who have life threatening allergies are welcome to attend.

This meeting will take place at The Gray Academy at 123 Doncaster Street (room number will be posted)

Enter the building through the main doors of the Asper Jewish Community Campus located at 123 Doncaster Street. Free visitor parking is located across the street from the doors. Upon entering you must check in with the security desk. Identification may be requested.

The Gray Academy is located off Kenaston Blvd near Academy Road. For directions go to: http://www.grayacademy.ca/about_visiting_directions.html

Call or send an email with any questions.

Nancy Boni
Manitoba Anaphylaxis Information Network (MAIN)
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